Modern medicine could use some help from remote patient monitoring apps (aka RPM apps). An app that allows doctors to monitor patients remotely and keep track of their vitals is an enormously compelling option in times when healthcare services remain in strong demand, hospital stay costs continue to skyrocket, and COVID-19 keeps lurking around.

**1.** **Connected contact lenses**

Medical smart contact lenses are an ambitious application of the Internet of Things in a healthcare context.

In 2014, Google Life announced it would be developing a smart contact lens that could measure tear glucose and provide an early warning system for diabetics to alert them when their blood glucose levels had dropped or risen beyond a certain threshold. It partnered with Alcon, the eyecare division of pharmaceutical company Novartis, for the project.

### **2. The Apple Watch app that monitors depression**

The study found a very high level of compliance with the app, which participants used daily to monitor their mood and cognition. The app’s daily assessments were also found to correspond with more in-depth and objective cognition tests and patient-reported outcomes, showing that cognitive tests delivered via an app can still be robust and reliable.

While the study was only an exploratory pilot, it has demonstrated the potential for wearable tech to be used to assess the effects of depression in real-time. Like other smart medical devices that gather data, the Apple Watch app could also give patients and healthcare professionals more insight into their condition, and enable more informed conversations about care.