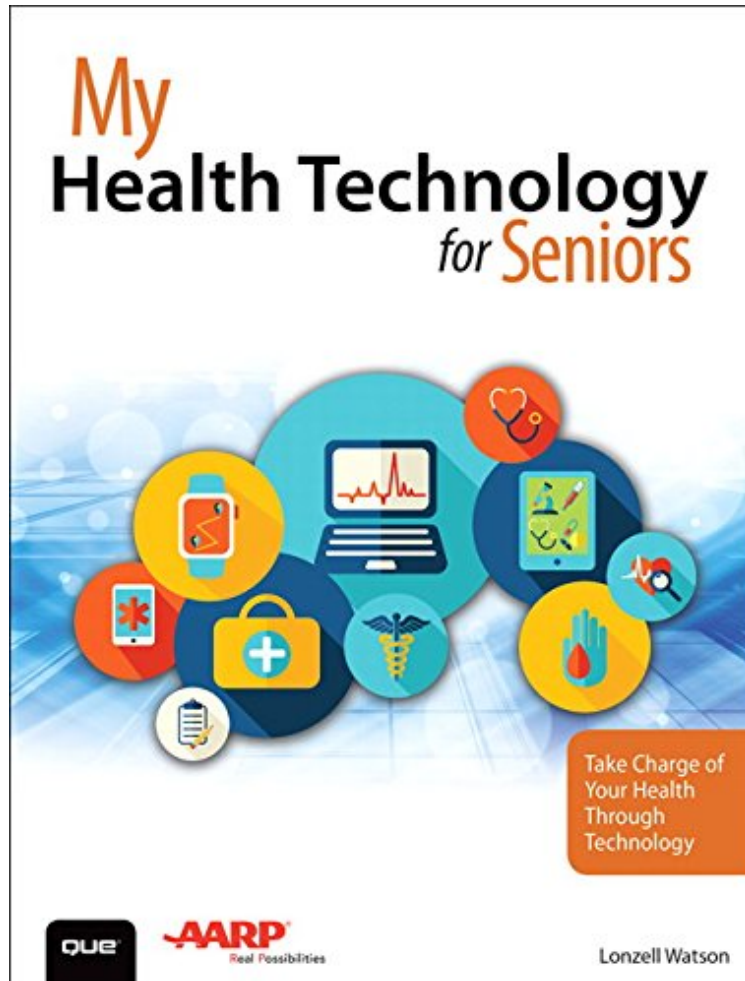


# My Health Technology for Seniors: Take Charge of Your Health Through Technology

Lonzell Watson

ePub | \*DOC | audiobook | ebooks | Download PDF



DOWNLOAD



READ ONLINE

#830556 in Books 2016-03-17Original language:EnglishPDF # 1 9.00 x 1.00 x 7.00l, .0 #File Name: 0789758210496 pages | File size: 60.Mb

**Lonzell Watson : My Health Technology for Seniors: Take Charge of Your Health Through Technology** before purchasing it in order to gage whether or not it would be worth my time, and all praised My Health Technology for Seniors: Take Charge of Your Health Through Technology:

4 of 4 people found the following review helpful. Watson guides readers through today's technology maze with easy to understand explanations of the many "smart" devices on ...By Bob from OhioFive gold stars and two thumbs up for My Health Technology ! This will be a very valuable resource not only for seniors but for family care-givers, human services caseworkers and other health care professionals. Watson guides readers through today's technology maze with easy to understand explanations of the many "smart" devices on the market. The detailed illustrations of the various apps and screens, what they show and how to use them are invaluable to those of us not raised with this technology.

From tracking your biking activity to finding adult care options to saving money on prescriptions, this volume is a gold mine of practical tips and solutions for taking control of your health and your life. This highly readable and useful guide is a "must have" for seniors and those who care for them. 4 of 4 people found the following review helpful.

HEAR YE, ALL Seniors, you need this book! By Patricia S. Burgess Because I am fairly computer literate, much of this book was elementary for me. I did find much to help me in some of the sites. When I ordered the book, I was fine; shortly thereafter I experienced a health problem that put me out of commission. At that time the book arrived and since I was looking for something to keep me occupied as I recuperated, it served its purpose. I found a chapter that led me to some sites that I did not know existed and wound up getting an app for free that allows me to take my blood pressure, pulse rate, and many other health-related tests that were quite beneficial to me at that time. Since then, I have explored further and found all kinds of help. All Seniors should have this book. 2 of 2 people found the following review helpful. My Health Technology for Seniors. By Dugan Books Easy to understand guide about the technology available out there to make taking care of your health fun and informative. There are some fun apps and devices out there.

A 2017 National Health Information Award "Best in Show" Winner

About the Author Lonzell Watson, recently honored by the University of Kentucky's 2014-15 College of Communication and Information Outstanding Alumnus Award, has been fascinated with technology ever since he disassembled his first Commodore 64 computer in grade school and then attempted to put it back together. He went on to work a 100-mile paper route for an entire year, just to buy his first Apple computer, and he has been writing about technology ever since. Lonzell helped pay his way through college making house calls to individuals who were 50 years of age and older, helping them learn how to use common software programs, how to use their hardware, how to buy new computers, and even helping them set up home networks. Lonzell went on to work as an IT consultant for clients including the J. Peterman Company, Time Warner Communications, and Verizon Wireless. Lonzell is the award-winning author of Teach Yourself Visually iPad, for which he won the 2010 International Award of Excellence from the Society for Technical Communication. This work also earned Lonzell the Distinguished Technical Communication award and Best of Show 2010 from the STC. Lonzell was also presented the Award of Excellence for Teach Yourself Visually iPhoto '09 in 2009. He is the author of other popular titles, including My Samsung Galaxy Tab, My Fire Phone, Teach Yourself Visually iPad 2, My HTC EVO 3D, the Canon VIXIA HD Digital Field Guide, Final Cut Pro 6 for Digital Video Editor's Only, and Teach Yourself Visually Digital Video. Currently, Lonzell is the owner of Creative Intelligence LLC, an instructional design and technical writing company, whose courseware is being used to train the CIA, FBI, NASA, and all branches of the U.S. Armed Forces. With a master's degree in Instructional Design and Development, Lonzell has taught Digital Asset Creation to graduate students at Bellevue University, has been a frequent contributor to StudioMonthly.com, and an author for one of the leading online learning companies, Lynda.com. Lonzell's writing has been syndicated, with hundreds of published tutorials and tips that help demystify consumer electronics and software. Find out more at the author's website: [www.creativeintel.com](http://www.creativeintel.com)