



Translating Tech

We tackle the latest trends, apps and hardware
that can make a difference in your life

GROWING **BOLDER**



Florida Blue 
Your local Blue Cross Blue Shield

MEDICARE

Tech Support For Caregivers

Bobby Wesley

Caregivers have a big job. And when you're away, so often there's worry. Thankfully, technology can help you stay connected when you're not there... and do a whole lot more!

There are tools available to help you support loved ones experiencing lack of mobility, memory loss and loneliness. Technology can also provide accurate location tracking and security monitoring, because sadly, not only are home accidents real, so too is elder abuse. So, check out these tools to help reduce stress and avoid burnout for caregivers, and help your loved ones live their best lives.

Wearable tech for emergency communication and health tracking.

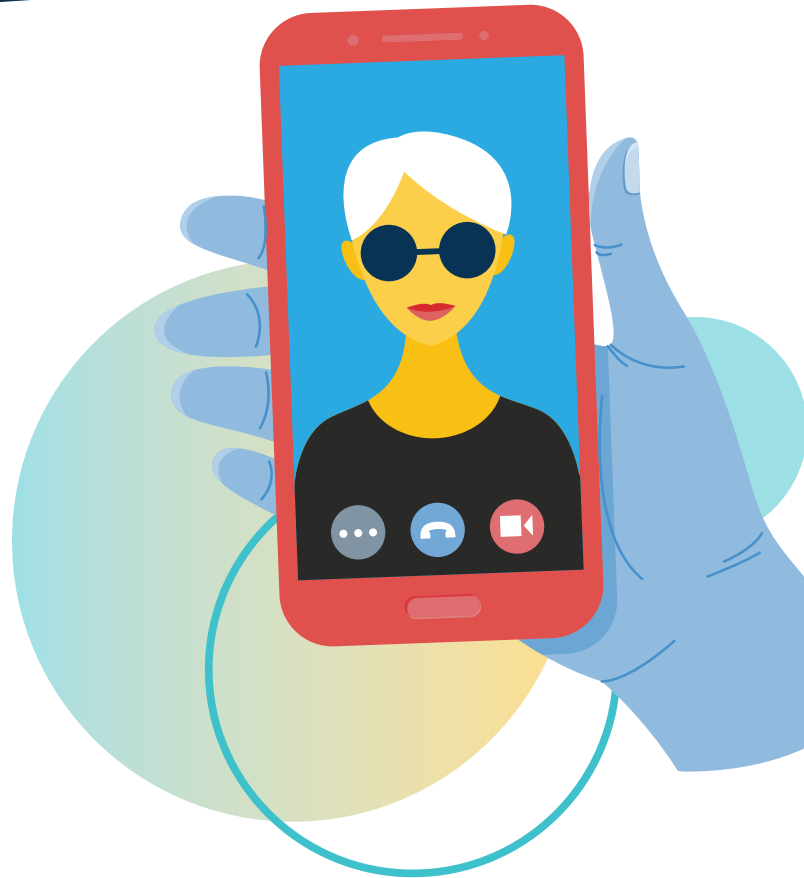
By now, we're all familiar with the famous Life Alert commercial that has been running for the past 30-plus years. But wearable devices have come a long way. Take the **Apple Watch**. If you've fallen, (or fallen behind on text messages), it's already right there on your wrist, making it possible to phone for help directly from the Apple Watch (if connected to the wearer's cell phone). Beyond calling for help, wearable devices can help you track health data such as glucose, heart rate, medication, calorie intake and sleep. And the information is all trackable by the wearer, their doctor and loved ones via apps or the internet.

Yes, there's an app for that.

Speaking of smart devices, your phone not only can keep you connected with a call but also with **loved one's health information and daily needs**. Medication-tracking apps, such as Medisafe, provide easy-to-use reminders and also connect that info with caregivers and providers. Other apps can help manage everything from appointments to errands to health updates, while disease-specific apps address unique caregiving needs, such as those of dementia patients.

Connected everything – even appliances!

The "Internet of Things" (IoT) – *yes, that's really a term* – refers to the increasing number of everyday items that connect to the world wide web. While you might ask why you would want the **internet in your fridge**, (such as those offered by Samsung, LG and GE), keep in mind that high-tech sensors can track when family members need a grocery refill, assure you that house entry doors are secure and keep caregivers connected even when they're away.



Illustrations: Vivali/ iStock via Getty Images

Special delivery

A family member shouldn't go without groceries or a favorite meal just because they can't get out. Delivery services, such as **Shipt and Instacart**, provide same-day grocery delivery from a personal (and affordable!) shopper. And depending on where you live, app- or web-based restaurant delivery services, such as **Uber Eats or DoorDash**, can have take-out delivered to your loved one's door. You can even celebrate special occasions "together apart" by sharing a favorite restaurant meal at home, while on a video call.

Video calling made easier

A lot of us have become used to **Facetime and Zoom** calls to help us stay connected, but it's not easy for everyone. Smart display devices, such as the **Echo Show from Amazon**, offer a built-in screen, camera and speakers for drop-in calling; and pre-selected users can check in anytime via video call. This system blends safety and social elements for long-distance family, case managers, remote appointments and diagnoses. So, don't forget to video call your mother!

Finding Love in The Age of Longevity

Emily Thompson

Love looks different in our era of increased longevity and active aging. Many people, who married early in life, find themselves back on the market after divorce or the death of a spouse. Others who didn't feel at liberty to openly explore same-sex relationships, because of cultural taboos, finally may feel empowered to live their truth.

While marriage is the goal for some, others want something more casual. Commitment, without the legal entanglements of marriage, may be preferable for others. There are online dating platforms for active adults that cater to all kinds of connections. Safety is a primary concern for anyone meeting strangers online, and most platforms that cater to a 55+ audience take extra precautions. Here are a few of the platforms that aim to serve the unique needs of active adults looking for love or companionship.

eHarmony

eHarmony is designed for those looking for a serious commitment and marriage. Every user is required to fill out a lengthy personality and values questionnaire. Afterward, eHarmony will provide you with matches with the highest chances of compatibility and long term success. It's one of the more expensive options at \$54.95 for one month or a monthly rate of \$18.95 for 12 months. eHarmony was founded in 2000, has a satisfaction guarantee and was responsible for 4% of all marriages in the United States in 2013.

Silver Singles

This sister site to Elite Singles is designed especially for people 60+, meaning most users have been previously married. It uses the same personality profile as Elite Singles, measuring users on five personality traits — openness to experience, conscientiousness, extraversion, agreeableness and neuroticism. It also encourages users to be as specific as those of Elite Singles, but it's tailored to older adults. The site sends users five matches per day, and you can't search through a pool of people. This forces users to seriously consider the people with whom they are matched based on the personality test instead of photos and first-person bios. Safety is a primary feature, allowing users to block or report any suspicious or unwanted behavior. Three months are \$57.95 a month, and one year is \$31.95 a month.



Illustrations: Alina Kvaratskhelia / iStock / Getty Images Plus

Match

Match is the original online dating site, founded in 1995. They have the highest number of monthly users, at 35 million. Users create a profile, which pops up in other users' feeds. There is no extensive personality test, and Match sends five suggested matches per day. Users are free to browse all profiles. The most popular time to join is between Dec. 26 and Feb. 14, as people look for love before Valentine's Day, causing registrations to spike 42% during that period. Users pay a monthly rate of \$23.99 for three months or \$19.99 a month for a year.

Elite Singles

For people who know exactly what they're seeking, Elite Singles may be a fit. The site caters to professionals looking for someone with similar interests. Most users are college graduates, with 67% holding a bachelor's degree or higher. Users take an extensive personality test, and the site's algorithm creates matches, allowing both parties to see their own results and the results of the people with whom they match. Elite Singles uses a fraud detection system to manually verify profiles. This is to help ensure that people are who they say they are and to prevent scams. Fees are on the higher side at \$62.95 a month for three months or \$31.95 a month for a year.

Virtually Everywhere

Robert Thompson

It seems we hear the term “virtual reality” more and more every day. For most of us, it conjures up images of futuristic movies where people are living in utopian worlds, fighting evil forces or trying to save mankind. Well, as they say, truth can be stranger than fiction. Today, virtual reality really is changing the world and might, indeed, help save mankind --or at least let us have a little more fun!

Let’s explore a few areas where virtual reality is already having an impact and how we can all benefit.

vir·tu·al re·al·i·ty

vrCH(w)l rēaldē
noun COMPUTING

The computer-generated simulation of a three-dimensional image or environment that can be interacted with in a seemingly real or physical way by a person using special electronic equipment, such as a helmet with a screen inside or gloves fitted with sensors.

Healthcare

Virtual reality (VR) has altered the healthcare industry in a very big way. Not only are physicians using VR for training and educational purposes, but they’re now utilizing it for the planning of complex surgeries. In many complicated cases, such as separating conjoined twins or fixing brain aneurysms, doctors are using MRI, CT and ultrasound scans to create virtual models of their patients. This allows the doctor to explore the “inside” of their patients without making a single cut. Removing the potential for surprises during the actual operation greatly improves the likelihood of a successful outcome.

VR is also being used to help with pain and anxiety associated with many medical procedures. Studies have proven that patients immersed in a peaceful, happy, virtual world show lower anxiety levels and sometimes higher pain thresholds. This tool is particularly effective for patients undergoing chemotherapy, dialysis or even skin grafts. During minimally invasive procedures, VR is also utilized to better manage pain for older patients where anesthesia is too risky.



Photo: Via Getty Images

Travel

Many of us dream of exciting, thrill-inducing excursions like climbing Mount Everest or diving with Great White Sharks in South Africa. Virtual reality is now making such adventures possible for everyone. Virtual reality systems such as Everest VR or Teleport Tahiti are allowing opportunities to climb the tallest mountains on earth, listen to the waves crash on far-away beaches or zip-line through an Amazonian forest. For many people, travel is limited due to time, resources or physical limitations. VR is now breaking down these barriers and opening up the world!

Conceptualization

Studies regularly list building a new home or an extensive remodeling project as among life’s most stressful life events. And for those of us who have gone through one or both, we agree! Fear not—virtual reality to the rescue. Many new VR systems are proliferating the homebuilding industry. Most national builders are now offering VR as a way to pick your cabinets, flooring, lighting and more— all in a virtual world. There are even VR systems available that allow you to test different furniture, paint colors or new pieces of art—all before making the purchase. VR conceptualization doesn’t stop with homebuilding. Urban planners are using it to better design parks, roadways, sidewalks and other public spaces, ensuring a great user experience before the first shovel goes in the ground.

More Time to Make Memories

Emily Thompson

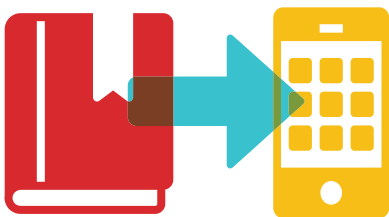
Technology makes it possible for anyone to plan their travel from a computer or smartphone. But being your own travel agent can feel overwhelming with so many options. Here are our recommendations for free tools to simplify your travel planning and maximize your experience at the destination.



Find travel deals with Skyscanner

Find the best deals on flights, hotels and more using Skyscanner's powerful search tools. Skyscanner can even help you choose the best destination for your budget. Search flexible travel dates to discover the best time of year to travel domestically or internationally on a budget. For multi-city trips, you can compare prices for up to six destinations at the same time.

[skyscanner.com](https://www.skyscanner.com)



Consolidate and share your itinerary with Triplt®

Triplt consolidates all your travel itineraries into one convenient location, full of features designed to take the stress out of traveling. The free version of Triplt adds plans directly from your email inbox, syncs across all your devices and helps you share your trip information with others. It also shows neighborhood safety scores, transportation options and includes maps of airports and terminals. The paid version includes even more convenient features, such as managing frequent flyer and hotel rewards programs.

tripit.com/web

More Time to Make Memories



Learn a new language with Duolingo

Duolingo is a free language-learning platform designed like a game, making it easy to learn a new language. Take the time to practice polite greetings and common phrases in the language spoken in your travel destinations. While many people around the world learn English in addition to their native tongue, this sign of respect will likely be appreciated and reciprocated. When a native speaker realizes from your accent that you speak English, they will likely attempt to continue the interaction in English as a courtesy, if they can.

[duolingo.com](https://www.duolingo.com)



Free messaging and calling with WhatsApp

Reliable cellular service may be difficult to find while traveling to rural or international destinations. You can communicate with your travel companions and your loved ones back home using a Wi-Fi connection and WhatsApp. Free messaging, group chats and WhatsApp Calling are available around the world.

[whatsapp.com](https://www.whatsapp.com)



Plan a road trip with Roadtrippers

Taking to the open road this summer? Roadtripper can help you plan your trip and get more out of it once you're on your way. Discover local restaurants, attractions, historical sites and more with reviews from other users. Sort by themes, including national parks, campgrounds, RV rentals, offbeat guides and more. Follow navigation, book hotels along the way and discover places to visit all within the Roadtripper app.

[roadtrippers.com](https://www.roadtrippers.com)

The Gig Economy For Experienced Professionals

Emily Thompson

The traditional 40-hour workweek in an office is a thing of the past. How about working from a laptop on a beach in Thailand instead? Clients and talent both benefit from the flexibility of project-based work. Experienced professionals have the opportunity to work remotely while still earning rates comparable to traditional executive jobs. Opportunities range from business consulting to architecture and engineering. Clients benefit from the ability to hire talent quickly who can deliver specific projects and expertise without the overhead of a full-time employee.



Photo: Westend61

TalMix

TalMix.com connects talent and companies in more than 150 countries. Opportunities for talent range from project-based work to interim projects and even full-time employment in 100+ sectors. The experience level for TalMix's 400,000+ consultants ranges from junior consultants to c-suite level executives.

- ▶ Free for consultants, companies pay a fee for talent placement
- ▶ TalMix handles invoicing and payment between parties
- ▶ Consultants compete for projects based on the strength of their proposal
- ▶ Clients give consultants a ballpark budget range, and consultant negotiates final details

Guru

Guru.com freelancers have experience in a variety of professional services, including web development, advertising, sales and marketing, finance, graphic design, architecture and engineering and law, among others. Employers post jobs and freelancers create a profiles to search listings and to apply. Clients can pay by project milestones, by task, by the hour or use recurring payments. Clients pay a 2.5% transaction fee each time they pay an invoice.

- ▶ 3,000,000 members worldwide
- ▶ 1,000,000 jobs completed
- ▶ \$250,000,000 paid to Guru freelancers

Graphite

Graphite.com vets consultants, executives and boutique firms for clients looking for specific domain-knowledge and functional experience. They vet their growing talent pool of 5,200+ so that clients can find the talent efficiently. Graphite Experts are experts in their fields. Clients can post listings to the website, call or email account managers for help specifying the scope of work, required skills and time required for the engagement. Graphite handpicks candidates for clients to interview over the phone or in-person. Clients and experts use the Graphite website to manage the engagement and handle contracting and billing.

- ▶ 800+ consultants with Big-3 consulting experience (Bain, Boston Consulting Group, McKinsey)
- ▶ 65% of experts have advanced degrees from top programs (MBA, Ph.D., J.D., etc.)
- ▶ 12-15 years of experience working at top firms

The Gig Economy For Experienced Professionals

Upwork

The largest of the freelance websites, Upwork.com is used by 5+ million businesses globally. Work is available for short-term tasks, recurring projects and full-time contract work. The site is free for clients to search candidates and for freelancers to create profiles. Clients approve work through upwork.com before freelancers begin their scope. Invoicing and payment are also made through the Upwork website.

- ▶ 170+ countries
- ▶ Price work by the hour or set a fixed price
- ▶ Freelancers pay a 20% fee on their first \$500 of transactions, then the fee drops to 10% per transaction
- ▶ Clients pay a 3% transaction fee when they pay their freelancers

Toptal

Toptal.com is an exclusive network of freelance project managers, software developers, finance experts, designers and product managers. To ensure that they are providing top-rated talent, only 3% of freelancers who apply to find work through Toptal are accepted. Clients include Fortune 500 companies as well as small businesses. Toptal provides a no-risk trial period for clients when they hire a freelancer. Clients pay a \$500 initial fee which is refunded if they decide not to hire a freelancer. Clients also pay an hourly rate, which is significantly more than the rate actually earned by the freelancer.

- ▶ Global network of talent
- ▶ Only 3% of freelancers are approved to work with Toptal clients
- ▶ No-risk trial period for employers



GROWING **BOLDER**



MEDICARE



@GROWINGBOLDER

FOR MORE INFORMATION ON GROWING BOLDER AND FLORIDA BLUE MEDICARE
GO TO [GROWINGBOLDER.COM/MEDICARE](https://growingbolder.com/medicare).

Florida Blue and Florida Blue Medicare are Independent Licensees of the Blue Cross and Blue Shield Association.

Y0011_104923 2021_C