TRANSLATING GENERATIONS

Understanding Technology:
WEARABLE HEALTH TECHNOLOGY

HOW IT APPLIES

To foster connection and communication, voices and perspectives from all generations are invited to participate in the conversation.

How We Define Generations

- Silent Generation 1928-1945

- Baby Boomers 1946-1964

- Generation X 1965-1980

- Millennials 1981-1996

- Generation Z 1997-2012

- Generation Alpha 2013+

HOW IT APPLIES
Bridging Generational Technology Gaps

The first step to an all-generation conversation is understanding the preferred and/or most accessible communication methods. In today's environment, the internet and a smartphone are generally required to facilitate that connection.

Silent Gen/ Baby Boomers

Gen X/ Millennials

Gen Z/ Alpha Gen

HOW IT APPLIES

This is intended to help you understand technology better on your devices and as you interact in the digital world.

Our hope is that understanding today's technology will make it easier and more enjoyable for people from every generation to connect and participate in the conversation.

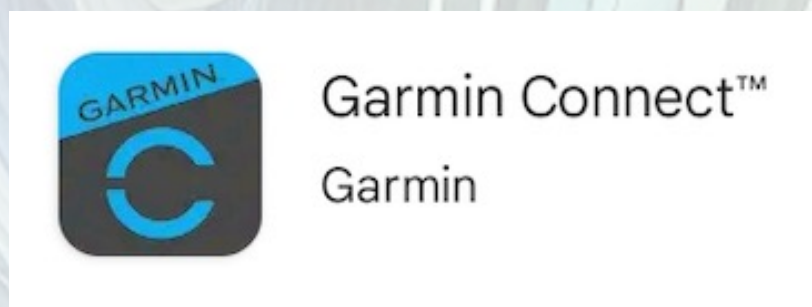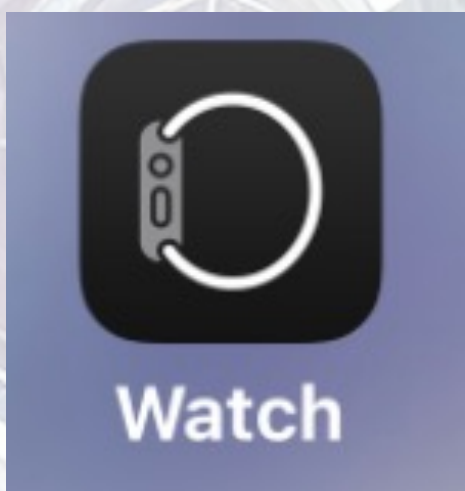Visit https://yyandh.com for additional content, including PDFs of these information sets.

WEARABLE HEALTH TECH: TERMS

. **App (Application) -**
. A program or software on your phone that allows you to perform specific tasks. Examples include **FitBit** (for FitBit wearable devices), **Apple Watch** (for Apple Watch users), and **Garmin** (for Garmin wearable devices).
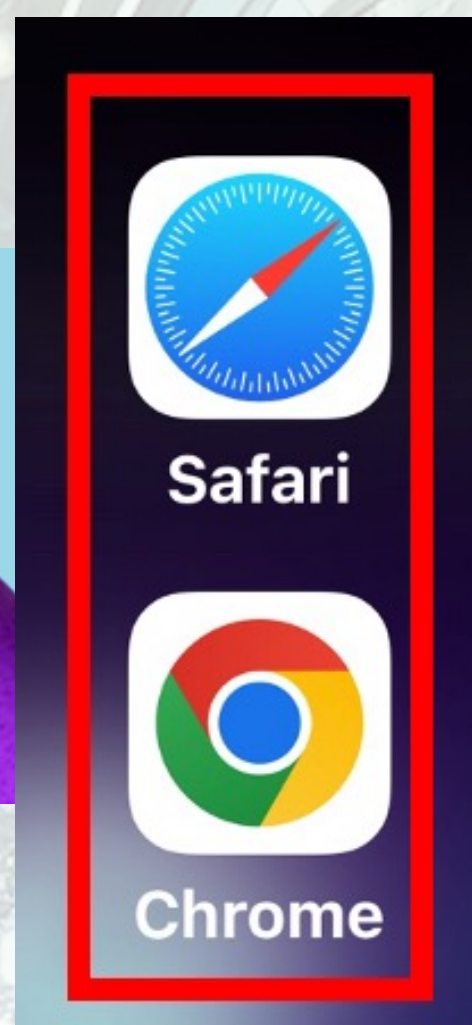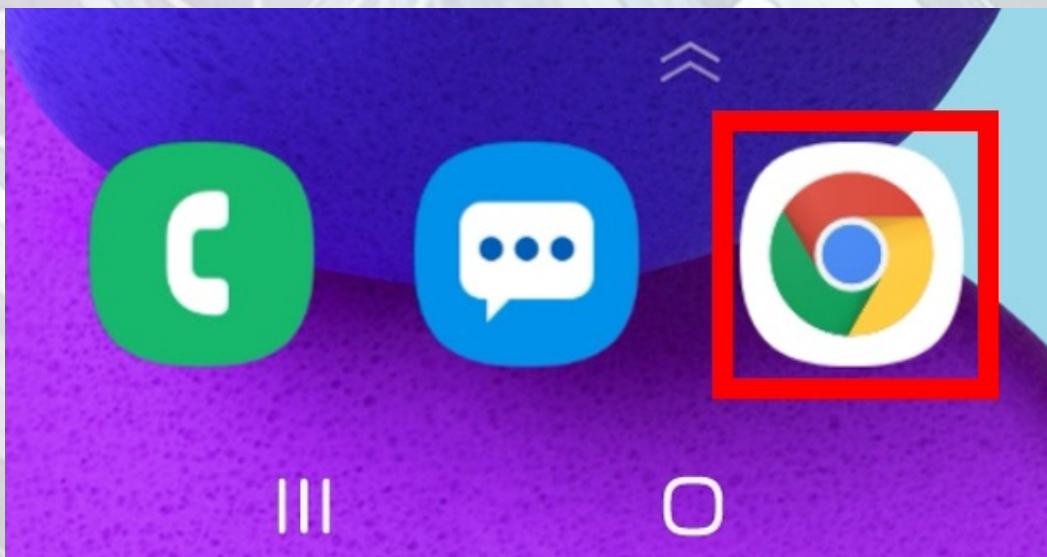

Watch

Garmin Connect™
Garmin

Fitbit
Fitbit LLC
Install
In-app purchases

Fitbit: Health & Fitness

WEARABLE HEALTH TECH: TERMS

Browser –

. An app that lets you access and view websites on the internet. On the iPhone, the main browser is **Safari;** common Android browsers include **Google Chrome** and **Samsung Internet.**
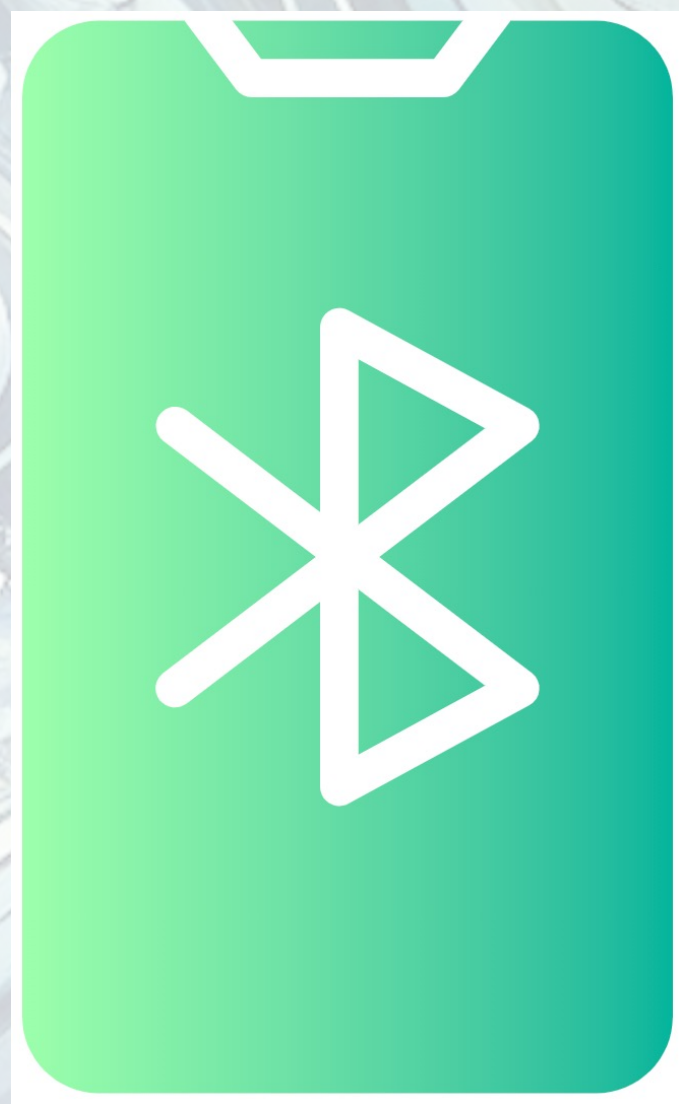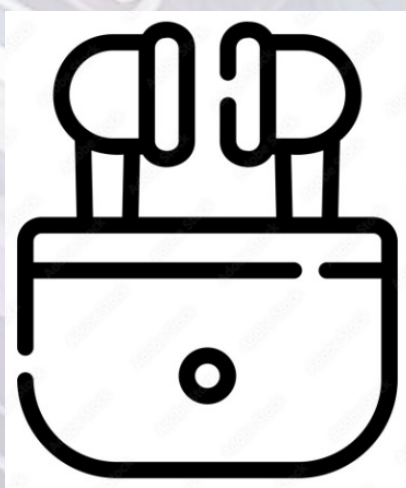
WEARABLE HEALTH TECH: TERMS

Pair (Connect via Bluetooth) –

To connect two devices wirelessly so they can work together. They communicate through Bluetooth— a short-range wireless technology. Once paired, the devices can share information, like sending your step count from the tracker to your phone.

What Is Wearable Health Technology?

Wearable health technology, like fitness trackers and smartwatches, can help you stay active, monitor your health, and achieve fitness goals. Devices such as **Fitbit**, **Apple Watch**, and **Garmin** allow you to track steps, heart rate, sleep, and more. This guide will walk you through how to use fitness apps, monitor health metrics, and set goals for physical activity.

What Is Wearable Health Technology?

Wearable health technology refers to devices you wear on your wrist or body, such as a **smartwatch** or **fitness tracker**. These devices monitor various aspects of your health, including:

Steps: How many steps you take in a day.

Heart Rate: Tracks your heart rate during rest or exercise.

Sleep Patterns: Monitors how long and how well you sleep.

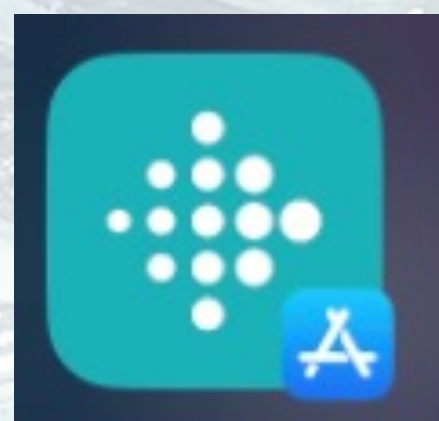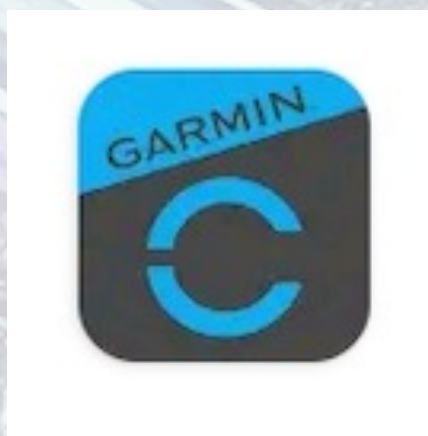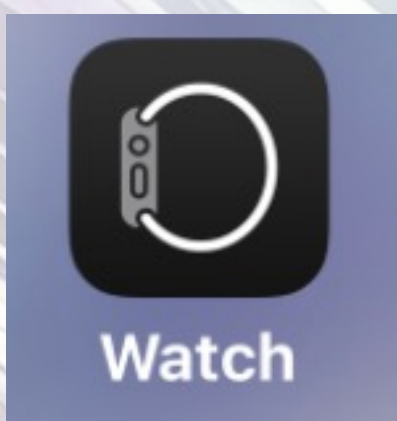**Exercise Tracking:** Measures your physical activity, like walking, swimming, or cycling.

What Is Wearable Health Technology?

Popular devices include:

Fitbit: Tracks your steps, heart rate, and exercise.

Apple Watch: Offers advanced health tracking, including ECG (electrocardiogram) features.

Garmin: Known for tracking outdoor activities like running and hiking.
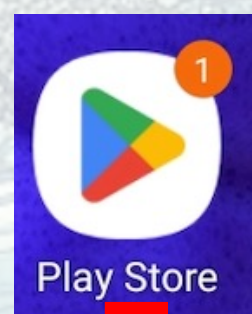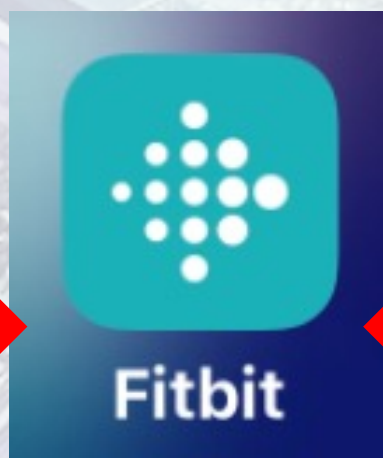
WEARABLE HEALTH TECH: PROCESS

Step #1: Setting Up Your Wearable Device

Before using your fitness tracker or smartwatch, you'll need to set it up and connect it to your smartphone.

How to Set Up Fitbit

Download the Fitbit App: Open the **App Store** (iPhone) or **Google Play Store** (Android) on your phone. Search for **Fitbit** and tap **Install**.
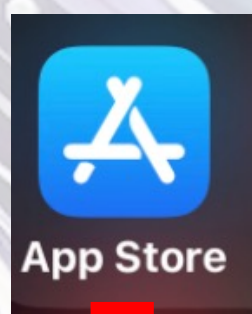
WEARABLE HEALTH TECH: PROCESS

Create an Account: Open the **Fitbit app** and follow the prompts to create an account. You will need to enter your information (such as your name, birthdate, height, and weight).

Pair Your Device: Turn on your Fitbit by pressing the button on the side. Follow the instructions in the app to **pair** your Fitbit with your phone via Bluetooth.

Start Tracking: Once paired, your Fitbit will begin tracking your steps, heart rate, and other metrics.

WEARABLE HEALTH TECH: PROCESS

How to Set Up Apple Watch

Unbox Your Apple Watch: Press the button on the side to turn it on.

Pair with iPhone: Open the **Apple Watch app** on your iPhone. A message will appear to **pair** your iPhone with your watch. Follow the on-screen instructions to complete the setup.

Watch

Sync Health Data: Once connected, your Apple Watch will sync with your phone's **Health app**, automatically tracking your steps, heart rate, and exercise.
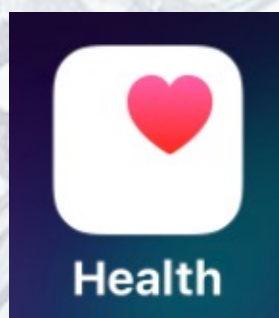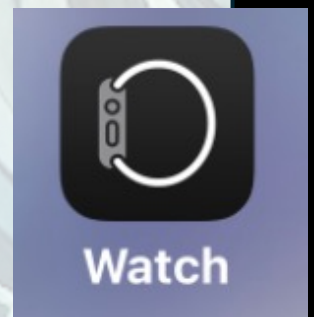
Health

WEARABLE HEALTH TECH: PROCESS

How to Set Up Garmin

Download the Garmin Connect App: Open the **App Store** or **Google Play Store** and search for **Garmin Connect**. Install the app and create an account.

Pair Your Device: Turn on your Garmin and follow the instructions in the app to pair it with your phone.

Start Tracking: Once paired, your Garmin will track activities such as steps, heart rate, and outdoor workouts.

WEARABLE HEALTH TECH: PROCESS

Step #2: Monitoring Health Metrics

Once your wearable device is set up, it will automatically track important health data. Here's how to view and understand these metrics.

How to View Steps:

Fitbit: Open the **Fitbit app** on your phone. You'll see **your step count** on the home screen. Swipe down to see additional details like **calories burned** and **distance walked**.

Fitbit
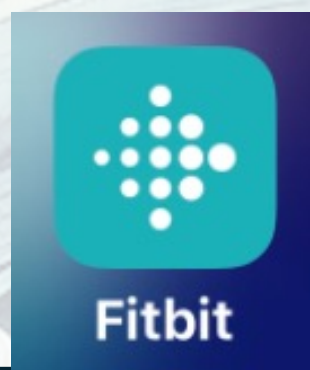
WEARABLE HEALTH TECH: PROCESS

Apple Watch: Open the **Activity app** on your Apple Watch or iPhone. Your step count and other activities (like standing and exercise minutes) are displayed in a colorful ring system.

Fitness
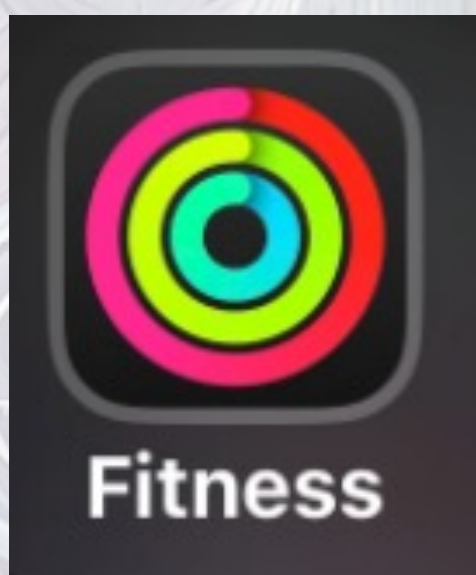
Move
8/590 CAL
Exercise
0/30 MIN
Stand
0/12 HRS

Garmin: Open the **Garmin Connect app** to view your **steps** and other health metrics.

GARMIN
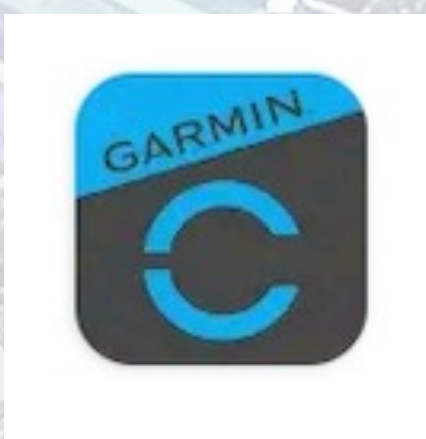
WEARABLE HEALTH TECH: PROCESS

How to Monitor Heart Rate:

Fitbit: In the Fitbit app, scroll down to the **Heart Rate** section. You'll see your current heart rate, along with graphs showing your heart rate over time.

Apple Watch: Open the **Heart Rate app** on your Apple Watch to see your current heart rate. You can also view resting and workout heart rates through your **Health App**.

Garmin: On the Garmin app's home screen, you can view your **heart rate** data, including current, resting, and exercise heart rates.

WEARABLE HEALTH TECH: PROCESS

How to Track Sleep Patterns:

Fitbit: Wear your Fitbit while sleeping. In the morning, open the **Fitbit app** and tap the **Sleep** section. It will show how long you slept, your **sleep stages** (light, deep, and REM sleep), and a **sleep score**.

Apple Watch: Wear your Apple Watch to bed. Open the **Health app** on your iPhone to see a breakdown of your **sleep patterns**, total sleep time and consistency.

Garmin: The Garmin app will automatically log your **sleep**, showing a detailed report of your sleep cycles.

Step #3: Setting Fitness Goals

One of the benefits of wearable devices is that they help you set and track personal fitness goals.

How to Set Step Goals:

Fitbit: Open the **Fitbit app** and tap your **profile picture** in the top-left corner. Tap **Activity & Wellness > Daily Goals**. Adjust your **step goal** by tapping on it (e.g., 10,000 steps per day).

Apple Watch: Open the **Activity app** on your watch, scroll down, and tap **Change Goals**. You can adjust your goals for **Move, Exercise**, and **Stand**.

WEARABLE HEALTH TECH: PROCESS

Garmin: Open the **Garmin Connect app** and go to **User Settings**. You can set your daily **step goal** or let Garmin adjust it automatically based on your activity level.

How to Set Exercise Goals:

Fitbit: In the Fitbit app, go to **Exercise** and tap **Set Goal**. Choose how many times per week you'd like to exercise or how many minutes of activity you want to achieve.

Apple Watch: In the **Activity app**, the **Exercise** ring tracks your daily movement. You can set a goal for how many minutes of activity you want to achieve each day..

WEARABLE HEALTH TECH: PROCESS

Garmin: Use the **Garmin Connect app** to set goals for activities like walking, running, or swimming. You can also log other exercises like strength training or cycling

Step #4: Tracking Your Progress

Your wearable device will track your progress automatically, and you can check how you're doing toward meeting your goals.

WEARABLE HEALTH TECH: PROCESS

How to Track Your Progress with FitBit

Open the Fitbit App: On the home screen, you'll see a summary of your daily progress, including **steps, active minutes,** and **calories burned**.

View Historical Data: Tap on any metric (steps, heart rate, etc.) to view graphs that show your progress over time (daily, weekly, or monthly).

WEARABLE HEALTH TECH: PROCESS

How to Track Your Progress with Apple Watch

Open the Activity App: Your progress is displayed in the form of **rings**. The more active you are, the more the rings fill up. Tap the rings to see detailed information about **steps**, **calories**, and **exercise minutes**.

View Weekly Summary: On your watch, swipe up on the **Activity app** to see your weekly summary and compare your daily activity.

WEARABLE HEALTH TECH: PROCESS

How to Track Your Progress with Garmin

Open the Garmin Connect App: On the home screen, you'll see a summary of your daily activity.

View Graphs: Tap on individual metrics to see your **steps**, **heart rate**, and **exercise** progress over time. You can view daily, weekly, and monthly trends.

Step #5: Setting Up Reminders and Notifications

Wearable devices can also send you reminders to stay active, drink water, or take a walk.

WEARABLE HEALTH TECH: PROCESS

How to Set Up Reminders on FitBit

Open the Fitbit App: Tap **Reminders to Move** in the Notifications section.

Set Up Custom Alerts: Choose to receive a **reminder** if you haven't taken enough steps during the hour. You can customize when and how often you receive these reminders.

How to Set Up Reminders on Apple Watch

Open the Watch App on Your iPhone: Go to **Activity** and enable **Stand Reminders** and **Goal Notifications**.

WEARABLE HEALTH TECH: PROCESS

Get Alerts to Move: The Apple Watch will remind you to stand up or move if you've been sitting too long.

How to Set Up Reminders on Garmin:

Open Garmin Connect: In the **Settings** section, enable **Move Alerts**. You'll receive a notification if you've been inactive for a certain period.

WEARABLE HEALTH TECH: PROCESS

Step #6: Syncing Your Data and Using Health Apps

Most wearable devices automatically sync with your phone, but you can also connect them to other health apps for a more detailed picture of your well-being.

Syncing with Health Apps

Fitbit: Your Fitbit data syncs automatically with the **Fitbit app**, but you can also link it to other apps like **Google Fit** or **MyFitnessPal**.

WEARABLE HEALTH TECH: PROCESS

Apple Watch: The Apple Watch syncs with the **Apple Health app** on your iPhone, giving you access to your fitness and health data in one place.

Garmin: Garmin syncs with **Garmin Connect**, but you can also connect it to apps like **Strava** for advanced activity tracking.

Notes and Tips:

Wear it daily: To get the most out of your device, wear it all day, including while you sleep, so it can track your activity and rest.

WEARABLE HEALTH TECH: PROCESS

Charge your device: Make sure to charge your fitness tracker or smartwatch regularly so it doesn't run out of battery.

Celebrate milestones: Many devices send congratulatory messages when you reach your goals, like hitting 10,000 steps. Use these as motivation to stay active.

Set realistic goals: Start with achievable goals, like walking 5,000 steps per day, and gradually increase them as you get more comfortable.

TRANSLATING GENERATIONS
MUSIC
"New Story – 1.0" by Out Thinking
Used with permission.

out thinking

new story

New Story - 1.0
open.spotify.com
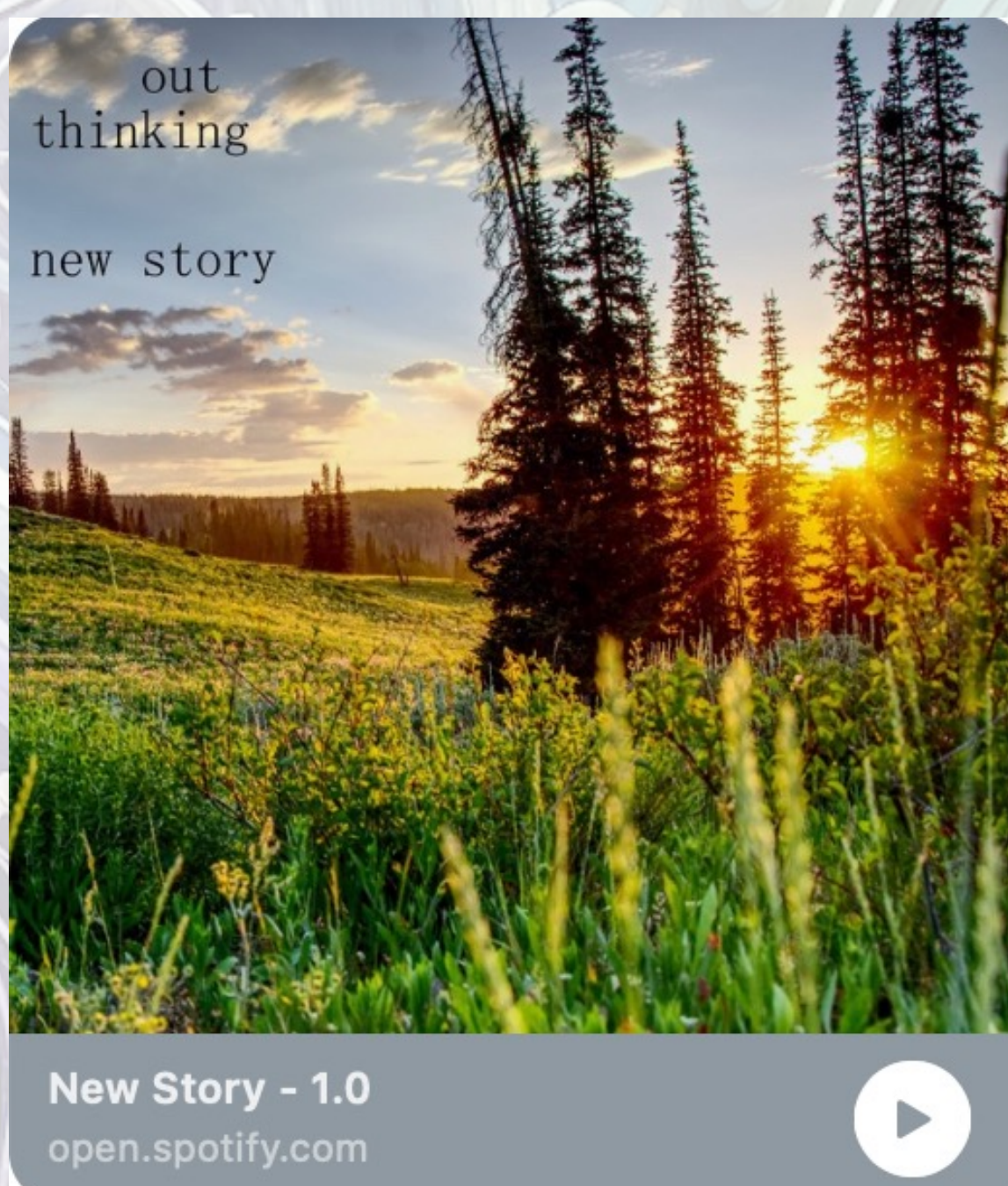
TRANSLATING GENERATIONS

TO SUPPORT ADDITIONAL CONTENT:

Like 👍

Follow **Follow**

YapYap and Howler
@YapYap-n-Howler

Donate

venmo

VISIT US AT
WWW.YYANDH.COM
FOR ALL CONTENT
AND PRODUCTS