

1106-62-1933 **Talithia Williams*** (twilliams@hmc.edu), 301 Platt Blvd., Claremont, CA 91711. *A Statistician's Guide to Becoming Your Body's Expert.*

The new breed of high-tech self-monitors that measure heart rate, sleep, and steps per day might seem targeted at competitive athletes, all of us should be measuring and recording simple data about our bodies every day. In many ways, our own data can reveal much more than even our doctors may know. Temperature, blood pressure, and heart rate are all forms of data that can help us understand our bodies and recognize when something is going wrong, enabling our doctors to better diagnose us. Since doctors have to work from very generalized data about people's health, we can all benefit from using statistical data to uniquely characterize our body. Personal data can tell a story about your life which can empower you to make better decisions about your personal health. This talk will explore statistical methods surrounding personal data and how data about ourselves that can provide insight into our personal health. (Received September 15, 2014)