

Home remedies

New technology may be the best medicine

USA TODAY

We all know that smart phones, tablet computers and big-screen TVs are transforming the workplace and home. But the newest gadgets could also be a tonic for medicine and health care.

■ MapMyFitness records and tracks your workout progress using free iPhone apps and compatible devices such as heart monitors and GPS devices. Try it free; more advanced levels are available for **\$5.99** to **\$19.99** per month at www.mapmyfitness.com.



■ Homebound parents can stay connected online using VitalLink, a touch-screen-based computer system that allows real-time video chatting via a phone line and webcam. Chat and photo software features start at **\$4.99** monthly; touch screens start at about **\$300**; all at www.vitalink.net.





■ Incorporate your TV into your workout routine. BodyMedia's Fit Armband packages track calories burned and consumed, physical activity, steps taken and sleep. Starting in April, Panasonic will let you access BodyMedia's software on its Viera HDTVs. Armband packages begin at **\$199.95** on www.bodymedia.com.

■ For elderly relatives who want to remain in their own homes, the My Guardian Angel service provides automated fall and wander detection, emergency readings and other behavioral and medical monitoring. Residents wear a wrist-watch that tracks



location, sends out fall alerts, records body temperature and can be upgraded to record pulse as well. Base price for the system with watch, wireless Internet gateway, three wireless electrical plug-in routers and charging unit is less than **\$1,000**; **\$79.95** monthly service at <http://atguardianangel.com>.