



Health Trackers: How Technology is Helping Us Monitor and Improve Our Health

Richard MacManus

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New consumer technology is empowering us to take control of our day-to-day health. Leading tech writer Richard MacManus looks at what is out there now and what is in development, and what this might mean for our health in the future.

Health Trackers tells the story of the rise of self-tracking — the practice of measuring and monitoring one's health, activities or diet. Thanks to new technologies, such as smartphone apps and personal genomics, self-tracking is revolutionizing the health and wellness industries. Through interviews with tech developers, early adopters and medical practitioners, Richard MacManus explores what is being tracked, what tools and techniques are being used, the best practices of early adopters, and how self-tracking is changing healthcare.

The first eight chapters focus on a particular type of, or approach to, self-tracking, for example, diet, daily activity and genetics. The final two chapters look at how the medical establishment is adopting, and adapting to, self-tracking. This timely book covers technologies still early in their evolution but poised to go mainstream, and rather than look at how to use specific gadgets, it focuses on the philosophy and usefulness of self-tracking in its many forms. Many of us are curious about it, but don't understand the benefits (and sometimes risks) of these tools and practices. With no comparable book on the market, *Trackers* is the first to focus on consumer technologies and to help ordinary people negotiate the new health landscape.

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