

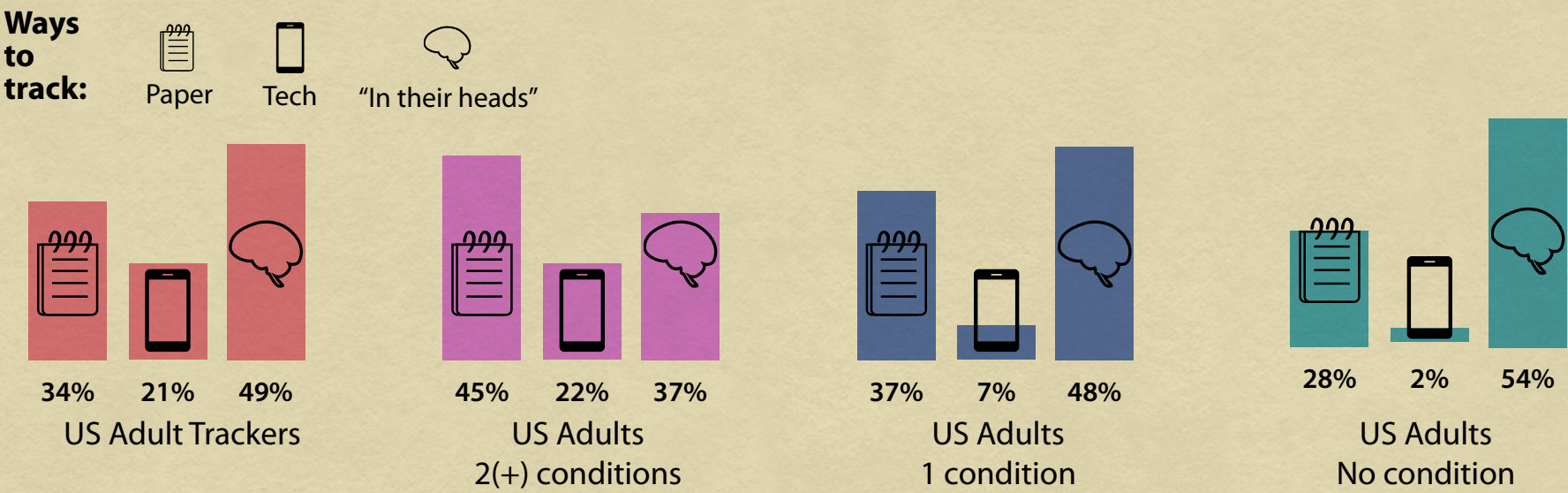
“Tracking Health Trackers”

Maintaining one’s health greatly relies on the gathering and analyzing of health indicators like weight, diet, exercise routine or symptoms. Many U.S. adults or “Trackers” already actively track many of these indicators. What follows is a look at the who, how, and why of being a “Tracker”.

Trackers:

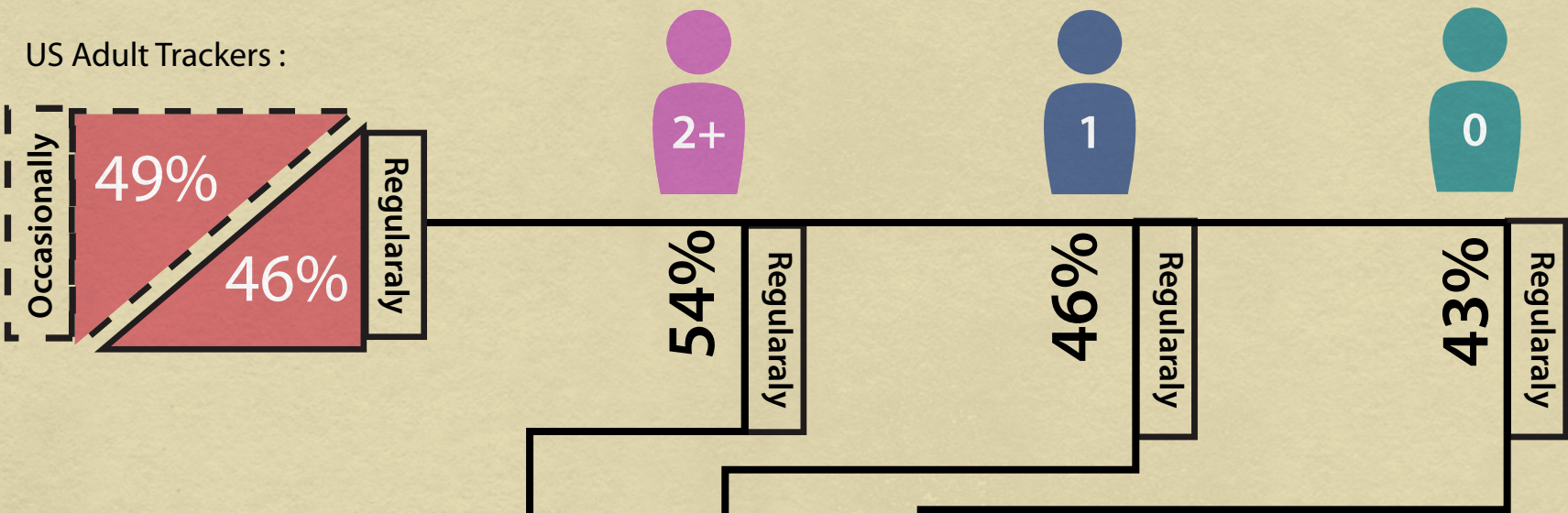


How do they track?

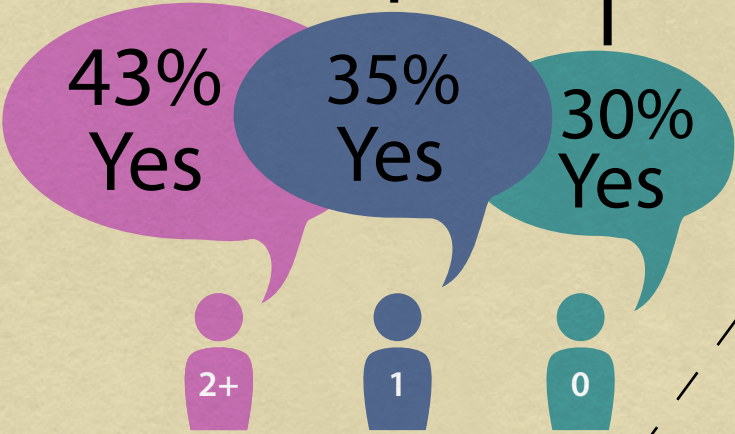


* Total may exceed 100% due to mulitple responses

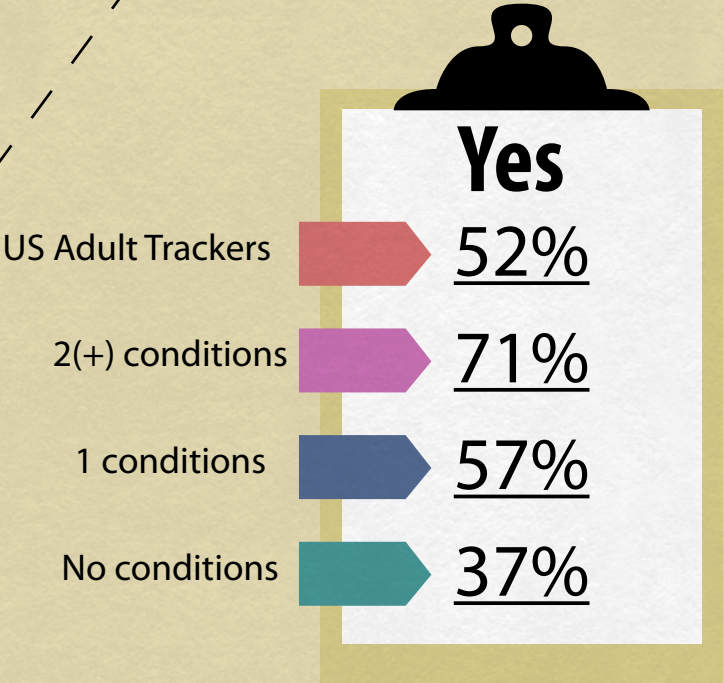
How often do they track?



Do they share their data?



Do they share with clinicians?



Impact of tracking:

