

Managing Health through Remote Monitoring

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Abstract:

Our present healthcare system focuses on treating people when they are ill rather than keeping them healthy. We have been using remote monitoring approaches to monitor people while they are healthy to track their health and detect disease at its earliest moment presymptomatically. Using smartwatches we can detect disease early, including COVID-19. Using CGM we can subtype glucose dysregulation and monitor personalized responses to food. We have also developed microsampling technologies for monitoring responses to food and tracking physiological and biochemical responses to lifestyle. We believe that advanced technologies have the potential to transform healthcare and keep people healthy.

Keywords:

Wearables, CGM, microsampling, precision medicine

References:

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