

ENABLING PROGRAMMABLE SELF WITH HEALTHVAULT BH ANDARI VAIBHAV%0A

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Chapter 4. Using the HealthVault Data Ecosystem for Self-Tracking The Quantified Self community is engaged in enabling self-knowledge through self-tracking. Self-tracking, powered by appropriate data analysis, has been proven to trigger behavioral change. The act of self-tracking creates awareness and feedback. The hunger for, and success of, self-knowledge is evident from the growing number

[Toolmaker Talk: Vaibhav Bhandari \(Enabling Programmable ...](#)

Bhandari: Enabling Programmable Self with HealthVault is a concise book explaining how Microsoft HealthVault can be used for self-tracking and behavior change. It shows how users can enable automatic updates from well-known fitness devices like Fitbit; how they can collect and analyze their health data; and how application developers can help them with mobile or web-based applications. The [Enabling Programmable Self with HealthVault - Enabling ...](#)

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