

5 Ways Seniors Can Use Technology to Support Their Health

Technology can improve safety, increase access to care, and help families stay connected, while keeping human connection at the center.



Smart Wearables

Smart watches and wearable devices can detect falls, monitor heart rate, sleep, and movement in real time.

Remote Vitals Monitoring

Digital blood pressure, glucose, and oxygen trackers monitor health at home and share updates with providers as needed.



Smart Reminders

Apps and smart devices send reminders to seniors to take medication, stay hydrated, exercise, and attend appointments.

Telehealth Appointments

Video visits connect seniors with doctors easily, removing transportation barriers and supporting consistent care.



Connected Care Tools

Digital platforms help families and care teams share updates and coordinate support in real time for seamless care.

Learn how CorsoCare combines innovation with compassionate support at [CorsoCare.com](https://www.CorsoCare.com)

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