



# WEARABLES GUIDE

A Practical Overview of Common Wearable Devices,  
Including Applications, Advantages, and Limitations



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# Wearables: An Introduction

Wearables and health tracking devices are revolutionizing the way we engage with our health. From sleep and stress to glucose and metabolism, these tools can deliver valuable, personalized insights that empower smarter lifestyle choices and early intervention. But with this convenience comes a growing conversation around data privacy. Many wearables collect continuous biometric data—heart rate, location, menstrual cycles, blood glucose—and store it in cloud-based systems. Depending on the company, this data may be shared with third parties, used for algorithm training, or sold for marketing purposes. It's essential to read the fine print, understand what you're agreeing to, and choose platforms that prioritize transparency, data protection, and user consent.

Think of these tools not just as health allies, but also as data holders—your digital health footprint matters.



# Types of Wearables

## OURA RING

What it is:

A sleek, smart ring worn on your finger. Tracks sleep, readiness, activity, temperature, HRV, and more.

Best For:

Sleep quality, recovery, daily readiness, HRV trends.

Pros:

- Exceptional sleep tracking accuracy
- Tracks resting heart rate, body temp trends
- Long battery life (4–7 days)
- Lightweight and non-intrusive
- Syncs with Apple Health, Google Fit, Natural Cycles

Cons:

- No real-time activity display (no screen)
- Expensive and requires monthly subscription
- Not ideal for workouts or step accuracy



## FITBIT (VERSA, CHARGE, SENSE SERIES)

What it is:

A wrist-worn tracker for activity, sleep, heart rate, and stress—varies by model.

Best For:

Daily steps, heart rate trends, exercise tracking, basic sleep monitoring.

Pros:

- User-friendly and affordable entry point
- Encourages movement and daily goal setting
- Tracks steps, calories, heart rate, sleep
- Integrates well with smartphone apps

Cons:

- Sleep tracking less accurate than Oura
- Battery life can vary (4–6 days typical)
- Some models require subscription for insights
- EMF concerns for some users

# Types of Wearables

## CONTINUOUS GLUCOSE MONITORS (CGMS – E.G. NUTRISENSE, LEVELS, LIBRE)

What it is:

A small sensor worn on the arm to measure glucose in real-time, 24/7.

Best For:

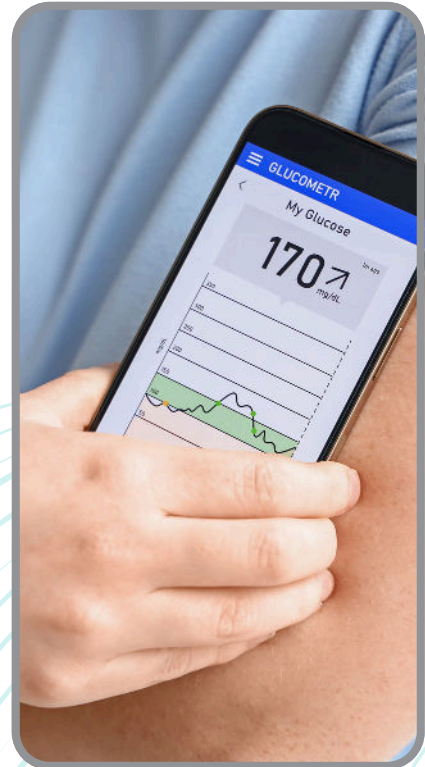
Blood sugar insights, metabolic health, food responses, fasting/fueling tweaks.

Pros:

- Real-time glucose data
- Personalized response to foods, stress, exercise
- Great for weight loss, insulin resistance, PCOS support
- Helps correlate mood/cravings to glucose patterns

Cons:

- Expensive (especially without insurance)
- Invasive (small needle/sensor insertion)
- May increase health anxiety if not coached
- Limited lifespan: sensors last 10–14 days



## LUMEN

What it is:

A handheld breath analyzer that estimates whether you're burning carbs or fat for fuel (metabolic flexibility tool).

Best For:

Nutrition tracking, weight loss, low-carb/keto cycling, fasted training.

Pros:

- Offers metabolic fuel insight (fat vs. carb use)
- Non-invasive, real-time data
- Encourages mindful eating/timing
- App offers daily recommendations

Cons:

- Accuracy debated (estimates vs. clinical precision)
- Needs consistent breath tests
- Subscription required
- Not a wearable—must use manually

# Types of Wearables

## WHOOOP STRAP

What it is:

A minimalist strap worn on the wrist (or bicep) that measures strain, recovery, HRV, sleep, and skin temperature—no screen, just app-based.

Best For:

Athletes, high-performers, biohackers interested in optimizing recovery and training.

Pros:

- Deep recovery insights (HRV, sleep debt, strain)
- No screen = less distraction
- Auto-detects workouts
- Integrates respiratory rate, skin temp, HRV trends

Cons:

- Subscription required (\$30+/mo)
- No real-time clock or watch face
- Data overload for casual users
- Can be inaccurate for step counting



## APPLE WATCH

What it is:

A full-featured smartwatch that tracks fitness, ECG, HR, sleep, blood oxygen, and integrates with other health apps.

Best For:

All-in-one health and lifestyle tracking with great UX.

Pros:

- Measures heart rate, ECG, SpO2, sleep, activity
- Real-time alerts (high/low HR, irregular rhythms)
- Seamless app integration
- Encourages movement, mindfulness

Cons:

- Battery life (1–2 days max)
- Can be distracting (notifications, blue light)
- Less focused on recovery data than WHOOP/Oura
- Higher EMF exposure vs other wearables

# Types of Wearables

## GARMIN WEARABLES (VENU, FORERUNNER, FENIX)

What it is:

High-performance multisport smartwatches focused on endurance sports, GPS tracking, and HR monitoring.

Best For:

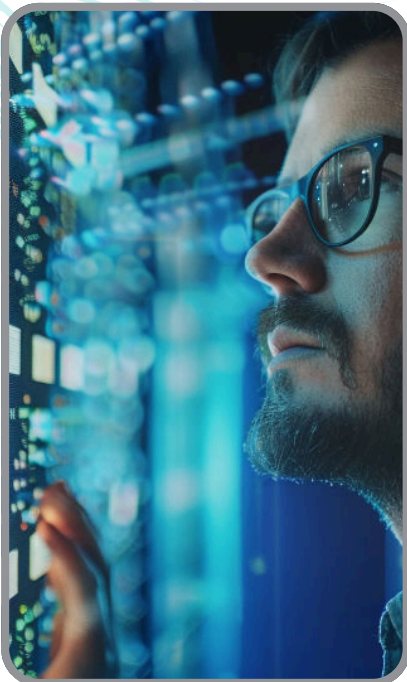
Runners, cyclists, hikers, triathletes—outdoor-focused training.

Pros:

- Advanced GPS and fitness metrics
- Long battery life (up to 2 weeks)
- Durable for tough training
- Sleep, stress, and oxygen tracking

Cons:

- Interface can be clunky
- Learning curve for casual users
- More about performance than recovery



## BIOSTRAP

What it is:

A clinical-grade wearable used by functional practitioners and researchers to assess sleep, recovery, and biometric trends.

Best For:

Health pros and serious biohackers focused on HRV, oxygen saturation, and sleep staging.

Pros:

- High accuracy HRV, SpO2, respiratory rate
- App dashboard is highly detailed
- Optional add-ons: footwear pod, arm band
- Used in clinical settings

Cons:

- Not as user-friendly as others
- Subscription required
- Not ideal for casual fitness tracking



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