

producing at least one electrode of the electrically conductive outer structure on the outer surface of the measuring device, on opposite sides of the hand to which the device is attached; and

connecting the at least one electrode to the measuring unit with a wire inside the wristband.

**10.** A method for measuring heart rate, in which method a measuring device is attached around a user's hand, the method comprising:

bringing the user's hand to which the measuring device is attached into contact with an electrically conductive inner structure provided on an inner surface of the measuring device that sets against the skin of the hand to which the device is attached;

bringing the user's other hand into contact with the device as the user touches with his/her other hand an electrically conductive outer structure provided on the outer

surface of the measuring device on the hand to which it is attached, the outer surface referring to a measuring device surface other than the inner surface; and

connecting heart rate from the separate hands of the user via the electrically conductive outer structure and inner structure to the measuring unit for heart rate measurement, the method further comprising:

bringing the user's other hand into contact with the device by having the user touch with the fingers of his/her other hand at least one electrode of the electrically conductive outer structure on the outer surface of the measuring device and on opposite sides of the hand to which the device is attached, the electrode being connected to the measuring unit with a wire inside the wristband.

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