



Saving Your Life with Wearable Technology (Part 2)

By *Ronald T. Brown M.D.*



apcug
Virtual Technology Conference
2020
August 15

Aging in Place



Goals of this presentation

To identify the risks Seniors face with independent living

How can Smart Living be a solution

The challenges of home Automation

Internet Services

Your Home Network

Amazon vs Google

Social Communication

My recommendation for our fictitious senior, Mary



**MARY IS 74 ,WIDOWED AND LIVES
FULL TIME @ SILVERIDGE RV RESORT**



Mary

Mary has lived at Silveridge for 7 years and has won the hearts of all the residents

She lives by herself in a Park Model with Arizona Room and has a very good friend across the street who she walks with @ 9AM every morning.

Alice and Mary walk around the Silveridge perimeter and then have a cup of tea

Mary is very active and is a member of the Pickle Ball club

Her highlight of the year is Monday morning meetings @ SilvercomCTC

***Mary has been widowed for 12 years
Her daughter (Meg) is an accountant and lives in Palm
Desert but comes to visit once a month
Mary has pretty good computer skills and Skypes
frequently with Meg
Mary doesn't drive any more and uses Uber for
transportation***



Alice

Mary's Health



Mary likes Dr. Jones who has been her Family Physician for the past 12 years

Mary sees him twice a year at his office by Fry's on Ellsworth Avenue

Mary is overweight and on a mild BP Pill

***On her last physical exam Dr. Jones found her to be in excellent health
And noted her BP as 146/86 with a pulse of 88 and regular.***

Mary told Dr. Jones about her daily walks with Alice and would try to get in an extra game of Pickle Ball to lose weight



John

On July 2 Mary is walking home from the mail room and feels a bit “ Light Headed”

She has no Chest Pain or Palpitations but sits down on the grass.

John comes by in his golf cart and asks if she is ok.

She gets up and feels fine but he insists on taking her home in the golf cart.

The “ Light Headed “ feeling is gone and John phones later to make sure she is fine

Meg calls and Mary promises to see Dr. Jones tomorrow



Dr.Jones sees Mary the next day.

Her symptoms have gone and she feels fine.

Her exam was normal

BP 142/86 Pulse 86 &R

Both decided no investigations were needed

On Monday, July 17 Mary was cooking supper and felt a similar “ Light Headed “ feeling lasting for 30 minutes.

She had no chest pain or palpitations and the sympts went away while she rested in her Lazy Boy Chair.

She saw Dr.Jones who again found nothing wrong but did an ECG which was normal.

Because this was Mary’s second episode they decided to do some investigations which would include Blood Work and a Cardiac Holter Monitor for 24 hours.

Mary had Meg coming on Friday so wanted to do the test the next week.



On Wednesday @ 2:30 AM Mary got out of Bed to Void.

While getting up off the toilet she got another “Attack” and fell to the floor and heard a “Crack” in her right hip. She was in terrible pain and wedged between the toilet and shower.

She couldn't move and called for help but no one came.

Alice found Mary @ 9 AM when she came for a walk

When EMS arrived Mary was Hypothermic, with a pulse of 46 and BP 80/60





On arrival to Banner Hospital she had a temporary pacemaker inserted in the ER.

She was transferred to ICU where she was stabilized and had a permanent pacemaker.

Her Hip was repaired and to the delight of very one Mary had an uneventful recovery

She is back doing her daily walks with Alice but has given up Pickle Ball.

What was Mary's Diagnosis?

What could Mary have done to be better prepared for a Medical Emergency

What were clues in her history that could be expanded on.

WHAT COULD
MARY HAVE
DONE TO BE
BETTER
PREPARED FOR
A MEDICAL
EMERGENCY



**Plan for a Medical
Emergency**



WHAT WERE CLUES IN HER HISTORY THAT COULD BE EXPANDED ON.

- Lived in a resort that was seasonal
- Isolation
- Has Internet and some computer skills
- Has a caring daughter who visits regularly
- Good Medical support



WHAT WAS MARY'S DIAGNOSIS?

- Heart Problem - Requiring a Pacemaker
- Fall at night while going to the bathroom
- Fall resulted in a fractured hip
- Hypothermia and shock – almost a fatal event.



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My recommendation for our fictitious senior, Mary

Smart Living Solution

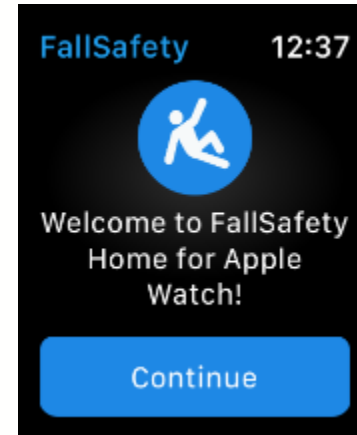
Personal Monitor – Health, Location, Notification

IOT devices – Home Automation
safety, communication, mobility, thermostats

Peripheral Home Security door locks, alarm
system, cameras

Social communication

Fall Detection and Emergency Notification





Fall Detection and Emergency Notification

- Fall detection. Apple Watch Series 5 can detect that you've fallen. When an incident like this occurs a hard fall alert is delivered, and you can easily initiate a call to emergency services or dismiss the alert. If you're unresponsive after 60 seconds, the emergency call will be placed automatically. Your emergency contacts will then be notified and sent your location.



International Emergency

- International emergency calling. You can complete a call to emergency services when travelling abroad. Just press and hold the side button on Apple Watch Series 5 with cellular and you'll be connected with the help you need. It even works if you're nowhere near your iPhone

Medical Alert Apps

- ▶ This free app provides up to five caregivers with Elder GPS location, heart rate information, battery status, pairing, and central monitoring subscription status updates

✉ A message from our physician founders on the frontlines of the COVID-19 pandemic



SAP
MI

Cross-compo

Share:



TRY
FREE!

 Download on the
App Store



Smart Features of watches for Seniors

Level 2 Medical Device

FDA Approval

Pulse /Atrial Fibrillation

- Available now on Apple Watch Series 4 and 5
- Approved by FDA for Samsung Watch 3 8.7.2020 Not available yet

Blood Pressure Recording

Samsung only

- South Korea
- Not on Apple Watch

Fall Detection Emergency Notification

- Apple Watch
- Samsung Watch


Blood Sugar- Diabetes

Samsung Galaxy Watch 3 - Aug-5





Apple Watch Series 5 vs Galaxy Watch

- 
- ▶ FDA Cleared ECG and Fall Detection on Galaxy Watch – not active as of 8.7.2020
 - ▶ Galaxy Watch 3 runs Tizen OS and works with most Android and Apple Phones
 - ▶ Apple watch is only compatible with an I-Phone
 - ▶ Galaxy watch is round and Apple Watch is square
 - ▶ Two Sizes Galaxy 41/45 mm Apple 40/44mm
 - ▶ Galaxy watch will record Blood Pressure- Level 2 Device approved South Korea

Samsung fails to act on promises of ECG/fall detection for Active 2 Watch





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Medical Alert systems and fall detection

- Medical alert systems kick into action in an emergency, calling medical personnel automatically. Most emergency alert systems offer monitoring whether your loved one is in or out of their home, too.



The image shows a screenshot of the Life Alert website. At the top, the Life Alert logo is on the left, and a phone number for a free brochure is on the right. Below this is a navigation bar with links to Home, Protection Services, Why Life Alert is the Best, Avoid a Retirement Home, Testimonials, and About Us. A secondary navigation bar lists Medical Emergencies, Shower Emergencies, Personal, Mobile + GPS, and Mobile App. The main content area features a large counter for 'LIVES SAVED' by Life Alert, showing 534397 since 2008. To the right of the counter is a headline 'Saving a LIFE from a catastrophe Every 11 Minutes!' with an image of an elderly woman in a green shirt reaching out. Below this is a section titled 'Emergency Protection' with a list of services: Medical, Shower, Personal Protection, and Mobile + GPS. It also states 'Batteries Never Need Charging.' To the right of this list is an image of a Life Alert representative on a phone. Below the service list is a small image of a person on the ground with the text 'Mobile On-the-Go Emergency'. To the right of this is a section titled 'We are the one & only Life Alert' with the phone number 1-800-360-0329. At the bottom right, there is a section titled 'Free Use of Equipment' with an image of a person using a shower chair.

Life Alert 

For a **FREE** brochure call:
1-800-360-0329

HOME PROTECTION SERVICES WHY LIFE ALERT IS THE BEST AVOID A RETIREMENT HOME TESTIMONIALS ABOUT US

MEDICAL EMERGENCIES SHOWER EMERGENCIES PERSONAL MOBILE + GPS MOBILE APP

LIVES SAVED*
by Life Alert
534397
Since 2008

Saving a LIFE
from a catastrophe
Every **11 Minutes!**

HELP!
I'M FALLING
AND I CAN'T GET UP!

Emergency Protection
Medical
Shower
Personal Protection
Mobile + GPS
Batteries Never Need Charging.

We are the one & only
Life Alert

For a **FREE** brochure call now:
1-800-360-0329

Free Use of Equipment

Many different options



The image shows a screenshot of the Medical Guardian website. At the top, the Medical Guardian logo is on the left, and navigation links for 'Products', 'How It Works', 'Buying Advice', and 'About' are in the center. On the right, there are links for 'FAQ' and 'Login', and a phone number '1-800-668-9200'. Below the navigation bar, a pink banner reads 'SUMMER SALE: GET 1 FREE MONTH + FREE GROUND SHIPPING! (VIEW DETAILS)'. The main content area features a large headline 'SUMMER INDEPENDENCE SALE' followed by '1 Free Month of Service'. Below this, a sub-headline says 'This summer, get outside, get active—and stay safe!—with a medical alert system.' A section titled 'ORDER TODAY AND GET:' lists four benefits: 'FREE ACTIVATION', 'FREE INSTALLATION', 'FREE SHIPPING*', and 'FREE LOCKBOX*'. A purple button labeled 'VIEW PRODUCTS' is positioned below the list. To the right of the text is a circular image of an elderly woman and a young girl holding hands and jumping joyfully. A purple circle with the text 'USE CODE SUMMER20' is overlaid on the image. At the bottom, a white section titled 'Shop Medical Alert Systems By Lifestyle' includes the text 'No Contracts / No Hidden Fees™ / Free Activation / Free Equipment*'. The entire banner is set against a background of green foliage.

MEDICAL GUARDIAN Products ▾ How It Works Buying Advice About ▾ [FAQ](#) [Login](#) 1-800-668-9200

♥ SUMMER SALE: GET 1 FREE MONTH + FREE GROUND SHIPPING! (VIEW DETAILS)

SUMMER INDEPENDENCE SALE

1 Free Month of Service

This summer, get outside, get active—and stay safe!—with a medical alert system.

ORDER TODAY AND GET:

- ✓ **FREE ACTIVATION** ✓ **FREE INSTALLATION**
- ✓ **FREE SHIPPING*** ✓ **FREE LOCKBOX***

[VIEW PRODUCTS](#)

USE CODE **SUMMER20**

Shop Medical Alert Systems By Lifestyle

No Contracts / No Hidden Fees™ / Free Activation / Free Equipment*

Automatic pill dispensers


- Pill dispensers no longer look like the ones you remember your grandparents using when you were a kid. These pill caddies have gotten a high-tech upgrade, and the automatic ones can even meter out the right doses and communicate with smartphones and computers.



Smart Phone Reminder

- Large Pill Organizer
- 7 to 14 days
- BPA Free
- Portable Containers
- Free APP

Health & Household › Health Care › OTC Medications & Treatments › Medication Aids › Pill Dispensers & Reminders






Sagely Smart XL Weekly Pill Organizer - Sleek AM/PM Twice a Day Pill Box with Free Smartphone Reminder App and 7 Day Travel Containers (Large Enough to Fit Fish Oil and Vitamin D Supplements)

by Sagely
★★★★★ 981 ratings | 90 answered questions
Amazon's Choice for "magnetic pill organizer"

Price: **\$34.99** ✓prime Overnight by 8AM
Get \$60 off instantly: Pay **\$0.00** ~~\$34.99~~ upon approval for the Amazon Prime Store Card. No annual fee.

Color: **Blue/Green**

 \$34.99 ✓prime	 \$34.99 ✓prime
 \$34.99 (\$34.99 / Count) ✓prime	

- **LARGE PILL ORGANIZER** - Dimensions: 12.5 x 3.8 x 1.5 inches. 7 day pill box on a magnetized base that fits large pills like Fish Oil, Vitamin D, Calcium, and Multi-Vitamin supplements. Perfect for those who need an extra large pill organizer to fit all of their medications and vitamins. Please note- Turmeric can stain your lids.
- **VERSATILE PILL ORGANIZER FOR 7 DAYS OR 14 DAYS** - Use as a 7 day weekly pill box for AM/PM pills twice a day or use as a 14 day pill box if you only take your pills once a day. With our fun & easy to use Push-Through design, use your finger to push the pills from the lid into the container to improve loading accuracy. The flexible lids are easy to open and perfect for people with arthritis and other manual dexterity.



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Your Home Network

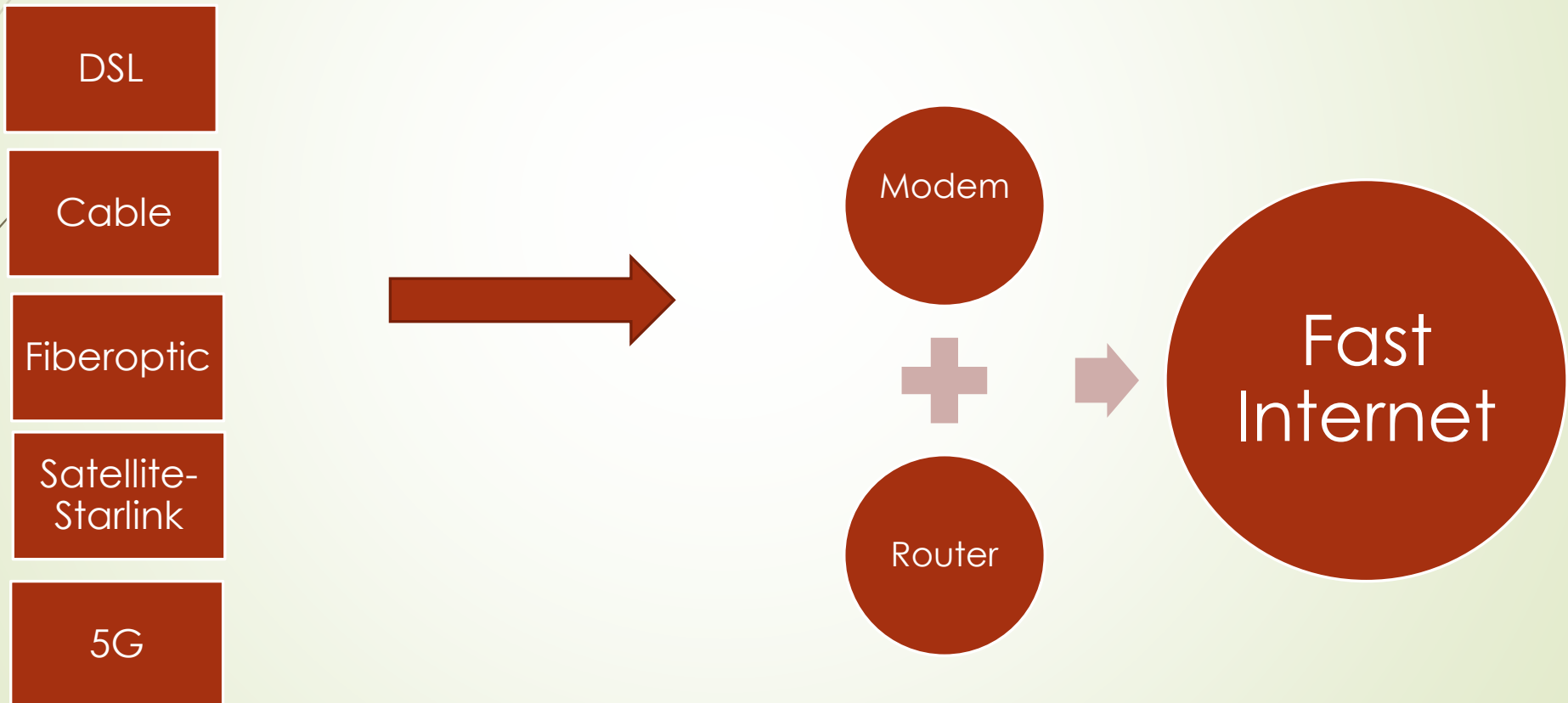
Amazon vs Google

Social Communication

My recommendation for our fictitious senior, Mary

You must have Fast Internet

A Hot Spot with your phone will not work





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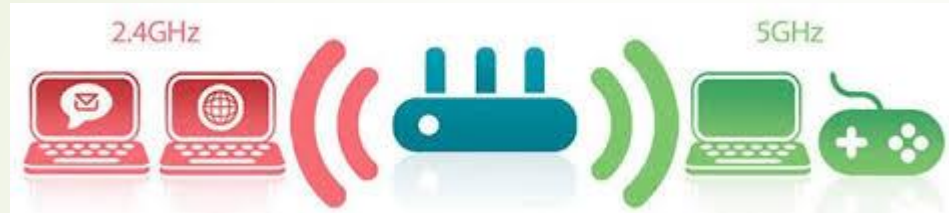
Your Home Network

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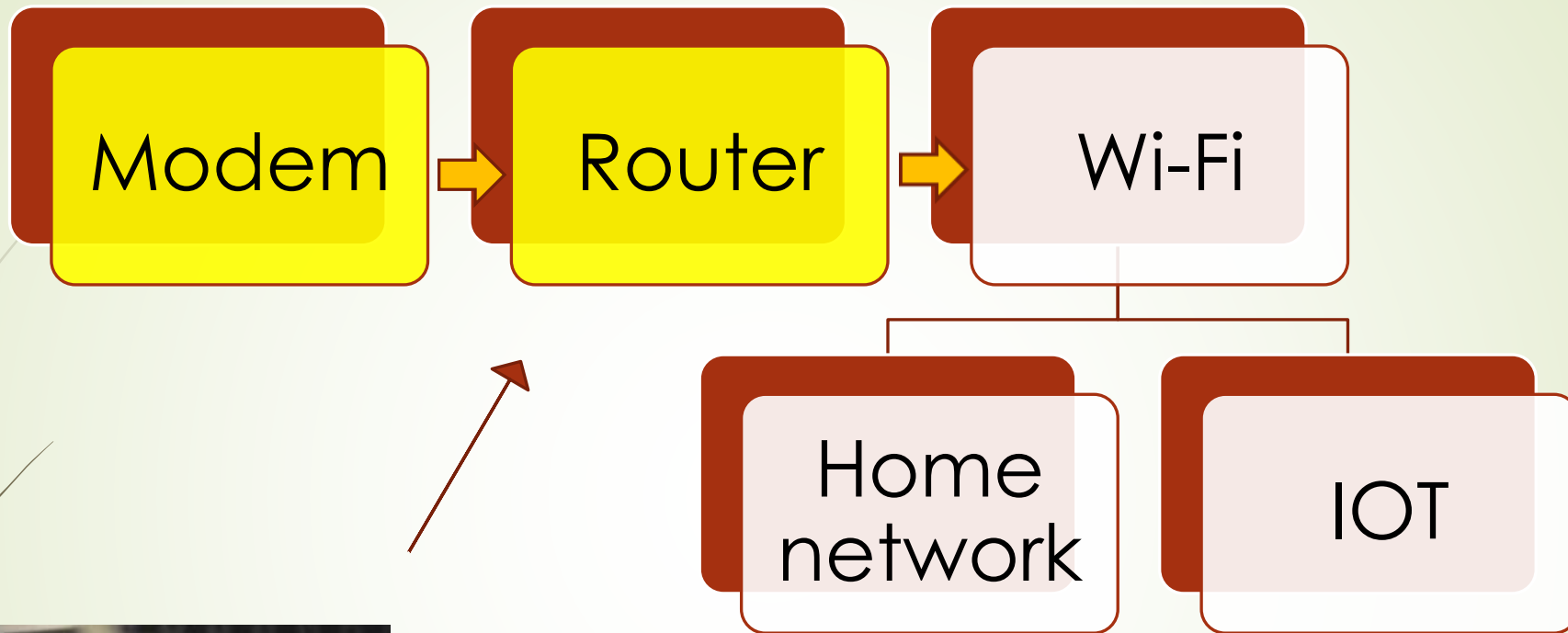
Dual Band Router



IOT devices can use both frequencies

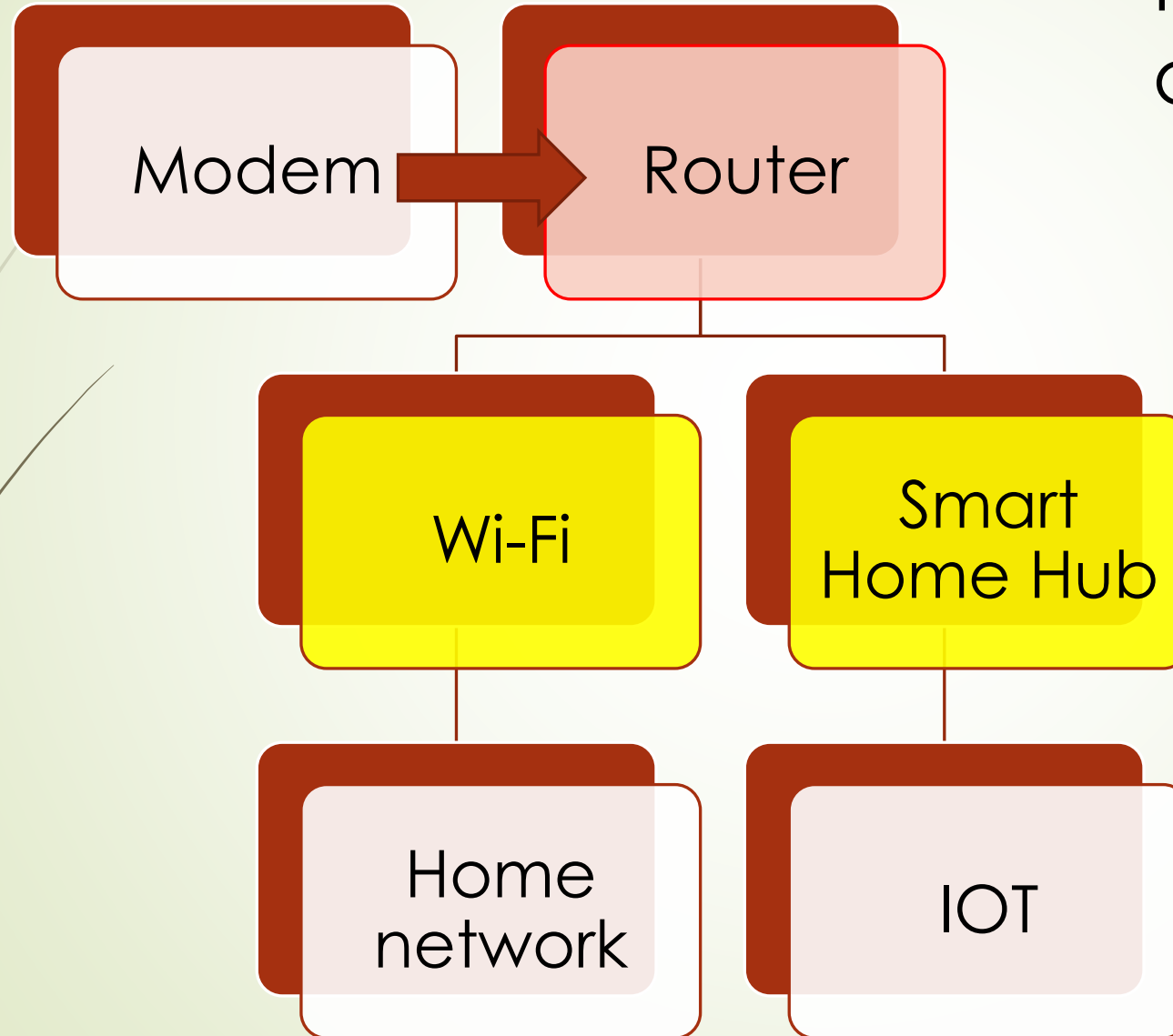


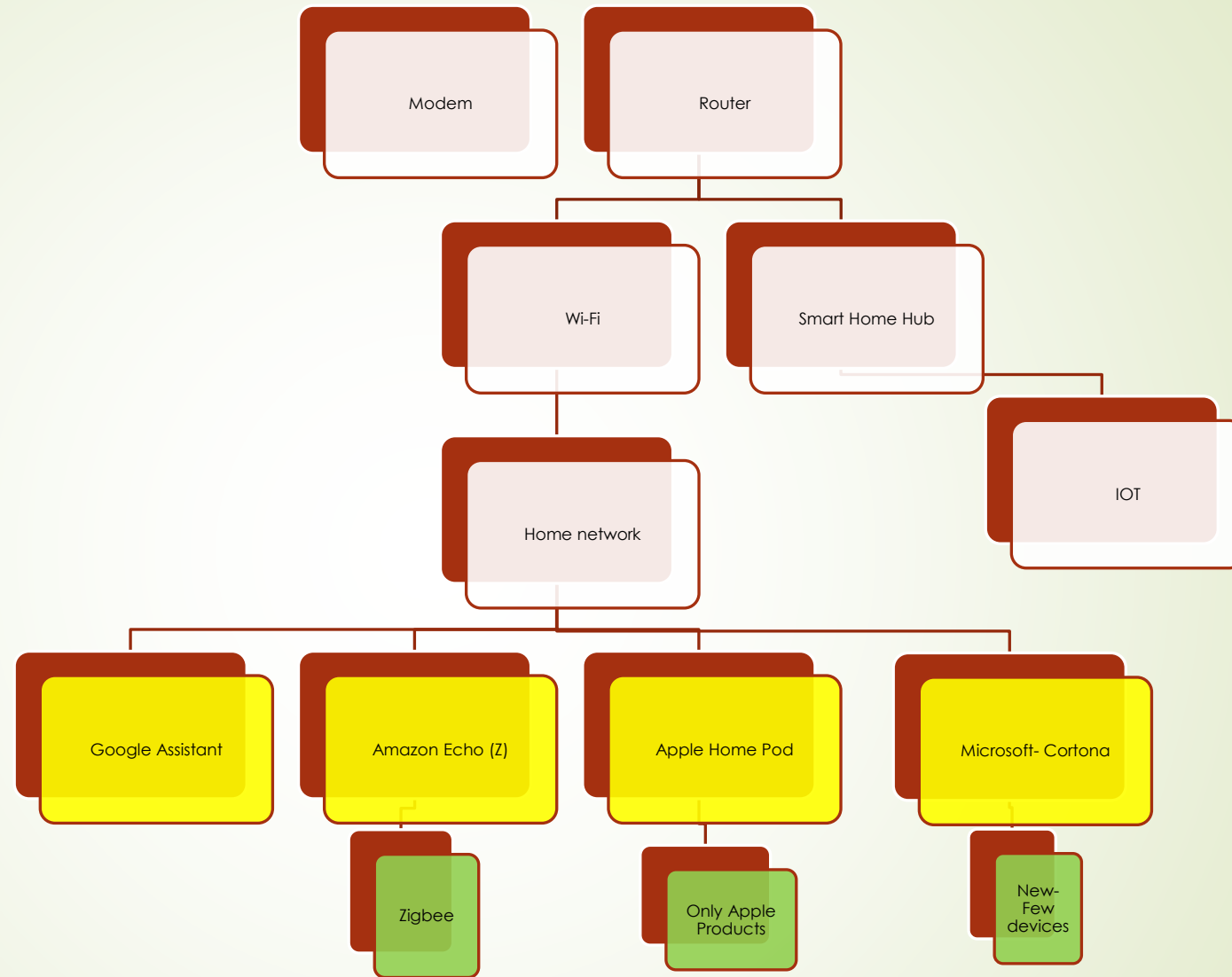
You will want find out how many devices it can connect to

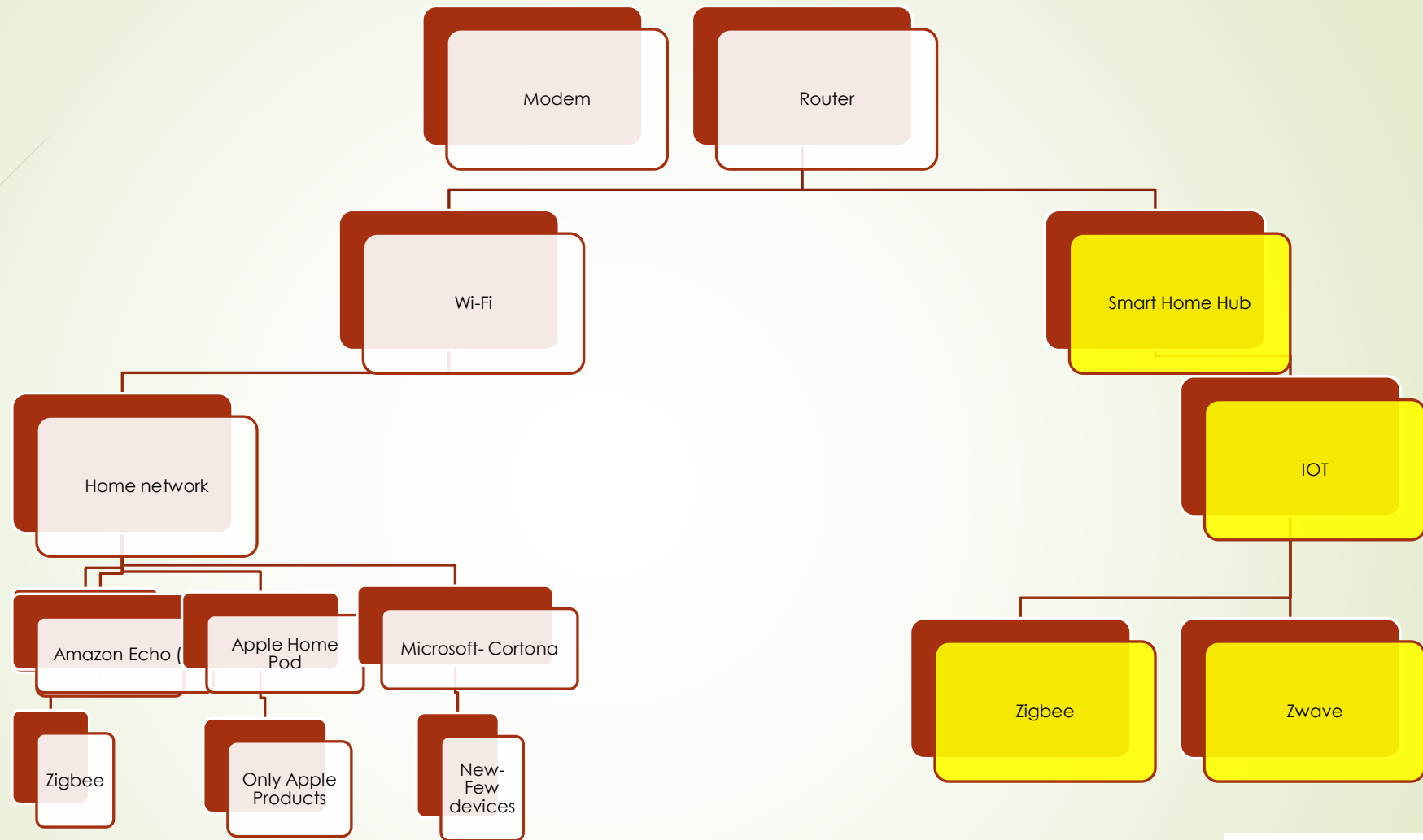


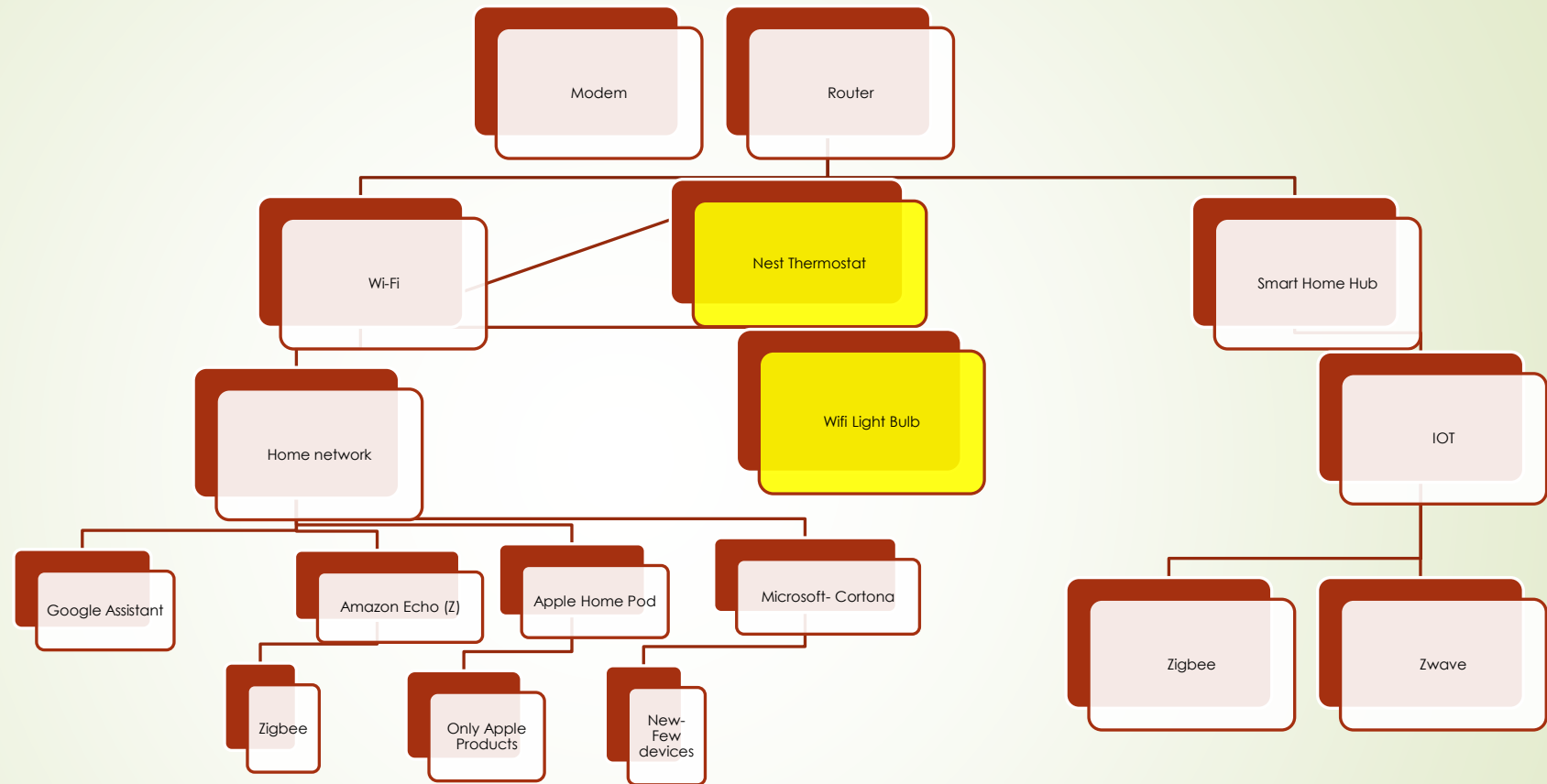
Do not get combo

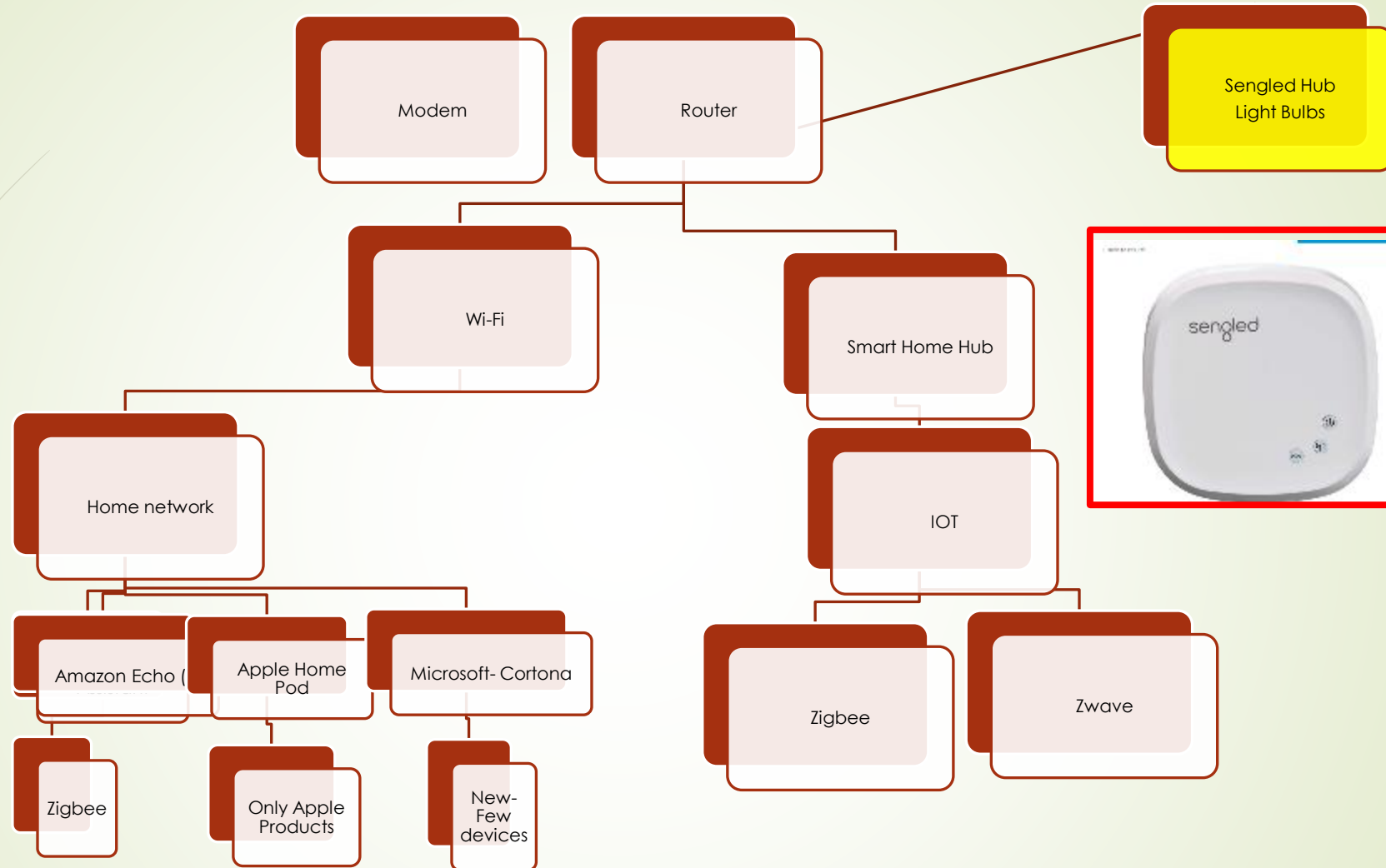
How to control the devices











Connect up to 60 Lightbulbs



Sengled Smart light Bulb Starter Kit, Smart Bulbs that Work with Alexa & Google Home, Smart LED Light Bulb A19 Daylight (5000K), 9W (60W Equivalent), 2 Smart Bulbs & 1 Smart Hub

Brand: Sengled

★★★★★ 1,934 ratings

Amazon's Choice for "sengled smart hub"

List Price: ~~\$39.99~~

Price: **\$35.99** ✓prime FREE One-Day & FREE Returns

You Save: **\$4.00** (10%)

Coupon ☐ Save an extra 5% when you apply this coupon. [Details](#)

Get \$100 off instantly: Pay \$0.00 upon approval for the Amazon Prime Rewards Visa Card. No annual fee.

Available at a lower price from [other sellers](#), potentially without free Prime shipping.

Size Name: **2 Pack Starter Kit**

1 Pack

\$9.99 (\$2.50 / oz)

✓prime

2 Pack Starter Kit

\$35.99

✓prime

4 Pack

\$38.99 (\$9.75 / Item)

✓prime

• **【Sengled Smart Hub Supports 2.4G & 5G】** Connect smart light bulb to Sengled



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Amazon's Impressive lineup






My Amazon Devices

Alexa-enabled devices like the Amazon Echo, Echo Plus, Echo Show, and Echo Spot come equipped with the built-in Zigbee hub

Get a free Philips smart bulb with this device. [See bundle.](#)



The image shows a screenshot of the Amazon Echo Plus (2nd Gen) product page. On the left, there's a vertical strip of six small images showing the device in different settings. The main image features the Echo Plus on a wooden surface next to a pair of glasses, with the text 'echo plus Premium sound with built-in smart home hub' overlaid. To the right of the main image, the product title 'Echo Plus (2nd Gen) - Premium sound with built-in smart home hub - Charcoal' is displayed, followed by the brand 'Amazon', a 4.5-star rating from 13,871 ratings, and a note that it's an 'Amazon's Choice' for '2 gen echo plus'. Below this, the pricing is shown: List Price \$149.99, With Deal \$79.99 (prime Today by 10PM), and You Save \$70.00 (47%). A promotional offer for the Amazon Prime Store Card is also mentioned. The status 'In Stock' and 'FREE delivery today' are noted. The color 'Charcoal' is selected, and the configuration 'Echo Plus with free Philips Hue bulb' is shown. At the bottom, there are icons for various smart home integrations like Amazon Alexa, Apple HomeKit, Spotify, and Philips Hue. A list of bullet points describes the device's features, including its sound quality and smart home capabilities.

Echo Plus (2nd Gen) - Premium sound with built-in smart home hub - Charcoal
Brand: Amazon
★★★★☆ 13,871 ratings | 1000+ answered questions
Amazon's Choice for "2 gen echo plus"

List Price: ~~\$149.99~~
With Deal: **\$79.99** ✓prime Today by 10PM
You Save: **\$70.00 (47%)**

Get \$60 off instantly: Pay \$19.99 \$79.99 upon approval for the Amazon Prime Store Card. No annual fee. Available at a lower price from other sellers, potentially without free Prime shipping.

In Stock.
FREE delivery today if you order within 6 hrs and 21 mins . [Details](#)
Ships from and sold by Amazon.com Services LLC.

Color: **Charcoal**

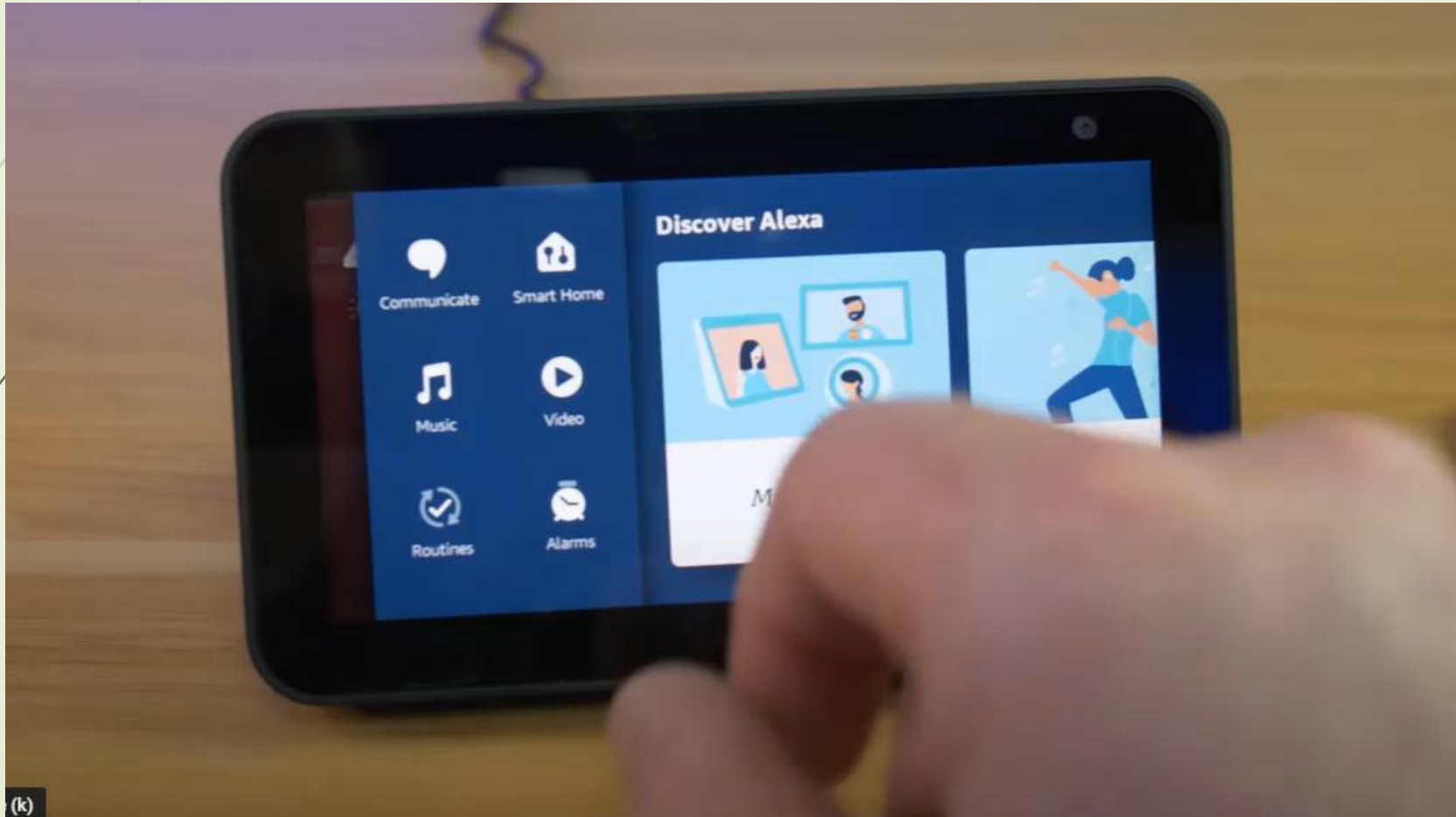
Configuration: **Echo Plus**

Echo Plus with free Philips Hue bulb

- Meet the Echo Plus - Same great sound as our Echo (3rd Gen) with a built-in Zigbee hub to easily setup and control your compatible smart home devices.
- Enjoy premium sound - Personalize your listening experience by adjusting the equalizer settings. Or pair with a second Echo Plus (2nd Gen) or Echo (3rd Gen) for stereo sound and add more bass with an Echo Sub.

Echo's Drop in Feature

edited from "Tech with Brett" 16.07.2019



Google Home Products



Google Home, now known as Google Nest

- The emergency capabilities of your Google Nest include:
- Calling 911 if you're a Google Nest Aware subscriber
- Automatically connecting to the nearest 911 call center if your loved one is out and about (for a quicker response)

Choose your plan

Based on your current subscription, you'll save \$36 per year and get more history for all your devices in the same home. [How is the new plan different](#)

You'll get a refund for the time left on your current plan.

Recommended

Nest Aware

First Month Free

30 days of event video history

- Intelligent Alerts
- Sound detection
- Emergency calling

\$6/month
or
\$60/year
Save \$12 annually

Nest Aware Plus

First Month Free

60 days of event video history
+ 10 days of 24/7 video history

- Intelligent Alerts
- Sound detection
- Emergency calling

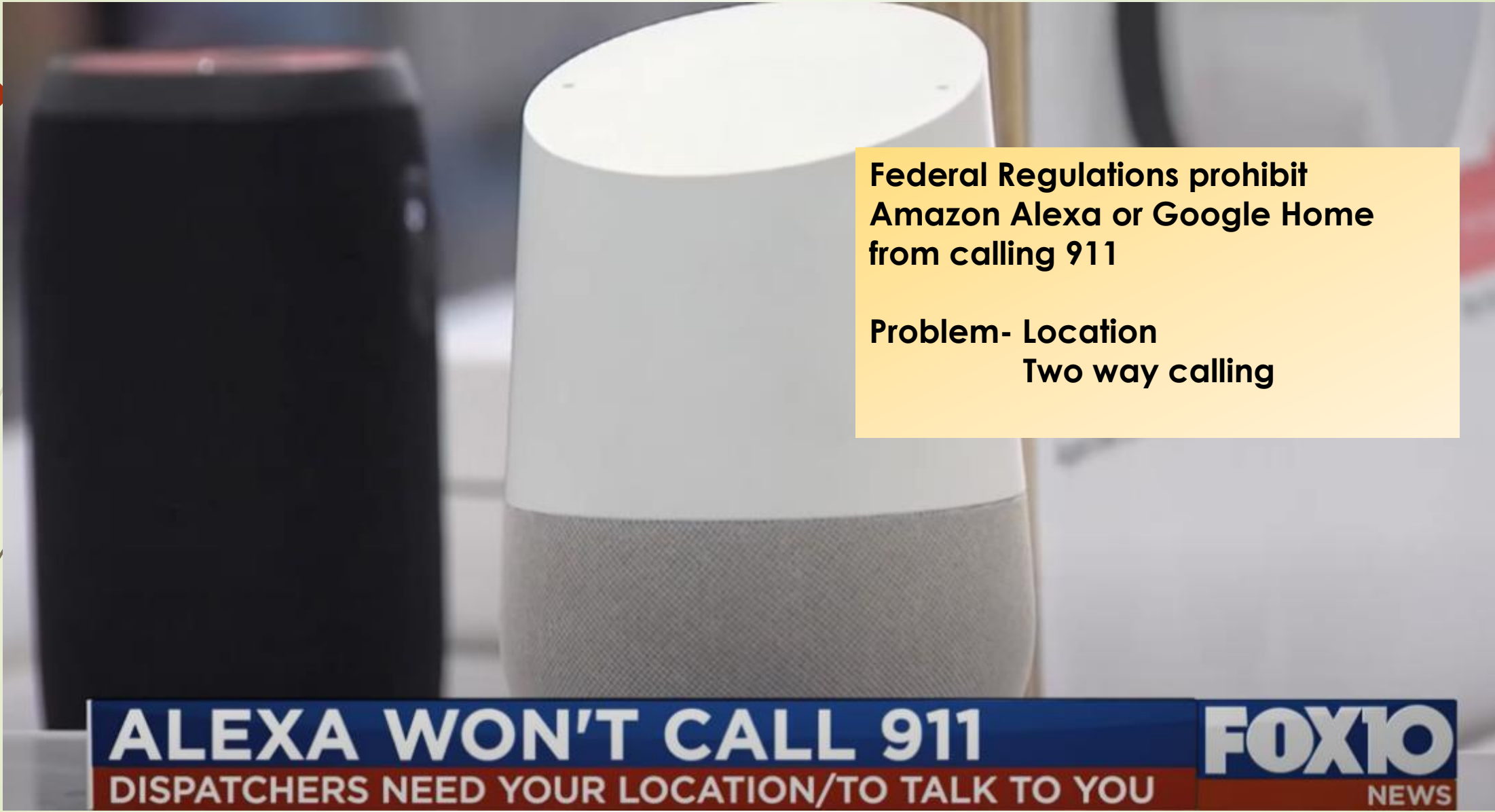
\$12/month
or
\$120/year
Save \$24 annually



The Nest - Grandpa Teleporter

Apple HomePod





**Federal Regulations prohibit
Amazon Alexa or Google Home
from calling 911**

**Problem- Location
Two way calling**

ALEXA WON'T CALL 911

DISPATCHERS NEED YOUR LOCATION/TO TALK TO YOU

FOX10
NEWS

You can't use Alexa to call 911 using Alexa Calling. ...
With the Echo Connect, you can dial 911 because
the address information from your phone line will be
transmitted to 911 when you call.



ALEXA SKILLS GUIDE

Personalise your experience with Alexa Skills.

 amazon alexa

**Alexa
Call 911**



Set up “ Skill “ to make designated friend to make that call for you.

“ Ask my Buddy App” – Alexa Skill

Account Permissions



Ask My Buddy is requesting the following permissions. If you grant these permissions, this skill can use this information for all users of your devices.

Device Address



Allow this skill to access the full postal address configured for your Alexa devices.

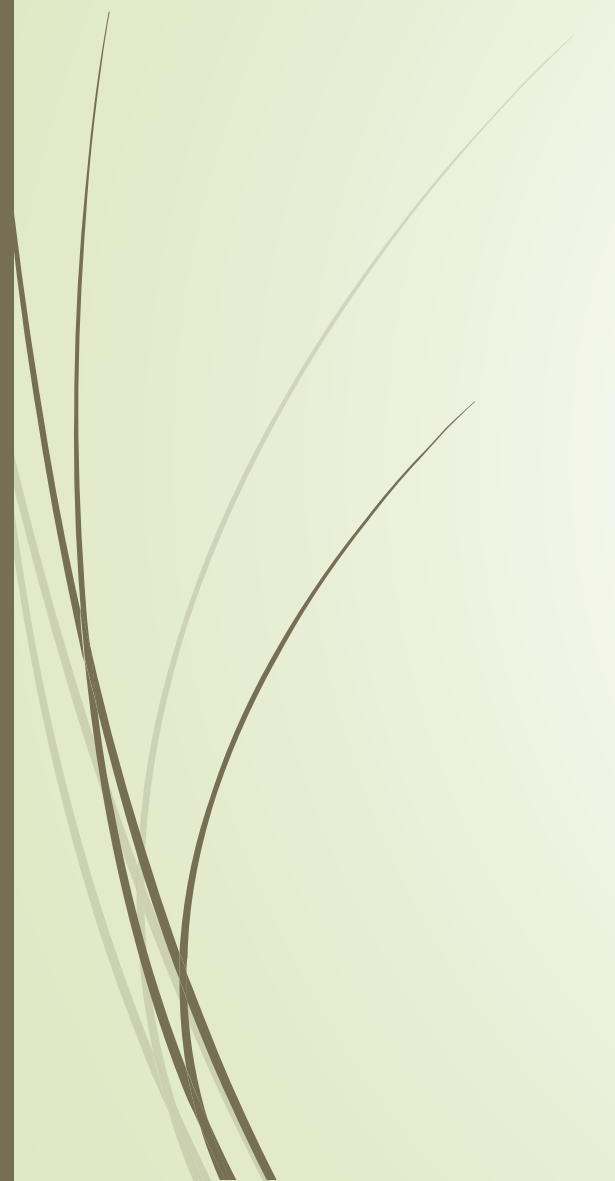

Location Services




Allow this skill to access your location while the skill is in use.

Some devices may not support dynamic location.

SAVE PERMISSIONS





Ask My Buddy

Personal Alert ⊕ Network

Registration

Please fill out all fields then click Register.
(Note: For International Phone numbers, enter International Country code first, [Click here for examples](#). Example showing UK: change this 07 123456 to 447911123456)

1

First Name & Last Name

First Name

Last Name

2

Email & Phone





AskMyBuddy

Personal Alert Network

Welcome

Dear Ronald Brown,

Thank you for registering with AskMyBuddy.net Personal Alert

Network. Ask My Buddy is a Skill or Application that works with a variety of devices that support either Amazon Alexa, Google Home Assistant or Microsoft Cortana voice platforms. When you speak to these devices, Google, Cortana or Alexa will translate what it heard to text and passes along to a skill or application like ours. Once you have

completed the setup you will be able to send alert messages by means of voice call, text message, and email just using your voice.

Like: 'Alexa, Ask My Buddy To Alert Bob'. You can alert all of your contacts by saying 'Hey Google, Ask My Buddy To Send Help' or 'Hey Cortana, Ask My Buddy To Alert Everyone'.

Free Plan

Free

- 1) 10 *Alert Messages per month.
- 2) 5 Contacts
- 3) English only alerts

To continue using this option click on the Contacts menu above.

[*To read more about Alert Message counts click here](#)

Basic Plan

\$3.66 per month

\$43.92 annually

Only 12 cents per day!

- 1) 120 *Alert Messages per month.
- 2) 5 Additional Contacts for a total of 10
- 3) Disable Alert All. This checkbox located at the bottom of the Settings Page, Use this if Alexa misunderstands you and defaults to Alert All. Send Help and Alert Everyone will still work.
- 4) Multi lingual Alerts: Spanish, French, Swedish, German, Portuguese and Italian. Need more, let us know.

Option 1 : \$3.66 USD - monthly ▼

Subscribe



Premium Plan

\$5.99 per month

\$71.88 annually

Only 20 cents per day!

- 1) 400 *Alert Messages per month.
- 2) 5 Additional Contacts for a total of 10
- 3) Disable Alert All. This checkbox located at the bottom of the Settings Page, Use this if Alexa misunderstands you and defaults to Alert All. Send Help and Alert Everyone will still work.
- 4) Multi lingual Alerts: Spanish, French, Swedish, German, Portuguese and Italian. Need more, let us know.
- 5) **Find My Phone**, places a voice call to the Cell Phone listed in your account settings. just say; 'Alexa, Ask My Buddy to alert my cell phone'.
- 6) **Enhanced Send Help with reason**. Premium users can let all their Contacts know what type of help they may need just by saying a few more words after the Send Help command. Contacts will receive the added information in each text message.

Fido

11:11



+1 888-734-0751

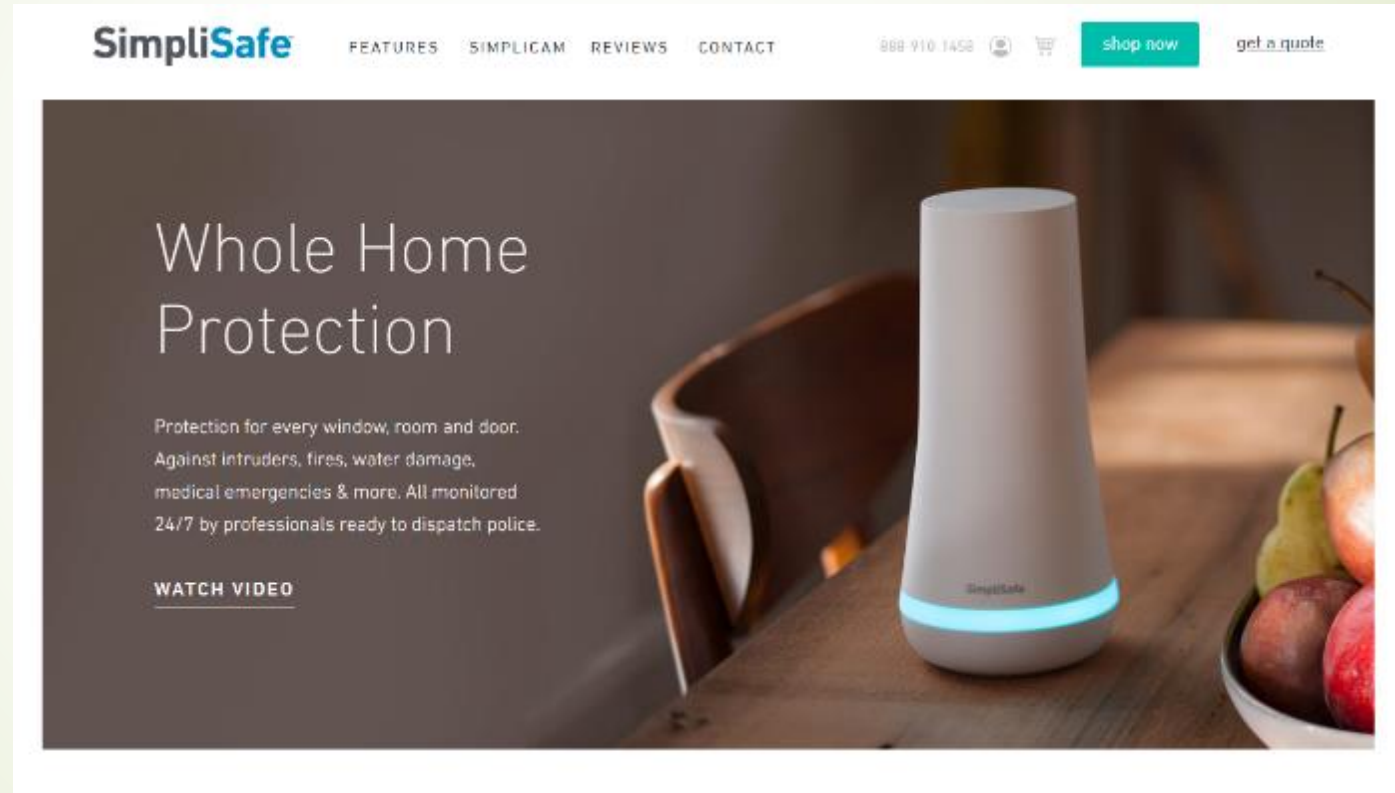





Thursday, Today

Ronald Brown sent you an alert,
via [AskMyBuddy.net](https://www.askmybuddy.net), on Amazon
Alexa. This alert is sent only if
this person has asked for help.
Please check on them now.

1 min ago

Home security system

The image shows the top portion of the SimpliSafe website. The header features the SimpliSafe logo on the left, followed by navigation links: FEATURES, SIMPLICAM, REVIEWS, and CONTACT. On the right side of the header, there is a phone number (888-910-1458), social media icons for Facebook and Instagram, a shopping cart icon, a teal 'shop now' button, and a 'get a quote' link. The hero section below the header has a dark background. On the left, the text 'Whole Home Protection' is displayed in a large, white, sans-serif font. Below this, a paragraph of text describes the service: 'Protection for every window, room and door. Against intruders, fires, water damage, medical emergencies & more. All monitored 24/7 by professionals ready to dispatch police.' Underneath this text is a link that says 'WATCH VIDEO'. On the right side of the hero section, there is a photograph of a white, cone-shaped SimpliSafe device with a glowing blue light ring at its base. The device is sitting on a wooden surface, and a bowl of fruit is partially visible in the background.

SimpliSafe FEATURES SIMPLICAM REVIEWS CONTACT 888-910-1458    [shop now](#) [get a quote](#)

Whole Home Protection

Protection for every window, room and door. Against intruders, fires, water damage, medical emergencies & more. All monitored 24/7 by professionals ready to dispatch police.

[WATCH VIDEO](#)



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My recommendation for our fictitious senior, Mary



Devices

Information

Adaptive to needs

Socialization

Safety

Entertaining

Humor



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What would I recommend for Mary?

- Purchase a Cell Phone - (Meg?)
- Personal Monitoring device-Watch
- Echo Show in Arizona Room (Drop-In enabled)
- Meg should have an Echo Show
- Echo Dots in all other Rooms
- Ring Door Bell
- Security Lights and Peripheral Cameras



What would I
recommend for
Mary?

➡ Purchase a Cell Phone - (Meg?)

- ➡ Personal Monitoring device-Watch
- ➡ Echo Show in Arizona Room (Drop-In enabled)
- ➡ Echo Dots in all other Rooms
- ➡ Ring Door Bell
- ➡ Security Lights and Peripheral Cameras



What would I recommend for Mary?

- Purchase a Cell Phone - (Meg?)

■ Personal Monitoring device-Watch

- Echo Show in Arizona Room (Drop-In enabled)

- Echo Dots in all other Rooms

- Ring Door Bell

- Security Lights and Peripheral Cameras



What would I recommend for Mary?

- Purchase a Cell Phone - (Meg?)
- Personal Monitoring device-Watch

➡ **Echo Show in Arizona Room = Drop-In enabled**

- Echo Dots in all other Rooms
- Ring Door Bell
- Security Lights and Peripheral Cameras



What would I recommend for Mary?

- Purchase a Cell Phone - (Meg?)
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► Echo Dots in all other Rooms

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➡ Ring DoorBell

- Security Lights and Peripheral Cameras



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- Echo Dots in all other Rooms
- Ring Door Bell

➡ **Security Lights and Peripheral Cameras**



Questions?

Saving your life with wearable technology
(Part 2)

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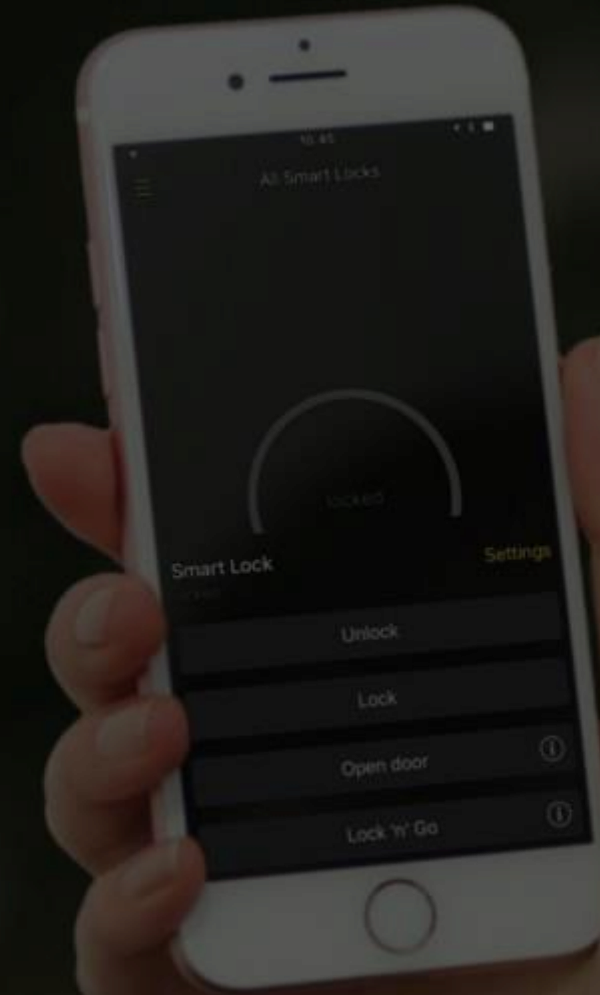
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Thanks for coming

Questions

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Thank you
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