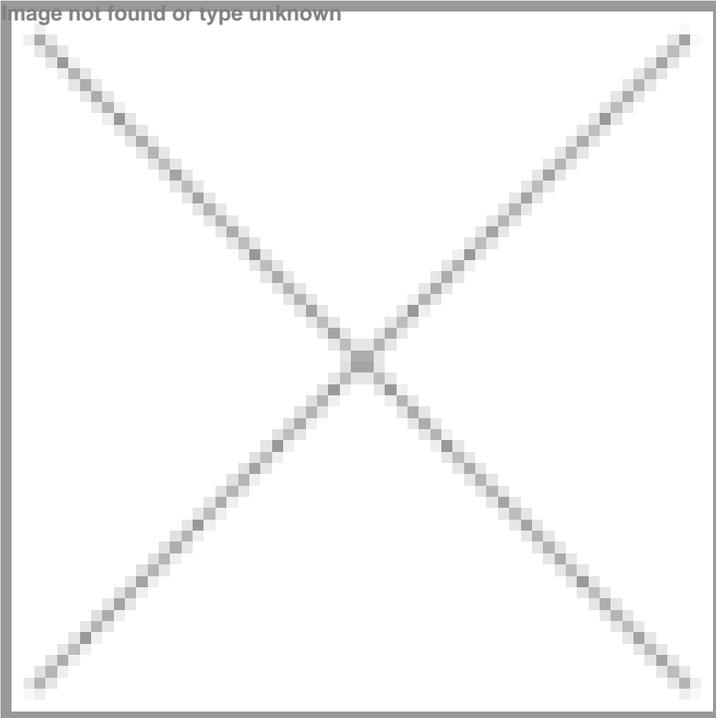# Health tech startup Bonatra launches wearable smart rings for wellness

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Introduces wearable technology that continuously monitors multiple health parameters

Bengaluru-based startup Bonatra, a longevity focused health-tech company that helps people live longer, healthier lives through IOMT-enabled and doctor-led lifestyle programs, has launched wearable smart rings. The newly launched smart rings are designed to continuously monitor a range of health parameters, empowering users to live longer and healthier lives.

Bonatra's Smart Rings come equipped with advanced features that provide valuable insights into various aspects of health. The device has the capability to track key parameters such as sleep score and readiness score.

The sleep score feature employs advanced algorithms to analyse sleep stages, duration, and quality, resulting in improvements in sleep patterns and overall well-being. The readiness score provides users with a comprehensive assessment of their body's preparedness for the day, enabling them to make informed decisions about their activities.

Made from aerospace-grade titanium alloys, the smart ring X1 offers durability. The hypoallergenic medical-grade resin ensures comfort during prolonged wear, while the IP68 rating makes the smart ring X1 suitable for various activities including swimming, deep diving, sailing, surfing, and trekking.

Starting at Rs 9,999, the smart ring X1 offers a comprehensive health solution where users will receive a three-month complimentary coach enabled programme, connecting them with certified health coaches and doctors who will guide them in understanding and improving their health based on the data collected by the ring.