STAY HEALTHY

Choices to stay active, monitor health or manage conditions and share with others.

WHY

> "Actively looking after your health is the best gift you can give yourself and your doctor. This section will help you decide what you need to monitor your health conditions so you and your doctor can make the best decisions for staying as healthy as you can for as long as possible". Dr Sue Abhary.

As we age, a strong indicator of resilience and wellbeing is a person taking a role in their own health, and seeing their GP more as a collaborative partner.

Gradually, throughout the years there's more to take care of with our health. It might mean exercising to stay healthy at home, or managing a health challenge.

This may be related to your heart, diabetes or sleep apnea for example, or simply general signs that indicate insomnia or fatigue might be medication side effects.

Sleep for example, is increasingly recognised as being core to a strong immune system, focus and health. As we age, sleep habits change, some health conditions make it harder to get proper sleep, and the medication associated can further reduce sleep quality.

Technology gives us the opportunity to track health measures, store and share them, and review over time to detect trends. Often we don't notice changes as they happen, or remember to share them. Most of the time, earlier detection of conditions or their deterioration means better outcomes.

These trends can also be shared with family to help decide on what course of action to take next, for instance notifications, or such as an escalating temperature or low blood oxygen levels means time for a hospital visit.

Many chronic diseases could be prevented, delayed, or alleviated, through simple lifestyle changes. The US CDC estimates that eliminating three risk factors – poor diet, inactivity, and smoking – would prevent: 80% of heart disease and stroke; 80% of type 2 diabetes; and, 40% of cancer.

Note: Check with your health insurance provider as some health technology products may be covered.

GENERAL HEALTH

- General health tech devices to motivate and track health.

SLEEP, BREATHING & OXYGEN

- Tracking sleep and oxygen for general health, fatigue and apnea.

HEART

- Checking on heart rate, blood pressure and testing eg. taking an ECG if you're worried.

BLOOD SUGAR

- Capturing blood sugar levels to monitor diabetes and prevent adverse outcomes.

SHARING & TELEHEALTH

- Sharing with family, health professionals or via telehealth.

We wouldn't drive around the streets looking for a place we'd never been, because Google Maps and GPS technology has made it easier and faster to get where we want to be.

Why wouldn't we do the same with our health?

GENERAL HEALTH

"
The best thing I can do to remain independent and happy, is to stay well.

Features like

- Measure physical activity, compete with others, and reach goals
- Measure heart, sleep and blood oxygen
- Store, track trends and share
- Single or multi user
- Colour coded range indicators
- Annotate with notes eg. temperature high, 7pm first day of new medication

Human touch

Keep track of your steps to stay well and prevent conditions. Get insights about what's happening when you're not feeling well to share with your doctor or to support decisions, like calling a friend or seeking medical advice.

Products like   CLICK HERE   to see these the latest of these and other choices

Apple Watch

Fitbit Sense

Fitbit Charge

iHealth

Withings

Wellue

iHealth Air Wireless

Zacurate

iHealth Scales

www.helloedlife.com

SLEEP, OXYGEN & BREATHING

> " When I'm tired, I'm just off the pace.
> My energy is lower and my thinking can be
> slower.   Let's see what's happening.

Features like

- Tracking sleep quality and hours
- Measuring oxygen levels
- Detecting signs of Sleep Apnea
- Buzzing to wake you up
- Remote monitoring by family
- Detecting Seizures
- Clearing Airways

Products like

CLICK HERE to see these and other choices

Oxylink Ring for Sleep, Heart rate & Oxygen

iHealth Air Wireless

Zacurate

Steam Inhalers & Nebulisers

AirPhysio   Portable Nebuliser   Vicks Sinus

Seizures
SeizAlarm

MyMedic

Smartwatch Inspyre

Withings Sleep Mat

HEART

" I have more confidence that I know how I'm doing between doctors visits. Why wait and worry?

Features like

- Tracking Heart Rate, Blood Oxygen & VO2 max
- Take an ECG/EKG
- Measure Blood Pressure
- Alerts & Notifications
- Trends, Graphs & Sharing

Products like   **CLICK HERE**   to see these and other choices

Apple Watch with ECG

Withings Move or Scan Watch

HeartGuide

Kardia Mobile ECG

AirBP Blood Pressure Monitor

Withings BPM Core

Omron 5 Series

HeartSine Defibrillator (lightweight)

BLOOD SUGAR

> A lot people don't even know they have diabetes. My wife has a pre-condition, so we're determined to manage it and avoid complications.

Features like

- Portable
- Colour coded
- Voice output
- Long battery life
- Sync with Phone
- Log meals &Track trends
- Sharing real-time info
- Hypo Alert with GPS location
- Socks that monitor foot temperature and reduce ulcers (up to 87%)

Products like

CLICK HERE to see these and other choices

iHealth Gluco

OneTouch Verio
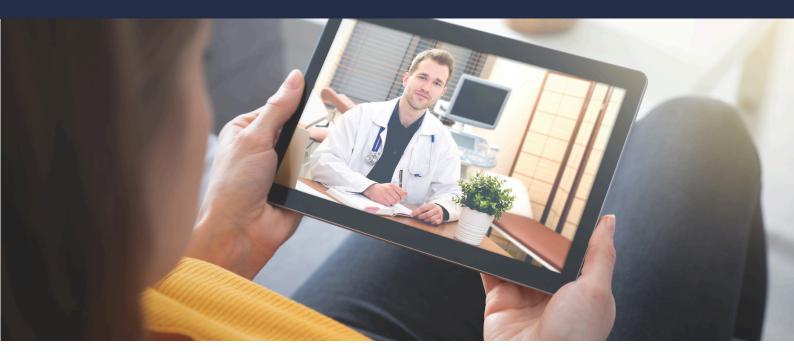

Siren Care

Accu-Chek Instant & MySugr App

Dario All-in-one Glucose Meter

SHARING & TELEHEALTH

> I started using tele-health during COVID. It's a big comfort for me to be able to share my actual health measures and trends during a consultation.

Products like

Health data can be captured from wearables and medical devices and shared from the device or a smart phone, eg by email, air-dropped or physically shown on the device.

Providers like Apple Health and Google Health capture data from their own products, as well as from thousands of 3rd party devices.

These apps, and other health data you have, can be shared into your e-Health records, and accessed as needed. eg Apple Health and Watch, captures 120 measures and integrates into 800 institutions and record providers, should you wish. You can also download Apps for e-Health records on your smartphone and don't forget to set up your phones 'emergency contact and medical ID.

Telehealth is available in most countries should you need help when you can't reach a doctor in person. During these sessions, it can be helpful to capture data like oxygen saturation, pulse rate, and rhythm, blood pressure, temperature, to share and give more insights during the consultation.

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