

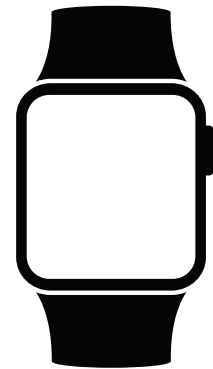
# Wearable Health Tech Keeps Users Safe and Healthy

As Congress continues to promote value-based healthcare and put patients back in control of their health, the Connected Health Initiative urges Members to advance H.R. 6279, the Wearable Equipment Adoption and Reinvestment in Technology Act (WEAR IT Act). This bill would clarify that wearable health devices and associated software are eligible for reimbursement through flexible spending accounts (FSAs) and health savings accounts (HSAs). These devices have many uses in the detection, mitigation, treatment, and prevention of health conditions. HSAs and FSAs already generally cover wearable devices with single functions like electrocardiogram (EKG) monitors, pulse oximeters, and heart rate monitors. But last year, the Internal Revenue Service (IRS) deemed two multi-function wearables eligible for FSA and HSA, and Congress must ensure it covers the full scope of wearable health technology. Multi-function wearables routinely catch critical and previously undetected conditions and even save American lives. These individual stories illustrate that the WEAR IT Act is long overdue.



**Heather Hendershot** of **Pomona, Kansas**, credits her Apple Watch with helping find her condition. One night, she received a notification that her heart rate was unusually high—above 120 beats per minute (the average for healthy adults is between 60 and 100 beats per minute while at rest). She says she didn't pay much attention to the alert because she couldn't feel her heart racing, and she was otherwise healthy. However, her husband insisted on a visit to an urgent care clinic the next day. Doctors eventually admitted her to the hospital and diagnosed her with hyperthyroidism. This condition, where the thyroid produces excess thyroxine hormones, can be life-threatening if left untreated. Heather says she would not have caught the condition without the Apple Watch alerts.

Read more about Heather here: [High heart rate detection leads to hyperthyroidism diagnosis, 2018](#)



"I felt totally fine. That is why it was so crazy," Hendershot, 25, of Scranton, Kansas, told TODAY. "It saved my life because without it, I wouldn't have known anything was wrong."

In the ICU, Hendershot met Dr. Alan Wynne, an endocrinologist at Cotton O'Neil Diabetes and Endocrinology Center in Topeka. He was shocked she had not experienced any symptoms of hyperthyroidism. "That's what really stood out most strikingly to me," he said. "I have been doing this for 27 years — I am pretty sure this is the first time."

