



# Healthcare & Tech at a Glance

## Smart Medical Devices

- Connected devices that track & manage health conditions remotely
- Send data to providers with fewer office visits
- See how activities affect health in real time in the app
- Use strong passwords & multifactor authentication
- Be aware of HIPAA policies



## Examples of Smart Medical Devices

- Blood pressure monitors
- Continuous glucose monitors
- Heart monitors
- Insulin pumps
- Smart thermometers
- Activity and sleep trackers

## Telehealth Apps

- Apps and web platforms that allow for real-time virtual health visits
- Often incorporated into primary care provider's portal
- Also available as standalone apps: [MD Live](#), [One Medical](#), & [PlushCare](#)
- Device needs camera, microphone, and strong internet connection
- Also allow for sharing messages, test results, health data & more
- HIPAA-compliant, but insurance coverage may vary

## Robotics & AI

- Robots assist with surgery, clean hospitals, work in labs, & more
- Microrobots will explore the body
- AI Chatbots may make health information easier to understand
- Examples of AI symptom checkers: [Ada](#), [Buoy](#), [Healthily](#)

## AI Best Practices

- Do not use for medical advice
- Use for information/learning
- Ask for and check sources
- Confirm with doctor
- Avoid sharing private info
- Check platform's privacy & safety policies