



## **Here's How Technology Can Help Seniors With Their Health Needs**

It's well known that people often have to deal with certain [chronic illnesses](#) as they get older. Keeping track of what's happening with your health can often help you avoid having those issues, and with the recent COVID-19 outbreak, maintaining your health has never been more important. Instead of trying to do it on your own, why not let technology help you out?

### **Choosing the Right Medicare Plan**

If you're dealing with changes in your health, you may also need to change your Medicare plan. According to AARP, it might make sense to [switch your plan](#) if you're entering a nursing home, need [in-home care](#), or move out of your current plan's coverage area. You may also need to make a move if your current plan no longer meets your needs.

When choosing a plan, Medicare.org recommends assembling together [all the information](#) you'll need to make the right decision. This can include how much you've spent on your most recent medical bills, the prescription drugs you currently take, and all the doctors or specialists you see regularly. With this in mind, you'll be able to figure out the plan you'll need.

### **Making Sense of Open Enrollment**

The current open enrollment period runs from October 15th to December 7th. As CNBC points out, you should examine your [out-of-pocket expenditures](#) and tally them up for the year. Making a change might mean a higher payment each month for insurance, but less out-of-pocket overall, so know your options and where you stand. While it can be a lot of information to muddle through, it's worth it to review your coverage, what options are available to you, and know what is changing. To help you through it, Medicare offers an [app](#) called What's covered.

### **More Apps for All Your Health Needs**

What's covered isn't the only helpful app you should add to your healthcare routine. As an older adult, your physician has probably suggested that you remain as active as possible. There are [fitness apps](#) that can map your walking route and record the distance you've traveled.

There are also apps that will provide you with exercise routines like tai chi or yoga. If you're interested in [health-related apps](#), then iYogi suggests looking into a few that include medical alerts, finding pharmacies, and setting medical reminders. The apps can also track your medications and heart rate. Using apps can be a great way to let your doctor know if you have experienced any changes in your health or capabilities.

Eating right is another must throughout life, and Everyday Health notes seniors [benefit](#) from a diet focused on lean proteins, vegetables, fruits, and whole grains. [Staying hydrated](#) is also a must. To help you stay on top of nutrition, apps can help here, too. HealthyOut and Waterlogged are just a couple [diet-related apps](#) you can add to your phone to help monitor your meals and water consumption.

Apps aren't the only tech that can help you stay on track with your health goals. Many seniors benefit from utilizing a smartwatch or fitness tracker. Not only do these tools help you track your fitness progress, but they also come with helpful safety features. For instance, the Apple Watch Series 6 [can measure](#) your blood oxygen level, and it has fall detection and emergency SOS. If you're interested in a fitness tracker, the Fitbit Charge 3 has [automated](#) heart rate tracking and can even track your sleep.

Technology can be extremely helpful for seniors who need to stay on top of their health needs in this uncertain and dangerous time. Some elements can help you navigate complicated information, while others can help you keep active. There are many options out there for seniors, so be sure to shop around for the ones that are the best fit for you.

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