ConnectedHealthInitiative

Wearable health technology devices, including activity trackers, smartwatches, and smart clothing, have surged in popularity over the last decade. This study of adults found the majority of those who own wearables experienced improved health and fitness outcomes, but upfront costs prove to be a barrier for many.

Wearable Technology Adoption

35%
of adults currently own and use a wearable health device.

Including
60%
of **HSA/FSA participants**.
37%
of adults with a **chronic condition**.

The Role of Wearables in Healthcare

A majority of wearable owners track their exercise and fitness (86%), sleep (58%), and weight (51%).

82%
of wearable health device owners either currently, or are willing to, share this data with their healthcare providers.

Benefits of Wearables

87% of owners report their wearable is effective at helping them reach their health and fitness goals.[1]

58% of owners say their wearable device has allowed them to have a better understanding of their health.

40% of owners with a **chronic condition** say their wearable device has simplified the management of their health, as well as improved their quality of life.
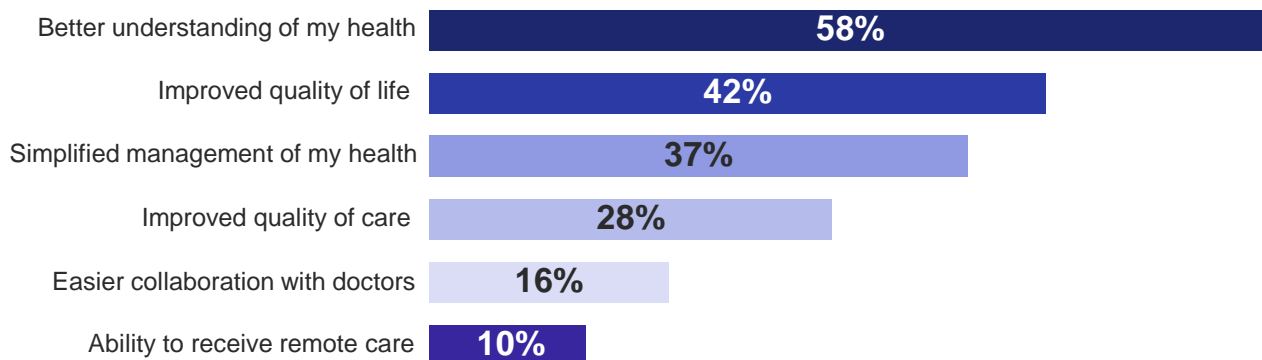
Costs as a Barrier

Adults cite the cost of purchasing a wearable health device as the primary reason for not owning or using one.

63% of owners purchased their wearables for themselves.

50% of those who do not currently own a wearable say they would be incentivized to acquire one if the costs were reimbursed, including 57% of **HSA/FSA participants**.[2]

In your opinion, which of the following has been a benefit of your wearable device?

Benefit	%
Better understanding of my health	58%
Improved quality of life	42%
Simplified management of my health	37%
Improved quality of care	28%
Easier collaboration with doctors	16%
Ability to receive remote care	10%

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