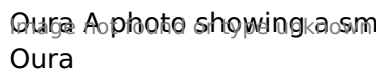# Doctors skeptical of health-monitoring wearables: the truth revealed!

## Description

Oura A photo showing a smart ring from the company Oura, with its sensors visible on the inside
Oura

Smart rings have sensors to track your health, like heart rate. Wearable tech, such as smart watches, is big in health tracking, helping monitor exercise, sleep, and more.

There's talk of giving wearables to NHS patients in England for at-home health tracking. But doctors and tech experts are cautious about relying on wearable data.

My experience with a smart ring warned me about getting sick before I felt symptoms. It made me think about how this data could help doctors with treatment.

Getty Images Apple Watches on display at a store
Getty Images

Apple Watch is popular in wearable tech but concerns arise about the accuracy of data it captures. Doctors often prefer using their equipment to verify data from wearables.

Helen Salisbury Dr Helen Salisbury smiling at the camera
Helen Salisbury

Experts mention challenges with wearable data accuracy. The debate continues on integrating patient-generated data into healthcare systems.

## Vocabulary List:

1. **Sensors** /ˈsɛn.sərz/ (noun): Devices that detect and respond to physical stimuli.
2. **Track** /træk/ (verb): To monitor and record the progress or movement of something.
3. **Monitoring** /ˈmɒn.ɪ.tər.ɪŋ/ (noun): The act of observing and checking the progress or quality of something over a period of time.
4. **Accuracy** /ˈæk.jə.rə.si/ (noun): The quality or state of being correct or precise.
5. **Patients** /ˈpeɪ.ʃənts/ (noun): Individuals receiving medical treatment or care.
6. **Integrating** /ˈɪntɪgreɪtɪŋ/ (verb): Combining one thing with another to form a whole.

## Comprehension Questions

**Multiple Choice**

1. What type of sensors do smart rings have to track health?

   Option: Temperature sensors
   Option: Heart rate sensors
   Option: GPS sensors
   Option: Light sensors

2. Which technology is big in health tracking and helps monitor exercise and sleep?

   Option: Smart rings
   Option: Smart TVs
   Option: Smart refrigerators
   Option: Smart watches

3. Who is cautious about relying on wearable data according to the text?

   Option: Patients
   Option: Doctors
   Option: Tech experts
   Option: Government officials

4. What did the experience with a smart ring help the person with according to the text?

   Option: Cook better meals
   Option: Get a good night's sleep
   Option: Warn about getting sick before symptoms
   Option: Improve exercise performance

5. What is the primary concern about the accuracy of data captured by Apple Watch according to the text?

   Option: Battery life
   Option: Design
   Option: Software updates
   Option: Doctors prefer verifying data

6. The debate continues on integrating patient-generated data into healthcare systems based on the text. Why?

   Option: Issues with privacy
   Option: Challenges with accuracy
   Option: Lack of technology
   Option: High costs

**True-False**

7. Smart rings primarily track health through temperature sensors.

8. Doctors are not concerned about relying on wearable data for patient treatment.

9. Apple Watch is the only popular wearable tech mentioned in the text.

10. The text states that wearable tech has not been considered for at-home health tracking for NHS patients in England.

11. Experts mentioned in the text do not discuss challenges with wearable data accuracy.

12. The text implies that wearable data accuracy is not a factor to consider when integrating patient-generated data into healthcare systems.

**Gap-Fill**

13. There is talk of giving wearables to NHS patients in England for at-home health tracking. But doctors

and tech experts are _____ about relying on wearable data.

14. My experience with a smart ring warned me about getting sick before I felt _____

. It made me think about how this data could help doctors with _____ .

15. Doctors often prefer using their equipment to verify data from _____ .

16. The debate continues on integrating patient-generated data into healthcare systems due to challenges

with wearable data _____ .

17. Apple Watch is popular in wearable tech but concerns arise about the accuracy of data it

_____ .

18. The text mentions the challenges experts face with wearable data _____ .

# Answer

**Multiple Choice:** 1. Heart rate sensors 2. Smart watches 3. Doctors 4. Warn about getting sick before symptoms 5. Doctors prefer verifying data 6. Challenges with accuracy
**True-False:** 7. False 8. False 9. False 10. False 11. False 12. False
**Gap-Fill:** 13. cautious 14. symptoms, treatment 15. wearables 16. accuracy 17. captures

# Vocabulary quizzes

**Multiple Choice  ( Select the Correct answer for each question. )**

1. What technology is commonly used to detect changes in the environment?

   Option: A. Sensors
   Option: B. Robots
   Option: C. Subscription
   Option: D. Competition

2. Who are the individuals receiving medical care or treatment?

   Option: A. Subscription
   Option: B. Patients
   Option: C. Pollution
   Option: D. Consumers

3. What is the act of allocating money or resources in the expectation of benefit in the future?

   Option: A. Investment
   Option: B. Sensors
   Option: C. Proposal
   Option: D. Treaty

4. What term refers to the quality of being coherent and intelligible?

   Option: A. Robots
   Option: B. Clarity
   Option: C. Extinction
   Option: D. Marangoni

5. Who are the people who purchase goods and services for personal use?

Option: A. Emissions
Option: B. Investment
Option: C. Consumers
Option: D. Track

6. What refers to the introduction of harmful substances into the environment?

Option: A. Pollution
Option: B. Track
Option: C. Sensors
Option: D. Commission

7. What quality denotes the degree of conformity of a measured or calculated quantity to its actual value?

Option: A. Competition
Option: B. Harmful
Option: C. Accuracy
Option: D. Identify

8. What category do substances utilized in chemical processes belong to?

Option: A. Treaty
Option: B. Chemicals
Option: C. Sensors
Option: D. Subscription

9. What term denotes the state or process of a species family or larger group being or becoming extinct?

Option: A. Subscription
Option: B. Accuracy
Option: C. Extinction
Option: D. Sensors

10. What physical property of liquids causes them to minimize their surface area?

Option: A. Robots
Option: B. Marangoni
Option: C. Surface Tension
Option: D. Identify

**Gap-Fill  ( Fill in the blanks with the correct word from the vocabulary list. )**

11. Continuous _____ of the patient's vital signs is essential in critical care.

12. You can enjoy ad-free music by getting a premium _____ to the streaming service.

13. Before the project can begin the team needs to submit a detailed _____ for approval.

14. The success of the experiment relied on the _____ of the measurements taken.

15. Making a smart _____ in your education can lead to better career opportunities.

16. It is important to segregate waste so that materials can be _____ and reused.

17. Exposure to certain substances can have _____ effects on human health.

18. Forensic scientists use various techniques to _____ unknown substances found at

crime scenes.

19. The GPS system allows you to _____ the location of your delivery in real-time.

20. The artist received a _____ for a sculpture to be placed in the city park.

**Matching Sentences  ( Match each definition to the correct word from the vocabulary list. )**

| |
|---|
| 21. Organizations strive to outperform rivals in a market with similar products or services. |
| 22. Individuals or households that use goods or services generated within an economy. |
| 23. Phenomenon where surface tension gradients drive flow between two fluid regions. |
| 24. Automated machines designed to carry out tasks typically performed by humans. |
| 25. Formal agreement between multiple states to regulate various aspects of their relationships. |
| 26. Release of pollutants or gases into the atmosphere typically from vehicles or industrial processes. |
| 27. Regular payment made to access services or content over a period of time. |
| 28. A formal suggestion or plan submitted for consideration or discussion. |
| 29. To establish or recognize the nature of someone or something. |
| 30. To observe and check the progress or quality of something over a period of time. |

# Answer

**Multiple Choice:** 1. A. Sensors 2. B. Patients 3. A. Investment 4. B. Clarity 5. C. Consumers 6. A. Pollution 7. C. Accuracy 8. B. Chemicals 9. C. Extinction 10. C. Surface Tension

**Gap-Fill:** 11. monitoring 12. subscription 13. proposal 14. accuracy 15. investment 16. recycled 17. harmful 18. identify 19. track 20. commission

**Matching sentence:** 1. Competition 2. Consumers 3. Marangoni 4. Robots 5. Treaty 6. Emissions 7. Subscription 8. Proposal 9. Identify 10. Monitor

## CATEGORY

1. Sci/Tech - LEVEL2

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