



Wearables Weekly

Compiled by Sarah Kunkle and Gillian Christie

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A Friendly Reminder:

There are 3 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

[Fitbit \(FIT\) Stock Closes Lower After Microsoft Announces New Band](#)

Fitbit stock fell almost 5 percent the same day Microsoft announced an update to their fitness-tracking device. The second generation Microsoft Band packs 11 sensors into a wristband that not only tracks steps, sleep quality, and elevation changes, but also VO2 max, a metric that typically requires a lab setting. In addition to these features, the device will include Cortana, Microsoft's virtual assistant and other traditional smart watch features like email, text, and calendar notifications. The company has already announced partnerships to use the band with My Fitness Pal, Taylor Made, Uber, Subway, and Starbucks.

[Polar V800 Review](#)

The Polar V800 is a wearable that targets triathletes. It has pool and open water swimming modes, in addition to run and cycle tracking. While the device can track a variety of activities, it still needs a standalone chest strap to monitor heart rate (in this case the Polar H7) and does not do much with sleep tracking. Bottom line: this is a hefty device that will serve more serious athletes well, but probably not suited to the average consumer.

[New Wearable Technology Promises Drug-Free Pain Relief](#)

The Food and Drug Administration has approved the Neurometrix Quell: a washable sports band with a slim lithium battery operated therapy pod. The device attaches to the calf area and stimulates sensory nerves in the leg, triggering the release of endogenous opioids and providing natural pain relief all over. With an estimated 100 million American suffering from chronic pain, the company hopes the device will be a drug-free alternative to people suffering from arthritis, nerve pain, painful diabetic neuropathy, fibromyalgia, sciatica, and lower back pain.

Other Health Technology Headlines

[AWS, Philips Strengthens Partnership to Unleash Digital Health IoT](#)

[EyeCatcher, the e-ink wearable](#)

[OCR's new site for app developers highlights HIPAA problems](#)

[UnitedHealth Group's Real Appeal launches an interactive personalized weight loss program](#)

[This NYC startup is creating incredible digital health technology](#)

[IBM's Watson is starting to be tested in the real world](#)

[Wearables meet the Rugby World Cup](#)

[USC: Virtual clinic, holograms are 'next frontier of digital health'](#)

[Telemedicine is vital to reforming health care delivery](#)

[Generation tech: Millennials are high users, but what does it mean for health IT?](#)

Please contact Gillian Christie, Health Innovation Analyst, at gchristie@thevitalitygroup.com with your feedback and suggestions.