# Week 3 Assignment

# Part 1: Examining Wearable Technologies Template

Name:

Date:

**Directions:** Select one wearable technology used for health and wellness. Refer to the Week 3 lesson and the assignment guidelines for more information on wearable technologies. Use this template to complete the Part 1: Examining Wearable Technologies assignment.

* Answer the questions under each section with explanation and detail. Use complete sentences throughout.
* Correctly cite and reference at least one scholarly source from the Chamberlain Library.

**Section 1: Introduction of Wearable Technology**

1. Identify the wearable technology you selected, including the brand name.
2. Discuss the intended purpose of the selected wearable technology.

1. Explain how the selected wearable technology promotes self-care and/or illness management.

1. Visit the [Healthy People 2030](https://health.gov/healthypeople/objectives-and-data/browse-objectives) website. Review the Health Conditions and Health Behaviors sections. Choose a health condition or health behavior that the selected wearable technology would help improve. Discuss how the selected wearable technology would improve the selected health condition or health behavior. (Note: If you are having trouble clicking on the Healthy People 2030 embedded link, copy and paste the URL into your web browser: <https://health.gov/healthypeople/objectives-and-data/browse-objectives>)

**Section 2: Advantages and Disadvantages**

1. Visit the [Healthy People 2030](https://health.gov/healthypeople/objectives-and-data/browse-objectives) website. Review the Populations section. Choose a population that the selected wearable technology would help improve Discuss how the selected wearable technology would improve the health and well-being of the selected population.
2. Identify and discuss three advantages of using the selected wearable technology for health and wellness for the selected population.
3. Identify and discuss three disadvantages of using the selected wearable technology for health and wellness for the selected population.
4. In your opinion, would you use or recommend the selected wearable technology to others? Explain your answer.

**Section 3: Associated Factors**

1. Explain the cost for the client in using the wearable technology. How much does it cost to buy? Are there any associated fees or memberships that must be paid when using it? Does insurance cover it?
2. Explain the accessibility of the selected wearable technology. Is it easy to obtain? Is the provider’s permission or a prescription required to use the technology?
3. In your opinion, considering the expenses associated with the selected wearable technology, do you believe its benefits outweigh the costs for its intended use?

**Section 4: Other Considerations (Provide at least one scholarly source from the Chamberlain Library to answer the questions in this section. Provide an APA in-text citation for the scholarly source).**

1. Considering your selected wearable technology, discuss the importance of health literacy in using the technology. How could low literacy impact the use of the selected wearable technologies?
2. Considering your selected wearable technology, discuss the importance of client education in using the technology. How would you teach someone to use the selected wearable technology?
3. What are key considerations for the use of wearable technologies in ensuring equitable access and positive health outcomes for diverse populations?

**References:** Provide the full APA reference for all in-text citations. Include the permalink after the reference from the Chamberlain Library.