

WEARABLES & BIOHACKING TOOLS

In recent years, wearable technology has transformed the way we are able to monitor and manage our health. From smartwatches that track heart rate and sleep patterns to advanced sensors that measure glucose levels and metabolic rates, wearables are becoming essential tools for anyone looking to take a more proactive role in their well-being. These devices offer personalized insights into your sleep, glucose, recovery, metabolism, and more—helping you better understand your body and habits in real time.

Importantly, wearables are tools for awareness, not perfection. They're designed to guide informed choices and promote balance, not to demand flawless behavior. Whether you're a fitness enthusiast, managing a chronic condition, or simply curious about your health metrics, wearables can be powerful allies in your wellness journey.

Here's a functional overview of the most popular options, so you can find the device that best fits your goals and lifestyle.





Oura Ring

Best For: Sleep, readiness, recovery

✓ Pros: Accurate sleep data, HRV, body temp, stylish

⚠ Cons: No screen, costly, subscription required



WHOOP Strap

Best For: Recovery, HRV, athletes

✓ Pros: Deep recovery insights, minimal, skin temp

⚠ Cons: No display, high subscription cost



Lumen

Best For: Metabolism, fuel tracking

✓ Pros: Non-invasive, carb vs fat burn insights

⚠ Cons: Not a wearable, needs active use, estimate-based



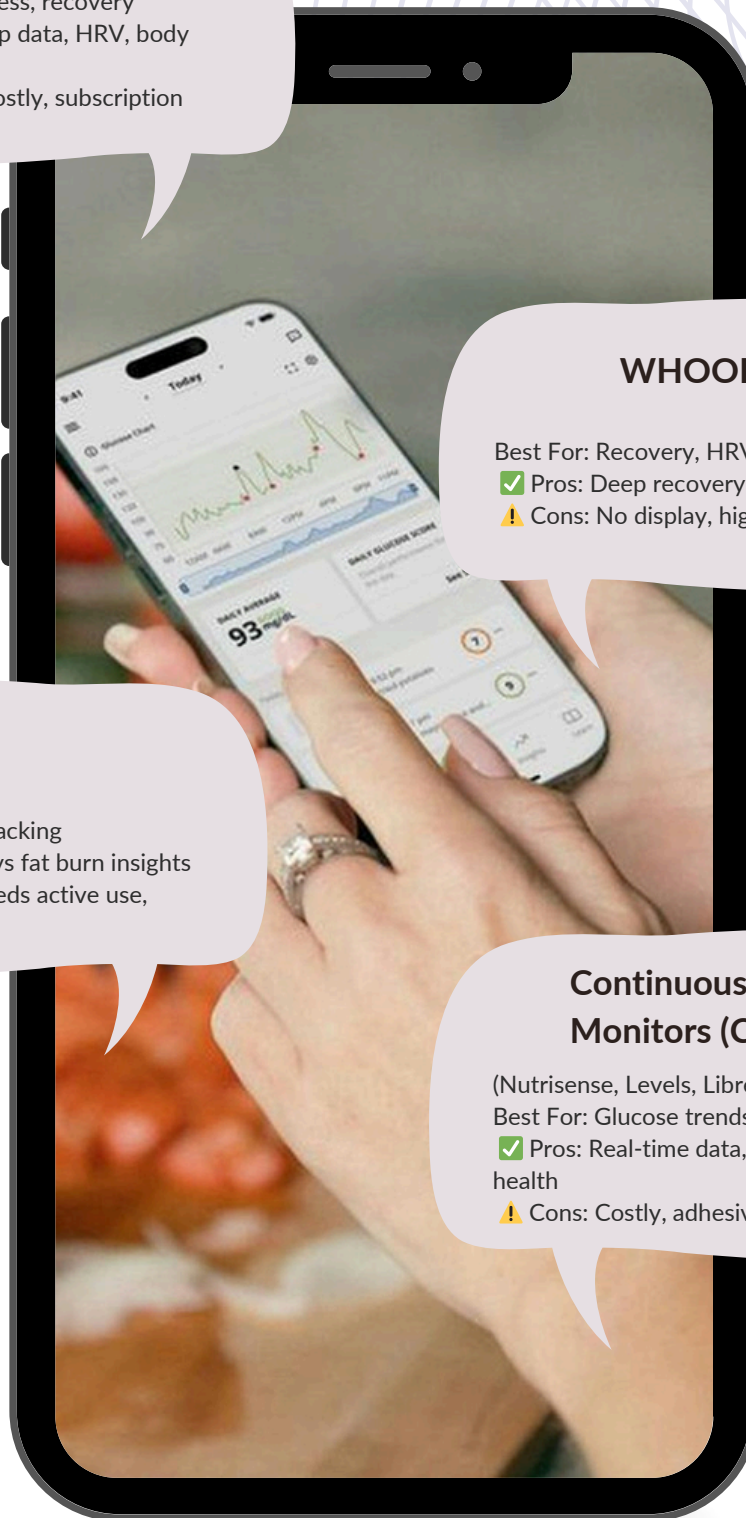
Continuous Glucose Monitors (CGMs)

(Nutrisense, Levels, Libre)

Best For: Glucose trends, food response

✓ Pros: Real-time data, food/mood insights, metabolic health

⚠ Cons: Costly, adhesive, can cause data anxiety





Fitbit (Versa/Sense/Charge)

Best For: General wellness, steps, sleep

✓ Pros: Affordable, user-friendly, goal tracking

⚠ Cons: Less accurate sleep/HRV, battery life



Garmin (Venu/Fenix/Forerunner)

Best For: Outdoor athletes, runners

✓ Pros: GPS, endurance metrics, long battery

⚠ Cons: Less intuitive, performance > recovery



Smart Jewelry (Bellabeat, Invisawear, Circular, Evie Ring)

Best For: Discreet cycle, stress & sleep tracking

✓ Pros: Stylish, tracks HR/sleep/menstrual cycle, low-EMF

⚠ Cons: Fewer metrics, less accurate, evolving tech



Apple Watch

Best For: All-in-one lifestyle + health

✓ Pros: ECG, HR alerts, app integration

⚠ Cons: Short battery, high EMF, expensive



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