

## **Use of Wearable Technology for Health Care**

Fotopoulou and O’Riordan states:

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 if 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).

Comment: It is clear that wearable devices are profitable for having active daily-life and being careful about self-care.

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**TEVFIK OZGU**  
**150180082**