



## **Wearables Weekly**

Compiled by Sarah Kunkle and Gillian Christie

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## Feds Eye New Rule for Workplace Wearables

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As an increasing number of companies are turning to wearables to supplement their workplace health programs, the US Equal Employment Opportunity Commission (EEOC) issued a [proposed rule](#) to provide guidance on how employers use incentives to encourage employee participation. Some employers have expressed concerns that this rule will increase costs and add another layer of bureaucracy to these programs. Conversely, employees are worried about employers using data from these devices against them. The EEOC is accepting public comments and is expected to take next steps sometime next year.



## The Struggle for Accurate Measurements on Your Wrist

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While many wearable devices are accurate enough for tracking lifestyle health data like steps and calories, they have not yet reached the level of precision necessary to transform them into widespread digital medical tools. Because of huge variation in body types, designing a uniform device that accurately tracks biometric information is difficult. Although developing this technology is expensive and time-consuming, experts believe that we are only a few years away from wearables providing noninvasive alternatives to measuring biometrics that are currently tracked with invasive procedures.

## Google Reveals Health-Tracking Wristband

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Google X, the research division of the tech behemoth, unveiled a device that they hope will give researchers and physicians reliable patient data in real time, including pulse and skin temperature in addition to environmental information like light and noise levels. While consumer wearables like FitBit and Apple Watch are becoming increasingly popular, most of these devices do not meet the standards required for rigorous research (see above). Google plans to begin trials to test its band this summer in collaboration with academic researchers.



## Other Health Technology Headlines:

[Augmented Reality Glasses Could Help Legally Blind Navigate](#)

[Could Wearable Technology Improve Physical Education?](#)

[The Psychology Behind Wearables](#)

[Teladoc files S-1 in Anticipation of IPO](#)

[MIT, Harvard Researchers Tapping into Google Cloud Platform](#)

[This Water Bottle Glows When You Need to Drink More Water](#)

[Who's Currently Wearing Their Health on Their Sleeve?](#)

[Healthcare IT: Top 5 eHealth Trends Reshaping the Industry in 2015](#)

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