

# MAKE THE MOST OF MOBILE HEALTH TRACKERS



Wearable health and fitness trackers not only make practical gifts, but they also help your loved ones (and you!) reach health goals. Work with a physician to learn more about how to use a tracker to help monitor hormonal and endocrine-related conditions.

Visit [hormone.org](http://hormone.org) for more information.

## IMPACT OF TRACKING FOR THOSE WITH A CHRONIC CONDITION



**51%**

changed overall approach to their own health or health of someone else



**48%**

led them to ask a doctor new questions or get a second opinion

A  B  C

**43%**

affected a decision about how to treat an illness/condition

## TYPES OF WIRELESS HEALTH AND FITNESS TRACKERS

Device selection depends on your personal needs and preferences



### Wearable Bands or Clips

Beyond classic pedometers—which still do the job well!—tracking technology has advanced and can even be worn as fashion accessories

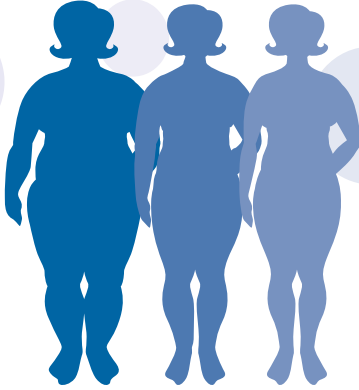
**Cell Phones**  
Provide access to a variety of health apps to use on the go

## CAPABILITIES AND BENEFITS

Hormone-related and more!

- + Boost motivation
- + Track goals
- + Identify unhealthy habits
- + Medication adherence
- + Calculate caloric intake
- + Measure food portions
- + Monitor blood pressure and glucose levels
- + Sleep quality
- + Skin sweat & body temperature
- + Social support
- + Waterproof
- + Identify energy level patterns
- + Physical activity

## TRACKING HORMONAL ISSUES CAN ...



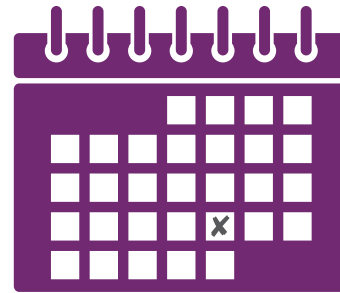
Curb Obesity



Manage Diabetes



Assess Treatments for Thyroid Disorders



Forecast Menstrual and Menopause Patterns

Recommended # steps/day:

**10,000 =  
5 MILES**



Studies show that people who wear a device that tracks the number of steps they've taken each day get moving more than those who don't.

**You have questions. We have answers.**

The Hormone Health Network is your trusted source for endocrine patient education. Our free, online resources are available at [hormone.org](http://hormone.org).