



Week 3

Assignment Part 1: Examining Wearable Technologies Template

Name: [REDACTED]

Date: [REDACTED]

Directions: Select one wearable technology used for health and wellness. Refer to the Week 3 lesson and the assignment guidelines for more information on wearable technologies. Use this template to complete the Part 1: Examining Wearable Technologies assignment.

- Answer the questions under each section with explanation and detail. Use complete sentences throughout.
- Correctly cite and reference at least one scholarly source from the Chamberlain Library.

Section 1: Introduction of Wearable Technology

1. Identify the wearable technology you selected, including the brand name.

I selected the Dexcom Continuous Glucose Monitor. I am a diabetic educator at the Primary Care office that I work in and often teach newly diagnosed patients how to use their CGM. I especially like the Dexcom G7 because of the shorter warm up time, 30 minutes, which is twice as fast as other CGM's.

2. Discuss the intended purpose of the selected wearable technology.

A continuous glucose monitoring (CGM) device allows people with diabetes to monitor their blood sugar levels day and night and receive alerts when they are too high or too low. Their glucose level is measured regularly—up to once every five minutes—and the results are converted into clear, understandable data and insights. It can also indicate the speed and direction at which their glucose is increasing.

3. Explain how the selected wearable technology promotes self-care and/or illness management.

By using a CGM, patients can become more engaged in managing their own condition and more conscious of their own glycemic reactions. They can track how their blood glucose levels are affected by various meals, times of day, degrees of activity, and illnesses. According to American Diabetes Association 84th Scientific Sessions. (2024)., caregivers and loved ones of patients who take part in diabetes treatment can also benefit from the CGM. By integrating



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