Expert Interviews: The Next Frontier in Meaningful Use of Wearables

This article features interviews with three practitioners who have worked with multiple employers to incorporate physical activity trackers (wearables) into their wellness initiatives. The interviews explore the following three questions:

- As you consider the challenges employers face in trying to engage employees to take an active role in their own health and well-being, what are the strengths and/or limitations of technology?
- What advice would you offer to employers as they incorporate technology in the form of wearable devices into their wellness programs?
- What promising new approaches are you aware of when it comes to using wearables as part of wellness programs.

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