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## A WEARABLE PATCH FOR EASY HYDRATION TRACKING

 HEALTH & WELLBEING

**A company has made a hydration patch that monitors real-time sweat, electrolytes, motion, and skin temperature**

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### Takeaway:

High temperatures often have a negative effect on physical and cognitive performance, and extreme heat causes **1,300 deaths** a year in the US alone. Workers exposed to extreme heat, prolonged work in hot environments, or who engage in strenuous physical activity may be

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risk for heat stress. Epicore's Connected Hydration patch provides accurate data that allows users to be better in tune with their bodies and stop activities before they become potentially dangerous.