

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

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



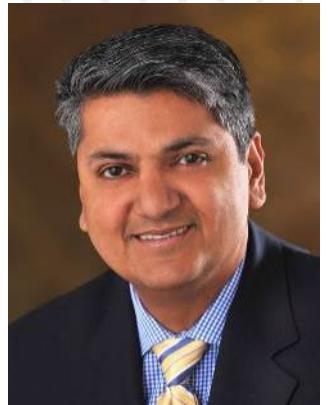
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Sinai  
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December 9, 2025



# 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

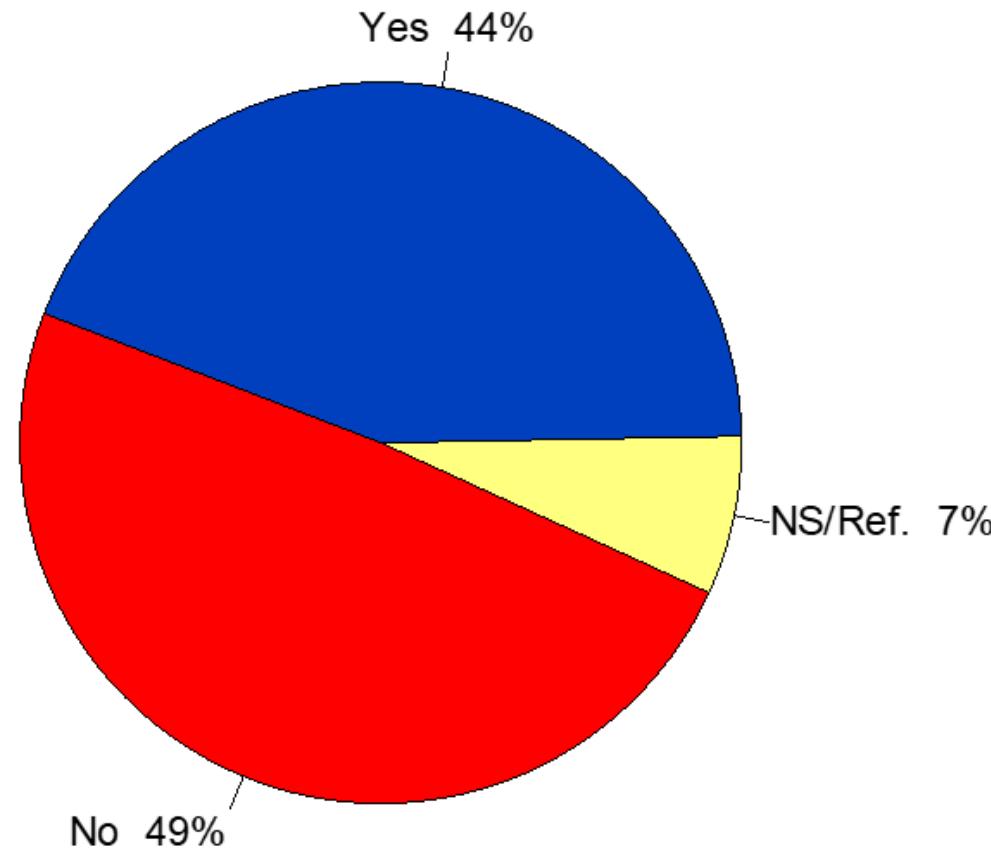
- Poll of 600 adults in New York City and Long Island.
- Conducted from November 12-16, 2025.
- Via landline and cell phone.
- Findings applying to 600 sample are subject to sampling error of plus or minus 3.9%
- Subgroups are subject to error of up to plus or minus 10%.

# Mount Sinai South Nassau Truth in Medicine Poll - Key Findings

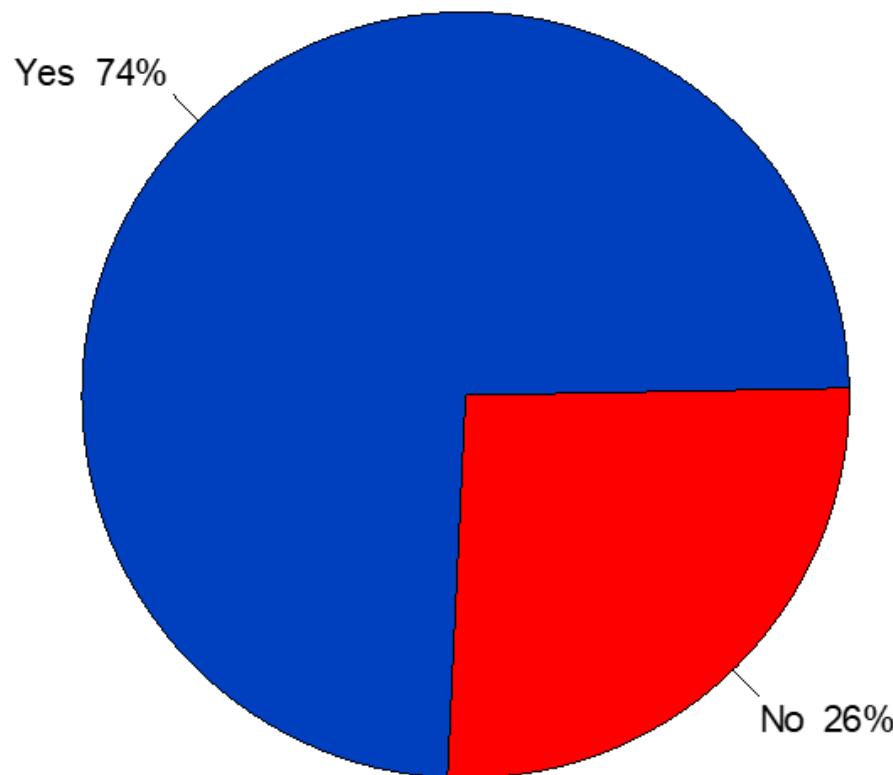
- 44% of respondents report they wear a health monitoring or wearable fitness device
- 53% of those who wear a device wear an Apple Watch. 28% use a Fitbit or other steps tracker, and 25% wear a glucose monitor. Far fewer respondents use an Oura Ring (6%) or a Whoop Watch (5%).
- Among those who wear 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?

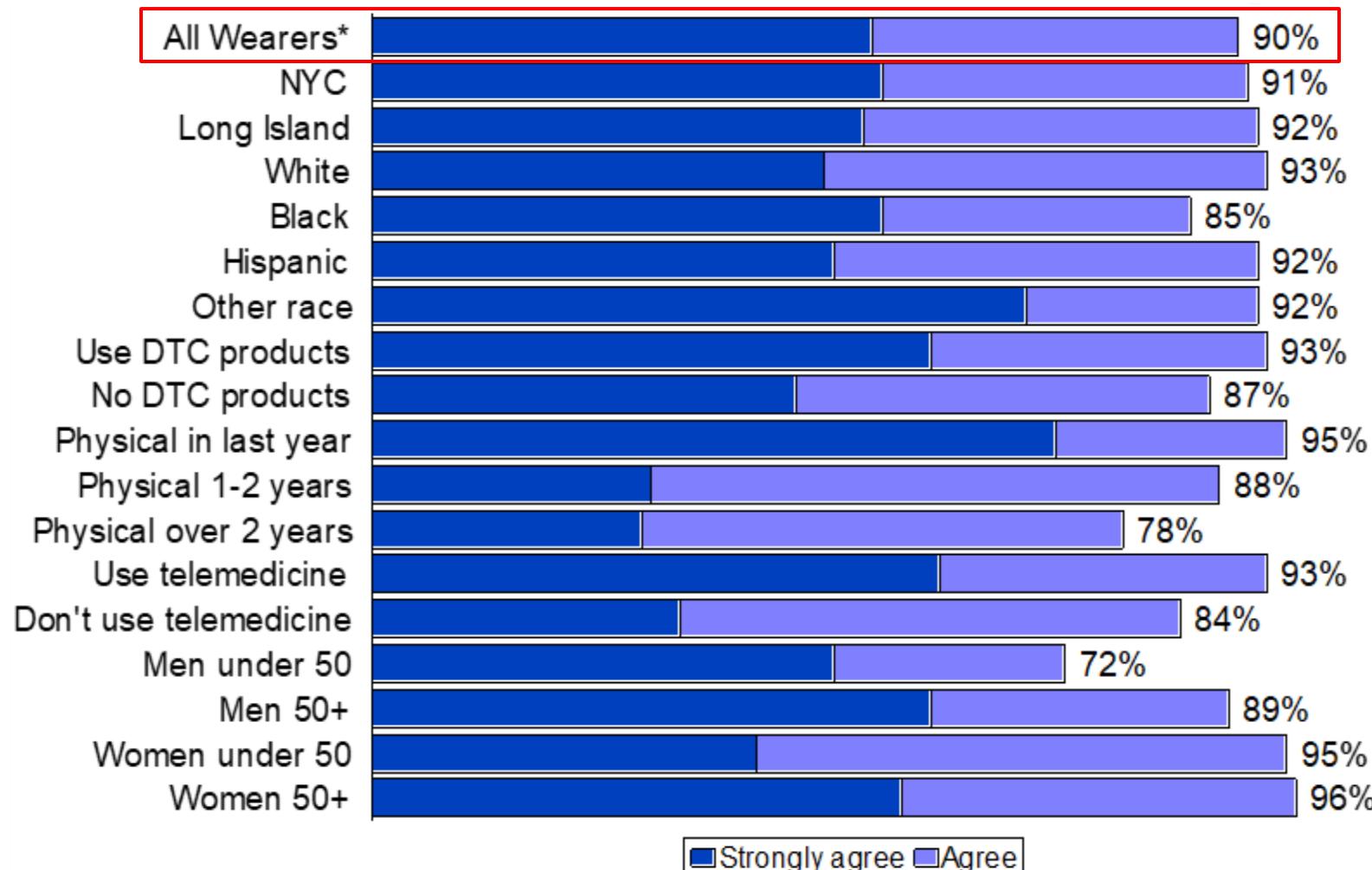


# Do You Share the Information From Your Health Monitoring/Wearable Fitness Device With Your Doctor?



\*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



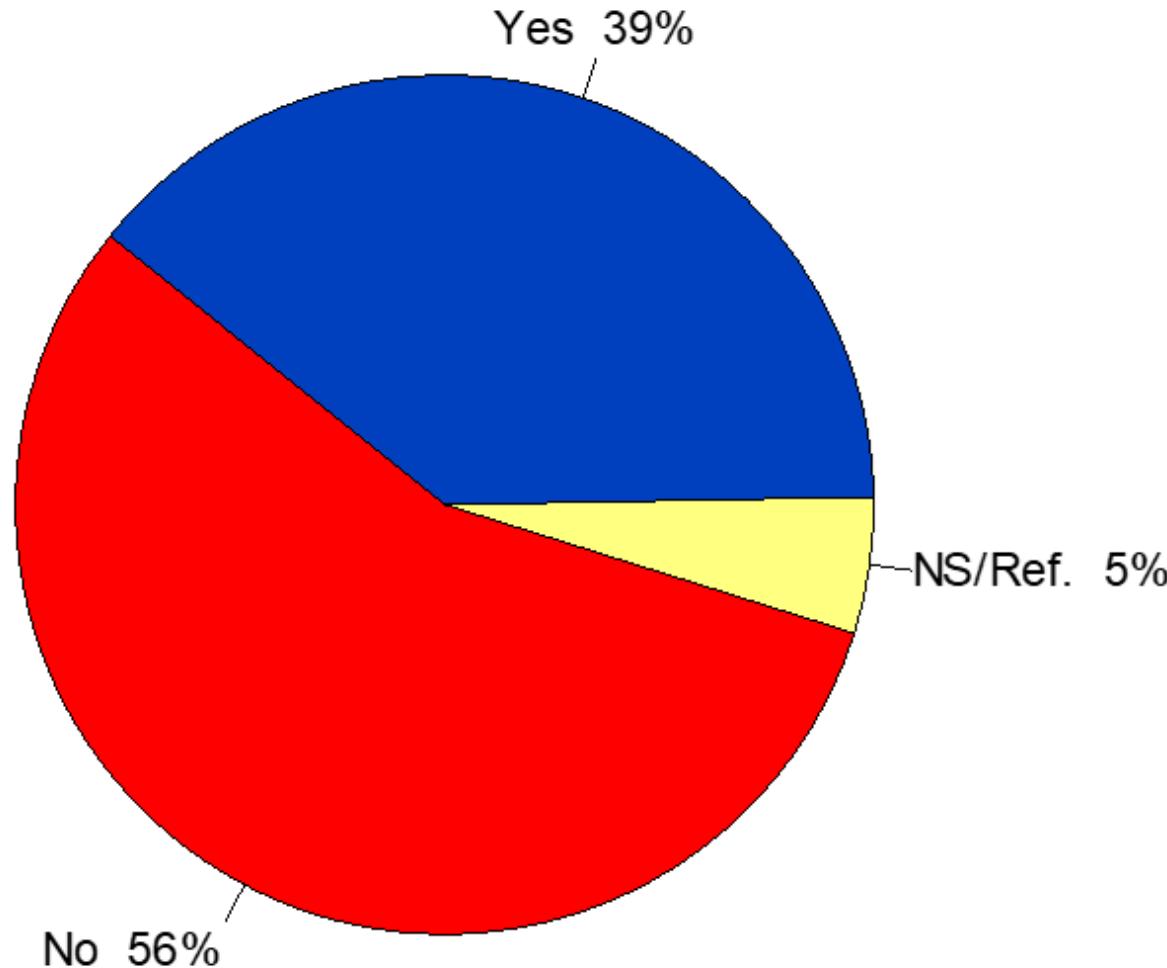
\*Based only on respondents who wear a health monitoring or wearable fitness device. N=265.

# 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

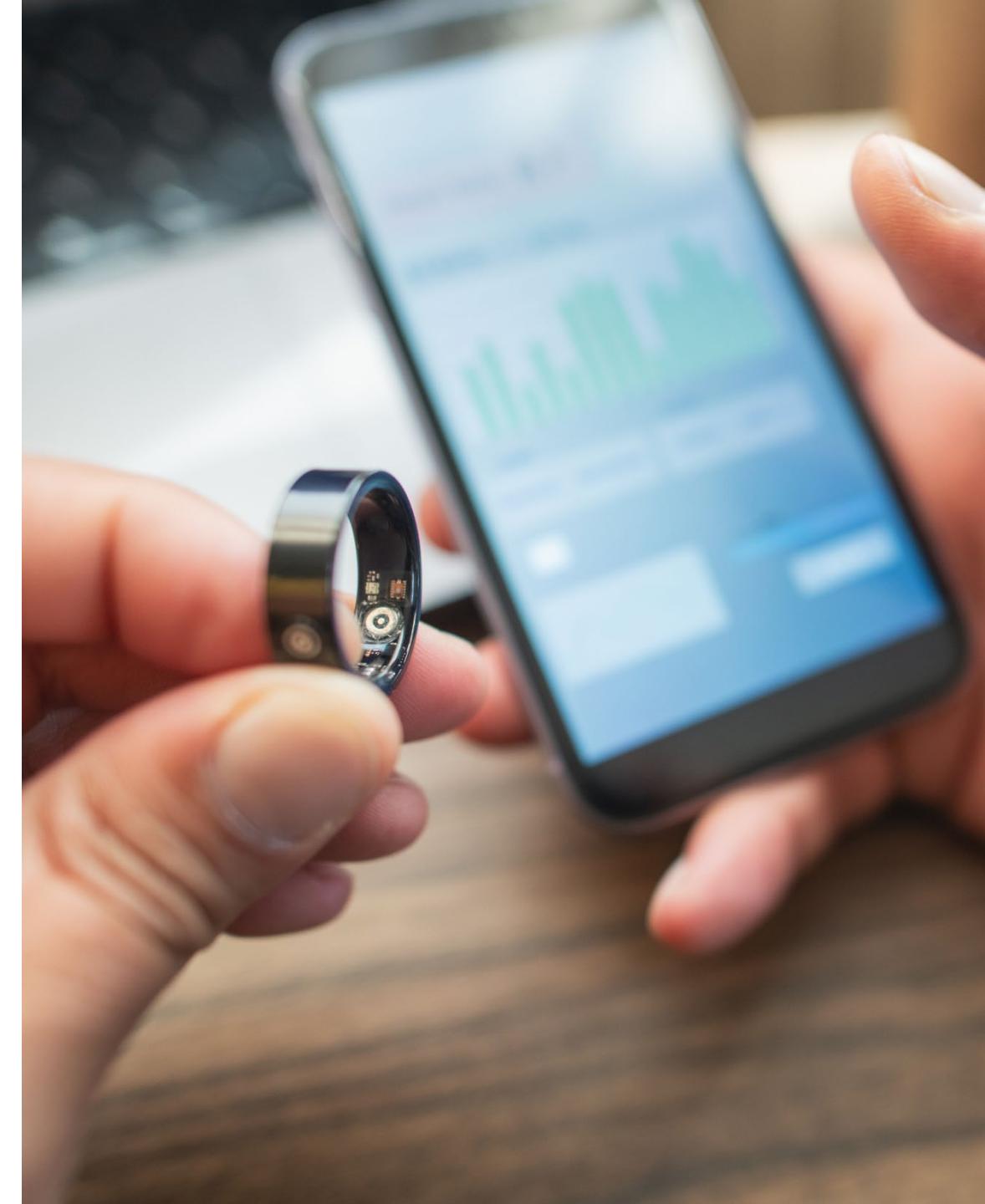
- 51% of respondents have had an in-person wellness/annual physical exam in the past year, 37% have had one in more than one and less than two years, 11% have had a physical in more than two and less than three years, and 1% have had a physical in more than three and less than four years
- Hispanic respondents 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?

