



Wearables Weekly

Compiled by **Sarah Kunkle** and **Gillian Christie**

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A Friendly Reminder:

There are 31 days remaining to provide feedback on the Vitality Institute's [Guidelines for Personalized Health Technology](#)

Submit your comments [here](#) or email Gillian Christie at gchristie@thevitalitygroup.com

Jawbone Finally Starts Tracking Heart Rate

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Jawbone's Up3 and Up4 bands now have the functionality to track users' heart rates periodically throughout the day. Previously, the bands were only equipped to provide one heart rate reading in the morning. The updated heart rate monitoring is supposed to provide users with a better picture of their health, including how diet and other stimuli affect heart rate. In addition to this update, the Jawbone bands will now automatically transition to sleep mode when users go to bed at night. The updates are part of a much anticipated but delayed campaign by Jawbone to improve its product as it continues to compete for market share with Fitbit.

Apple WatchOS 2

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Apple's Worldwide Developer Conference included several exciting developments related to the Apple Watch. The Watch will now be able to run its own native applications rather than running applications in the background on a paired phone. Additionally, developers will have access to video playback, the heart rate sensor, microphone, Digital Crown and Taptic Engine. This will hopefully open the door for more complex and functional Watch apps. Apple Watch users will also have the ability to add new watch faces, new complications, new modes, and view more information on the screen in several apps. These new features will be available with the next WatchOS update sometime this fall.



For Wearables Market to Grow, Data Plans Need a Revamp

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While most smart watches have WiFi and Bluetooth connectivity, only some have 3G/4G connectivity. Relying on WiFi and Bluetooth means the wearable needs to be tethered to another device (generally a smartphone). Currently, many carriers in the US are charging \$10-\$15 per month for a wearable attachment to a data plan, even though many of these devices consume very little data and are rarely untethered from smartphones. For continued growth in the wearables market, the price of data needs to improve.

Other Health Technology Headlines

[Now Fitbit sues Jawbone over alleged patent infringement](#)

[Apple has killed some of the Watch models, and they're not coming back](#)

[Smart mouthguard monitors your saliva, and your health](#)

[New IBM population health tool aims to improve patient engagement](#)

[Bluetooth alternative communicates through your body](#)

[Injected electronics: the next wave of wearable tech?](#)

[Commoditized Wearables](#)

[What could derail the wearables revolution?](#)

[The race to find meaning from all that fitness data](#)

[5 ways technology can benefit your grandparents](#)

[The world's new health goal will need game-changing health technologies](#)

**We would be interested to receive your comments on our Weekly Wearables Newsletter!
Please contact Gillian Christie, Health Innovation Analyst, Vitality Institute at
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