

The Future You Paves the Way to Personalized Health and Wellness for Everyone

Diagnostics and analytics that once required doctor visits are now available to everyone thanks to AI-enabled devices and wearables.

BOSTON, MASSACHUSETTS, UNITED STATES, November 1, 2022 /EINPresswire.com/ -- Do you sleep better if dinner is at 6 p.m. or 8 p.m.? Do you run slower the day after having a glass of wine? How many hours of sleep are optimal for you, personally? All of these answers can be found at your fingertips thanks to AI-enabled devices and wearables, and it's not as complicated — or as scary — as you might think, explains biotech expert [Harry Glorikian](#).

"I'm looking at technology as being a personalized dashboard for everybody to help them manage their own health better or give them insights in a clearer way," Glorikian said in a recent interview, adding that advancements in technology make it possible for people to perform analytics at home that used to require a doctor visit.

In his new book, [The Future You: How Artificial Intelligence \(AI\) Can Help You Get Healthier, Stress Less, and Live Longer](#), Glorikian helps readers understand how to use the power of technology (that they very likely already have) to create personalized healthcare experiences.

"The scenarios I'm going to describe in this book don't just apply to someone with a rare condition or who is seriously ill," he wrote in his book's introduction. "These are examples of how everyone can take advantage of AI and data analytics to stay healthy, get diagnosed more quickly, and sometimes, save on healthcare costs."

In The Future You, readers will discover



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- The ways in which technology and AI are already impacting healthcare and what new technologies are on the horizon
- The new healthcare business paradigm and how to navigate it
- How AI is helping doctors diagnose different cancers more precisely
- How everyday people have used smartphone and smartwatch technology to reach their health and fitness goals — and sometimes to survive a health crisis
- How to use and leverage AI data to improve health in monumental ways
- How to use available tech to simplify healthcare scenarios such as doctor visits, managing one's own health records, coping with chronic disease, broadening awareness about a specific genetic profile and much more
- How scientists around the world used AI to develop COVID vaccines and how AI will help scientists predict future outbreaks more rapidly
- And much, much more



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Biotech expert Harry Glorikian

Glorikian’s overarching message is clear: There’s quite literally nothing about health and wellness that won’t be utterly transformed by the power of AI. The Future You will show readers what’s coming — and what is already here.

“I want readers to feel inspired to see how they can use the technology they already have to make changes in their lives,” Glorikian said. “Maybe it’s as simple as using your smartphone to count your daily steps. Or maybe it’s downloading a meal-tracking app or doing a virtual reality

workout. This book can be a roadmap to personalized health and wellness for everyone.”

About the Author

Harry Glorikian is a global business expert, healthcare entrepreneur, podcaster and author. For over three decades, he has built a breadth of successful ventures in the healthcare space, and he is well known for being at the forefront of helping invest in and grow innovative healthcare companies that are tackling groundbreaking areas of healthcare and biotechnology. A sought-after speaker, Glorikian is frequently quoted in the media and regularly asked to assess,

influence, and be part of innovative concepts and trends. He holds four U.S. patents in telecommunications and has others pending.

Glorikian currently serves as a General Partner at Scientia Ventures, a VC firm focused on upleveling companies that have the potential to transform healthcare. Additionally, Glorikian serves on the boards of StageZero Life Sciences (TSX: SZLS), a publicly traded healthcare technology business dedicated to the early detection of cancer and multiple disease states through whole blood, and Drumroll Health, which develops AI technologies to foster closer partnerships between patients, healthcare professionals and healthcare companies.

He is also the author of [MoneyBall Medicine: Thriving in the New Data-Driven Healthcare Market](#) and the diagnostics textbook Commercializing Novel IVDs: A Comprehensive Manual for Success, and is the host of The Harry Glorikian Show podcast series.

Glorikian holds an MBA from Boston University and a bachelor's degree from San Francisco State University. Harry has addressed the National Institutes of Health, Molecular Medicine Tri-Conference, World Theranostics Congress, and other audiences, worldwide.

Visit <https://glorikian.com/> for more information, or follow the author on Twitter (@HGlorikian) or Instagram (harryglorikian).

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