



ON AIR



Health Freedom Minute

August 21, 2026

Could Wearable Data Harm You?

Don't rush into wearable technology for your breathing, sleep, heartbeat, steps, and glucose level. Ask yourself "Who do I want to have this data? Is there anyone that I would not want to have this data? Is there any way this data could be used against me? And finally, who gets this data, stores this data, and can access this data?"

While doctors say it can have some clinical value, there are issues with faith in the data and structural integration into digital medical records. But because HIPAA took away your control over who gets, shares, and uses your private medical data, do you really want it in your medical record, able to be sliced and diced and used against you without your consent? Don't follow the hype. Use your head and then decide.

"Doctors Want Wearable Data, Healthcare Isn't Ready," Sam Draper, Wearable Technologies, August 3, 2026:

<https://www.fiercebiotech.com/biotech/fda-adcomm-shoots-down-capricors-duchenne-cell-therapy-after-meeting-marked-statistical>

Big Brother in the Exam Room: The Dangerous Truth about Electronic Health Records, Twila Brase, RN, PHN, (Beavers Pond Press, 2018): www.bigbrotherintheexamroom.org

Screenshot

Presented daily by Twila Brase, President and Co-founder
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*The Health Freedom Minute is now heard in 48 states:
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