

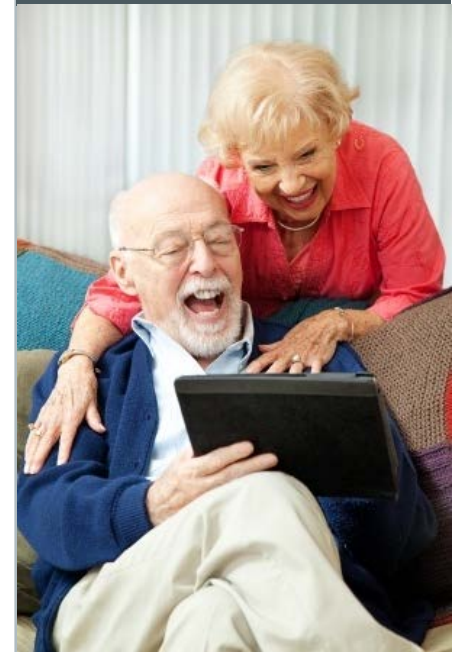
Technology can help you...

- **Monitor your physical fitness**
- **Provide instant communication in case of a fall**
- **Keep track of your sleep habits**
- **Keep your mind sharp**
- **Connect with your doctor**
- **Manage your medication schedule**

Your smart phone, tablet, and computer do not only provide a way to communicate and access social networks and entertainment, but they can also be used to manage your health and wellness!

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Technology for your Health



**Pennsylvania-
Delaware Geriatric
Education Center**



Physical Health and Safety

Physical Activity - “Sync” wristband tracks your sleep habits, physical activity, location, and also stores your emergency health information



Fall Detection - Get help at the push of a button in the case of a fall in your home by using a fall alert device or the “Red Panic Button” app



Psychological Health

Cognitive Fitness – There are apps and computer programs available to keep your memory sharp and improve attention, focus, and concentration, such as:

- Lumosity
- Dakim BrainFitness
- CogniFit Brain Fitness
- Eidetic
- Fit Brains Trainer



Medication and Doctor Visits

Telehealth – You can have a check-up with a doctor via video chat or email without leaving your home.



Medication and Symptom Monitoring – Apps allow you to set reminders to take medications and track your daily symptoms, including:

- MedWatch
- Pillboxie
- My Pain Diary
- Blood Pressure Monitor