

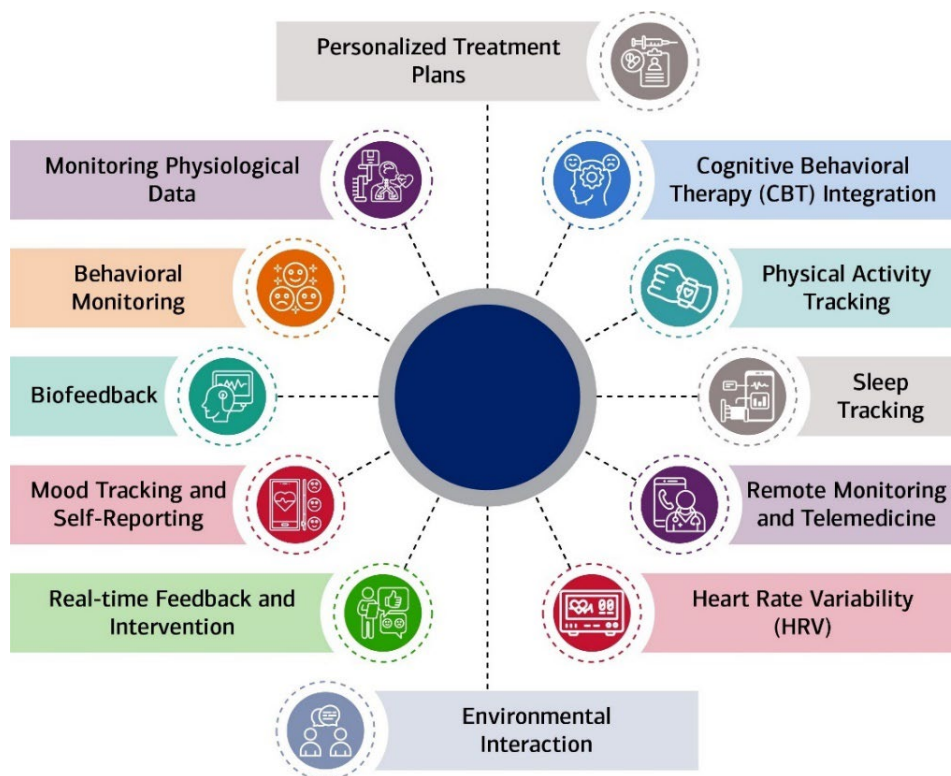
## Daily Insights

# Tech strains wellness – and powers personalized solutions

10 June 2026

### Wearable tech spans smart glasses, smart watches and sleep monitors

Wearable tech for remote monitoring and telemedicine



Source: Borghare et al; Dr Aniket G Pathade; CC BY 4.0; BofA Global Research

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Wellness is not a new concept, but its scope continues to evolve as technology and constant connectivity reshape daily life. While tech has driven meaningful progress, it has also contributed to rising challenges such as loneliness, anxiety and poor physical health – underscoring the need for effective wellness solutions.

At the same time, technology is becoming central to how those solutions are delivered. Wearables and smart devices allow for continuous monitoring of metrics such as sleep, physical activity and physiological signals, with roughly half of consumers having purchased a fitness wearable, according to McKinsey’s Future of Wellness Survey 2024. These tools generate real-time data – from heart rate variability to sleep patterns – supporting more personalized treatment and new ways to track both physical and mental wellbeing.

Read our publication today: [Wellness, part 3: Tech for mental health.](#)

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