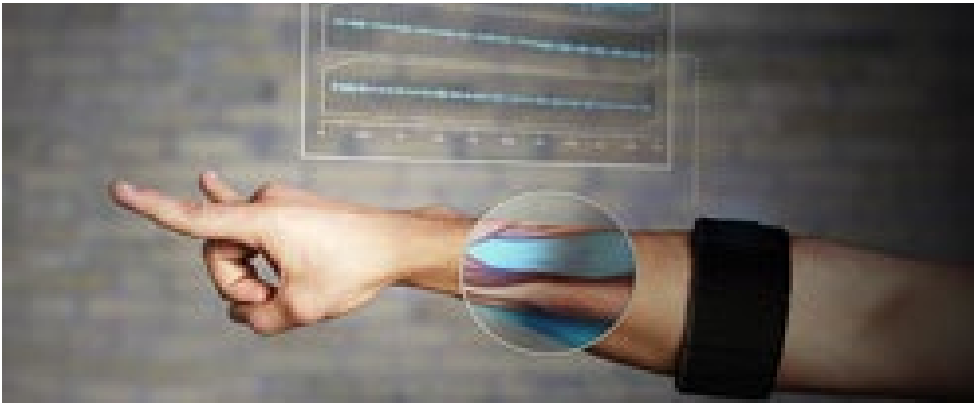




## Educator Resource

# Wearable Technology for Health: Fad or Future?



## Background Information:

Digital technologies are changing the way we live, work and play, giving us access to real time data that can track everything from how many steps we take in a day to the quality of our sleep. Wearable technology is changing healthcare in incredible ways and it's happening so quickly that new career mashups are being created every time tech takes a new leap forward.

Already, innovations like wireless sensors are helping predict illnesses like heart attacks before they happen and new robotic technologies allow patients to move their artificial limbs using only their thoughts.

For a detailed list of new and upcoming career mashups in healthcare, check out the [CareerMash](#) website.

## Minds On Video

With your students, take a look at how wearable tech is changing the future of healthcare. ([Link](#))

### *Discuss and Debate:*

Having more access to data about our health can make healthcare proactive rather than reactive. Do you think having our daily health data available to health professionals is going to better serve our needs, or do you feel it will come at the cost of our personal privacy?

## Additional Articles for Research:

- [Improving Patient Care with Wearables](#)
- [10 Biggest Healthcare Innovations in 2015](#)
- [MaRS Market Insight in Wearable Tech in Canada's Healthcare](#)
- [Wearable Tech: The Coming Revolution in Healthcare](#)

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## Part 1 - Deepening the Conversation

Have students read the following two opinions. Facilitate a class discussion with the accompanying questions.

Digital couture: Wearable technology and human performance ([Link](#))

Will next-generation wearable sensors make us healthier? ([Link](#))

### Discussion Questions:

1. In his blog, Terry Stuart predicts; “the future of technology is fashionable”. Do you think wearable sensors are a fad or the future? Explain.

3. Both opinion pieces highlight the need for future wearable tech to be simpler – a “wear it and forget it” design - while simultaneously being fashionable. What will the next-generation of wearable sensors need to have and do in order to succeed? (Their purpose, how they will function, design and look, etc.)

2. In his opinion piece, Zhenyu Li points to a recent study by Endeavor Partners that found one-third of American customers stopped using their wearable activity trackers after just six months. Do you feel that current health-tracking wearable technology drives us to make healthier choices? Why or why not?

## Part 2: Activity

Have students perform this activity in partners or in small groups, to then present their ideas and designs to the class.

If you could design the ideal wearable device that could help you in every aspect of your life - from maintaining good health to keeping you more organized with school - what would it look like, how would it function and what kind of data would it measure/track?

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