

How is my stress level determined by the screening?

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Remote photoplethysmographic imaging (rPPG) is the technology used. rPPG imaging is a camera-based solution enabling stress and heart rate monitoring using regions on the face.

LifeReturns® screening measures heart rate and stress level by reconstructing the rPPG signal from the smartphone camera using signal processing.

The measured vital signs are not intended for medical use, including self-diagnosis or consultation with a doctor, and are only designed for general fitness and wellness purposes.