

Kario

WELLNESS WATCH

Your body is talking. The **Kario Watch** helps you finally understand what it's saying. Kario isn't just another smartwatch—it's a *personal wellness intelligence system* that transforms your daily biometrics into simple, actionable insights. Built for clarity, comfort, and confidence, Kario helps you see your health in motion and your vitality evolve over time.



Using advanced biosensors and our proprietary **MAI Health Vitality Score**, Kario combines the key indicators of physical and emotional wellness into one elegant interface. From heart rhythm to mood patterns, Kario brings a deeper awareness of how you sleep, recover, and perform—so you can live with more energy, balance, and flow.

Kario Measures and Tracks:

- **Heart Rate Variability (HRV)** – Your body's best window into stress, recovery, and resilience.
- **Heart Rate** – Real-time pulse monitoring for workouts, relaxation, and rest.
- **Sleep Quality** – Understand sleep cycles and restoration patterns.
- **Mood Tracking** – Reflect and monitor emotional balance throughout your day.
- **MET (Metabolic Equivalent Tracking)** – Gauge energy expenditure and metabolic activity.
- **Blood Pressure** – Track cardiovascular health trends non-invasively.
- **Blood Oxygen (SpO₂)** – Monitor oxygen levels for performance and recovery.
- **Blood Glucose** – Stay aware of glucose patterns that affect energy and focus. **Yes, you read that right! Blood Glucose levels without the invasiveness of a CGM or finger pricks!!**
- **Steps, Miles, and Calories Burned** – Measure movement and daily activity with precision.
- **MAI Health Vitality Score** – A unified number that reflects your body's overall balance and wellness.

More than a tracker, **Kario** is a daily conversation between you and your health—simplifying complex data into an intuitive story of your body's rhythm and potential.

No noise. No hype. Just clarity, balance, and the science of feeling alive.



BARBARA HRIBAR

RESONA HEALTH AFFILIATE

216-409-4906

Barbara@BarbaraHribar.com

https://resona.health/?ap_id=barbarahribar