

## **Wearables Weekly**

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July 27 – 31, 2015

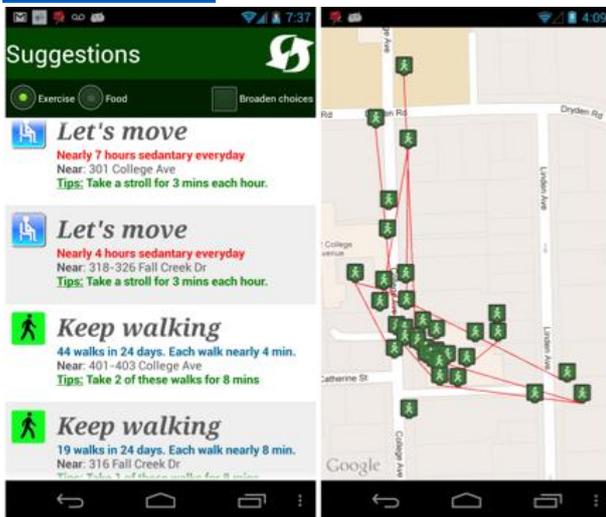
## A Friendly Reminder:

There are 73 days remaining to provide feedback on the [Vitality Institute's Guidelines for Personalized Health Technology](#)

Submit your comments [here](#) or email Gillian Christie at [gchristie@thevitalitygroup.com](mailto:gchristie@thevitalitygroup.com)

## A Health-Tracking App You Might Actually Stick With

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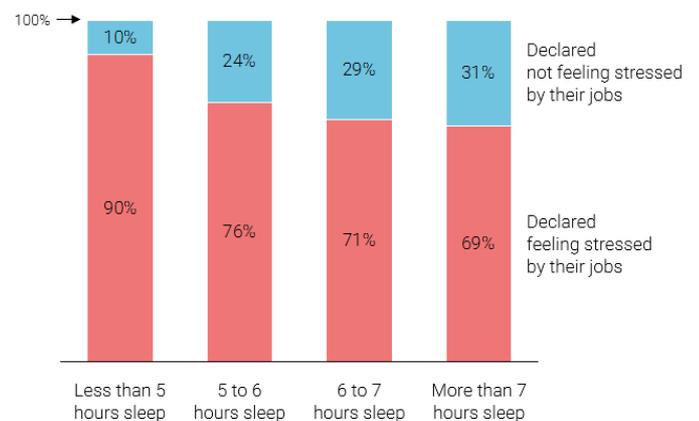
Researchers from Cornell University have developed a mobile health application that tracks activity and eating habits, nudging users with goals based on their existing routine. Although there are plenty of health tracking apps already on the market, this app (called [MyBehavior](#)) is a smartphone app that provides personalized health suggestions automatically rather than a one-size-fits-all prescriptive approach. [Preliminary research](#) has shown that MyBehavior users walked significantly more and rated the suggestions more positively compared to the control group that received non-personalized suggestions. The Cornell team has been working on the app for over two years and plans to roll out the app publicly in September.

## Insights From Wearable Device Sleep Data

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Poor sleep increases the risk of obesity and diabetes, hypertension, and heart diseases and contributes to an estimated economic burden of more than US\$100 billion per year due to lost productivity, medical expenses, and sick leave. A [study](#) of 10,000 Withings device users has provided insights into the link between sleep and work performance: employees with the lowest sleep duration have significantly higher work-related stress levels; employees have improved quantity and quality of sleep on days with physical exercise; and employees who bike/walk to work or take public transportation tend to sleep longer than those who drive to work.

Evolution of the stress rate with the sleep duration  
- Withings Corporate Wellness 360° Survey on 10,000 users



## Nike, Apple Agree to Settle Nike+ FuelBand Class-Action Suit

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Nike and Apple have agreed to settle a class action lawsuit filed in 2013, alleging the companies misled consumers about the device's ability to accurately track steps and calories. Although Nike and Apple are denying the claims, Nike will be responsible for settlement payments. The company is offering consumers who purchased the fitness tracker between Jan. 19, 2012, and June 17, 2015 a partial refund of either \$15 or a \$25 Nike gift card. Nike has been moving away from fitness tracking hardware since 2014, but is still active in software development. The Nike+ app is a feature component of the Apple Watch.



## Apple Watch's Standing Tracker is Reliably Unreliable

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Among other functions, the Apple Watch is intended to track three things on a daily basis: 1) how long you've exercised, 2) how many calories you've burned, and 3) how often you stood up. For the latter, the Watch challenges you to stand up at least once per hour for 12 hours of the day. According to various users, the Watch often does not recognize when users are standing unless they walk an appreciable distance. It fails to acknowledge activities like working at a standing desk, cooking, and household cleaning.

## Other Health Technology Headlines:

[UK hospital testing vital signs monitoring wearable patch SensiumVitals in post-surgical patients](#)

[This Korean startup is making wearables for the blind, but its ambition is much bigger](#)

[Almost one third of physicians use smartphones to manage patient care](#)

[Smart mirror monitors your face for telltale signs of disease](#)

[This woman doesn't wear wearables. She implants them](#)

[UNICEF's Wearables for Good Challenge](#)

[Smart-ish glasses that don't look dumb](#)

[Can Fitbits be trusted in science?](#)

[Digital health has a gender problem](#)

[Does Ringly have a place in an Apple Watch world?](#)

[Beyond the smartwatch: The future of smart clothing](#)

[Technology, while not a fountain of youth, can make aging safer](#)

[Health technology, gamification and game mechanics, #ftw or #fail?](#)

[Why wearable tech in healthcare is the best place for a startup right now](#)