



A Quick Buyer's Guide to Wearable Tech

This is an extra resource to go along with the original article:

[The rise of wearable health technology](#)

There are a variety of wearable technology products on the market today—and a number of brands that offer them. To understand which one might be best for you, you need to first have a handle on your own needs. From there, it's important to research the capabilities of each option so you can best align the two.

That's why we created this quick guide to help you invest in the right piece of wearable technology for you.

First, it's important to ask yourself the following questions:

- What is my primary goal for this product? (Fitness, health complications, work, etc.)
- What are the key features that I want my product to have?
- Do I want my wearable tech to be connected to my smartphone?
- Would I prefer to wear the device on my wrist, finger, or another area?
- What is my budget for this device?

From there, consider the three areas of wearable technology we discussed in the article:

Smartwatches

If you'd like your wearable technology to be an extension of your smartphone, then choosing a smartwatch is probably your best bet. The product that is right for you will depend on the brand of your smartphone (Apple, Samsung, etc.), plus how much you are willing to spend.

Fitness Trackers

If you're looking to spend a little less and want your wearable technology solely focused on activity tracking (no incoming phone calls or text messages necessary), then selecting a fitness tracker is a good choice.

There are many brands and varying levels of fitness trackers—from basic step counters to complex sports watches—so look to the questions above to make your list of must-have features. Then take a look at what companies are offering (Fitbit and Garmin are two good places to start).

Smart Rings

Prefer your wearable tech to be as small as possible? Then looking into smart rings available on the market could be your answer. We recommend taking a peek at Motiv.

IntakeQ

Final tip: Ask your human resources department or healthcare insurance provider if your employer or health plan offers discounts on wearable technology. Some programs offer an allowance for products or services that promote health and wellness, so you may find yourself a nice discount or even a free device.