

Watch out for the “watch” to change your life/The life-altering watch. - a conscious approach to Diabetes with wearable medical device.



In recent times, we are looking at some alarming stats in reference to diabetes. As published by UCLA, in California alone, it is estimated that some 13 million adults, or 46 percent, have prediabetes or undiagnosed diabetes, while another 2.5 million adults, or 9 percent, have already been diagnosed with

diabetes. Combined, the two groups represent 15.5 million people — 55 percent of the state's population. That's more than half!

While we are exposed to a number of ideas to change the way we eat, sleep, live or interact with our surroundings, biohacking is perhaps the most discussed topic these days, very little has been done so far to bring inclusivity in the ecosystem for the people who are already diagnosed with diabetes. The horrors of inflicting oneself with needles every day to monitor glucose levels, the anxiety of passing out while driving remains part and parcel of their daily lives. Thankfully, here in the Silicon Valley, the hub of innovation that has made some dramatic developments in medical science, we now have a choice, that is complementary to people with chronic diseases. A choice to simplify life for all. We can now say bye bye to the needles. We now have a choice to review and rectify our health. And, connect with our support-system in a more empowering way like never before.

This avant-garde smart watch designed by LifePlus, inc, tracks major life-threatening symptoms all at once. To just focus on diabetes, this non- invasive, clinical grade smart watch monitors blood glucose level and other trends continuously in real time, while the framework supports connecting the patient with his/her family members, primary care-givers and greater pool of medical advisors. But even before we reach out for help, we are now able to track and take preventative measures by viewing the health insights provided by the smart watch on our wrist. Powered by artificial intelligence, the watch notifies any deviation in our health metrics and is capable of providing personalized insights to make us aware and prepared. Of course,

monitoring blood glucose level is one, but it also tracks respiration rate, heart rate, blood pressure level and oxygen saturation.

Over the years there has been a tremendous attempt to innovate wearable devices, with companies like Apple, Google diving in it. Huge VC funding and massive collaborations in research have fostered many a product flooding the markets. Gadgets to monitor glucose levels in the forms of patches, bands, socks, even contact lenses are existing as well. However, many did not last the test of time and many are falling back to grasp the Diabetes epidemic holistically.

As the old saying goes, prevention is better than cure, the science of the wearable medical device would want to foster the art of our everyday living as well. With the LifePlus, inc smart watch, the awareness of our health condition well in place, we have the freedom to make travel plans, freedom to choose a sport or recreation; in-sync with the knowledge of what is working best for us or which is impeding our health. A livelier mind tending to a healthier body positively impacts the goals and motivations of life. As Thomas Carlyle said, “He who has health, has hope; and he who has hope, has everything.”

Since time immemorial, humans have probed into the philosophy of “know thyself”. To quote Socrates, “An unexamined life is not worth living“. Back to modern day, this very idea of examining our lives and lifestyle from a holistic point of view, especially amidst the grueling pressure of the changing world, has inspired LifePlus to found technology like this, that serves a higher purpose. The Co-founder and CEO of LifePlus, Alodeep Sanyal addresses it as a “deep health technology that revolutionizes care for people living with chronic diseases“. WHO reports, in 2016, an estimated 1.6 million deaths were directly caused by Diabetes. It is also a major cause of blindness, kidney failure, heart attacks, stroke and lower limb amputation. But then, all is not lost. Life challenges drive us to deep dive into solutions as well. The LifePlus wearable device is paving the way.

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