

**Vocabulary:** Complete with the correct word.

- caregiver
- motivate
- wearable
- elderly
- monitor
- treatments
- cure
- suffer from

As populations grow older and the number of \_\_\_\_\_ people rises, healthcare is becoming increasingly expensive and complicated. Elderly people naturally \_\_\_\_\_ more health problems and may need a variety of \_\_\_\_\_.

One solution is \_\_\_\_\_ technology—small, light devices that people can carry with them. By measuring a person's heart rate, for example, these devices can \_\_\_\_\_ a person's health. This information can help the \_\_\_\_\_, nurse, or doctor take care of patients better.



**Listen and check your answers**

**B Complete the sentences. Highlight the correct words.**

1. The ( **treatment** / **healthcare** ) for a bad back involves lots of rest.
2. There is still no ( **cure** / **caregiver** ) for many types of cancer.
3. People who are overweight and don't exercise are likely to ( **suffer from** / **cure** ) health issues.
4. Many ( **treatments** / **wearables** ) monitor things such as the number of steps people take.
5. Devices that track exercise can help ( **monitor** / **motivate** ) people to be more active.