

More Than Just A Watch

It Could Save Your Life

By Larry Hayes

For years, I've been waiting for a "must have," WOW product for boomers and seniors.

With the recent introduction of the new Apple Watch 4, the wait is finally over. It could literally save your life someday.

Here's why:

- Heart and health tracking with a built-in ECG sensor to monitor heart rate and rhythm and possible arrhythmia. It has been cleared by the FDA for use as a medical device.

The ECG functionality could one day help diagnose conditions such as AFib (atrial fibrillation), a serious, irregular heartbeat condition affecting million of Americans, many of them older adults.

- Fall detection. If you fall, your smart watch automatically calls 911 and your loved ones and tracks your location for emergency assistance.
- Health & fitness detection including steps taken, calories burned and much more. In one glance, you can find out how active you are, check your heart rate, review your day ahead and more.



You can use the watch to listen to podcasts and music, to see third-party apps and more. Of course, it also tells the time!

Some experts believe that Apple's new features could modernize hospital and geriatric care. Can't wait for more exciting features!