

6-22-24 Help Medical Alerts and Equipment Handout

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Start with Medical Experts

This presentation is meant to give a big picture of available devices so that you can get a glimpse of what is out there. There are lots of choices, but we recommend you start with your doctor.

Everyone will have different needs, wants, medical scenarios and can also review the variety of price ranges to fit their situation.

It is not our place to recommend any specific device, it is up to you to do your own further research.

Fall Prevention for the Elderly: 13 Strategies to Keep Them Safe - <https://health.usnews.com/senior-care/articles/fall-prevention-for-elderly>

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Who Needs A Medical Alert Device?

- Living alone with/without medical needs
- Styles: necklace, button, or bracelet
- Press the button - online with professional in less than a minute, who has your medical history, and alerts EMTs

Companies vary with these monitoring options:

- 24/7 dispatch emergency services, calls your loved ones
- fall detection
- monitoring of fire/smoke or carbon monoxide
- intruder alerts • battery life • front door lockbox
- speak to and get help from a board certified doctor
- ranges vary from 400-1500 feet, or unlimited mobile
- options: landline or completely wireless mobile devices, GPS location tracking

• Best Medical Alert Systems for 2024 - <https://www.pcmag.com/picks/the-best-medical-alert-systems>

• Best Medical Alert Systems of 2024 - <https://www.seniorliving.org/medical-alert-systems/best/#the-best-medical-alert-systems-compared>

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Medical Alerts Worn as Watches

Different company features vary:

- Best for the older adult who doesn't have a chronic health condition and hasn't fallen in the past.

- Most watches don't include automatic fall detection, which research has shown works most effectively when devices are worn around the neck.
- Two-way talk with a monitoring center agent, GPS location detection, and caregiver location tracking.
- Purchase device, then monthly alert service fees.
- 4 Best Medical Alert Watches Of 2024 - <https://www.safehome.org/medical-alert-systems/best/watches/>
- The Best Medical Alert Watches for Seniors in 2024 - <https://www.forbes.com/health/medical-alert-systems/best-medical-alert-watches/>

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Check the Contract Details

Medical alert systems vary:

- no installation or cancellation fees OR extended contract and cancellation fees locking in the rate for several years
- in-home system monthly rate, might include adding landline phone service
- Mobile alert systems range \$38-70 monthly, with fall detection an additional \$10 monthly
- long or short range of connectivity
- The Best Long-Range Mobile Medical Alert Systems - <https://www.caring.com/senior-products/best-medical-alert-systems/best-long-range-mobile-medical-alert-systems/>

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Apple Watch Series 9 & Ultra 2 - <https://www.apple.com/watch/>

Health and Wellness Features

- ECG app
 - Heart Rate app
 - High and low heart rate notifications
 - Irregular rhythm notifications
 - Medications app
 - Mindfulness app
 - Noise app
 - Sleep app including sleep stages
- Features: Phone • Clock • Calendar • Contacts • Alarms • Messages • Weather • Email • Internet • Find My (tracking) • Siri • \$10 mo. cellular provider fee
- Family Setup: pair multiple watches with one iPhone - <https://support.apple.com/en-us/HT211768>

- Use Fall Detection with Apple Watch - <https://support.apple.com/en-us/108896>

- Compare Apple Watch models - <https://www.apple.com/watch/compare/>

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Apple Watch is Only Paired to an Apple iPhone

Purchase with cellular feature to go anywhere without carrying your iPhone with you - <https://www.apple.com/watch/>

Just a thought - If you have a child or older parent who might be physically or mentally needing a “guardian” to daily manage the iPhone and Apple Watch. Family Setup: pair multiple watches with one iPhone <https://support.apple.com/en-us/HT211768>

Support - <https://support.apple.com/watch>

Apple Watch User Guide - <https://support.apple.com/guide/watch/welcome/watchos>

https://help.apple.com/pdf/watch/10/en_US/apple-watch-user-guide-watchos10.pdf

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Galaxy Watch 6 & Galaxy Watch5 Pro

- Specifications: Samsung BioActive Sensor (Optical Heart Rate + Electrical Heart Signal + Bioelectrical Impedance Analysis), Temperature Sensor, Accelerometer, Barometer, Gyro Sensor, Geomagnetic Sensor, Light Sensor • 5 ATM of water resistance • Fall Detection

- Android 10.0 or higher and with more than 2 GB of RAM

- Readings include heart rate, blood oxygen level and even stress level, monitoring blood pressure² and ECG

- Samsung Galaxy Watch 6 Review - <https://www.pcmag.com/reviews/samsung-galaxy-watch-6>

- Compare Galaxy Watch features - <https://www.cnet.com/tech/mobile/samsung-galaxy-watch-6-vs-6-classic-vs-5-pro-whats-different-about-each-watch/>

- Samsung Smart Watches Reviews - <https://bestreviews.com/electronics/watches/best-samsung-smart-watches>

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Hearing Aids

- Types of Hearing Aids and How to Choose What’s Best for You - <https://www.healthline.com/health/types-of-hearing-aids>

- How Do I Use My Hearing Aids with My Smartphone? - <https://>

www.audibel.com/hearing-technology/hearing-aids-and-smartphones/

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• **Should You Subscribe to Alexa Emergency Assist?**

Alexa Emergency Assist is a nice way to help protect your home and family, but it's probably not for everyone.

• How Much Does Alexa Emergency Assist Cost?

Amazon Emergency Assist is a subscription service. Two options are available: \$5.99 per month, or \$59 per year. The yearly option saves almost \$12 compared to paying monthly. The subscription will automatically renew until you cancel it.

• For the best use of the service, you'll need to have at least one Amazon Echo device in every room so that you can use the voice command to call Urgent Response or listen for smoke and carbon monoxide alarms. Even though Echo speakers aren't expensive, the price can add up depending on how many rooms are in your home.

• How to Use Alexa Emergency Assist With Your Amazon Echo - <https://www.howtogeek.com/how-to-use-alexa-emergency-assist-amazon-echo/>

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Apple HomePod mini and Amazon Echo Pop

• Amazon Echo Pop vs. Apple HomePod mini: Which Smart Speaker Is Best for You? - <https://www.howtogeek.com/amazon-echo-pop-vs-apple-homepod-mini/>

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Additional Reading

• Best Medical Alert Systems - <https://www.consumerreports.org/health/medical-alert-systems/best-medical-alert-systems-a1136054281/>

• Does Medicare Cover Medical Alert Systems? - <https://www.seniorliving.org/medical-alert-systems/medicare/>

• Life Alert vs Apple Watch Comparison - Which is Better? - <https://www.safehome.org/compare/life-alert-vs-apple-watch/>

• Life Alert Review with Cost Comparisons - <https://www.usnews.com/360-reviews/services/medical-alert-system/life-alert>

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