

# Digital Health Technology Glossary

## General Terms:

**Digital Health Technology:** Any technologies that use computing platforms, connectivity, sensors, and software for healthcare-related purposes.

- *Example(s): Wearable devices, phone and/or computer applications that are used to track exercise*

**Activity Tracker/Fitness Tracker:** An electronic device that is able to monitor some type of human activity (walking, running, sleep, heart rate, etc.).

- *Example(s): **Wearable sensors** (Sensors located in wearable objects that are able to monitor health and provide data that is clinically relevant)*

**Smartwatch:** A type of wearable activity tracker that is worn on the wrist and has a touchscreen display.

- *Example(s): Apple Watch, Fitbit, Garmin watches, Samsung Galaxy Watch*

**Fitness app:** An application that can be downloaded on a mobile device and used for health-related purposes in order to get fit.

- *Example(s): Apple Health, Noom, Strava, Google Fit, Walkingspree, Myfitnesspal, Medbridge, etc.*

**Fitness Website:** A way to access the activity information through an internet page.

- *Example(s): Fitbit.com*

## Fitness app/website-specific features:

**Dashboard:** The dashboard is a summary page that can be set up for easy reference.

- *Example(s): Summary, Today*

**Step Count:** Measurement of number of steps taken and/or distance travelled. This is often adjustable based on the individuals' preferences.

**Intensity Monitoring:** Measurement of the intensity of an exercise using heart rate or one's perceived rate of exertion.

- *Example(s): Heart rate zones, Myzone Effort Points (MEPs)*

**Goal Setting:** Making a plan for something you want to accomplish and setting measurable goals and timeframes.



- *Example(s): Closing Activity Rings on Apple Watch, Earning badges/points*
- Goals can be self-set or, in some cases, they will be updated by an algorithm in the technology.

**Notifications:** An announcement or warning given in the form of a message, sound, or symbol on one's device.



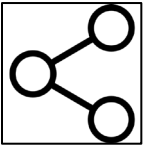
- *Example(s): Inactivity alerts*
- Notifications can often be modified in the app OR through the phone "Settings" menu.

**Social Connection:** Relationships with family, friends, co-workers, and other people around you.



- *Example(s): **Leaderboard** (Compares your performance to other users), Challenges with family/friends, "Together" on Samsung, "Community" on Fitbit.*

**Sharing Information:** The ability to click an icon and send your activity data to a contact.



- *Example(s): Emailing or sending a notification*

## Other Important Terms:

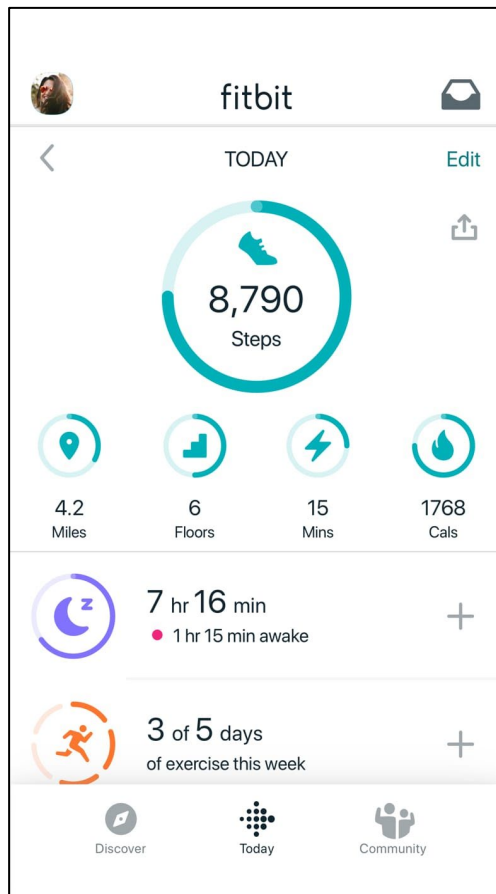
**Digital literacy-** Life and work skills needed to safely benefit from, participate in and contribute to the digital world of today and the future. Further, digital literacy is an individual's ability to communicate, handle information/content, manage transactions, problem solve, and remain safe and legal when using technology.

**Usability-** The International Organization for Standardization has defined usability as, "the extent to which a product can be used by specified users to achieve specified goals with effectiveness, efficiency and satisfaction in a specified context of use" .

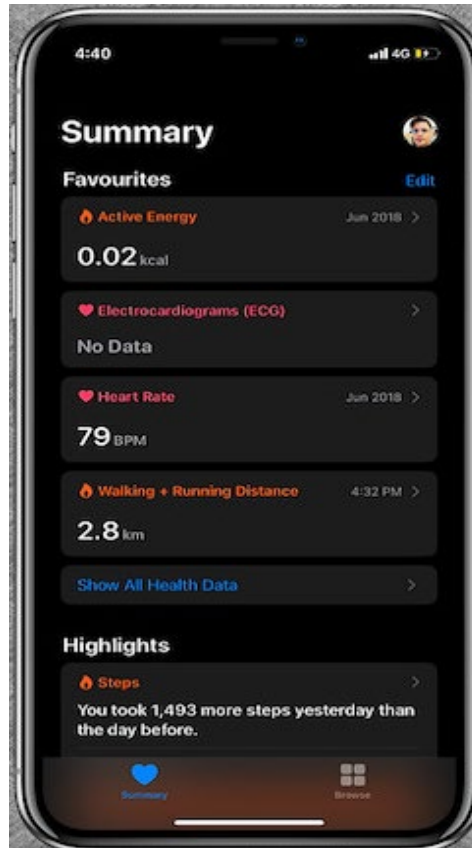
## Examples of Terminology

### Dashboard:

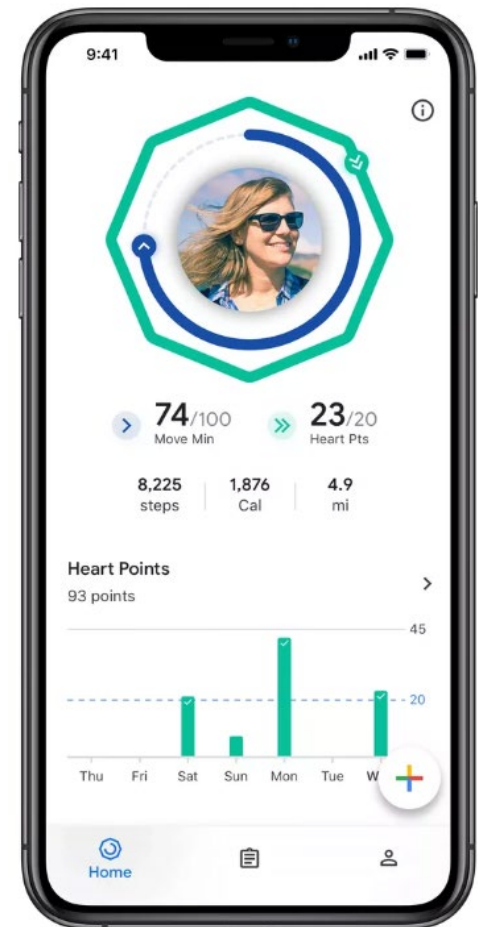
Fitbit



Apple Health

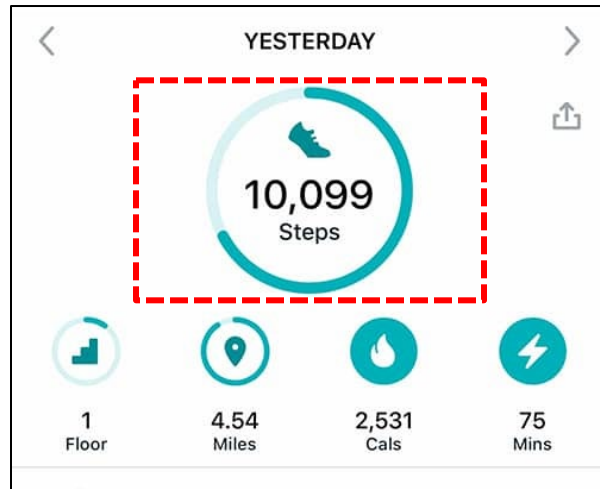


Google Fit

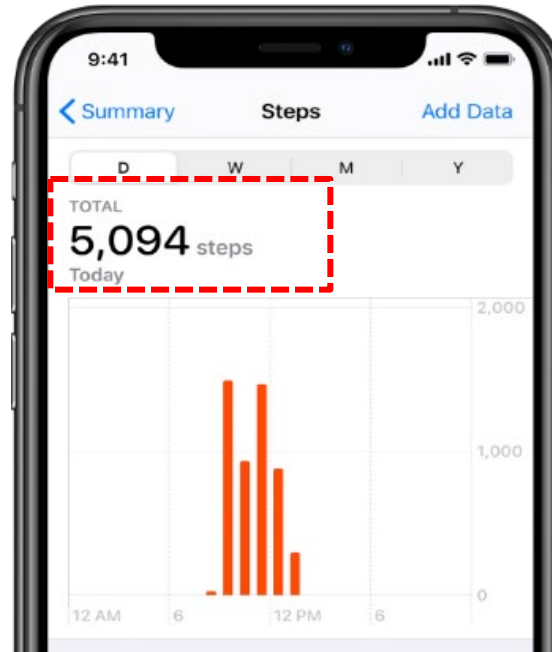


## Step Count:

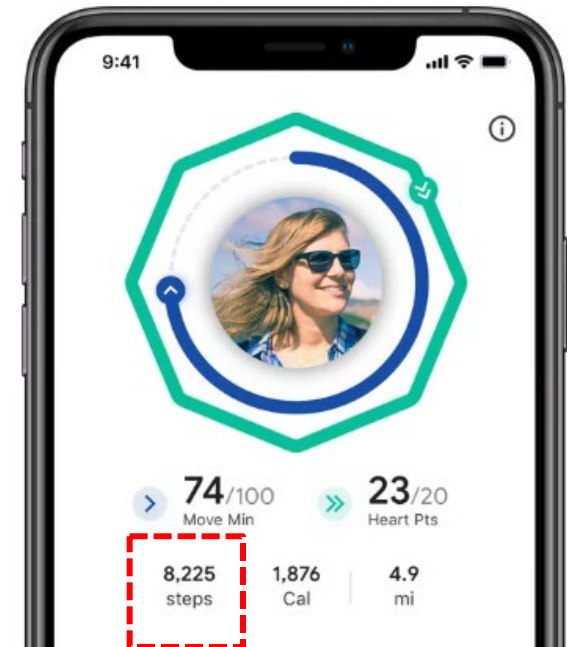
### Fitbit



### Apple Health

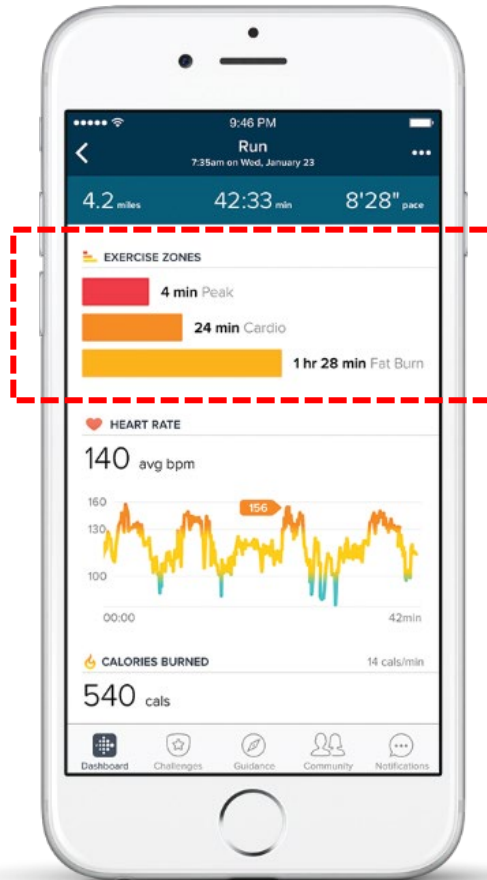


### Google Fit

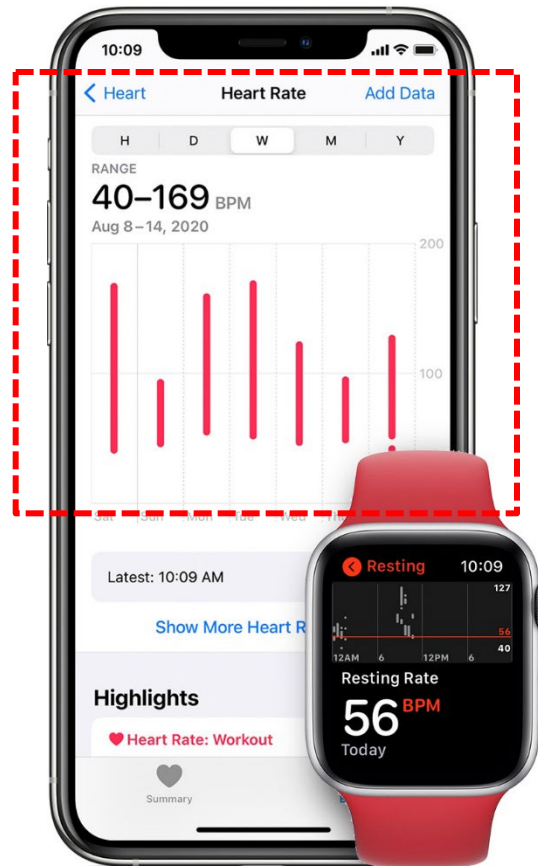


## Intensity Monitoring:

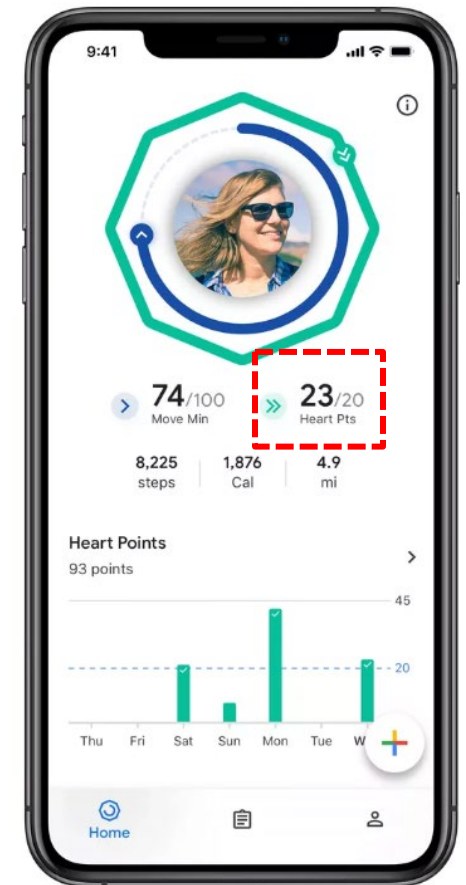
### Fitbit



### Apple Health

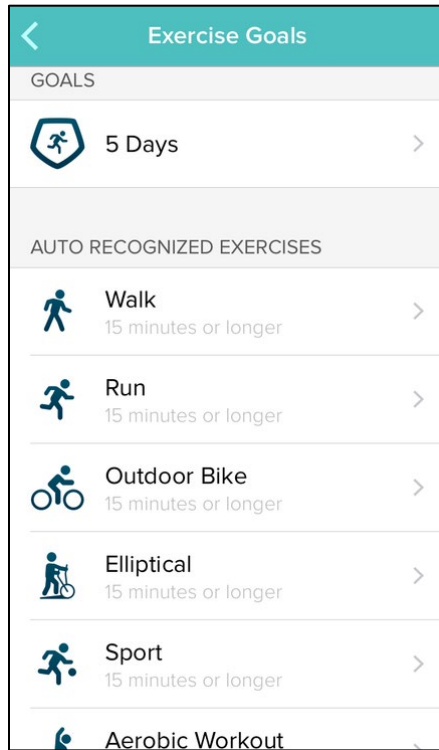


### Google Fit

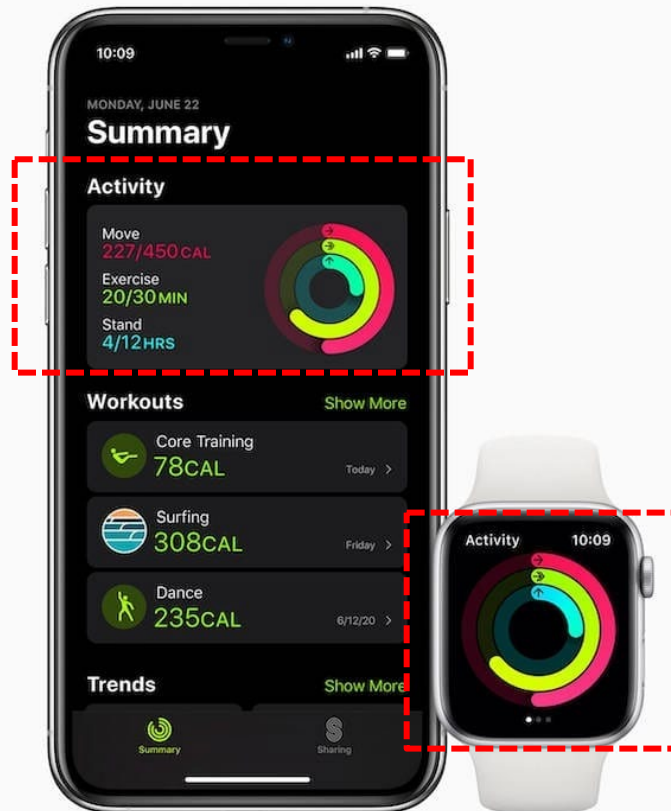


## Goal Setting:

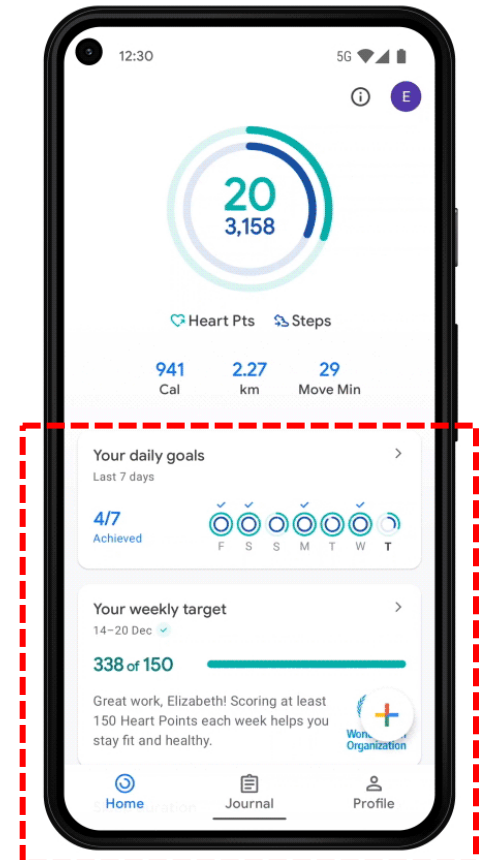
### Fitbit



### Apple Health (paired with Apple Watch)

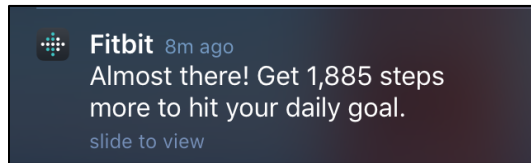


### Google Fit

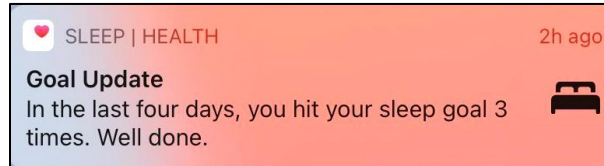


## Notifications:

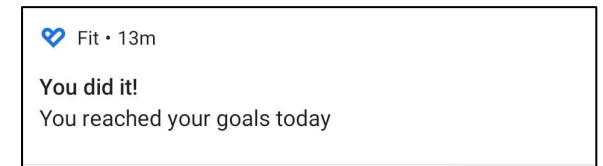
### Fitbit



### Apple Health



### Google Fit



## Social Connections:

### Fitbit

