

Fitbit Sense Advanced Health Smartwatch (Renewed)

QUICK BUYER GUIDE



Health-conscious users seeking affordable refurbished smartwatch with ECG and stress monitoring

At a Glance Specs



REFURBISHED

Professionally inspected and tested to look like new



HEALTH MONITORING

ECG, stress detection, and skin temperature tracking



BATTERY LIFE

Up to 7 days with typical use



CONNECTIVITY

Bluetooth 5.0 for phone pairing



DIMENSIONS

1.59 x 1.59 x 0.48 inches



WEIGHT

7 ounces with lithium-ion battery

Who It Is For

-  Health-conscious users tracking stress and heart rate
-  Individuals needing ECG for heart rhythm checks
-  Fitness enthusiasts with premium health features
-  Budget-conscious buyers seeking refurbished options
-  Users requiring heart rate alerts for health monitoring
-  Those needing skin temperature tracking at night

Who It Is Not For

-  Users under 22 (ECG app not intended for them)
-  Those requiring GPS navigation
-  Individuals preferring new, non-refurbished devices
-  Users needing more advanced features like GPS
-  People who don't want refurbished products

Trade Offs to Consider

-  ECG app pending FDA review (U.S. only)
-  Skin temperature tracking only at night
-  6-month free trial for Premium (after which subscription fees apply)
-  No GPS functionality
-  Refurbished item with potential wear
-  Limited battery life compared to newer models

How It Compares

- Refurbished option at lower cost than new models
- ECG and stress monitoring features not found in all smartwatches
- No GPS functionality compared to models with GPS
- Skin temperature tracking only at night vs. continuous tracking
- 6-month free trial for Premium vs. paid subscriptions
- Limited battery life compared to newer models



Choose This If...

- ✓ Need health monitoring with ECG and stress tracking
- ✓ Seek affordable refurbished smartwatch option
- ✓ Want skin temperature tracking at night
- ✓ Require heart rate alerts for health monitoring



Skip This If...

- ✗ Need GPS navigation functionality
- ✗ Prefer new, non-refurbished devices
- ✗ Require continuous skin temperature tracking
- ✗ Want longer battery life than 7 days



Learn More



Read our Review

[Fitbit Sense 2026: Advanced Health Tracking Smartwatch Review](#)



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