visible.

Visible fact sheet

For press inquiries, contact press@makevisible.com.

Company overview

Visible is a wearable band and app built for people living with complex chronic illness.

Most wearables are designed around exercise and performance. Visible is designed for illness, not fitness: it turns the body's signals into personalized pacing guidance, helping people understand their energy and make more informed decisions about their activity.

Founded in 2022, Visible is used by more than 100,000 people each month and has built the world's largest research datasets on symptoms and biometrics in complex chronic illness. Its mission is to make invisible illness visible.

At a glance

Visible runs on a membership model, alongside a free version of the app with core features.

100,000+ monthly active users

(free and paid)

4.7 out of 5

On Trustpilot (free and paid)

HSA/FSA eligible

in the US

Regulatory status

General wellnes product (US FDA)

Platforms

iPhone and Android

Conditions served

Long Covid | ME/CFS | POTS | Fibromyalgia | Ehlers-Danlos syndrome (EDS) | And other energy-limiting conditions

Clinical context

Pacing is recommended for ME/CFS by the US Centers for Disease Control and Prevention (CDC) and the UK's National Institute for Health and Care Excellence (NICE).

Pacing

Pacing is a self-management strategy used by people with energy-limiting chronic illness. that involves balancing activity and rest to stay within the body's current capacity and reduce the risk of worsening symptoms.

Availability

Visible membership, including the Visible band, is available in the US and the UK. The free app is available in Australia, Austria, Canada, Germany, Ireland, Mexico, Netherlands, Norway, Poland, UK, US.

Product overview

Visible pairs an award-winning app with the Visible Band 2.0, an always-on heart rate monitor worn on the wrist.

↳ 01

The Visible App

Visible membership gives access to pacing features that turn biometric data from the band and self-reported symptoms into personalized guidance and insights. A free version of the app offers core tracking features and enables people to take part in research without owning a band.

↳ 02

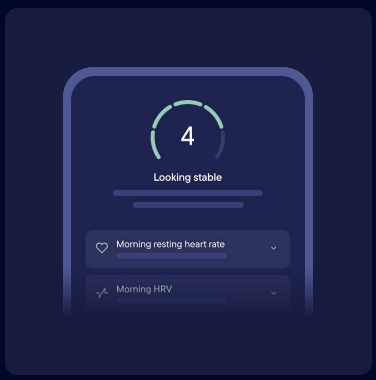
The Visible Band 2.0

A screenless, waterproof wrist-worn heart rate monitor that tracks heart rate continuously and streams data to the Visible app in real time.

Technical specifications: Visible Band 2.0

Sensor dimensions	1.0 in (25 mm) wide, 1.7 in (42 mm) high, 0.4 in (9 mm) thick
Band length	6.1 to 8 in (15.5 to 20 cm)
Weight	0.75 oz (21 g) total; 0.32 oz (9 g) without strap
Sensors	Optical heart rate, accelerometer
Battery	148 mAh Li-pol rechargeable; up to 5 days per charge
Water resistance	To 100 ft (30 m)
Operating temperature	14 °F to 120 °F (-10 °C to 50 °C)
Connectivity	Bluetooth Low Energy, ANT 2.0
Sensor materials	Plastic (ABS+GF, PMMA), stainless steel (SUS 316, contains nickel)
Wristband materials	Polyamide, elastane, aluminum and Velcro buckle

Key features

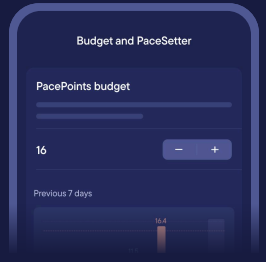


Stability Score

A morning snapshot of how the body is doing, helping members plan their day.

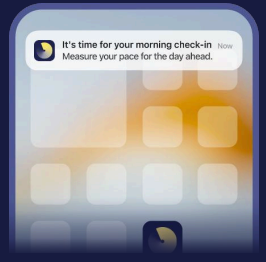
PacePoints

A measure of exertion across three personalized heart rate zones, with points building faster at higher heart rates. Shows members how much energy they're using throughout the day.



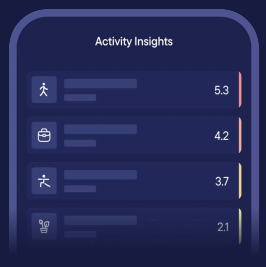
PacePoints budget

A personalized guide to how many PacePoints a member may want to use across the day, helping them pace their activity and avoid overexertion.



Pacing alerts

Notifications when a member enters their exertion zone or approaches their daily PacePoints budget.



Activity tagging

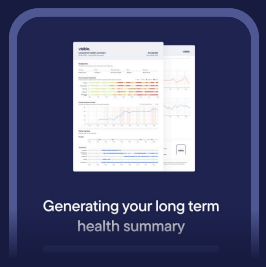
Activity tags that show how many PacePoints different activities used, helping members understand the energy cost of different parts of their day.

Guided breathing

Breathing exercises set to a personalized breathing rate, with real-time heart rate biofeedback.

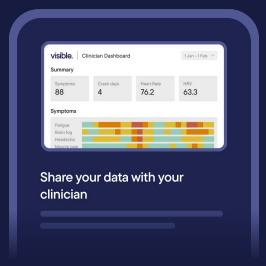
Trends tab

A view of symptoms, activity, medications and biometrics together, making it easier to see patterns over time.



Health reports

Shareable PDF reports summarizing member's health data for clinicians.



Clinician dashboard

A browser-based view of a member's health data, accessed through a secure link shared by the member.

Yale · University of Oxford · UCSF · Imperial College London · Mount Sinai · NYU · Patient-Led Research Collaborative · PolyBio

Research

Visible members can choose to take part in research through Visible Studies in the app. Those who opt in share their data anonymously, covering daily symptoms alongside biometrics like heart rate and heart rate variability. More than 25,000 members have taken part so far, contributing over 437 million data points. Together this forms the world's largest dataset on symptoms and biometrics in complex chronic illness

Visible works with academic and clinical partners to turn this data into peer-reviewed research.

Published papers

Paper	Journal	Research partners
Digital physiological biomarkers predict within-person symptom changes in complex chronic illness Read paper	npj Digital Medicine	Mount Sinai, NYU, PolyBio Research Foundation, University of Oxford, Yale
Digital health app data reveals an effect of ovarian hormones on long COVID and myalgic encephalomyelitis symptoms Read paper	Preprint, under review at Lancet Digital Health	Imperial College London
Pacing with a heart rate monitor for people with ME/CFS and long COVID: a feasibility study Read paper	Fatigue: Biomedicine, Health & Behavior	Physios for ME, University of Liverpool, University of the Pacific

Wearable technology in the management of complex chronic illness: preliminary survey results on self-reported outcomes Read paper	Frontiers in Digital Health	Mount Sinai, PolyBio Research Foundation
A new patient-led approach to building research infrastructure and evidence generation Read paper	Oxford Open Immunology	Mount Sinai
Characterizing plausible causal pathways between COVID-19 reinfections and symptom trajectories in long COVID and ME/CFS patients using digital health data Read paper	Scientific Reports	Patient-Led Research Collaborative, UCSF, University of Bern
An Open-Label Feasibility Study of Remdesivir in Long COVID: Results from the ERASE LC Trial Read paper	Preprint	Loughborough University, University of Derby, University of Plymouth, University of Exeter

Ongoing studies

↳ 01 How atmospheric conditions affect the physiology of complex chronic illness

↳ 02 The physiology and symptoms of Long Covid and ME/CFS

Evidence

Self-reported outcomes

In a peer-reviewed survey of 1,301 Visible users who had worn the armband for at least 30 days (Sawyer et al., Frontiers in Digital Health, 2025, with Mount Sinai and PolyBio Research Foundation), 94% said they better understood their energy limits, 85% felt more in control of their illness, 61% reported fewer crashes and 60% less severe ones.

Read the study

Digital biomarkers

In a peer-reviewed study of 4,244 Visible users, with an average of 125 morning readings each (Aitken et al., npj Digital Medicine, 2026, with Yale, the University of Oxford, Mount Sinai, NYU and PolyBio Research Foundation), changes in morning resting heart rate and heart rate variability (HRV) were associated with symptom changes later that day.

Read the study

Data privacy

HIPAA COMPLIANT

Not funded by data

Visible is funded by memberships, not advertising, and does not sell personal data.

Private by default

Members opt in to research with explicit consent, and shared data is anonymized. Members can delete their account and data at any time in the app.

Secure

Data is encrypted, access-controlled and handled in line with HIPAA and GDPR, stored in the US and EEA.

Full policy