

Health and Wellness Buying Guide Quick Reference Handout

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What are the key factors that define health and wellness?

There are four key factors: activity level, proper sleep, nutrition, and mental health. All of these things work together to paint a picture of your overall health and wellness.

Illness detection and prevention

The latest health and wellness tech devices can help you detect and monitor potential illnesses.

1. **Smart thermometers** – These measure temperature from the ear, forehead, or even with no-contact, with data stored in an app that can also be used to track other symptoms, set reminders, and more.
2. **Smart blood pressure monitors** – Worn around the arm (though future innovations might be able to capture this data in other ways), these measure systolic and diastolic blood pressure and log the information in the unit itself and/or an app to provide to the doctor at your next visit.
3. **Heart rate monitors** – Also found in smartwatches and fitness trackers, dedicated heart rate monitors can be worn in various ways, most commonly around the chest, to measure your heart rate 24/7, at a specific time, or during a workout.
4. **Pulse oximeters** – Place your finger inside one of these to get details on heart rate as well as blood oxygen and SpO₂. This provides useful data about your respiration.

Health monitoring and fitness

Wearable tech can help you monitor your fitness and health.

1. **Smartwatches** – Most smartwatches track plenty of stats, including activity, sports, workouts, sleep, temperature, heart rate, SpO₂, and more.



2. **Fitness trackers** – These track the same stats as smartwatches but with a thinner, bracelet-like design.
3. **Smart scales** – Unlike traditional scales that only measure weight, smart scales can take measurements on full body composition, including body mass, body fat, water, muscle mass, and more.
4. **Exercise equipment** – This can range from cardio machines to strength training gear, boxing and martial arts equipment, and more.

Healthy eating

Eating healthier is an important factor that can contribute to your overall health and wellness. And it can be achieved with some small appliances.

1. **Blenders and juicers** – Use these for protein shakes, smoothies, fresh fruit and vegetable juices, and healthier alternatives to dips, side dishes, and more.
2. **Air fryers** – Make traditionally fried foods in a healthier way, using little to no oil so you can enjoy an indulgence now and then.
3. **Cookers and steamers** – Not only can you make health meals quickly, but you can also retain the important vitamins and nutrients.
4. **Soda and sparkling water makers** – Replace sugary soda and store-bought sparkling water or juice with healthier versions you can make from the comfort of your home.

Getting a better night's rest

Sleep is another important, often under-rated factor, that contributes to health and wellness. And sleep tech can help.

1. **Sleep earbuds** – Wear these to block out ambient noise as well as hear soothing sounds that can help lull you to sleep and calm your mind.
2. **White noise and sound machines** – Take these with you or use them at home to play soothing white noise and other sounds for a few hours until you fall asleep.
3. **Aromatherapy** – Calming scents emit from an aromatherapy machine to help you sleep but also calm your mind during the day when you need a little solitary, relaxing time to take care of yourself.