

The Clinical Core (The "Snapshot" Vitals)

What the clinic measures to see how your body is functioning right now.

Blood Pressure (BP): How hard your blood pushes against your artery walls. Think of it as the water pressure in your pipes.

Heart Rate / Pulse: How many times your heart beats per minute right now. Your engine's current RPM.

Respiratory Rate: How many breaths you take per minute. (Clinicians usually count this while pretending to check your pulse so you don't change how you breathe).

Temperature: Your body's internal thermostat. Spikes usually mean your immune system is fighting an intruder.

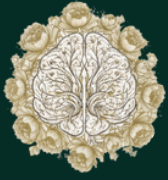
Oxygen Saturation (SpO2): The percentage of oxygen carrying capacity used in your blood. Checked via that little finger clip.

Weight & Height: Used to calculate BMI and track fluid status.

Pain Score (0-10): The subjective "fifth vital sign" used to measure acute distress.

EHR INSIDER TIP

In Epic and other EHRs, a high blood pressure reading triggers an automatic clinical warning. If you get nervous at the doctor (White Coat Syndrome), always ask them to re-check your BP at the *end* of the visit when you've calmed down, so the permanent record is accurate.



The Wearable Core (The "Trend" Vitals)

These are tracked by Apple Watches, Garmins, and Oura rings to show your baseline health over time.

Resting Heart Rate (RHR): Your heart rate when completely at rest (usually tracked during sleep). A lower number generally means a stronger, more efficient heart.

Heart Rate Variability (HRV): The tiny time differences *between* your heartbeats. Higher HRV means your nervous system is relaxed and recovered. Lower HRV means you are stressed, sick, or overtrained.

Sleep Stages & Duration: How long you spend in Light, Deep (physical repair), and REM (mental repair) sleep.

VO2 Max (Cardio Fitness): The maximum amount of oxygen your body can use during intense exercise. A major predictor of long-term longevity.

Respiratory Rate (Asleep): Breaths per minute while sleeping. Sudden spikes here can predict an illness days before you feel symptoms.

Medical Disclaimer: This is for informational purposes only and is not medical advice. Consult your healthcare provider.

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