

Get-healthy gadgets

New devices make it easier to take good care of yourself

You can now buy a toothbrush that tells you if you missed a spot, and a scale that reminds you to eat less. You can even

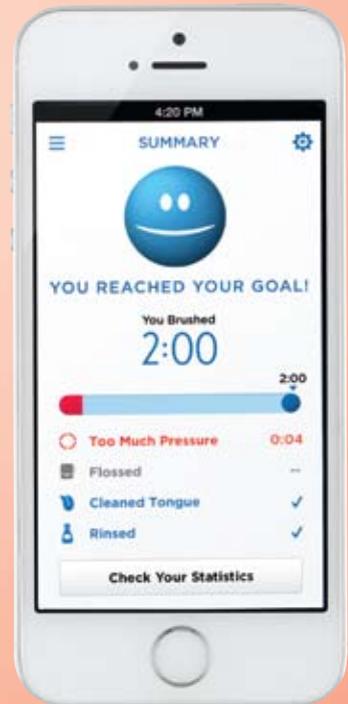
buy a visor that monitors your brain waves to help you stop stressing out.

The health-device craze started with activity monitors that track steps and calories. Now there are dozens of gadgets that look over your shoulder all day, helping you take better care of yourself. Some can even send info to your doctor so that she can check your progress and give you advice. Whether that sounds great or annoying, it's pretty cool technology. The gadgets connect to phones, tablets, or computers, and some are nice enough to wear like jewelry.

Our health experts rounded up a bunch of devices that sounded promising based on their marketing claims. We've tested only a few of them so far—they're noted with an asterisk—but we'll keep you posted as we try out more health trackers.



This toothbrush tells you how to be a better brusher.



Brushing coach

ORAL-B SMART SERIES, \$219

What it does for you This electric toothbrush links to a smart-phone app (free for Android and Apple) that tracks your brushing, flossing, and other habits. It even tells you whether you've reached your daily goals. You can also share the results with your dentist, who can program the timers and change the onscreen brushing cues so that you spend more time on your back teeth, for example, or focus on some other area that needs more attention.

Where to get it oralb.com (available this fall)

Wellness



This pretty little crystal can be worn as a bracelet or a brooch.

skin protector JUNE SUN PROTECTION COACH, \$99

What it does for you Sensors in this electronic bracelet monitor your sun exposure and sync to an app (free for Android and Apple) that warns you when you've been out for too long based on your skin type. Too bad it doesn't help you track whether you're using enough sunscreen!
Where to get it netatmo.com (available this summer)



brain soother MUSE, \$299

What it does for you The headband contains sensors that aim to measure your brain activity and send the data as waveforms and sounds to your tablet, smart phone, or PC via Bluetooth. It comes with biofeedback exercises designed to help you manage stress and calm your mind.
Where to get it interaxon.ca/muse



Get reminders to cool it at the dinner table.

body tracker iHEALTH WIRELESS BODY ANALYSIS SCALE, \$110

What it does for you This device measures nine body traits, including body fat, muscle mass, bone mass, and weight. It links to an app (free for Android and Apple) that lets you log daily calories and set goals and reminders. It stores info for up to 20 users.
Where to get it ihealthlabs.com

Fitness

health-boosting bauble

MISFIT SHINE, \$120
(accessories: wristband, \$20; necklace, \$50; leather wristband, \$50; clasp, \$5)

What it does for you This may look like alien technology, with its halo of lights, but it counts your steps, calories, workout distance, and sleep time. Wear it around your neck or wrist, or clip it to your clothes or even your bathing suit. (The maker claims that it's water-resistant to 50 meters.) Sync with its app (free for Android and Apple) to see details and keep track of your progress.

Where to get it misfitwearables.com



Different colored lights show how close you are (or not!) to reaching daily activity goals.



heart helper

POLAR H7 HEART RATE SENSOR*, \$80

What it does for you The chest-strap sensor beams your heart-rate info to an app (free for Android and Apple) that also tracks your outdoor workouts. It can even transfer your information while you're swimming. And it connects to certain types of gym equipment.

Where to get it polar.com



You can even wear this wrist monitor in the pool!

DIY doctor

MIO LINK, \$99
What it does for you This device provides continuous heart-rate monitoring and transmits your data wirelessly to an app (free for Android and Apple). Plus you can store the info in the cloud so that you and your doctor can access it anytime, anywhere.
Where to get it mioglobal.com

Watch the flower grow as you go.



fit in a bit

FITBIT ONE*, \$100
What it does for you This activity tracker, one of our testers' top picks, counts steps, logs calories, monitors sleep, syncs to your computer or phone, and tells you how close you are to meeting your goals.
Where to get it fitbit.com

running partner

iFIT ACTIVE, \$130
What it does for you Strap it to an arm when you go for a run and it tracks your route—including speed, distance, and elevation—using Google Maps. When you're back home, you can link it to an iFit-enabled NordicTrack treadmill and it will automatically adjust the incline to match the outdoor terrain while displaying Google Street View images of your route.
Where to get it nordictrack.com



Medical



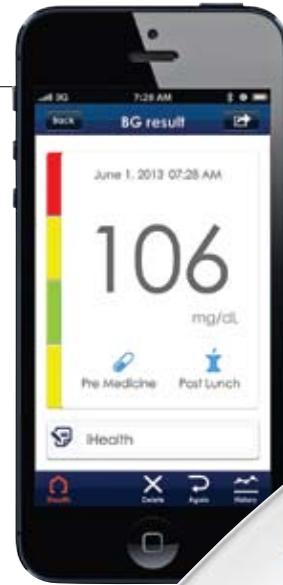
A migraine-fighting tiara!

headache stopper

CEFALY, \$295 (plus \$25 for a set of three electrodes)

What it does for you The battery-powered device, which requires a prescription, is worn like a headband and delivers a tingling electrical current to the nerves linked to migraines. Our medical experts say that there is some good research behind it and that it's an option for people who aren't helped by drugs.

Where to get it cefaly.us (with a prescription)



diabetes monitor

iHEALTH WIRELESS SMART GLUCO-MONITORING SYSTEM, \$25

What it does for you This pocket-sized kit syncs to your phone or tablet so that if you have diabetes, you can test and track your blood glucose levels. The free app lets you view results over time, set test and medication reminders, see when you're getting low on your test strips, and share results with your doc.

Where to get it ihealthlabs.com



blood buddy

ACCU-CHEK AVIVA*, \$20

What it does for you This blood glucose meter, which did well in our tests, stores at least 360 readings, calculates glucose averages, and can transfer your data to a PC.

Where to get it accu-chek.com



pressure looker

iHEALTH DOCK BP3*, \$80

What it does for you This monitor, which we tested and recommend, allows you to track and store your blood pressure and heart-rate results on your iPhone or iPad. You can share the info with others, including your doctor.

Where to get it ihealthlabs.com



Use your iPad or iPhone to track your heart health.