

Mount Sinai South Nassau Truth in Medicine Poll: **Wearable Health Devices**

MOUNT SINAI SOUTH NASSAU TRUTH IN MEDICINE POLL | SPONSORED BY FOURLEAF



**Mount
Sinai
South
Nassau**

FOUR  LEAF
Federal Credit Union

December 9, 2025



Panel



Adhi Sharma, MD
President
Mount Sinai South Nassau



Aaron E. Glatt, MD
Chair of the Department of
Medicine
Mount Sinai South Nassau



Lawrence Kanner, MD
Chair, Department of
Cardiology
Mount Sinai South Nassau



Joe Calderone
SVP, Corporate
Communications and
Development
Mount Sinai South Nassau



Dana Sanneman
VP, Public Affairs and
Development
Mount Sinai South Nassau



Truth In Medicine Poll

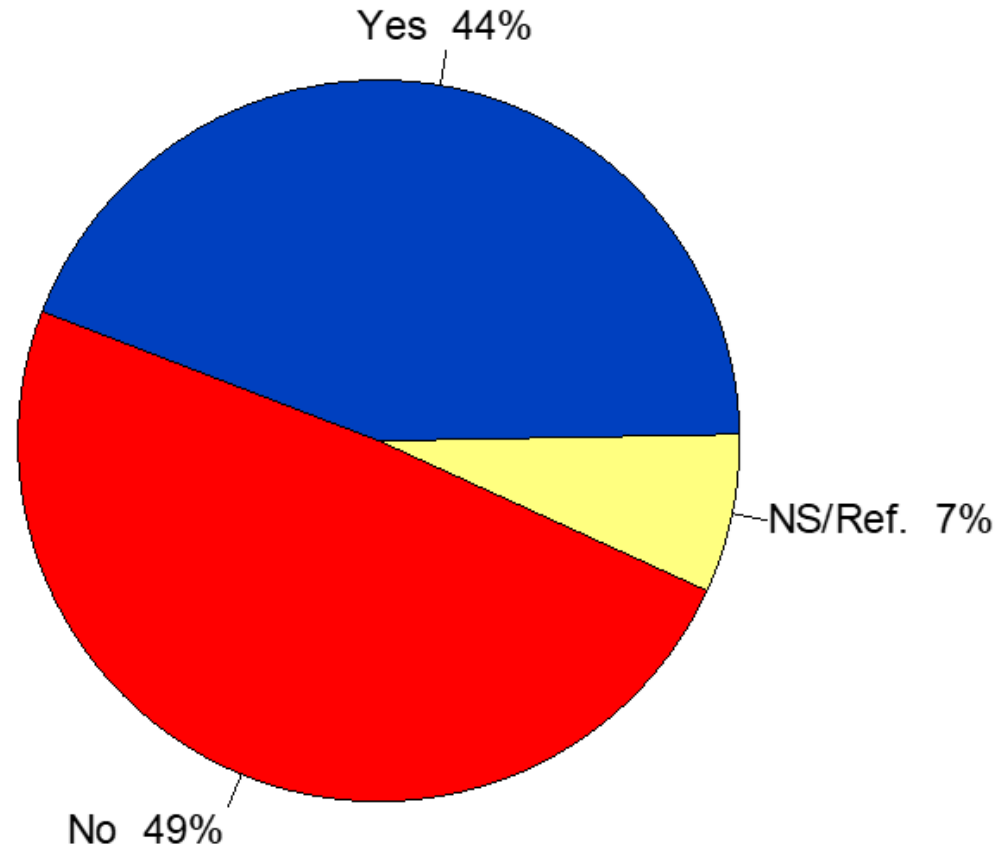
- Poll of 600 adults in New York City and Long Island.
- Conducted from November 12-16, 2025.
- Via landline and cell phone.
- Findings applying to 600 sample are subject to sampling error of plus or minus 3.9%
- Subgroups are subject to error of up to plus or minus 10%.

Mount Sinai South Nassau Truth in Medicine Poll - Key Findings

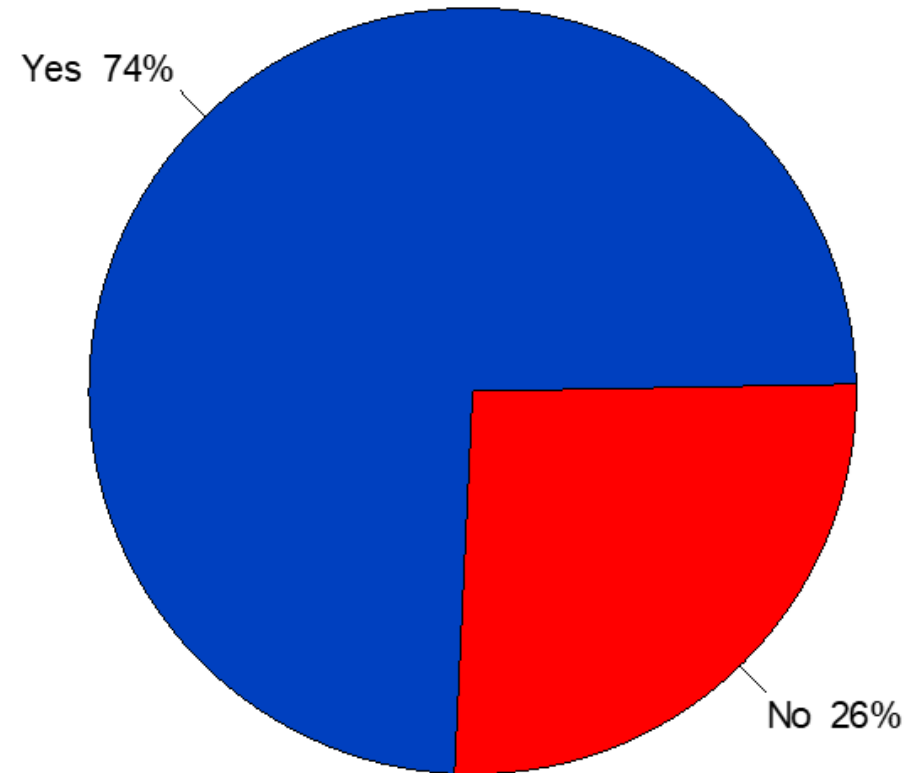
- 44% of respondents report they wear a health monitoring or wearable fitness device
- 53% of those who wear a device wear an Apple Watch. 28% use a Fitbit or other steps tracker, and 25% wear a glucose monitor. Far fewer respondents use an Oura Ring (6%) or a Whoop Watch (5%).
- Among those who wear a device, 63% say the device makes them more likely to visit their physician, while 24% say it makes them less likely.
- 74% of device wearers say they share their information with their doctors (This is driven up by the 92% of glucose monitor wearers who share info with their doctor)
- 62% of those who wear a device say their doctor recommended they do so.



Do You Wear a Health Monitoring/Wearable Fitness Device?

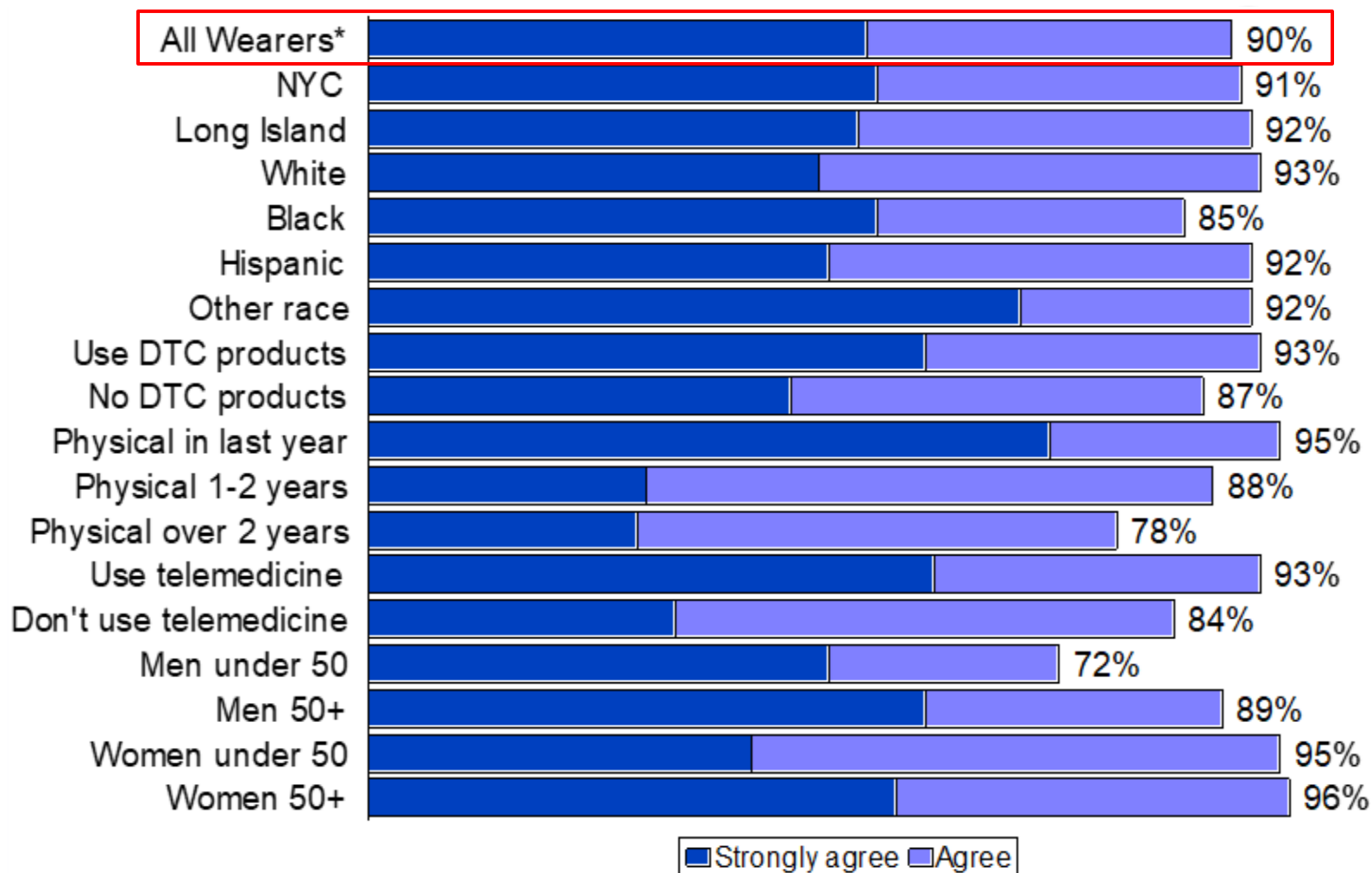


Do You Share the Information From Your Health Monitoring/Wearable Fitness Device With Your Doctor?



*Based only on respondents who wear a health monitoring or wearable fitness device. N=265.

I Believe My Health Monitoring or Wearable Fitness Device Has Resulted in Positive Changes In My Fitness and Eating Habits



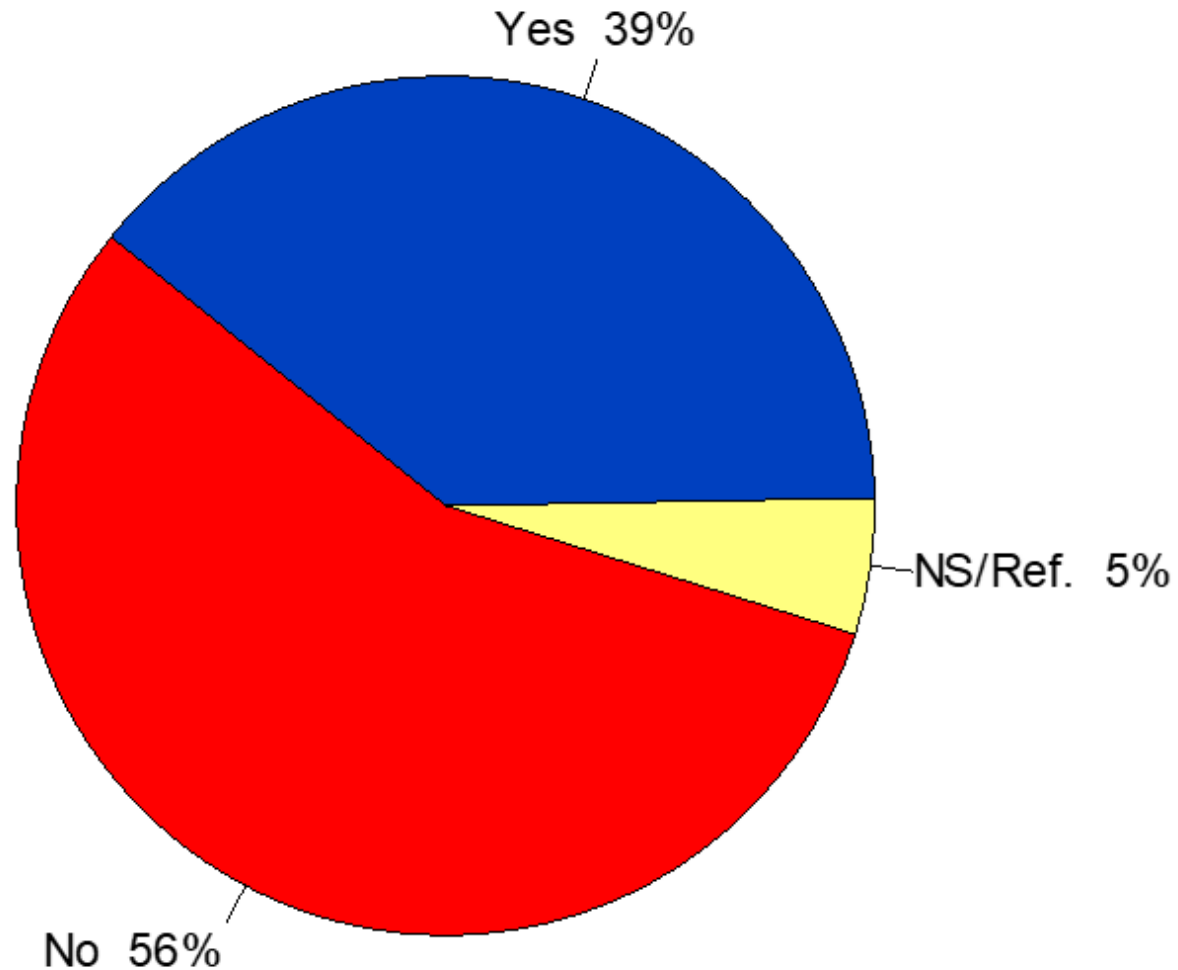
*Based only on respondents who wear a health monitoring or wearable fitness device. N=265.

Mount Sinai South Nassau Truth in Medicine Poll - Key Findings

- 39% of all respondents have ever used DTC health products
- A majority of 57% of respondents say they are concerned about data privacy in DTC health products, however, only 36% of those who use DTC products share these concerns
- 53% say they are more likely to screen for health conditions if they can do it at home.
- One-third of respondents say a health monitoring/wearable fitness device is on their holiday wish list. Those who already wear a device are, by far, the most likely to want a new one.



Have You Used Any Direct-To-Consumer (DTC) Products?



Mount Sinai South Nassau Truth in Medicine Poll - Key Findings

- 51% of respondents have had an in-person wellness/annual physical exam in the past year, 37% have had one in more than one and less than two years, 11% have had a physical in more than two and less than three years, and 2% have had a physical in more than three and less than five years
- Hispanic respondents and men under 50 are the least likely to have had a recent physical than five years, and 2% had their last physical more than five years ago

When Was Your Last In-Person Wellness/Annual Physical Exam?

	Past year	More than 1 less than 2 yrs	More than 2 less than 5 yrs	More than 5 yrs
All Respondents	51%	37%	11%	2%
NYC	49	38	11	2
Long Island	55	36	9	0
White	54	35	10	1
Black	51	38	10	1
Hispanic	39	43	15	2
Other race	53	36	9	2
Wear device	57	37	6	1
No device	52	36	9	2
Use DTC products	53	40	7	0
No DTC products	53	37	7	3
Use telemedicine	64	31	4	1
Don't use telemedicine	38	43	17	2
Men under 50	43	34	20	3
Men 50+	54	37	9	1
Women under 50	45	44	11	1
Women 50+	58	34	6	2

Mount Sinai South Nassau Truth in Medicine Poll- Key Messages

- Encourage device users to share info with their doctors; many already are, but there is still room to grow, especially among those who use devices other than glucose monitors.
- Better connect with Hispanic communities, they are the least engaged with health and fitness devices, DTC products, telemedicine, and even when it comes to getting annual physical/wellness exams.
- Educate men under 50 about DTC products and encourage them to get annual physical and stay connected with their physician



Truth In Medicine Poll- Questions?

