



### **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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