

## WEARABLE TECHNOLOGY

can help you engage in your health and track certain healthy habits. **BUT IT DOESN'T REPLACE YOUR HEALTH CARE TEAM.**

Learn more about these devices and what they do.



Most accessories and mobile apps are **NOT CLEARED AS MEDICAL DEVICES** by the U.S. Food and Drug Administration.

**MORE RESEARCH** is needed to understand which wearables work and how best to use them.

Talk with your health care professional about:

- Digital devices and health apps you use
- Privacy concerns
- Clinical trials and how you might benefit from them

## HOW PEOPLE USE WEARABLES

Collect personal health data, see trends over time



Check blood pressure, blood sugar levels, heart rhythm



Be more active, take more steps each day



Set goals and reminders



Increase motivation, accountability



Track symptoms



For more information, visit [CardioSmart.org/Wearables](https://www.cardiosmart.org/Wearables)

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