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(71) Applicant: **OURA HEALTH OY** [FI/US]; Elektroniikkatie 10, 90590 Oulu (FI).

(72) Inventors: **KOSKIMÄKI, Heli Tuulia**; Elektroniikkatie 10, 90590 Oulu (FI). **OHUKAINEN, Pauli Juhani**; Elektroniikkatie 10, 90590 Oulu (FI). **LINDHOLM, Veera**; Elektroniikkatie 10, 90590 Oulu (FI). **HUTTUNEN, Henri Matti Johannes**; Elektroniikkatie 10, 90590 Oulu (FI). **HYYTINEN, Antti Matias**; Elektroniikkatie 10, 90590 Oulu (FI).

(74) Agent: **MUTTER, Nathan J.**; Holland & Hart LLP, P.O. Box 11583, Salt Lake City, Utah 84147 (US).

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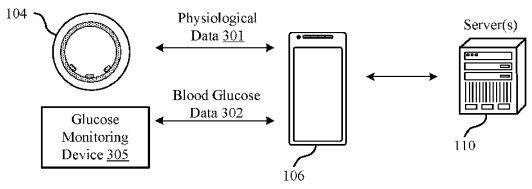


FIG. 3

(57) Abstract: Methods, systems, and devices for evaluating a user's metabolic balance are described. A system may include a wearable device and a glucose monitoring device. The system may acquire physiological data from the wearable device, and blood glucose data from the glucose monitoring device. The system may be configured to determine physiological characteristics of the user based on the physiological data, such characteristics associated with a sleep quality of the user, a stress level of the user, an activity level of the user, a recovery of the user, or any combination thereof. Similarly, the system may identify metabolic characteristics of the user, such as changes in the user's blood glucose data. By overlaying and comparing the physiological data and the blood glucose data, the system may be able to evaluate how the user's physiological characteristics affect or impact the user's metabolic characteristics, or vice versa.

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