The first remarkable usage of wearable technology is health care. As technology developed, people thought that it can be useful for people's health care. A great number of companies started to improve their wearable accessory's health features. Besides this, for treating some diseases, wearable technology started to take the lead. One of these treatments is to cure Parkinson disease. Parkinson disease is an illness that affects nerve cells in the brain that control movement. Patients who suffer from Parkinson disease are affected by freezing of gait (FOG). While they are experiencing Freezing of Gait, their feet are sticked to the ground. Because of that, they face the risk of falling on the ground and their quality of life decreases. In such cases, wearable technology becomes useful for patients. For example, sensors which are worn on the body can understand that FOG event will occur and stimulate patient by vibration or aural warning. It was expressed that less fog event became when the device is plugged in by the 5 out of the 8 patients who suffered from FOG events while training. The rest of them said that there was no difference whether they are plugged in or not. In addition, five of the patients asserted that their freezing event was brief with the device. The number of the patients who thought that freezing event was longer when the device is logged on was 1. The other patients said that there was no difference (Bachlin, Plotnik, & Roggen, 2009, p. 7). It is clear that using wearable technology for Parkinson disease patients is a profitable method for the treatment process. In addition to Parkinson disease, wearable technology can be useful for Breast Cancer treatment process. Breast cancer is a disease in which cells in the breast grow out of control. It is stated that breast cancer can be overcome by being physically active. For keeping track of patients, wearable activity trackers (WATs) was used and asked whether it is useful or not. Participants said that these devices make them careful about their physical activities. Patients began to be cognizant about spending their time actively. Since patients' data is being collected, they were more eager about being more active. In addition to this, the closer they get to the end of their target, the more ambiguous they become. Due to being followed, they increased movement of their life for example they parked cars farther or started to climb stairs in place of lift (Nguven, Hadgraft, & Moore, 2017, p. 3378). It is obvious that the usage of wearable

technology has advantages since it makes patients more ambitious and provides them to become more active into their daily routines. It can be concluded that wearable technology for medical field is a manageable and beneficial procedure.

Apart from medical usage of wearable technology for medicine, it is also possible to use it in daily life. It is always good to move for humans since it protects them from illness and enables them to communicate better with others. Also, people can be pleasant if they are not still. As people live in today's world, currently everyone is getting still so it is required to encourage them to being active. Wearable technology is a good method for this purpose. One of the benefits of wearable devices is for employees. By using wearable devices, employees can be inspired and it is possible to make them more productive and healthier by being more active. As identified by Henning and van de Ven, since being active in daily routine provides workers to be more productive, it is offered to use wearable devices by employers. It is almost desired to associate being physically active and other wellness activities into the employees' daily life. These programs can be useful for boosting fertility and it makes workers healthier hence it diminishes the missed days which were because of illness. These devices are a good solution for setting employees' movement goals (2017, p.123). It is easily understandable that wearable devices can assist employees to be more productive and being healthier in their daily routine. Apart from the business life, wearable technology has a lot of advantages for making people aware of self-care. Self-care is the best solution for protecting themselves from diseases. Fotopoulou and O'Riordan state:

> In use, the screen of the device worn on the body displays numerical information about fitness activity, such as steps walked, floors climbed and calories burnt. In addition to this information, the screen periodically displays messages that aim to create a sense of connection with the user, and at the same time, establish the device in its role as a sport trainer (for instance 'you can get this!'). This display of motivational messages on the device screen and on the interface, dashboard introduces a form of coaching, which is ongoing even when the device is not actually connected to the wireless interface. (2017, p. 58)

Also, as pointed out by Schull, some devices which are wearable have idle alert so the person who wears that device can be warned whether they are inactive by vibration. In addition, some wearables give attention to bodily stillness and tries to avoid user from

inertness and struggle for preserving true posture (2016, p. 322). It is clear that wearable devices are profitable to have an active daily-life and to be careful about self-care. As a result, wearable technology is a good method to have an active life and to make someone mobile.