

AUSTIN FORUM

ON TECHNOLOGY & SOCIETY

Connect. Collaborate. Contribute.™



CAMERON JORDAN

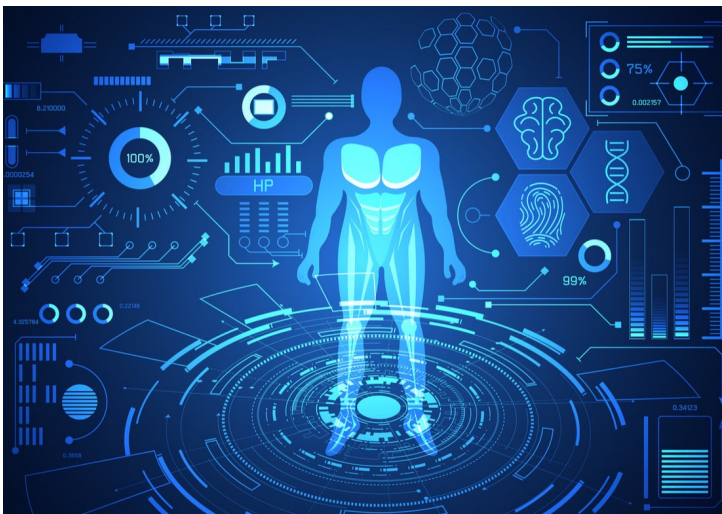
We are proud to have
Amy Atchley
performing live
while we allow
everyone time to
connect and configure
their Zoom sessions!

www.amyatchley.com

Presentation will begin at 6:15PM

@AustinForum
#healthyAF

***Welcome to our second
Austin Forum event on Zoom!***



Tech for Maintaining Healthy Living, Bodies & Minds at Home

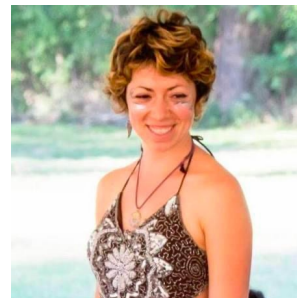
*April 21, 2020
Online (Zoom)*



Dr. Garrick Baskerville
METSI Care



Dr. Joanne Sotelo
BaylorScott&White

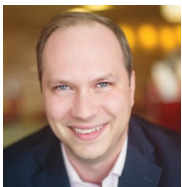


Sara Ness
Authentic Revolution

Our Annual Partners Make This Possible!



Awesome AF Advisory Board



Bill Blackstone
Galvanize



Kirsten Billhardt
Dell Technologies



Charlie Burgoyne
Valkyrie Intelligence



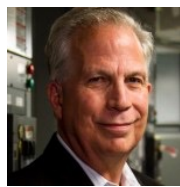
Jared Carl
Nvidia



Kirk Cesari
SetterRoche, LLP



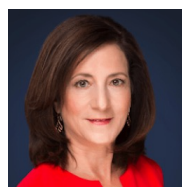
Kuan Collins
SAIC



Brad Englert
*Brad Englert
Advisory*



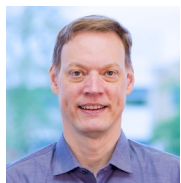
Hugh Forrest
SXSW



Sherri Greenberg
LBJ School



Amber Gunst
*Austin Technology
Council*



Eric Hennehoefer
Arm



Mike Ignatowski
Senior Fellow,
AMD



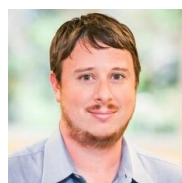
Harold Ingersoll
*Atchley &
Associates*



Mitch Jacobson
*Austin
Technology
Incubator*



Karl Popham
Austin Energy



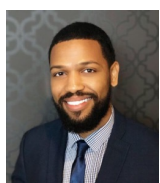
Matt Sanchez
CognitiveScale



Marie Todd
Slalom Consulting



Jay Williams
*Quantum
Materials Corp*



Michael Ward
*Austin Urban
Technology
Movement*

AUSTIN FORUM

ON TECHNOLOGY & SOCIETY

@AustinForum
#healthyAF

Austin Forum Events: Expert Presentations to Inform & Inspire

We bring leaders, thinkers, builders, creators, and learners together to [connect, collaborate, contribute!](#)



6:00-6:15 attendees can connect to Zoom session

6:15-7:15 presentation and Q&A

7:20-7:30ish more Q&A


(we will develop and implement online networking in future online events)



What GOOD thing happened to you today?

1 2 3 4 5 6 7 8 9 10

11 12 13 14 15 16 17 18 19 20

21 22 23 24 25 26 27 28 29 

More Great Content: Austin Forum Upload & Austin Forum Update!



<https://medium.com/@AustinForum>



Help us share the Austin Forum goodness with everyone!

Remember to tweet!
#healthyAF @AustinForum

Questions for speakers?
Use **Q&A in the Zoom** client
(not the chat window)

SXSW[®] ↓

**Use Zoom Q&A
to submit questions
for a chance to win a
SXSW 2021 badge!***

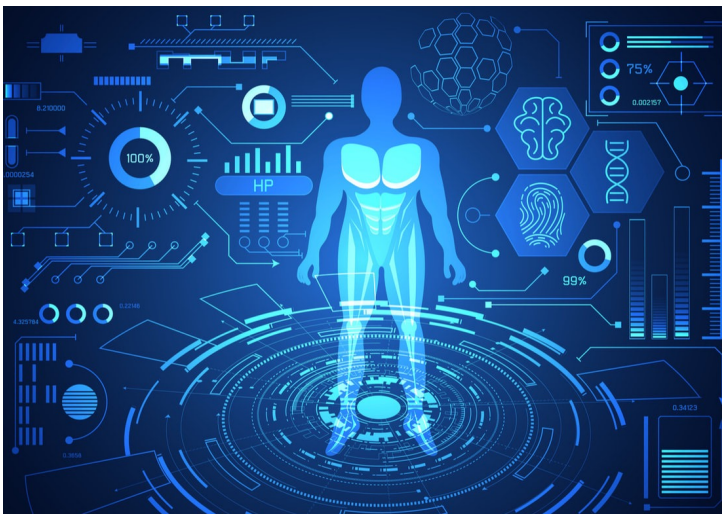
To win, you must :

1. **Post your questions in Zoom Q&A function – click on the icon below the screen.**
2. Be registered (EventBrite) and be present
3. Follow Austin Forum on some social media (Facebook, Twitter, etc.)

And now, our featured presentation...

Please:

- ✓ Ask questions via Zoom (and please be respectful)
- ✓ Share key points via Twitter ([#healthyAF](#) [@AustinForum](#))
- ✓ Learn, think, enjoy!



Tech for Maintaining Healthy Living, Bodies & Minds at Home

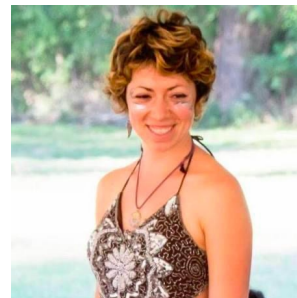
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Authentic Revolution

Tech For Maintaining Healthy Living, Bodies, & Minds at Home

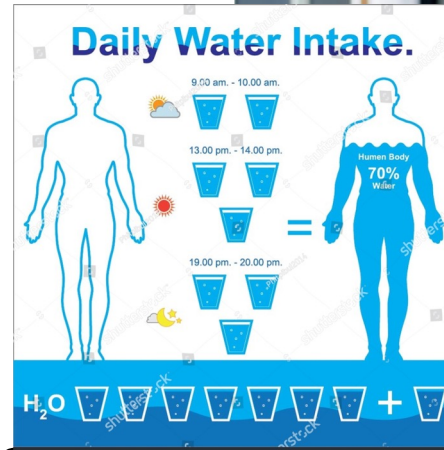
Physical Health

By Garrick Baskerville, M.D.
Founder, METSI CARE



Dr. Garrick's 7 Keys to Good Health

- 1) Acute and Chronic Disease Management
- 2) Fitness/Exercise
- 3) Nutrition/Healthy Diet
- 4) Fluids/Hydration
- 5) Sleep
- 6) Creativity- Music/Arts
- 7) Mental Health Care/Support





Direct Primary Care

- Monthly subscription based model of care for access to Primary Care & Urgent Care
- Discounts
 - Prescriptions
 - Labs
 - Imaging Services
- Affordable, High Quality
- Timely- seen same day or next day
- Costs are Transparent



Direct Primary Care: Austin





Telemedicine

Independent Personal Physician

- Elation/Spruce
- AtlasMD
- OhMD
- Zoom
- Skype





Telemedicine

Non-Personal Primary Care Doctor

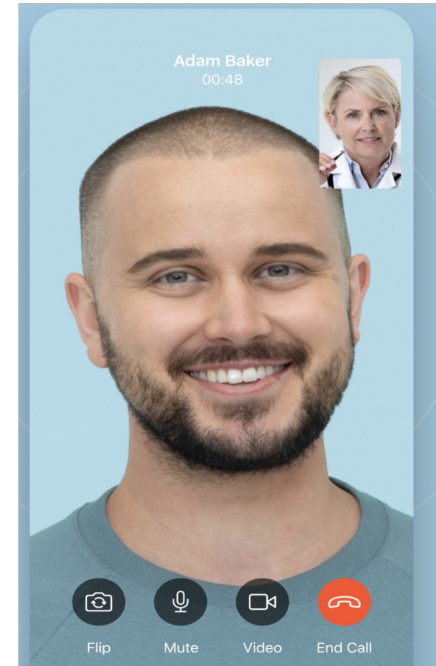
- Teladoc
 - Video or Phone
 - \$49 / visit
- Doctors on Demand
 - 15 minutes
 - \$75 / visit
- MDLive
 - \$82 / visit





Telemedicine

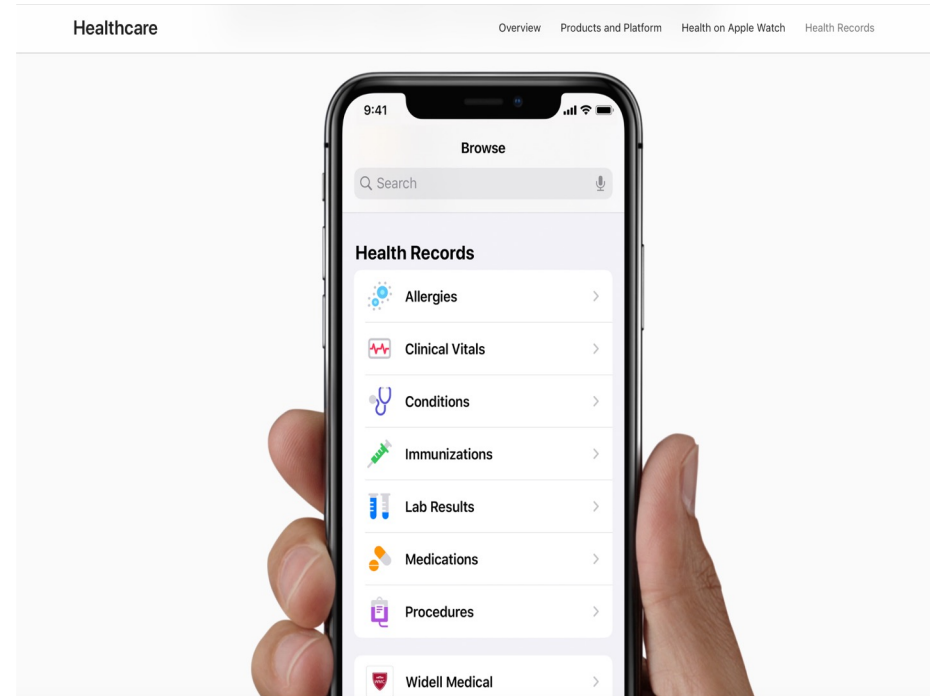
- Video Chat
- Phone call
- Text Messaging
- Electronic Prescriptions
- Electronic Ordering Labs
- Electronic Ordering Images





Telemedicine

- Allergies
- Visit Notes/Summaries
- Medical Problems
- Immunizations
- Labs/Test Results
- Medications



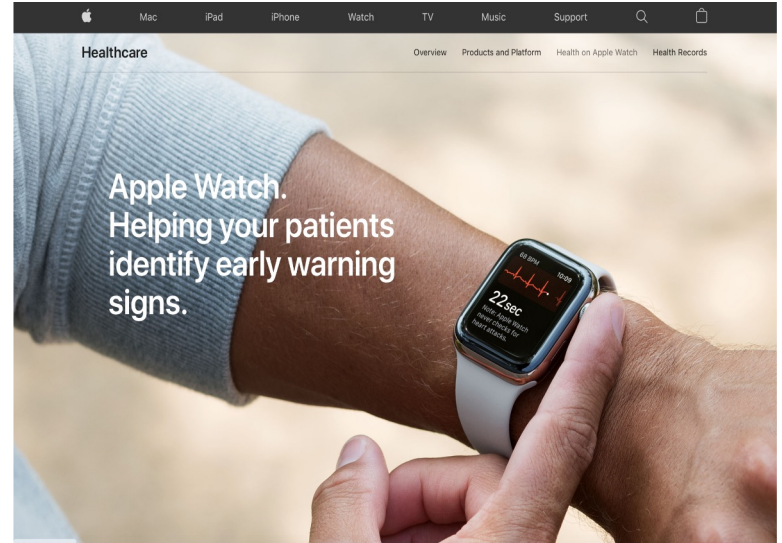
Wearable Technology Watches

- Apple Watch
- FitBit
- Garmin
- Samsung Galaxy



Wearable Technology: Apple Watch

- Activity Tracker
- Heart Rate
- Resting Energy
- Stand Hours
- Steps
- Headphone Audio Level
- Sleep monitoring
- EKG





Wearable Technology: Omron

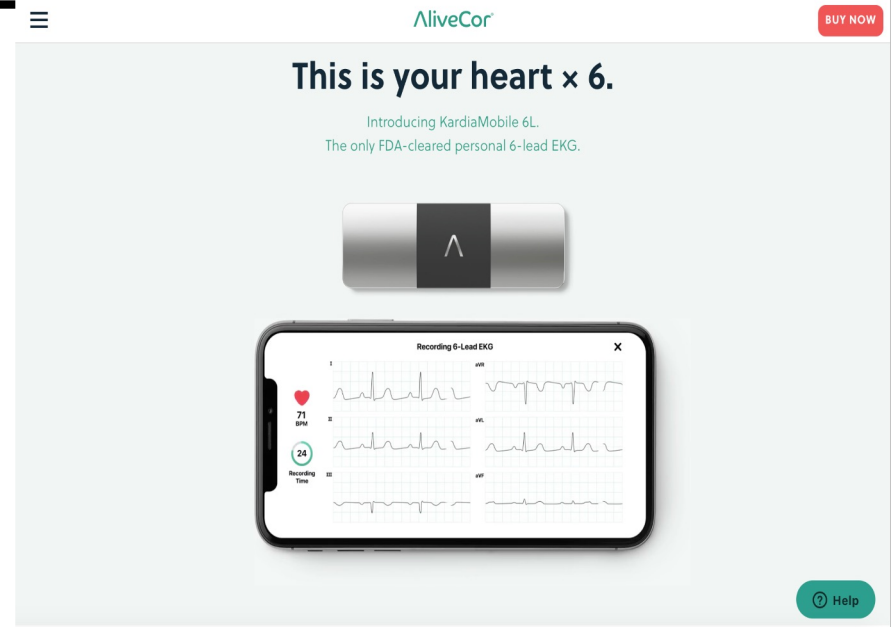
- HeartGuide Wrist Watch
- Blood pressure
- Heart Rate
- Reading in 30 seconds
- Steps
- Distance
- Calories Burned
- Sleep patterns and quality





Wearable Technology: KardiaMobile

- 6-Lead EKG
- Can help find irregular heart beats
 - Tachycardia
 - Bradycardia
 - Atrial fibrillation
- \$149



Diabetic Technology: Dexcom G6

- Continuous glucose monitoring
- Zero fingersticks
- Alerted when glucose high or low
- Better glucose control



COVID-19 Antibody Testing

- Everlywell
 - Local Austin company
 - Nasopharyngeal swab & Saliva Testing
 - \$135
 - FDA Emergency Use Authorization
 - IgM vs IgG



Fitness Technology

- Peloton
 - Bike
 - Treadmill
 - Workouts
 - Yoga
- Centr
 - Workouts
 - Yoga
 - Meal plans



COVID-19 Mental Health Technology

Joanne Sotelo, M.D.
Division Director of Psychiatry
BaylorScott&White Health
Round Rock, TX



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HEALTH

Mental Health and COVID-19

- The COVID-19 pandemic highlights the importance of virtual Mental Health because of unprecedented levels of stress, anxiety and grief.
- Overall, we're experiencing a dip in our well-being.
- We need to start now and technology can help us.
- The Mental Health crisis will remain well after the pandemic is over.
- Technology has the potential to have a positive influence that can help us manage stress and stay connected.

What's Happening

Almost ever one is experiencing psychological distress:

- Emotional
- Physical
- Cognitive
- Behavioral
- Many are seeking out help via technology.



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HEALTH

What's Happening

- Symptoms of anxiety and depression are getting worse: risk of PTSD.
- Reasons: uncertainty, news, losses, social isolation, financial, sense of self and concern about health.
- Higher Risk: people who get sick, chronic conditions, previous MH, substance abuse, healthcare workers.
- Telehealth visits are going up.



Telehealth

- Pandemic is changing how we see Telehealth.
- Changes in regulations to access Mental Health online.
- We have to keep physical distance, but we can keep face-to-face via video.

Mental Health and Technology

- We cannot let Technology can go against us.
- Leverage Technology for social communication.
- Chat rooms, Zoom, Facetime, Skype, Slack



Mental Health and Technology

- Apps have multiple uses, multiple health benefits
- Almost 20X increase in usage in the last month!
- Some useful apps include:
 - Headspace/ Calm
 - Talkspace
 - Sanvello
 - MyStrength
 - Balance
 - UHealth online tool
 - 5 Minute Journal



Back to Basics

- Health and Wellness
- Mindset- Intentional
- Social Connections
- Gratitude
- Get your sense of control



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HEALTH

Conclusion

- The Contagion is Emotional
- Mental Health Care is limited nationwide
- Hopefully, these changes will improve access
- Now more than ever it is important to keep tabs on our emotional well-being
- We are all in this together!
- Pair technology and human touch
- Remain connected and productive in this new environment.



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HEALTH

Joanne Sotelo, M.D. at BSWHealth.com
@joannesotelomd on Instagram
Ruth and Joanne MDs on YouTube
Joanne Sotelo on Facebook



&White



← Me

- Community creator and social health provider for the 80+ Authentic Relating and Circling groups worldwide
- Leadership trainer, social games creator, consultant for Google, Mindvalley, etc.
- Founder and Chief Catalyst at Authentic Revolution - www.authrev.org

Social health: Personal

1. Make space to clear
2. Put your facemask on first

Social health: Interpersonal

1. Intentional time
2. Relational hygiene
3. Games to play

Q&A for Technologies for Remote Working, Learning, and Living



Moderator: Jessica Sager
Austin Forum

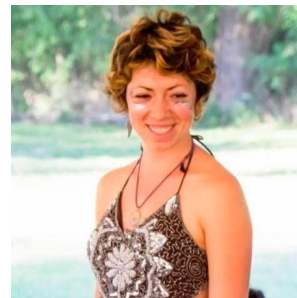
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Sara Ness
Authentic Revolution

SXSW[®] ↓

And now, for the winning question,
and a free badge* to SXSW 2021...

Help Others Get Connected during COVID-19: Donate Your Devices to **Austin Pathways!**



City of Austin Stay at Home Order:

- Devices are deemed **ESSENTIAL** for distance learning & telehealth
- Therefore we can pick them up **SAFELY** from you, safely refurbish and deliver to residents
- **All you need to do is call 512-767-7832 or email info@austinpathways.org!**

Our residents need these devices to learn, work and be well remotely!



We collected 250+ devices 2018-19—
38/300 donated in in 2020!



Join Us for Great Events in 2020!

- **Tech vs COVID-19 – May 5**
- **Gaming & entertainment – June 2**
- **Artificial intelligence – July 7**
- **Tech & relationships – Aug 4**
- **Tech startups & innovation – Sept 1**
and tentatively:
 - **National security and defense – October**
 - **Quantum Computing – November**
 - **Tech for social impact – December**



Join the Austin Forum Slack Workspace

1. Go to: www.austinforum.org/slack
2. Click “Join the Slack channel”
3. Enter your email address
4. Check your email to confirm Slack invitation
5. Enter your name and click “Create Account”
6. You’re in!



Join us to learn, share, discuss!!



Please share the upcoming events with your friends and colleagues!

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ON TECHNOLOGY & SOCIETY

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