

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.