



UNIVERSITY OF PITTSBURGH

CENTER FOR

Behavioral Health +
Smart Technology

The HealthTech Weekly

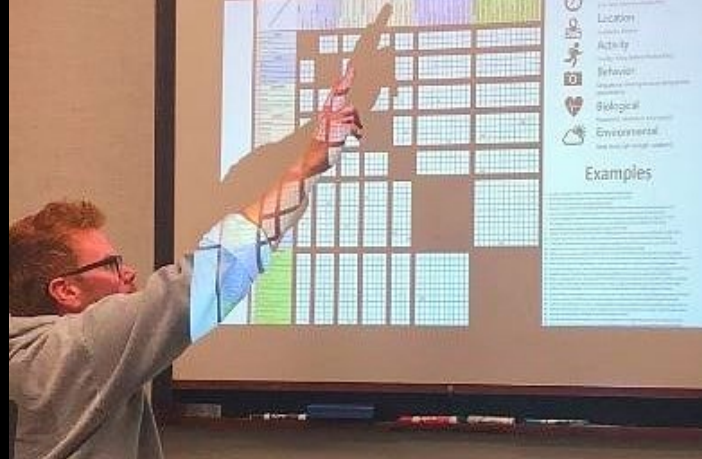
July 16, 2018

Chris Dancy,

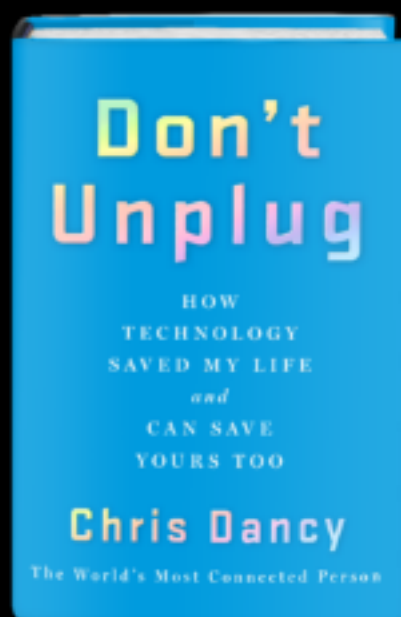
"The Most Connected Human on Earth"



Last week, the Center for Behavioral Health and Smart Technology welcomed tech guru and TED Talk sensation Chris Dancy to discuss his work over lunch with the Center's Core Faculty.



Chris led us through his personal journey with mental, behavioral, and physical health issues and showed how his systematic data collection from up to 700 sensors and wearables brought him to a healthier place. Lastly, he shared his prediction for the future of technology and digital health: a world without screens.



Look out for Chris' new book Don't Unplug in stores this September!

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