

THE FUTURE OF HEALTHCARE: HEALTHCARE YOU THE POWER OF DATA Part 1 of 3

A wide array of innovations promises to transform how we care for our health, but all are powered by data. How will data-driven technologies work their way into daily life? To answer this question, we surveyed traditional early adopters—high net worth individuals (HNWIs)—in the tech-savvy regions of the Middle East, Africa and Asia. Here are the results.

HNWIs are tracking and using their personal data to self-manage their healthcare.

What are your top two uses of technology for your health?



Wearables are a widely used tool for capturing and leveraging those data.

For what reasons do you use wearables?

	62% Track my daily exercise and movement
	Track my daily sleep habits
	H 38 [%] Recover from a disease such as a stroke, diabetes, or cancer
	37% Manage pain or recovery from an injury
	× 7% I don't use wearables
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The following presents the % of respondents, by income bracket, who strongly agree that greater collection of personal data will improve their ability to care for their health.

