



Wearables Weekly

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

November 23, 2015

[Caeden, a Wearable Tech Start-Up, Introduces a Smart Bracelet](#)

Caeden is now accepting orders for Sona, its stylish smart bracelet that tracks activity and uses a heart rate sensor to measure overall health and stress levels. The Sona looks like a fashionable leather bracelet rather than a high tech gadget. Caeden's CEO thinks this design will be a key differentiator in the increasingly competitive wearables market. The company's co-founders have experience working with design-savvy product companies including Jawbone, Incase, and Skullcandy. The Sona bracelet costs \$129 and begins shipping in April.

[Google Fit Gets Real-Time Stats and Grabs Data From More Wearables](#)

Google has updated its Fit app with new features, including tracking real-time distance, steps, pace and calorie stats for running, walking, and cycling workouts. The app will be able to keep a tally of push-ups, sit-ups, and squats for Android Wear device users. Google Fit will also now pull in nutrition and sleep data from additional apps and devices, including MyFitnessPal, the Xiaomi Mi Band, Mi Band 1S, Sony Smartband 2, and the Basis Peak.

[Medicare Advantage Members Achieve Weight Loss In Omada Health-Humana Trial](#)

According to a study conducted by Omada Health and health insurer Humana, Medicare Advantage members using digital health tools showed an average 8.7 percent reduction in body weight over a six-month period. The study demonstrated the impact of Omada's Prevent program, which targets people at risk for developing chronic conditions like Type 2 diabetes. The Prevent program utilizes devices like a wireless scale pre-synced to participant profiles and provides individuals with a health-related curriculum, access to a personal health coach, and an online peer support network. The study is particularly notable because the average participant age was 70. According to Omada CEO Sean Duffy, "it obliterated the myth that seniors can't do digital behavioral health interventions." Omada will be doing a similar trial for Medicaid patients, expected to start in early 2016.

Other Health Technology Headlines

[7 things about digital health from PwC's report on primary care](#)

[Beyond Fitbits: Chronically Ill Use Apps For Health](#)

[Diary of a Food Tracker](#)

[How technology is transforming mental health care.](#)

[Jawbone Lays Off 60, 15% Of Staff Globally, Closes NY Office](#)

[LG Urbane 2, The First Android Wear Smartwatch With Cellular, Pulled From Stores](#)

[On-demand health: UberHEALTH and the future of healthcare delivery](#)

[The Movado Bold Motion is a \\$695 analog smartwatch with no screen](#)

[The official Apple Watch magnetic charging dock is now on sale](#)

[This self-healing sensor could make electronic skin a reality](#)

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Please contact Gillian Christie, Health Innovation Analyst, at gchristie@thevitalitygroup.com with your feedback and suggestions.