

Microsoft launches Copilot Health, which supports the analysis of health data from wearable devices.

Microsoft introduces Copilot Health, an AI assistant that can analyze health data from Apple Health, Fitbit, Oura, and medical records to help users better understand their bodies.

Microsoft **has** just introduced **Copilot Health** , a new version of its **Microsoft Copilot** AI assistant designed to help users better understand health data collected from smart wearable devices.

In recent years, AI tools have been increasingly applied in the healthcare field. Before Microsoft, **OpenAI** had already added many health-related features to its chatbots. With Copilot Health, Microsoft aims to leverage AI to transform the massive amount of health data from wearable devices into easily understandable and useful information.

Transform health data into an easily understandable 'story'.

According to Microsoft, devices like smartwatches or fitness trackers can collect a lot of data, but extracting meaningful information from that data is not easy.

This is the role of Copilot Health. Microsoft emphasizes that this tool **is not intended to replace doctors** , but rather to help users aggregate and analyze personal health data. In the company's words, Copilot will 'use intelligence to turn data into a meaningful story,' thereby helping users better understand their bodies and be better prepared for doctor visits.

Supports data from multiple devices and medical records.

With user permission, Copilot Health can access various data sources.

First, there's data from over 50 wearable health devices, including popular platforms like **Apple Health** , **Oura**, and **Fitbit** . This data can include activity levels, sleep habits, vital signs, and health trends over time.

Additionally, the system can access medical records from over 50,000 hospitals and healthcare providers in the US through the **HealthEx** platform . Information such as appointment summaries, lists of medications being used, and test results can all be included for analysis.

In addition, Copilot Health also supports in-depth test results from **Function Health** .

Verified medical data

Microsoft states that it places particular emphasis on the reliability of information. Health-related answers are based on data from healthcare organizations in more than 50 countries, with clear source citations and links to the original documents.

According to the company, more than 230 doctors from 24 countries contributed to the development of this system.

In addition to analyzing health data, Copilot Health can also help users find doctors that match their insurance plan, as well as filter by specialty, geographic location, or language.

Health data is considered one of the most sensitive types of personal information, so Microsoft places particular emphasis on its security.

According to the company, conversations with Copilot Health and users' health data **are completely separate from regular Copilot** and will **not be used to train AI models** . Users can also revoke access to data sources or delete all information at any time.

Microsoft hasn't rolled out Copilot Health widely yet. Those who want to experience the service can sign up for a waiting list on the official website.

Initially, Copilot Health was only available in the US, supported English, and was for users 18 years and older.

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