



### The Growing Role of Biometric Wearables in Primary Care

Over the last several years, biometric wearables—such as continuous glucose monitors (Freestyle Libre, Dexcom), the Oura Ring, WHOOP band, Apple Watch, and similar health-tracking devices—have evolved from simple gadgets into powerful tools that can meaningfully support your health.

In concierge primary care, our goal is not just to react to illness, but to understand you more completely—how you sleep, move, recover, and respond to daily stress. These devices give us real-time insights that help both you and your care team make quicker, more informed decisions and meaningful lifestyle adjustments that can have a lasting impact on your overall well-being. What makes biometric wearables especially valuable is their ability to capture information that's difficult to recall accurately during an office visit. Data on sleep quality, heart rate variability, respiratory rate, activity levels, blood-glucose trends, and recovery patterns allows us to see a clearer picture of your day-to-day health—often revealing early signs of stress, overtraining, metabolic changes, or illness weeks before symptoms would typically appear.

For patients actively working on lifestyle improvement, these tools can also be incredibly motivating. Objective trends—such as improved sleep consistency, increased daily movement, or a lower resting heart rate—help us personalize recommendations and celebrate progress together. This shared visibility strengthens the patient-physician relationship and supports more sustainable, long-term behavior change.

Wearable data also adds valuable context during visits. If you're feeling fatigued, we may see disrupted sleep or elevated nighttime heart rate. If blood pressure or blood sugar is difficult to control, activity and recovery trends may highlight contributing factors. Having this continuous background allows us to intervene earlier, tailor treatment strategies, and sometimes avoid unnecessary testing when the data already points us in the right direction.

As these technologies continue to advance, they allow us to move beyond episodic care toward a more proactive, longitudinal approach to your health. By thoughtfully integrating wearable data into your care plan, we can enhance prevention, identify risks sooner, and guide you toward healthier, more sustainable habits.

Biometric wearables are not meant to replace clinical judgment—but when used collaboratively, they serve as a powerful extension of it. If Biometric wearables interest you, consider exploring how this data can support you in becoming the healthiest version of yourself.

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## Administrative Updates

Please welcome our newest physicians - **Dr. Akira Numajiri** (Internal Medicine) to our Dallas- Gaston office and **Dr. Farhan Lalani** (Internal Medicine) to our Dallas - Park Cities office . Both Dr. Numajiri and Dr. Lalani are accepting New Patients.

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Preferred Health Partners

## Locations

### Austin

1305 W. 34th St. Suite 204  
Austin, Texas 78705  
737-285-3770

### Dallas - Gaston

3417 Gaston Ave. Suite 700  
Dallas, TX 75246  
214-823-4800

### Dallas - Junius

3900 Junius St. Suite 415  
Dallas, TX 75246  
972-993-8300

### Frisco

3535 Victory Group Way Suite 330  
Frisco, TX 75034  
972-993-5070

### Las Colinas

440 W. I-635 Suite 405  
Irving, TX 75063  
972-993-5080

### Park Cities

8222 Douglas Ave. Suite 600  
Dallas, TX 75225  
972-993-5040

### Plano

4708 Dexter Dr. Suite 400  
Plano, TX 75093  
972-993-5050

### Walnut Hill

8144 Walnut Hill Suite 360  
Dallas, TX 75231  
972-993-8350

### Fort Worth

7633 Bellaire Dr. South,  
Suite 117  
Fort Worth, TX 76132  
817- 415-1670

## Healthy Habits:

## Black-Eyed Pea Soup

Author: Alex Snodgrass

Serves 8

### Ingredients

- 2 tbsp. extra virgin olive oil
- 1 cup diced-small red bell pepper (or 1 medium red bell pepper)
- 1 cup diced small carrot (or 1 large carrot)
- 1 1/2 cups small diced yellow onion (or 1 small onion)
- 4 cloves garlic minced
- 1/2 cup seeded and finely diced jalapeno (or 1 large jalapeno)
- 1 teaspoon kosher salt plus more to taste
- 1/2 teaspoon freshly ground black pepper plus more to taste
- .1 teaspoon kosher salt plus more to taste
- .1/2 teaspoon freshly ground black pepper plus more to taste
- 2 cups diced, cooked ham
- 24 oz pre-soaked black-eyed peas
- 8 cups chicken bone broth
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 bay leaf
- 4 cups kale removed from stem and loosely chopped or collard greens

### Directions

1. Heat olive oil in a soup pot or dutch oven over medium-high heat.
2. Add the onion, bell pepper, carrot, garlic, jalapeno and a pinch of salt and pepper. Saute until tender, 5-7 minutes.
3. Add in the diced ham and saute 2 more minutes.
4. Add the black-eyed peas, broth, chili powder, cumin, and bay leaf to the pot. Stir to combine then bring to a boil. Reduce heat to low (or a light simmer) and let simmer, covered, until the peas are very tender, about 1 1/2 hours.
5. When the peas are tender, add in the kale or collard greens and stir in until wilted down into the soup. Taste the soup and add salt and pepper, if desired.
6. Remove the bay leaf. Serve and enjoy!