



## Get Health Variables/Data Sources

(Updated: March 13, 2017)

Metric/Label	Unit	Data Type	Description	Endpoint	Response_key	23andMe	Daily Mile	FatSecret	Fitbit	GoogleFit	Jawbone UP	Life Fitness	MapMyFitness	MapMyWalk	Microsoft	Misfit	Moves App	PredictBGL	Runkeeper	Sony Lifelog	Strava	VitaDock	Withings	Apple HealthKit	Android Sensor	S Health
Awake time	seconds	long	Total awake time	/v1/health/account/sleeps	sleeps				Yes		Yes															
Basal Body Temperature	long	long	The lowest body temperature attained during rest (usually during sleep)	/v1/health/account/basalbodytemperatures	basalbodytemperatures																			Yes		
Blood Glucose	mg/dl	long	Blood glucose level	/v1/health/account/blood_glucoses	blood_glucoses												Yes					Yes	Yes			
Body Fat	percentage	long	Body fat percentage	/v1/health/account/bmis	bmis				Yes														Yes			
Body Mass Index	lmi	long	Body mass index	/v1/health/account/body_fats	body_fats				Yes														Yes		Yes	
Calcium	grams	long	The percentage of daily recommended calcium, based on a 2000 calorie diet.	/v1/health/account/nutrition	nutrition			Yes															Yes			
Calories Burnt	Cal	long	Total calories burned	/v1/health/account/calories_burnt	calories_burnt	Yes		Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
Calorie Consumed	Cal	long	Total calories consumed	/v1/health/account/calories_consumed	calories_consumed			Yes															Yes			
Carbohydrates	grams	long	Carbohydrates in food	/v1/health/account/nutrition	nutrition			Yes															Yes			
Deep Sleep	seconds	long	Total deep sleep	/v1/health/account/sleeps	sleeps				Yes		Yes					Yes										
Distance	miles	long	Total distance covered	/v1/health/account/activities	activities		Yes		Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes	Yes	Yes				Yes
Duration	seconds	long	Duration of the particular activity	/v1/health/account/activities	activities		Yes		Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes	Yes	Yes				
Fat	grams	long	Total fat consumed	/v1/health/account/nutrition	nutrition			Yes																Yes		
Fat Percent	percentage	long	Fat percentage in food	/v1/health/account/body_fats	body_fats				Yes				Yes	Yes						Yes				Yes	Yes	
Fiber	grams	long	Fiber intake in food	/v1/health/account/nutrition	nutrition			Yes																Yes		Yes
Free Mass	kg	long	Fat-free mass (FFM, mass), also known as lean body mass, refers to all of body components except fat	/v1/health/account/weights	weights				Yes	Yes			Yes	Yes					Yes				Yes	Yes		Yes
Heart Rates	long	long	The heart rate quantitative value	/v1/health/account/heart_rates	heart_rates				Yes															Yes		Yes
Height	cm	long	Height of the user	/v1/health/account/body_heights	body_heights						Yes												Yes	Yes		
Light Sleep	seconds	long	Total light sleep	/v1/health/account/sleeps	sleeps				Yes		Yes															
Mass Weight	kg	long		/v1/health/account/weights	weights																					
Meal Name	string	string	Name of the food	/v1/health/account/nutrition	nutrition			Yes																		
Menstrual Flow	string	string		/v1/health/account/menstrualflow	menstrualflow																			Yes		
Mindfulness	seconds	long		/v1/health/account/mindfulness	mindfulness																			Yes		
Ovulation Test	string	string		/v1/health/account/ovulationtests	ovulationtests																			Yes		
Potassium	milligrams	long		/v1/health/account/nutrition	nutrition			Yes																Yes		
Protein	grams	long	total protein consumed	/v1/health/account/nutrition	nutrition			Yes																Yes		
REM Sleep	seconds	long	A kind of sleep that occurs at intervals during the night and is characterized by rapid eye movements, more dreaming and bodily movement, and faster pulse and breathing.	/v1/health/account/sleeps	sleeps				Yes		Yes															
Sexual Activity	string	string		/v1/health/account/sexualactivities	sexualactivities																			Yes		
SNP Gene	string	string	Single Nucleotide Polymorphism	/v1/health/user/genotypes	genotypes	Yes																				
Sodium	milligrams	long	Sodium consumed	/v1/health/account/nutrition	nutrition			Yes																Yes		
Steps	long	long	Total steps	/v1/health/account/steps_counts	steps_counts				Yes	Yes							Yes							Yes		Yes
Times Awoken	long	long	How many times awoken in sleep	/v1/health/account/sleeps	sleeps				Yes		Yes													Yes	Yes	Yes
Total Sleep	seconds	long	Total sleep duration	/v1/health/account/total_sleeps	total_sleeps				Yes		Yes													Yes		
Water	ml	long	Amount of water drank	/v1/health/account/nutrition	nutrition			Yes																Yes		Yes
Weights	kg	long	Body weight	/v1/health/account/weights	weights				Yes				Yes	Yes						Yes			Yes			Yes