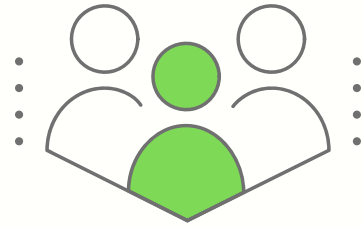


WHAT'S THE PULSE?



Smart Health Communities are set to change the game

Published by Deloitte, this article sheds light on the power of technology-enabled Smart Health Communities (SHCs).

"SHCs empower individuals to proactively manage their health and well-being. They foster a sense of community and belonging. They create new and innovative ecosystems."

"Apps can incorporate concepts from the behavioral sciences, such as nudges and gamification, to help people stay on track with their health care goals."

[Read more](#)



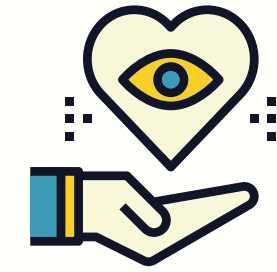
Wellness Challenges and Rewards are the way to go

In this piece, Bloomberg talks about a health initiative by Govt. of Singapore and Apple around tracking and rewarding user behaviour.

"Wellness challenges will nudge users toward making better food choices and improving sleep habits."

"Singapore residents will be able to earn as rewards and vouchers by completing goals and tasks set within the app."

[Read more](#)



The power of Connection and Experiences

This Forbes article brings into focus some of the benefits of connection and taking out time for oneself.

"Outdoor activities and experiencing nature support emotional wellbeing and decrease depression and anxiety. Taking classes of interest refreshes our minds and helps us make new connections."

[Read more](#)

Know more: Email us at smile@wellnessway4u.com