

Top 4 Reasons Why Wearables Could Save Your Life

Did you ever think that a watch would be able to track how many calories you're burning or how well you're sleeping? What about having your watch measure your heart rate or remind you to get up once in a while and get active? With wearable technology, these once futuristic-sounding features are now a reality, and they come with considerable health benefits.

Moving beyond their fitness-friendly foundations, wearables are getting smarter. Some could now save your life. You hear stories of very mainstream devices alerting people to heart conditions, but where they get really powerful is when they get specific — that's what Empatica's [EmbracePlus](#) is designed to deliver. Trackers, watches and patches are becoming full-on health assistants, capable of a lot more than simply counting your steps and telling you how many calories you've burned, so let's delve into how and why Empatica's wearables could really save your life.

1. Track your exercise, breathing & heart rate

According to the WHO, regular exercise can reduce mortality risks by up to 30%.¹ That should give you some indication as to the importance of exercising and a wearable can be the perfect companion to keep you on-track and motivated.

Smartwatches like [EmbracePlus](#) can track your steps and monitor your runs, but there's more to wearables than simply fitness. Wearable devices are also being used to monitor and treat medical conditions in more accurate and less invasive ways than have traditionally been available. They help by monitoring our exercise, breathing and heart rates via sensors embedded in their chips.

2. Monitor your health

For the last two years, we've been living through a pandemic and that has shifted how we workout. Has your gym restricted access? Does social distancing make it difficult to workout with your friends? Has there been a reduction in the number of personal trainers available? If the answer is yes to any of these then you'll know it's now that bit harder to monitor and feel motivated to exercise.

By using a wearable like [EmbracePlus](#), you can monitor vital signs and changes as you exercise, and receive little nudges that you should do something active if you've been sitting for a long time.

3. Be active, rather than reactive

The way that most people deal with potential health issues is reactive. When they start to feel sick, in pain, or anything out of the ordinary occurs, they react by going to see a doctor to get it checked out. With wearable tech, there is the potential for a more proactive approach to healthcare. You could wear our [EmbracePlus](#) to take action in the early stages of health issues instead of reacting after they begin causing problems. This proactive approach to healthcare can catch problems early before they develop into larger issues that could have dangerous health consequences.

People with known health issues also benefit from detecting irregularities early. When wearables are used to monitor health, emergencies can be recognised as soon as they occur. The system can also be set up to notify others like family members or healthcare professionals to ensure that emergencies are responded to quickly.

4. Doctors can use the data to help diagnose you more accurately

Even though the data collected by these wearables is protected by data-protection and privacy standards, if you so wish, you can share your information with your doctor. Instead of just relying on people's self-reported data about how they are feeling, which can be inaccurate, the [EmbracePlus](#) can

¹ https://www.who.int/health-topics/physical-activity#tab=tab_1

collect data like your heart rate, peripheral temperature and oxygen saturation. This makes it much easier and more accurate for your doctor to diagnose you.

What next?

From recording our circadian rhythms, to monitoring our heart rates, to reminding us to stay hydrated, wearables have become an integral part of our lives. Empatica's wearables are designed to slot seamlessly into your life, so feel free to get in touch with us if you'd like to talk to an advisor.

Want to learn more about how tech is transforming the healthcare industry? Check out our post [How wearable technologies are enhancing clinical trials](#) or visit our [blog](#) to stay up-to-date on industry trends. If you're interested in seeing the benefits of Embrace 2 in your life, you can do a [30-day free trial](#).