



Written by [John and Nisha Whitehead](#) on July 16, 2025

The Wearables Trap: How the Government Plans to Monitor, Score, and Control You

Bodily autonomy — the right to privacy and integrity over our own bodies — is rapidly vanishing.

We are entering a new age of algorithmic, authoritarian control, where our thoughts, moods, and biology are monitored and judged by the state.

This is the dark promise behind the newest campaign by Robert F. Kennedy Jr., President Trump’s Secretary of Health and Human Services, to push for [a future in which all Americans wear biometric health-tracking devices](#).



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Under the guise of public health and personal empowerment, this initiative is nothing less than the normalization of 24/7 bodily surveillance — ushering in a world where every step, heartbeat, and biological fluctuation is monitored not only by private companies but also by the government.

In this emerging surveillance-industrial complex, health data becomes currency. Tech firms profit from hardware and app subscriptions, insurers profit from risk scoring, and government agencies profit from increased compliance and behavioral insight.

This convergence of health, technology, and surveillance is not a new strategy — it’s just the next step in a long, familiar pattern of control.

Surveillance has always arrived dressed as progress.

Every new wave of surveillance technology — GPS trackers, red light cameras, facial recognition, Ring doorbells, Alexa smart speakers — has been sold to us as a tool of convenience, safety, or connection. But in time, each became a mechanism for tracking, monitoring, or controlling the public.

What began as voluntary has become inescapable and mandatory.

The moment we accepted the premise that privacy must be traded for convenience, we laid the groundwork for a society in which nowhere is beyond the government’s reach — not our homes, not our cars, not even our bodies.

[RFK Jr.’s wearable plan](#) is just the latest iteration of this bait-and-switch: marketed as freedom, built as a cage.

According to Kennedy’s plan, which has been promoted as part of a national campaign to “[Make America Healthy Again](#),” wearable devices would track glucose levels, heart rate, activity, sleep, and



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more for every American.

Participation may not be officially mandatory at the outset, but the implications are clear: get on board, or risk becoming a second-class citizen in a society driven by data compliance.

What began as optional self-monitoring tools marketed by Big Tech is poised to become the newest tool in the surveillance arsenal of the police state.

Devices like Fitbits, Apple Watches, glucose trackers, and smart rings collect astonishing amounts of intimate data — from stress and depression to heart irregularities and early signs of illness. When this data is shared across government databases, insurers, and health platforms, it becomes a potent tool not only for health analysis — but for control.

Once symbols of personal wellness, these wearables are becoming digital cattle tags — badges of compliance tracked in real time and regulated by algorithm.

And it won't stop there.

The body is fast becoming a battleground in the government's expanding war on the inner realms.

The infrastructure is already in place to profile and detain individuals based on perceived [psychological "risks."](#) Now imagine [a future in which your wearable data triggers a mental health flag](#). Elevated stress levels. Erratic sleep. A skipped appointment. A sudden drop in heart rate variability.

In the eyes of the surveillance state, these could be red flags — justification for intervention, inquiry, or worse.

RFK Jr.'s embrace of wearable tech is not a neutral innovation. It is an invitation to expand the government's war on thought crimes, health noncompliance, and individual deviation.

It shifts the presumption of innocence to a presumption of diagnosis. You are not well until the algorithm says you are.

The government has already weaponized surveillance tools to silence dissent, flag political critics, and track behavior in real time. Now, with wearables, they gain a new weapon: access to the human body as a site of suspicion, deviance, and control.

While government agencies pave the way for biometric control, it will be corporations — insurance companies, tech giants, employers — who act as enforcers for the surveillance state.

Wearables don't just collect data. They sort it, interpret it, and feed it into systems that make high-stakes decisions about your life: whether you get insurance coverage, whether your rates go up, whether you qualify for employment or financial aid.

As [reported by ABC News](#), a *JAMA* article warns that wearables could easily be used by insurers to deny coverage or hike premiums based on personal health metrics like calorie intake, weight fluctuations, and blood pressure.

It's not a stretch to imagine this bleeding into workplace assessments, credit scores, or even social media rankings.

Employers already offer discounts for "voluntary" wellness tracking — and penalize nonparticipants. Insurers give incentives for healthy behavior — until they decide unhealthy behavior warrants punishment. Apps track not just steps, but mood, substance use, fertility, and sexual activity — feeding the ever-hungry data economy.



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We now face the quiet erosion of autonomy through the normalization of constant monitoring.

We must ask: when surveillance becomes a condition of participation in modern life — employment, education, health care — are we still free? Or have we become, as in every great dystopian warning, conditioned not to resist, but to comply?

That's the hidden cost of these technological conveniences: today's wellness tracker is tomorrow's corporate leash.

Once health tracking becomes a de facto requirement for employment, insurance, or social participation, it will be impossible to "opt out" without penalty. Those who resist may be painted as irresponsible, unhealthy, or even dangerous.

This is not merely the expansion of health care. It is the transformation of health into a mechanism of control — a Trojan horse for the surveillance state to claim ownership over the last private frontier: the human body.

Once biometric data becomes currency in a health-driven surveillance economy, it's only a matter of time before that data is used to determine whose lives are worth investing in — and whose are not.

This isn't a left or right issue.

The conquest of physical space — our homes, cars, public squares — is nearly complete.

What remains is the conquest of *inner* space: our biology, our genetics, our psychology, our emotions. As predictive algorithms grow more sophisticated, the government and its corporate partners will use them to assess risk, flag threats, and enforce compliance in real time.

The goal is no longer simply to monitor behavior but to reshape it — to preempt dissent, deviance, or disease before it arises.

As I make clear in my book [Battlefield America: The War on the American People](#) and in its fictional counterpart [The Erik Blair Diaries](#), now is the time to draw the line — before the body becomes just another piece of state property.

About John & Nisha Whitehead:

Constitutional attorney and author John W. Whitehead is founder and president of The Rutherford Institute. His latest books [The Erik Blair Diaries](#) and [Battlefield America: The War on the American People](#) are available at www.amazon.com. Whitehead can be contacted at johnw@rutherford.org. Nisha Whitehead is the Executive Director of The Rutherford Institute. Information about The Rutherford Institute is available at www.rutherford.org.



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