



BridgingApps helps people with disabilities use technology to enhance their lives

Lunch & Learn

Wearable Devices to Track Important Health Data
With our BridgingApps Team

Lunch & Learn Rewind: If you missed our Lunch & Learn last time

Check out our website and search our blog for information as a review of the information we have shared in the past

bridgingapps.org

Apps BridgingApps App... George Ranch Hig... Virtual Combine Sign in: - PebbleGo Time for Kids Next

BridgingApps Customize 7 0 + New Edit Page Events Clear Cache Howdy, Tara Rocha

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Bridging The Gap

We believe that it is more important to focus on the person who will be using the technology, rather than the device itself.

Or click on these links below to find ones we have shared in the past:

[Holiday Gift Guide](#)

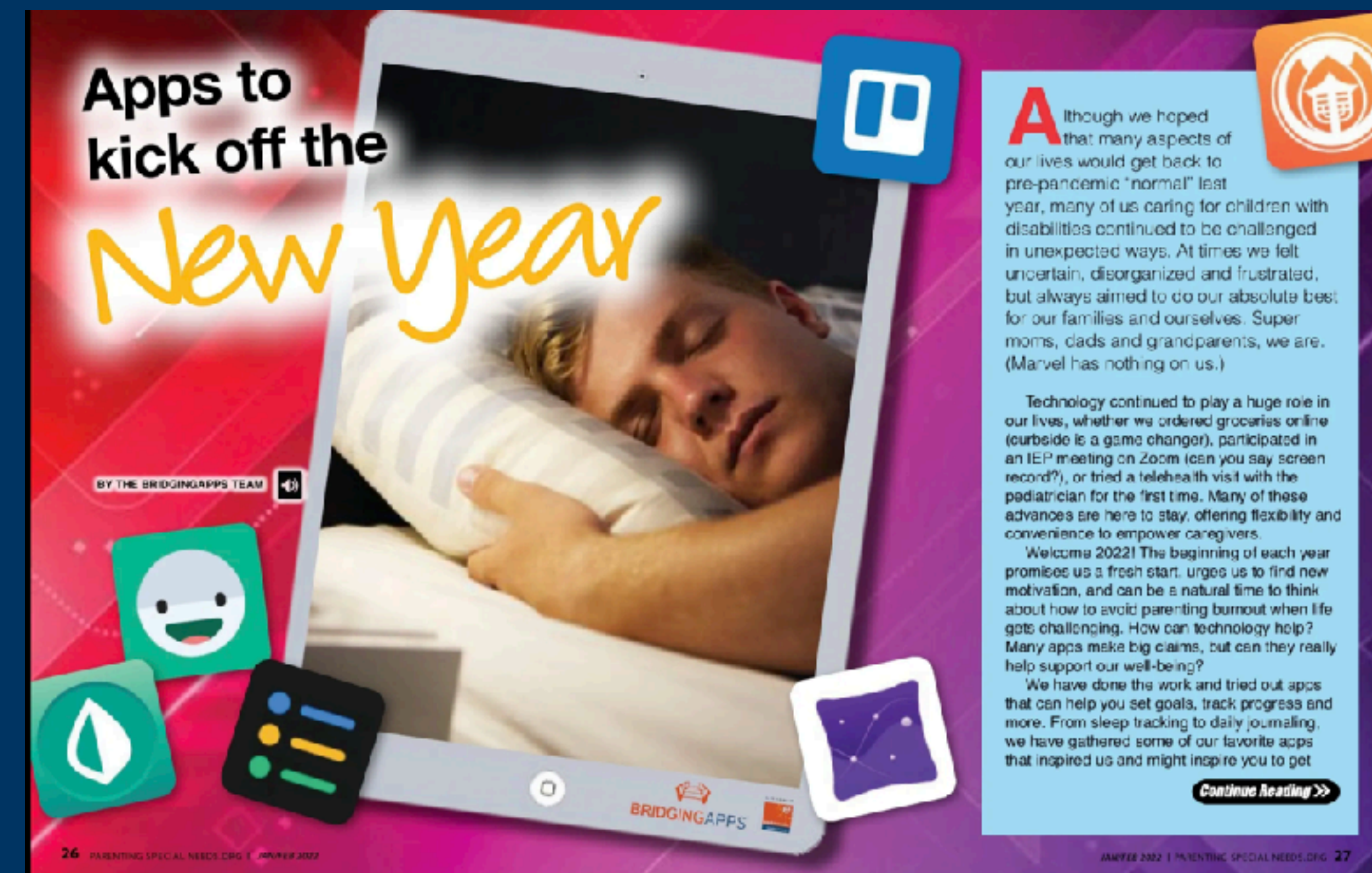
[How to Mirror Your Device on Your SMART TV](#)

[Getting Fit and Tracking Your Progress With Apps](#)

Parenting Special Needs Magazine

www.parentingspecialneeds.org

- BridgingApps is a contributor to their bi-monthly issues (6 issues a year)
- Interactive publication with active hyperlinks
- User friendly with read aloud capabilities
- Check out [this quarter's edition](#) on our blog



Wearable Devices to Track Important Health Data

- Constant Temperature Monitoring
- Baby Monitors: Sleep, Oxidation levels, positions, etc.
- Speakers & Sound Machines
- Smart Watches, Activity Trackers, and Health Apps
- Blood Pressure Monitors
- Constant Blood Glucose Monitors
- Other Cool Wearables
- Find specially curated app lists on our website at <https://search.bridgingapps.org/lists>



TempTraq



- First continuous temperature monitor with accurate readings
- Soft, comfortable, disposable single use patch up to 48-72 hours
- Wireless Bluetooth, remote monitoring that works with the TempTraq app
- Safe for all ages and skin types

Retails for \$32 online

\$19.99 CVS (sold only in stores - limited availability)

VAVA

- Real-time continuous monitoring temperature monitor (does not store temperatures)
- Does not work with an app, but you can monitor through their wireless receiver
- Soft, silicone patch that is applied under the armpit with low RF transmitting power
- Alarm beeps on receiver to instantly alert you of fever



Retails for \$105 Amazon

Underarm Digital Thermometer with MomiSure App

- Continuous temperature monitor with accurate readings
- Easy to read; requires use of free app
- Wearable armband
- Wireless Bluetooth, remote monitoring that works the MomiSure app
- No battery source
- Safe for all ages and skin types



\$15.79 CVS
sold only in
stores



Owlet Smart Sock

- Free app that monitors heart rate and oxygen levels
- Helps to monitor breathing. There is a base station (also works as a charging station) that parents can keep next to their bed and it will signal an alarm if there is a concern (that for the most part is reliable)
- Also detects baby's movement and you can see on the base station by the colors — and the app also can tell you as well.
- Track how long the baby sleeps, the longest stretch, total hours slept, etc.
- There is an Owlet camera as well that has other features
- Other baby wearable like Sense-U Breathing monitor that clips on a diaper and tracks baby's breathing, movement, **temperature**, rollover, and sleeping position - \$129



Retails for \$299

SoundBub

- Portable Bluetooth speaker that is also a white noise machine.
- Soft, padded fabric cover
- Clips to wheelchairs, strollers, cars, and beds
- Built in timer for continuous play mode
- Rechargeable battery



Retails for \$39
Amazon

Smart Watches, Activity Trackers & Apps

- Track steps and activity
- Easily sync to other fitness programs like MyFitnessPal or workout apps
- There are other “wearable” watches on the market, like FitBit, etc. Letsfit smart watch is another great option that is low cost (starting at \$40), available for Android and iOS and the app is completely free.
- Apple Health (already on all iOS) tracks trends in sleep, menstrual cycle tracking, activity and many other things after you set them up



Oura

- Track steps and activity
- Easily sync to other fitness programs like MyFitnessPal or workout apps
- Works with their app
- Tracks trends in sleep, activity, TEMPERATURE



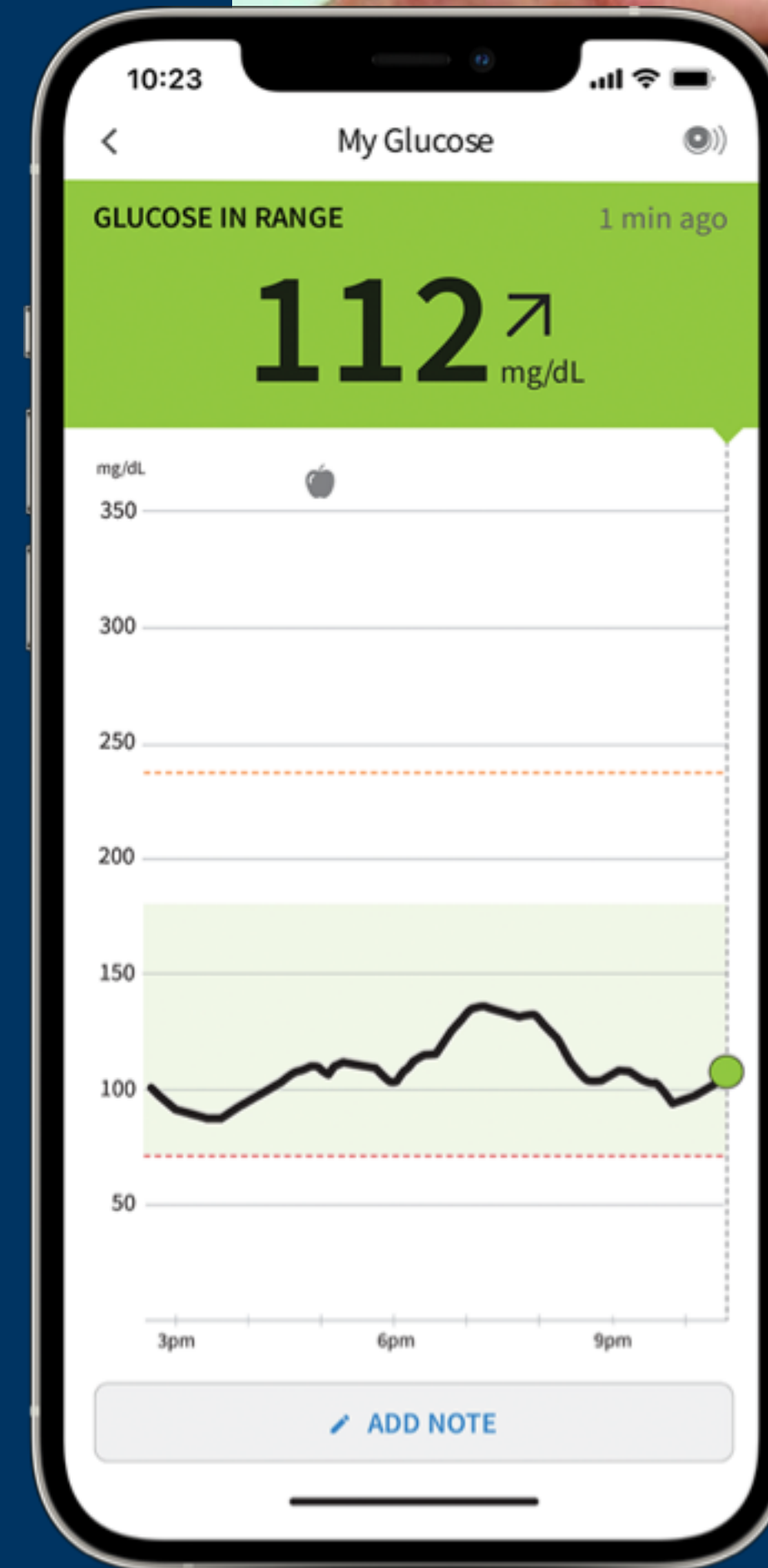
Blood Glucose Monitor

“Gamechanger” Technology for Type 1 and Type 2 Diabetics

- Freestyle Libre 2
- Dexcom G6

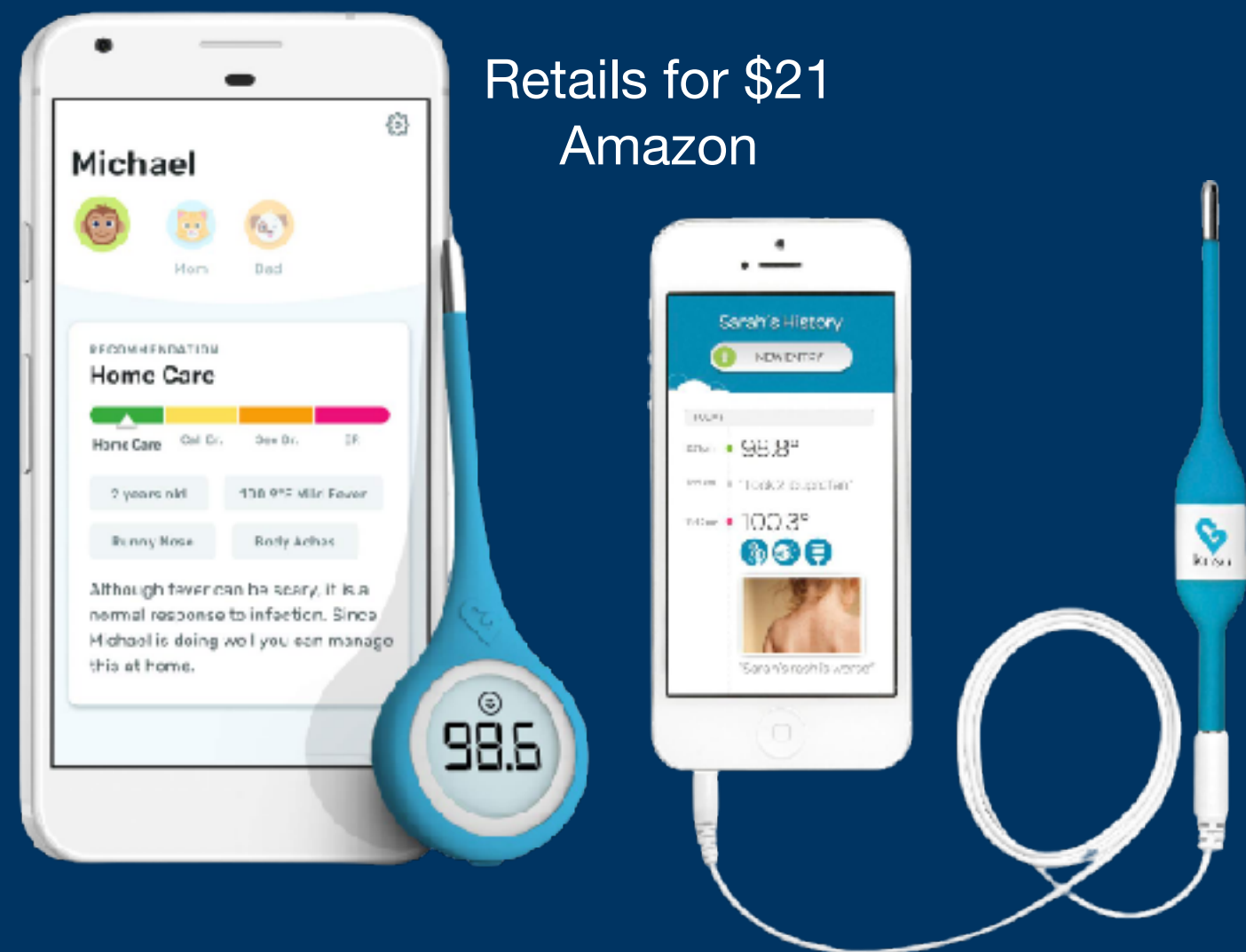
Both devices provide:

- Comfortable patch that lasts 10-14 days
- Accurate readings and Easy to use
- Work with app for continuous glucose readings with no finger pricking
- Different pricing, check insurance coverage



Other Medical Devices That Work With Technology

- Withings Blood Pressure Monitors (Retails for \$99) - Convenient, Comfortable, Accurate, Easy to use, wirelessly transmits readings to their app (available on iOS & Android)



Retails for \$21
Amazon

- Thermometers - Kinsa Smart Thermometer - works via Bluetooth. For all ages. Kid version on the app using Sesame Street characters and popping bubbles. Fast, accurate readings, tracks temperature, symptoms, record keeping, etc. “like carrying a nurse in your pocket” with personalized guidance for what to do with symptoms, fever, and more

- Smart Scales - lots on the market that wirelessly send your stats to your device to be able to track it on your device (rather than pencil/paper). Also tracks other measurements like water weight, muscle mass, etc.



- Wellue Bluetooth Pulse Oximeter Fingertip, Blood Oxygen Saturation Monitor with Alarm - monitor it on their app



Retails for \$24 (sale)
Amazon

Other Cool Wearables

- Low-Tech “If I Need Help”

- Purchase QR codes to put on shoelaces or other places that can be worn
- Can be scanned to find real-time contact information

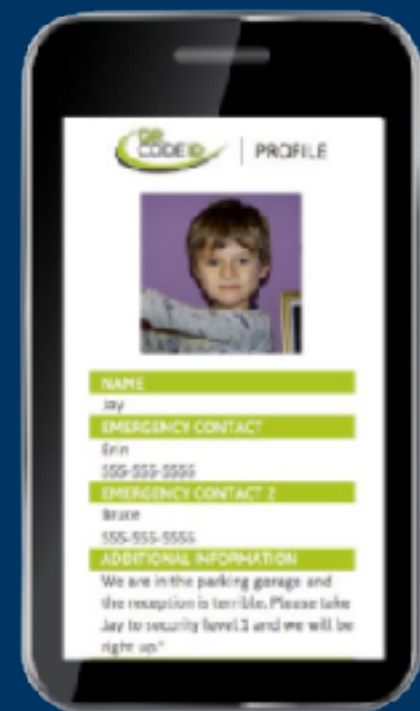
- Angel Sense

- Smaller and lightweight monitor (more sensory friendly)
- Fall detection, tracking, auto-answer speaker phone, real-time location search

\$119 (on sale) plus a subscription plan starting at \$33/month

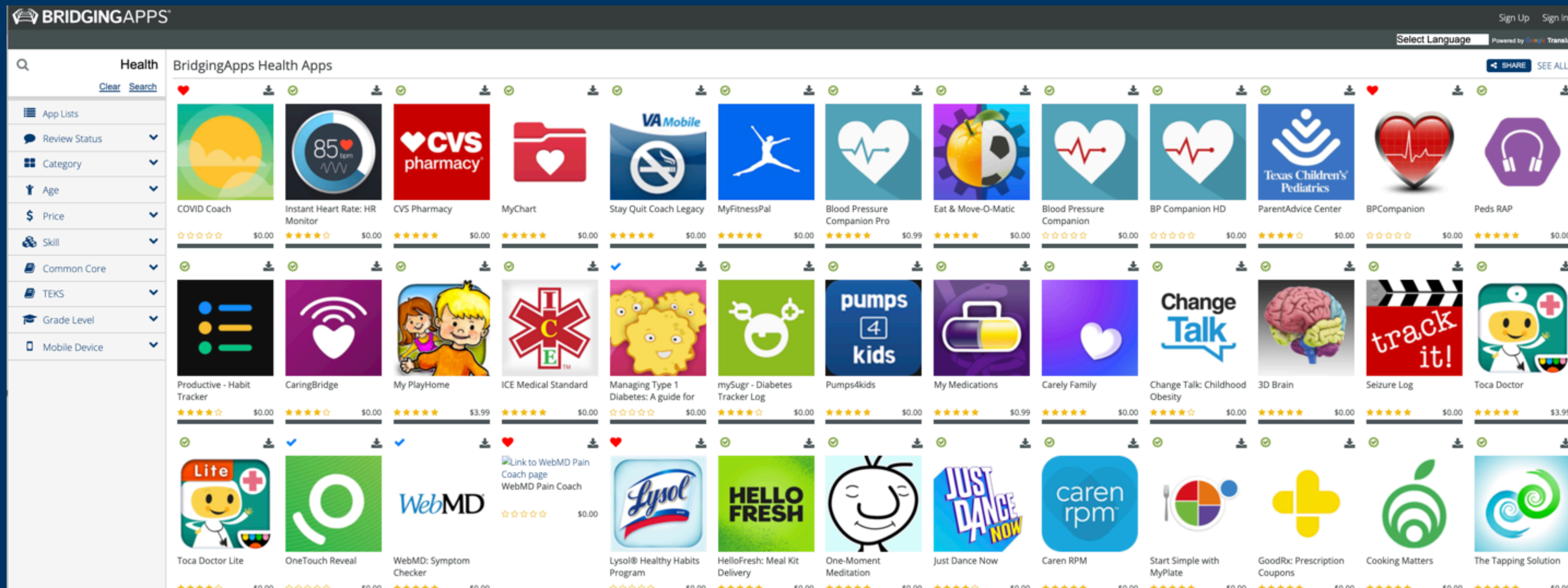
- Project LifeSaver

- Program available in some counties - through the Sheriff's Office
- Wearable waterproof bracelet that sends out an FM radio signal that can help authorities find wanderers



*Check with your local authorities to register for their special programs that help families locate locate ones

Explore Our App Lists



- Check out our website at www.bridgingapps.org to see specially curated app lists that include our favorites like this Health app list.
- Read our app reviews and use the download button that takes you directly to the link to get it on your own device.
- [Subscribe to our newsletter.](#)

Questions?

Check out our website at www.BridgingApps.org

Social Media channels

