



High performance. Delivered.

**Insight Driven Health**

Seniors say technology is important for managing their health for different reasons than others do

Main Reason Technology is Important for Managing Health	Age Group					
	18-34	35-44	45-54	55-64	65-74	75+
Technology helps me better understand my condition(s) and medication(s)	24%	29%	38%	35%	41%	55%
Technology saves time	34%	33%	27%	25%	18%	13%
Technology helps me improve my health	19%	18%	18%	20%	17%	9%
Technology saves money	12%	9%	6%	7%	6%	2%
My health system requires I use technology to manage my health	6%	5%	4%	6%	9%	4%