



JUNE 2022

In the Loop

Utilizing Wearable Technology

Wearable technology isn't a new feature. For years, personal gadgets such as smartwatches have gained popularity among people who want better insight into their health trends. According to Pew Research Center data, nearly 1 in 5 Americans (21%) say they regularly wear a smartwatch or fitness tracker. In fact, wearable technology has grown so commonplace that employers have been exploring ways to leverage it among their workforces.

Manufacturing and warehousing organizations have been among the first to widely use wearable technology. Some of these employers are exploring technology that monitors how workers physically move when accomplishing daily tasks to identify and prevent ergonomic issues. Others are using devices to find products located in a store or warehouse, get answers to questions quickly and leverage task-based checklists.

Beyond workflow efficiencies, wearable technology has also seen adoption in workplace wellness plans. Some employers provide employees with fitness trackers to incentivize healthier habits. Workplaces may even offer prizes based

on monitored data, such as most steps walked in a week.

As more employers incorporate wearable technology into the workday, you may have some concerns. Here are some common questions and answers.

Why Should I Consider Using Wearable Technology?

Beyond allowing you to accurately track your productivity, these devices can help you keep in touch with co-workers, access your schedule and monitor your health. In turn, your workplace efficiency and overall well-being may improve.

Does This Mean My Workplace Can Always Track Me?

Your employer won't monitor you outside of your working hours. Several laws determine what kinds of data your employer can track. Ultimately, if you're uncertain about what data your employer will collect (and when) through wearable technology, ask your supervisor.

Reach out to your supervisor to learn more about your wearable technology program and available devices.

Protecting Against Phone Scams

Every year, people report fraud, identity theft and bad business practices to the Federal Trade Commission (FTC) and law enforcement partners. According to FTC data, more than 2.8 million people reported fraud in 2021, and 1 in 4 said they also lost money. The median loss in scams that start with a call is \$1,200, higher than any other contact method.

Considering this data, it is likely that you have or will be on the receiving end of a phone scam. Technology has made it even easier, as scammers can leverage robocalls or spoofing tools to change phone numbers. This article highlights the warning signs of phone scams and tips to protect yourself from them.

Warning Signs

Recognizing the typical red flags of a scam could help you avoid falling for one. Here are some general indications that a call or text is a scam:

- They pretend to be from a familiar organization.
- They say there's a problem or a prize.
- They pressure you to act immediately.
- They tell you to pay in a specific way.

“Phone scams come in many forms, but they often make similar promises or threats. Trust your gut if something seems off or too good to be true.”



Consumer Tips

To prevent unwanted robocalls and phony texts and potentially avoid phone scams, the FTC recommends the following tips:

- Block unwanted calls and texts through your phone company or mobile apps.
- Register your number on the Do Not Call Registry.
- Don't answer calls from unknown numbers and hang up immediately if you answer a robocall.
- Never provide your personal or financial information in response to a request you didn't expect over the phone.
- Resist the pressure to act immediately based on a call or text; a legitimate business will provide you ample time to decide or provide payment.
- Don't click on any links in texts, even if the message is from a company you usually do business with and it seems legitimate.
- Talk to someone you trust after receiving a suspicious call or text; doing so could help you realize it's a scam.

If you spot a scam or have given money to a scammer, you can report it to the FTC by filing a consumer complaint online or calling 1-877-FTC-HELP (382-4357).