Resolution 2026-04
Submitted For Consideration to the Arizona Osteopathic Medical Association House of Delegates

SUBJECT: The Importance of Wearable Health Technology on Preventative Care and Patient Health Outcomes

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Check one:

☐ Resolution is intended for Arizona Osteopathic Medical Association

☐ Resolution is intended to be submitted by the Arizona Osteopathic Medical Association for consideration of the American Osteopathic Association House of Delegates

✓ Resolution is intended for both the Arizona Osteopathic Medical Association and for consideration of the American Osteopathic Association House of Delegates

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WHEREAS, wearable digital health technologies- including smartwatches, rings, and sensor-based patches- are increasingly used to capture physiologic and lifestyle data; and it has been estimated that as of 2022, 45% of Americans wore some sort of Smart Watch device[1]; and

WHEREAS, a 2024 meta-analysis across scientific databases determined that smart rings are known to have accurate and beneficial effects in tracking the wearer's heart rate[2]; and

WHEREAS, peer-reviewed research has evaluated smartwatch-based fall detection algorithms and demonstrated feasibility and accuracy metrics for detecting induced falls, supporting potential applications in fall-risk monitoring and prevention[3]; and

WHEREAS, recent studies have shown that wearable devices have been effective tools in increasing physical activity levels and supporting modest weight loss[4]; and

WHEREAS, peer-reviewed evidence suggests that wearable activity monitor–based interventions may support improvements in physical activity and metabolic measures, including glycemic outcomes, among individuals with diabetes, supporting their role in lifestyle-based prevention and chronic disease management[5]; and

WHEREAS, peer-reviewed evidence synthesis suggests that wearables may support empowerment through self-monitoring and behavior change, improving patient engagement in healthcare, providing transparency and encouraging proactive collaboration between physicians and patients with tailored treatment plans[6]; and

WHEREAS, barriers to healthcare access in rural communities include factors such as distance to care and transportation challenges, supporting the relevance of scalable tools including remote monitoring and digital health approaches as potential adjuncts to care access efforts when implemented responsibly and equitably[7]; and

WHEREAS, despite high patient willingness to share wearable health data, a 2025 peer-reviewed survey study found that actual data-sharing with healthcare professionals remains comparatively low,

suggesting that wearable-derived health information may be underutilized in routine clinical care without proactive clinician engagement and established workflows for review[8]; and

WHEREAS, wearable health technologies can provide useful health information, but their clinical benefit depends on proper physician interpretation, patient counseling, and responsible integration into clinical care, supporting the role of wearables as a tool that complements rather than replaces the physician patient relationship[9]; now, therefore, be it,

RESOLVED, that the Arizona Osteopathic Medical Association (AOMA) recognizes wearable health technology does not replace the physician-patient relationship, but is rather an adjunct tool that can support preventive health efforts and positive patient health outcomes, and encourages appropriate physician awareness of wearable health technology capabilities and limitations in order to support patient-centered counseling, shared decision-making, and lifestyle-based prevention strategies; and, be it further

RESOLVED, that AOMA advocates for the American Osteopathic Association (AOA) and other relevant stakeholders to recognize wearable health technology as an emerging and relevant component of modern preventive care, consistent with osteopathic principles of whole-person health promotion.

Fiscal Impact: none

References

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