# The Digital Health Revolution

# Understanding Your Devices

**1** **Smartphones**

Portable tech with tons of health apps and tracking features.

**2** **Tablets**

Larger screens ideal for video visits and accessing online resources.

**3** **Computers**

Desktops/laptops best for extensive browsing and data entry.

# Mastering Telehealth

## Preparing

- Test tech beforehand
- Have vitals ready
- List questions

## During Visit

- Find quiet space
- Share visuals
- Take notes

## Follow Up

- Review instructions
- Schedule follow-ups
- Provide feedback

# Evaluating Online Health Info

**Check the Source**

Look for trusted authorities like .gov, .edu, medical organizations.

**1**

**Analyze the Content**

Well-researched and up-to-date info from qualified experts.

**2**

**Question the Motives**

Beware of ads, spam, or sources promoting products/services.

**3**

**Trust Your Judgment**

If something seems questionable or conflicts with facts, be skeptical.

**4**

# Navigating Your Health Portal

## Medical Records

Access test results, history, immunizations, and more.

## Appointments

Schedule visits, view upcoming dates and details.

## Provider Communication

Send/receive secure messages with your care team.

## Prescriptions

Request refills and track medication history.

# Selecting a Fitness Tracker

| Factor | Description |
|---|---|
| Activity Tracking | Steps, distance, calories, exercise detection |
| Heart Rate | Continuous or on-demand heart rate monitoring |
| Sleep Tracking | Analysis of sleep stages, patterns, quality |
| Battery Life | How frequently you need to recharge |
| Water Resistance | Rated for swimming, showering, or just sweatproof |
| App Compatibility | Syncs data with your preferred health/fitness apps |

# Daily Fitness Goal Setting

## Realistic Targets

Set achievable step counts and activity levels for your abilities.

## Build Gradually

Avoid burnout - start low and increase goals over time.

## Mix it Up

Vary your workouts to prevent plateaus and stay motivated.

## Stay Consistent

Short daily activity is better than infrequent marathon sessions.

# Nutrition Tracking Tools

## Apps

- Log food/drink intake
- Calculate nutrients
- Plan healthy meals



## Wearables

- Track hydration
- Monitor glucose
- Assess metabolism

## Connected Devices

- Smart scales
- Nutrition sensors
- Automated shopping

# Healthy Eating Resources



## Meal Inspiration

Find recipes, cooking demos, grocery planning tools.



## Online Courses

Interactive classes cover nutrition, culinary skills, special diets.



## Gamified Eating Habits

Games and apps make healthy eating fun with streaks and rewards.

# Digital Mental Wellness

**1** **Meditation Apps**

Guided practices, ambient sounds, progress trackers.

**2** **Mood Journaling**

Record thoughts/feelings, identify patterns, access therapists.

**3** **Brain Games**

Fun puzzles and activities designed to stimulate cognition.

**4** **Support Communities**

Connect with others online for shared journeys.

# Socializing and Connection



## Video Calling

See loved ones face-to-face using apps or devices.

## Messaging

Stay in touch via text, audio recordings, photo sharing.

## Virtual Groups

Join online communities based on hobbies or interests.

## Social Gaming

Play games together remotely and connect over friendly competition.

# Tech for Chronic Conditions



## Diabetes

- Glucose monitors
- Insulin trackers
- Diet/exercise apps

## Arthritis

- Movement trackers
- Physical therapy apps
- Pain journaling

## Heart Health

- Blood pressure monitors
- EKG/arrhythmia alerts
- Medication reminders

# Tracking Your Health Data

**1**

## Gather

Sync data from devices and apps to centralize info.

**2**

## Analyze

Use apps to visualize trends, spot patterns, identify issues.

**3**

## Share

Securely send relevant reports to doctors between visits.

**1 4**

## Discuss

Review data together to adjust treatments/lifestyle .

# Sleep Technology Tools



## Wearables

- Wrist trackers
- Smart rings
- Biometric mattresses

## Apps

- Sleep cycle analysis
- Smart alarms
- Habit coaching

## Environmental

- Smart lighting
- White noise machines
- Temperature control

# Data Security and Privacy

**1** — **Review Policies**

Read privacy statements to see how data is handled.

**2** — **Use Strong Passwords**

Enable two-factor authentication when possible.

**3** — **Be Cautious Sharing**

Consider what info you post publicly on social media.

**4** — **Watch for Scams**

Never give sensitive details to unsolicited requests.

**5** — **Keep Software Updated**

Install latest security patches from developers.