

**srg03462**

Do not use any of it.....I am sure they serve a purpose for some, but I would not want to see an issue with heart rate or elevated BP while exercising which happens anyway and would actually do the opposite of what exercise does.....stress me out! I prefer to exercise outdoors, and I use that time to actually look up and enjoy nature, not look down at tech. It is THE best stress reliever and health promoter out there and I can FEEL the good it does!

Posted On 03/08/2024

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**healingartist**

Exactly.

Posted On 03/08/2024

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## Guillermou

Not to transhumanism but to the control of the parameters that can determine improvements in health but always from the perspective of a culture based on critical thinking focused on Natural Medicine. As is the case with most ideologies, transhumanism presents as an inevitable movement what is actually based on a bet and very special assumptions, which others could say would lead to a human being that is more reduced than increased. . The great French writer Sylvain Tesson referred to transhumanism saying: "Philosophically, it is an aberration, which ignores the fact that the beauty of life is worth its fragility.

The human being would be absorbed in a non-stop race towards the optimization of his body and mind, which would lead either (a) to abysmal inequalities between augmented beings and the others who would remain like chimpanzees compared to the former or ( b) to a total uniformization of humanity that would entirely function based on the same operating system, sacrificing all types of diversity. Components of our body and our brain would become spare parts or software produced and marketed by companies undoubtedly very concentrated, similar to the current digital world which would acquire unlimited power over us.

The human-machine, 100% connected and dependent on technology to function, would have no means to press the Off button to reunite with itself. He would lose all distance, he would be totally transparent and his connected brain would be vulnerable, "hackable" by outside entities. This simplistic and reductive vision of unlimited technology moves away from what considers happiness as a feeling of fulfillment, based on the belief that his life has meaning and is worth living.

Posted On 03/08/2024

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## Krofter

I agree srg. Technology draws us away from our humanity. Better to tune into our bodies and pay attention then to put trust in some money grubbing corporation.

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## Guillermou

The magazine Nature Machine Intelligence describes how an Artificial Intelligence tool is capable of identifying patients at high risk of suffering a heart attack simply by performing a retinal scan. The basis of this methodology is a huge database composed of thousands of patients and several algorithms specifically trained to identify cardiovascular risk factors within a year. This work, which has an accuracy of between 70 and 80%, uses scans performed during routine visits to the specialist to analyze the small blood vessels of the retina, which are indicators of vascular diseases.

Specifically, the deep learning process consisted of the analysis of retinal and cardiac scans of more than 5,000 people, which allowed associations to be made between retinal alterations and changes in the patient's heart. When the relationship between retinal images and changes in the size and pumping efficiency of the left ventricle was established, an increased risk of heart disease was determined. This research complements and perfects another published in the journal Nature Biomedical Engineering: the prediction of the probability of suffering a cardiovascular accident was much higher, five years.

The diagnostic power of the eyes goes far beyond coronary heart disease. Scientists from the University of San Diego (California) have designed a mobile app to help detect neurological diseases such as Alzheimer's and Attention Deficit Disorder with an image of the eyes.

<https://youtu.be/V5aZjsWM2wo>

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## epi-cure

At what point does the self-indulgence and sometime preoccupation with health hacking spill over into narcissism? Being a parent and grandparent, I'm motivated to stay healthy and share my knowledge with family and friends. But this endless quest for hyper tuning, in this case in the form of a biofeedback ring does, at least for me, become ridiculous and in some cases makes me wonder whether it's a sign of insecurity that asks, 'am I good enough'?

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It is if some people in society these days are obsessed with health and life, but only in the easy ways. It's one thing to strive to be healthy and live your best life, but when those efforts (& the worries they sometimes create) begin to take an inordinate amount of time or distract from actual living and being in nature and spending time with/for family and friends, then one has to wonder about the benefits. This obviously doesn't happen with everyone, but it does with some people.

I had a friend who would get stressed over not getting all of their "steps." It could be late & they could be tired, but they'd sacrifice sleep & joy to begrudgingly reach their "step" goal. Is it better to live long and healthy, spending much time & effort to achieve and micromanage that goal, or to live shorter and be a blessing to many? Of course, those aren't the only options, but we each have only a certain amount of time in each day. There is a time that will come for everyone.

Do we really have any control over that, or do we just think we do? There are some things that we cannot control and that we cannot understand. What is the real purpose of our life on this earth? Some people may be so focused on extending their life that they don't do the little things that make life better for themselves & those around them. Have a real, attentive conversation with someone. Call, write, or visit someone who is lonely. Garden, bake or do something you enjoy & share that with someone.

Sure you can do that with a tracking device, but it and the data it provides, and the changes you must plan and implement can also preoccupy you to the extent that maybe you miss special moments. Dr. Mercola provides an enormous amount of information that we can incorporate into our lives to be healthier and I appreciate that tremendously. It takes a long time and much effort to turn from the toxic lifestyle in which the latest generations have been raised. Just keep it in perspective!

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## Guillermou

Good control of the measurable parameters that impact health can be positive and are often necessary to adopt appropriate measures. For example, the most common way to check your blood glucose at home is with a glucometer. The question will be to see the frequency of measurement to control your blood glucose levels and the usefulness of a daily record of the measurements made of your glucose level. But in addition to these records, you should know the symptoms that these levels may be too high and have the culture of the relationship between insulin resistance and overweight. high triglycerides and high blood pressure The important thing is the control of the disease and its possible cure, changes in your eating plan, your physical activity plan or treatment for diabetes.

Feelings of stress, sadness or a bad mood are common among people with diabetes and the appropriate culture will advise, for example, deep breathing, working in the garden, going for a walk, doing yoga or meditation, engaging in a favorite hobby or listening to your favorite music. The Digital Therapeutic Alliance, a non-profit organization that promotes digitalization in the world of health, this treatment modality uses powerful computer developments to prevent, control or treat a disorder or disease. However, the effectiveness of using these therapies will depend on the individual culture to process with a critical spirit the projection of the evaluations and methods with a good approach to Natural Medicine.

Digital Therapeutic Alliance has a library of Digital Therapy products that are based on a decalogue of common principles, including: 1) They aim to prevent, control or treat a medical disorder or disease. 2) They involve users in their development and use processes. 3) They comply with the principles of patient privacy and safety. 4) They incorporate the results of trials published in specialized journals. 5) They are subject to risk, effectiveness and use control by the authorities

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## Guillermou

There are many Digital Therapy solutions. One of them is Insulia, a prescription-only software that aims to help type 2 diabetics manage their condition. It is a computer program that can be used on a compatible smartphone or computer that suggests personalized doses of insulin to patients and offers them recommendations for managing diabetes. Researchers at the Massachusetts Institute of Technology (MIT) have developed technology capable of wirelessly monitoring all the positions a person uses when sleeping. It is a device that uses a complete network of wireless sensors to measure your behavior during the night and be able to provide precise data about your sleep without having to use the tangles of cables and complex measurement systems that are currently used..

However, despite the virtues of these digital therapies, there are still certain limitations to their widespread use. One of them has to do with the privacy problems that affect other technologies such as Artificial Intelligence in an area as sensitive as health. This data has increasing protection and requires robust and reliable cybersecurity measures so that this type of technology can be implemented.

Furthermore, there is still no regulatory body in Europe that is capable of verifying the usefulness of these technologies and adding them to an official registry that makes them fully reliable.

<https://insulia.com/> .----- <https://dtxalliance.org/> .--- [store.samhsa.gov/.../pep23-06-00-001.pdf](https://store.samhsa.gov/.../pep23-06-00-001.pdf) .---  
[www2.deloitte.com/content/dam/Deloitte/ch/Documents/life-sciences-heal..](https://www2.deloitte.com/content/dam/Deloitte/ch/Documents/life-sciences-healthcare/2023/06/06-00-001.pdf) .---  
[www.rocplus.es/innovacion/inteligencia-artificial/terapia-digital.ht..](https://www.rocplus.es/innovacion/inteligencia-artificial/terapia-digital.ht..) .--  
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## Guillermou

Researchers at the American center have begun testing a tool to try to measure the acidity accumulated by the bacteria in the plaque that causes tooth decay. At the moment it is a prototype of an optical device called O-pH, which emits LED light to measure the fluorescence caused by a chemical dye on the teeth that has already been approved by the FDA, the body that evaluates medications in the United States. . According to its creators, the O-pH is capable of taking a numerical reading of the pH or acidity of the bacterial plaque on the teeth and indicating to the dentist which teeth or areas are most at risk of developing cavities.

In this way, the dentist can look for the areas that suffer the most and apply preventive measures. Plaque acid is caused by bacteria that live in our mouth when they come into contact with foods containing, for example, sugar. This acid is the cause of the corrosion that occurs on the surface of the tooth and which then causes cavities. Therefore, the possibility of obtaining information about the acid activity that is recorded in the teeth could provide a very approximate idea of how bacteria behave in the teeth and thus know the possibility of developing problems in the future.

One of the advantages of this test is that it is non-invasive: simply apply the dye to the teeth before using the light beam and checking the pH reading. Currently, the researchers of this device, whose tests have been published in IEEE Transactions on Biomedical Engineering, have focused their efforts on a version that includes images that instantly show the exact location of the areas in which a high acidity level and, therefore, injury can occur. [ieeexplore.ieee.org/.../9720240](https://ieeexplore.ieee.org/.../9720240)

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## mrrobb

Wearable tracking Units.....just makes you a Bright Target.... Thru out most areas as I walk around with my Radio FREQUENCY COUNTER...we are being virtually being SHOT AT by transmitting Units on Power poles , streetlights, chimneys, tall building, ALL HOSPITALS' cellphone towers by RF Radiation.....not to mention the unlimited places in your home and CAR-Truck on buses and if Non-ionizing RF is not dangerous or harmful why do Microwave Ovens make water BOIL??? and the human body is 76% WATER.....duhhhhh Pop Hole in that statement... ""While industry has long claimed nonionizing radiation is harmless""<< what a crock of BS!!! ALL radio frequency is dangerous to someone or something...J.C.Bose proved that over 100 years ago >>> [www.gutenberg.org/.../18986-h.htm](http://www.gutenberg.org/.../18986-h.htm) <<<...N Tesla stated that also.....

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## mrrobb

"Squelch' is an interesting word.....could ever added to 'Sounds from a Mohel as he preforms his nasty rituals" but in the case in radio it means to remove the lower power RF Radiation as being 'ground clutter'

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## Segstar

God gave us a FULLY functioning body and mind , complete with so many on board sensors so we can think for ourselves and make the best decisions.. He also gave us a "conscience" so in the absence of hard information we can still THINK for ourselves and make the necessary choices..But today we have to depend on other people to tell us what to eat, how often you should poop, how to dress, how to exercise, who to date, how to take care of ourselves etc..Impatient humans are never ever satisfied, they have to submit to whatever extra they can get and almost always their submission leads them down the path of deceit and no return...Any wonder we're in so much mess today..

Posted On 03/08/2024

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## brianallen1

Amen Seggy

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### lpioch

I love my Oura. But I can see how some might get wrapped up in it. I'm a research scientist, so it's purely data that can be actionable. I have had it about 2.5 years. I used to wear it all day to track activity as well. But after about a year, I understood what my "usual" is and what I can do daily to improve, also correlating with quality of sleep. It does help me correlate how I slept to how intense my next day should be, which I would be otherwise unaware because you don't always "feel" it...You just don't.

Now I'm just making sure I get at least 1.5 hours REM and at least 1.5 hours Deep sleep each night, indicators of quality longevity. Oh... And how much impact sauna is having! I've made a number of habitual changes over the 2.5 years to get to this point. And if you're worried about EMFs, just shut off Bluetooth. You can "check" in the morning with it away from you (radiation falling off rapidly with distance squared). It means I'm on my phone all of 1 minute? I wouldn't use anything else.

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## Guillermou

Thank you for your dedication and testimony. Artificial intelligence is also destined to revolutionize the world of diagnosis and personalized treatments both in the world of dentistry. According to the magazine Dentistry Today, an artificial intelligence system has been able to surpass the level of accuracy in the diagnosis of dental caries of several dentists through the analysis of bites and periapical x-rays. The study revealed that, out of a total of 8,767 periapical and bitewing x-rays, the AI system was more consistent and accurate in predicting the presence of dental caries thanks to the analysis of millions of data points.

However, the great challenge that this technology faces, in all areas related to the world of medicine, is that of the privacy of personal data, something that, today, is far from being resolved. 3D printers have become an item of almost daily use in countless areas, from engineering to cooking, including medicine. The popularization of these technologies has managed to lower their price and design solutions quickly and efficiently, and at much more competitive prices than conventional methods.

Through this technology, prostheses and dental splints against bruxism can be built, and even other more complex pieces, as revealed in an article published by Nature magazine: among the uses it describes are the production of drilling guides for implants. dental implants, the production of physical models for orthodontics and surgery, the manufacturing of dental, craniomaxillofacial and orthopedic implants, and the manufacturing of copings and frames for dental implants and restorations.

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## wannabeaknowital

My cardiologist wanted me to get an exercise monitor to track my heart beats for 3 months. But I refused as I don't like the Bluetooth radiation & extra emf's being too close to my body. I questioned him on that type of thinking especially when someone has a predisposition to Bradycardia. We're electrical beings so how can that be good for the heart, it didn't make sense to me so I replaced him.

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## finarphin

Ostensibly at least some of these devices have been claimed not to broadcast the data they collect to outside installations. But surely the main purpose -- eventually, at any rate -- is to allow that data to be collected and analyzed for some psychological warfare purpose or other. For instance, readings on vitals signs could be used to determine whether the subject (or patient, or whatever you want to call him) is in a state more or less vulnerable to certain kinds of messaging, whether from the television or some other source. Precision in psychological warfare enablement. Then there is also the possibility (not now, but eventually) that the device itself could alter the subject in various ways. It brings to mind the idea of the ringwraiths, slaves to the One Ring. The One was an AI-like device, and the analogous construct in our world would seem to be an actual AI, automating data-collection and above all control. Hell is the concept that comes to mind.

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## PJWest12

I want to offer a different reason for using an Apple watch. I too don't care for some of the tracking, etc. but a few months ago, my husband and I were in a serious auto accident. We hit ice on the freeway, slid across it, rolled several times into a ditch. Our phones were lost, we were pinned in the car on our side. My apple watch detected the crash, dialed 911 and it took about 20 minutes for rescue to find us. I said to the trooper that no one stopped to help us. He replied "no one could see you". Where we ended up was in a spot that couldn't be seen from the road. There was no way we could get out of that car on our own and I think the apple watch saved our lives.

Posted On 03/08/2024

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## **brianallen1**

Glad to hear you were rescued. Personally, the disadvantages of "smart" living far outweigh any advantages for me. I had to destroy a very efficient window air conditioner because we were getting radiated to death even when it was not operating. Even when it was unplugged. It was receiving and transmitting RF'S from the tower even though I never enabled the "smart" function or downloaded the app. The manufacturer never denied the harm it was doing and sent me a full refund long after the warranty expired. They even had the technology to confirm I had destroyed the unit through my location and its serial number! Won't go near these devices.

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## **rrealrose**

Yes, many older women in their upper 70s and 80s have been rescued by wearing an Apple watch. Unless you have spent time in independent living facilities, long enough to hear stories being recounted, you may not realize that falling is a serious concern. That seems enough movement to trigger the watch to call 911. May have heard 5 or 6 stories along those lines...in the shower, bathroom, kitchen, out of bed, up or down stairs.

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## Guillermou

Virtual reality and augmented reality are two of the technologies with the greatest projection in all areas, one of them in the medical field. VRPhysio is a virtual physiotherapy room that uses this gamification technology for recovery from neck and spine injuries, among others. To this end, it has created a platform that facilitates the performance of physiotherapy exercises, and that allows the results to be monitored by medical professionals and physiotherapists. Although this technology is already a reality, we are currently working on augmented reality applications that aim to help doctors test clashes between players without risk.

A huge range of opportunities to explore. The antigravity treadmill is effective in rehabilitation work after suffering an injury, especially in the most serious cases, they are slow and expensive and require special care before the athlete can return to their usual activity. Recovery in cases of broken bone, ligament or serious knee injury requires constant and progressive work that helps the damaged area return to its normal state, and to do so it is necessary not to load the damaged joints while they perform the exercises.

To carry out these tasks, the company AlterG has designed an anti-gravity treadmill that allows patients to exercise their limbs without supporting the weight of their body. The machine can compensate between 20 and 100% of the patient's weight, which helps them move their muscles and bones without difficulty and progressively. Within the field of prevention in the sports medicine sector, infrared technology has established itself as a very useful method to better understand the performance of the human body in physically demanding situations and thus improve decision making.

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## Guillermou

The Spanish company ThermoHuman has developed software that analyzes thermal images automatically with artificial vision and deep learning algorithms. This technology is capable of providing specific metrics on more than one hundred body regions so that medical professionals can better understand an athlete's specific physiology and make decisions to prevent injuries, track injuries, or help diagnose certain physical problems. . This method is already used in around thirty sports disciplines, professional leagues and high performance centers. [https://youtu.be/Qllqv8S\\_6QU](https://youtu.be/Qllqv8S_6QU)

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## meehan2661

I find them informative and able to listen to my body. Unfortunately I have owned a Fitbit before google purchased them. My wife has the Oura ring. When you're living a healthy lifestyle a tracker is just another tool in the toolbox. I don't like the Bluetooth dimension of them. What I find a positive is resting heart rate. I'm consistently at 50-52 beats. When I travel with in 48 hours it goes up. Also if your body is fighting something it goes up. It gives me a jump start on extra vitamin c etc. The article a few weeks ago about 4-7-8 breathing and your Hrv. I am seeing immediate results practicing it. So it's all about personal preference.

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## Guillermou

This can also help. Florence and Pahola are chatbots that ask different interactive questions to provide the person using them with useful answers about, among many other topics, stress management, the risks associated with alcohol consumption, healthy eating habits and physical activity, and they do it in different languages, including Spanish. During the first year of the COVID era, the global prevalence of anxiety and depression increased by 25%, due to social isolation, loneliness, fear of infection, suffering, fear of death for oneself and for loved ones. loved ones, the pain after bereavement and financial worries.

This incidence has been especially important in the case of minors, who have suffered an increase of up to 47% in the number of cases of mental health disorders, according to data from a multidisciplinary working group made up of the Spanish Association of Pediatrics. During the talk, Florence makes recommendations to the patient so that they can identify the symptoms and gives them concrete instructions to overcome them. In the case of depression, the virtual assistant directs the Internet user to a specific link about this condition. Pahola, who presents herself as the first Pan-American social assistance worker on this topic, checks the age, sex and place of residence of the Internet user, and then offers several options, among which are the possibility of chatting; to fill out a questionnaire on alcohol consumption habits to assess the risk of alcoholism or other diseases; to obtain information about the consequences derived from ingesting it, and even to undergo monitoring.

Both Florence and Pahola aim to democratize universal access to basic health services and contribute to the expansion of healthy lifestyle habits around the world.

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## Quirke

Even if you disable bluetooth, the device which is attached to your skin, is still emitting EMRs - you should buy an EMR meter and test it for yourself - you'll be surprised.

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## Eevee

Was excited when smart watches came out, as a life long fitness enthusiast, used the brand Polar as apparently that's used by many professional sports people. Had three devices over the last twelve or so years, each one more functions than the last, final one was very advanced, too many functions to mention here. Eventually became tired of charging and wearing it, felt un-free physically and mentally, last one has been in a cupboard for over a year, not sure I will use it again, let's see in the future, couldn't wear any of them at night, bothered me, also when I moved, the bright green lights under it would wake me, even if it was snugly fitted.

My maternal grandmother couldn't wear a wrist watch, they used to go haywire, not function properly, she would break them and had to have a nurses watch, the type you pin below your shoulder on top of your clothes, doctor said something to do with the electricity in her body, so wonder if that's why I have never liked wearing watches or a smart watch that much, also get electric shocks from quite a few things, like car doors, shopping trolleys etc. try to always wear natural fabrics, have cotton and wool bedding nothing synthetic etc.. not sure what is going on, they say things skip a generation, maybe I have what my gran had, who knows, no idea really.

My Mum doesn't get any of this, when I tell her this and that happened, she says..oh that is just like my Mum used to get (my grandmother)... Advanced watches with all the technical functions, in the beginning it's fascinating, then after a while it can lead to "health anxiety"... unnecessary worry, parametres of data are based on averages of large numbers of people, but we are all unique and what is normal for an individual if it is not within the normal so called parametres of data that person will start to worry and obsess even if they are healthy and think they are ill when they are not. In the UK it's called "the worried well".

Posted On 03/08/2024

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## Arlen1

I have one, but I use it for monitoring my heart rate when doing workouts. I try to do 30+ minutes, 3 or more times a week, of 150+ beats per minute workouts (HIIT). Wearing a heart rate monitor is much easier than trying to count my pulse when I'm out of breath. I already know I exceed 10,000 steps a day, so I don't need to know that I did 20,000. I wore a pedometer for a few months just to see, and found myself walking less because I was doing 30,000+ steps some days. I do have sleep problems and monitoring my sleep has helped me make important changes. One was alcohol! I was waking up after 4 hours and taking a swig of JD would put me right back to sleep.

BUT! Not according to the sleep monitor! I starting making adjustments based on a lot of Dr Mercola's articles on sleep and I made big improvements. The fitness watch's data showed improvements in breathing and heartbeat and I extended my deep and rem sleep. But, for day-to-day activities, I don't wear it. It's strictly for sleep and exercise, so I wear it at night and when I'm working out. I'm not concerned about being tracked. There's no cellphone reception where I'm at and I don't have this device linked to anything online.

Posted On 03/08/2024

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## spiritcalling

Sounds interesting but I have EMF/EMR intolerance and have since the electric company in Phoenix put a smart meter on my house 12-years ago (2012). I couldn't figure out what was happening when 6-weeks after installation, my skin started burning, welting, itching, flaking and I felt like I was conducting current all night long-horrible feeling!!!! Wearing something like this or even keeping it on at all, anytime during a day, would keep me up all night. Not all things are meant for all people. In late 2013, I finally met a group of people who were dealing with the same issue.

They told me to contact the utility company and get the meter removed and replaced with an analog meter. They didn't want to do this at first and said I couldn't "opt-out". I let them know I never opted in and I wasn't going to pay extra for the removal. They came out within a day and took off the meter. However, I'm still adversely affected by wireless signal, dirty electricity and high tension wire fields. That will probably not change. It's better, but not gone!

Posted On 03/08/2024

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## **brianallen1**

Do they charge extra to come out and read the meter?

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## **SpiderTaxi**

I understand those that do not want to use tech products in their lives. In mine, I train heavily and need to stay in contact with my heart as I have tachycardia issues from time to time. I also keep track of my training hours and what modality (weight lifting, skiing, mountainbiking, paddle board) I do several more than those. I set my elderly mother up with an Apple and connected it to her phone and mine. Why...it lets me know if she has fallen (she walks daily). Backing up: Her healthcare provider changed her glaucoma medication to the latest pharmaceutical (killer) which is a beta-blocker and she passed out while on her daily walk.

She fell into a drainage ditch unconscious and could have died. She suffered horrible facial cuts (stitches) nearly lost an eye and a concussion along with a broken hand. She still has problems with double vision. That watch alerted me that she fell. I live on the other side of the country but was able to know immediately and could call 911. This would have been an entirely different story without the watch.

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## **helenof**

I have been enjoying the Oura ring for nearly a year. The accurate temperature data for menstrual cycle tracking has been immensely helpful, and I believe more women would benefit from understanding how cycle tracking can help avoid pregnancy without harmful hormonal birth control intervention.

Posted On 03/08/2024

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## **brianallen1**

Sorry. I don't believe 53% of the population monitors their heart. Nor do I believe nearly 2/3rds count the steps taken in their day.

Posted On 03/08/2024

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## **grulla**

Much agreed.

Posted On 03/08/2024

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## **Segstar**

Counting heart rate, counting steps, counting calories, counting breaths, might as well count them chickens before they hatch lol..Ah lordie i'll count my blessings until i drop dead:) [youtu.be/ZIniljT5lJI](https://youtu.be/ZIniljT5lJI)

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## **jamNjim**

My job coerces us to track our fitness. We get bonuses for staying fit. They get reimbursed via lower company-provided insurance cost. Since I'm on a High Deductible Catastrophic Health Insurance plan (HSA), I get to have a health savings account that is non-taxed. By wearing a smart watch that tracks my steps, heart rate, sleep, etc., my employer CONTRIBUTES an extra \$1,000 to my HSA! After 10 years of being on this plan, I have over \$30,000 in it. When ever I decide to, like when I retire, this money can be rolled into my 401K or I can keep there and use it to help pay any medical bills. On top of that, the monthly deductions from my paycheck for insurance is HALF what it would be! I get to keep \$800 more dollars a year! So, my employer adds \$1,000 a year to my HSA and I have \$800 less a year coming out of my check just to wear a watch. It's a no-brainer!

Posted On 03/08/2024

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## **grulla**

"Since I'm on a High Deductible Catastrophic Health Insurance plan (HSA)" I've used HSA a few times over many years, back east, during periods of railroad unemployment furloughs, it's a "lifesaver". Out west since 1989, I provided HSA for my late wife until 1996, at which time we were legally married and my RR employer covered her health insurance.

Posted On 03/08/2024

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## **TruthseekJT**

Brides... Just like the free beer, Big Macs, & lap dances to get jabbed. No thanks.

Posted On 03/08/2024

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## **helpothers**

Not sure how close you are to retirement. When my dh retired earlier than expected due to the vx and went on medicare, we had to take out the last 6 months of hsa contributions as you can't have been on a high deductible/hsa for 6 months prior to going on medicare. Then after he retired, we were notified that the hsa account would have a monthly fee. So we spent what was left and closed it. I do have to say, I found out too late that you can get an hsa for all your kids and make those contributions to them as well before they are 24(?) and that is a nice medical nest egg for them in the future.

Posted On 03/08/2024

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## **Segstar**

But, but, is it "just a harmless watch."

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**wor9463**

Those planning on using any funds in the future that are currently tied up in the financial system might want to check out Catherine Austin Fitts and David Webb. If you are being paid, essentially, to wear something, then you are the product. It may be worth it to you or it may not. Just consider that and evaluate it for yourself. Regardless, it would probably be wise for everyone to work towards health, medical options, food and financial security that is outside of the respective systems and that does not rely on technology or the government.

Posted On 03/08/2024

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**Stephjask**

Just one more reason for people to live vicariously through their phones. A distraction from the real sources of ill health which you do not need a microchip to see clearly.

Posted On 03/08/2024

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**sutlaf2**

Lets not forget that google also owns the DNA "entertainment" service 23 And Me. You send in a cheek swab and the computers determine your heritage and all sorts of things about you and your family. Now Goog has your DNA in YOUR google dossier which is THEIR dossier on you. They have all your searches and and health searches too. With Fitbit they also have all of your health data which is of interest to insurance companies and employers when you apply for a job. Apply for a mortgage? google can predict how long you may live and that may affect the rate you get or if you get the mortgage at all.

Now imagine someone somewhere needs a kidney and you happen to be a perfect match. Google knows exactly where you are at any time down to your address and when you fall asleep. Google is unlikely to engage in organ harvesting but they can be hacked and all the DNA info traded on the net. Selling organs is big business in many countries especially Germany, China, Israel, India. It is not rocket science to imagine where this goes. The more information you "SHARE" the more it will cost you in the end. Don't be stupid.

Posted On 03/09/2024

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## WillCat

Nope, not me ever, used to work in tech repair and I don't want to be plugged into the system, well any more than I am already by being on the internet and oh, yeah my iPhone. Just trying to draw a line, this far and no further. Does it matter? Maybe I just hate wearing things on my hands or arms or I'm just old and grumpy...

Posted On 03/09/2024

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## billstri

I have a cheap step counter. Works well. But the calorie count is not based on anything except steps only. No calorie credit for going up steep hills versus flat asphalt. My Garmin GPS gives miles and elevation gain, but does not give a calorie count, which would be nice. It would be nice if calorie count was an accurate idea of energy that you spent. I also have a top of the line elliptical machine. It has both incline and resistance adjustments that you can adjust while exercising or automatically with programming. But the calorie count on that elliptical is based on the miles it reads and not based on resistance or incline, so it is not useful. Such a shame for such an expensive machine.

Also, if you get interrupted and stop exercising for 2 minutes, it zeroes out your progress and you start at zero, which is very, very irritating and stressful. You can't stop it from zeroing out your progress. It does not keep a running history total of past usage of that machine. Professional reviews rate this a top of the line machine and not one has pointed out the flaws. When I talk to fitness stores that sell these, the sales people never heard of a machine that tracks fitness over time. They all zero out as soon as you stop exercising and you have no choice. I can't beat a GPS that shows miles and elevation gain for tracking fitness progress without zeroing out in the middle of a trail.

Too bad exercise machines are so much out of touch with what people need as are those that professionally review these machines. Problem with GPS is the size and difficulty of carrying such a device for monitoring a full day's totals and week totals. GPS batteries usually need to be charged every 10 to 20 hours of use and are not good for trail runners. Hard to find good ways to monitor fitness that work. Step counters are not very useful for real workouts or hikes, but they are small and easy to carry. Exercise machines are near useless except in a commercial gym.

Posted On 03/08/2024

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## dmn0414

My only interest in these devices is for sleep monitoring, as I was recently diagnosed with sleep apnea and am so far not getting much benefit with a CPAP machine. I tried four different cheap smart watches, none of which proved to be useful. Accuracy of the OURA ring for sleep monitoring, according to the study cited below, is: "URA ring had a 96% sensitivity to detect sleep, and agreement of 65%, 51%, and 61%, in detecting "light sleep" (N1+N2), "deep sleep" (N3), and REM sleep, respectively" So, its ability to correctly detect different sleep stages is better than you just guessing the results yourself, but not to a useful degree, it seems to me.

[www.ncbi.nlm.nih.gov/pmc/articles/PMC6095823/#:~:text=From%20EBE%20ana..](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC6095823/#:~:text=From%20EBE%20ana..)

Posted On 03/08/2024

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## rrealrose

May want to check your diet. Was listening to someone on a summit recently talking about relationship between dairy and 4 or 5 other known mucus-producing foods and sleep apnea.

Posted On 03/08/2024

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## Gwyncann

A device to outsource the brain's capacities to be aware of, keep track of, observe, pay attention to, monitor, listen to, interpret, think, be mindful of, etc. No thank you

Posted On 03/08/2024

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## TruthseekJT

It's easier to be lazy to the extreme. So that a population of fat bas\*\*rds can get even more morbidly obese... All the while giving all their personal information to big brother. No thanks!

Posted On 03/08/2024

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## Almond

Weaponizing Neuroscience [www.americanthinker.com/articles/2024/03/weaponizing\\_neuroscience.html](http://www.americanthinker.com/articles/2024/03/weaponizing_neuroscience.html) and [apps.dtic.mil/.../ADA564854.pdf](https://apps.dtic.mil/.../ADA564854.pdf)

Posted On 03/08/2024

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## brodiebrock12

Just when will people WAKE up.

Posted On 03/08/2024

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## Segstar

Most won't Brodie.. I particularly like Teddy and the Blue Notes here... [youtu.be/axmBtBOlbVU](https://youtu.be/axmBtBOlbVU) . And of course Linda here.. [youtu.be/OYLSvXYp\\_5U](https://youtu.be/OYLSvXYp_5U)

Posted On 03/08/2024

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## **epi-cure**

Seg Yur Blue- eyed Soul is battin' a thousand today. When vill vee vake up? In vino veritas, that much ve know. Saw this activist musician and his entourage in 1986. Motion and music with a message that hypnotized. Four songs, nearly 2.5 hours in a memorable unique performance !

[www.youtube.com/watch](http://www.youtube.com/watch) Close my eyes and I'm back there once more. Grab some grapes and dance like no one is watching :- )

Posted On 03/08/2024

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## **Segstar**

Epi quite epic and jumpy that Fela... Tapping feet went to standing up which led to movement and then more vigorous action, all the while sans vino... Later will pipe it through my heavy duty sound system..Better half would be mad..Again.House shaking...Looks like dog and me bunking together tonight lol...Cheers Capitan..

Posted On 03/08/2024

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## **stickybud**

@Segstar. Beautiful, but I had to put the comment on the Blue Notes one: "Such a shame about the backing music".

Posted On 03/08/2024

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## **epi-cure**

Dog can dance. Dig dat dog. Better a dog that will dance than a broom that won't boogie.

Posted On 03/08/2024

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## Steveeeej2100

Always been skeptical about fitness monitors and how they lull people into thinking they are exercising because their Fitbit says they walked 10K steps today. My question is , what kind of steps did you take? Were they vigorous steps or shuffles? Going up a flight of stairs or going down? All very misleading data. Trashcans are full of Fitbits.

Posted On 03/08/2024

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## jamNjim

It actually differentiates between stairs and regular steps. You set the parameters for the type of steps taken when you set the device up. If you have a narrow gate, you actually enter that into the parameters of the settings. If your 7' tall with a 38" inseam and a 48" gate you will enter that information and it will calculate everything from there. To prevent false steps, most of your better fitness devices (Fitbit, Garmin, etc) have GPS sensors and/or use the GPS on your phone to determine if you are actually moving like the pedometer detecting steps say you are. If you are doing a run or hike you can tell it that and it logs that event as an exercise. If you don't tell it you are exercising it assumes you are the moment it registers rapid heart beat and faster steps for an extended period of time over greater distance in less time.

Posted On 03/08/2024

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## saames

Several years ago my husband's company had a fitness contest. The participants got Fitbits to record steps. I discovered, sitting on my patio in my favorite Lloyd Flanders bouncy lounge that my Fitbit was clicking off step after step as I relaxed, lightly bouncing the chair. I didn't realize it for a while- during which time our team was ahead!!!

Posted On 03/08/2024

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## helpothers

You can also get a lot of steps using power tools and driving on bumpy dirt roads - :P

Posted On 03/08/2024

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## Farmgurl4ever

So true ! While working as a prep cook I would rack up so many "steps" just standing at my work station chopping and dicing

Posted On 03/08/2024

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## Eevee

They have altitude and alsorts they know when you go up stairs or a slope they are really advanced....it's amazing what they can do...I probably will dig mine out and use it again when we go hiking in the better weather, now we are older it makes sense, but at the moment I am not into mine at all. I go on and off mine always have, had one for years, only used it a few weeks at a time then got sick..

Posted On 03/08/2024

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## Segstar

Saames lol, did you at least put some water on your face to mimic sweat.. LOL counting steps is the NEW wave exercise thingy.. Makes we want to grab a vessel of grape juego, dear lord what have this world come to..

Posted On 03/08/2024

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**Segstar**

Steve one step forward ten steps backwards lol.

Posted On 03/08/2024

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