



How Agentic AI Is Changing The World Of HealthTech

Barbara Stewart

Throughout 2025, I interviewed 50 successful people for my 16th annual research paper, “Health is Wealth: What’s Your Healthiest Habit?” One of my key questions was “Do you use any HealthTech?” I collected personal stories as to how and why my interviewees were using different HealthTech apps. But in all my years of doing research, something odd has happened: Agentic AI is evolving so rapidly that new tools and apps have emerged in the weeks since I launched the report!

respondents wearing them daily. Top brands include Garmin, Apple and Huawei.

Fitness Tracking Device Or Workout App

Brian Miller is a former Chief Technology Officer in Toronto:

“My healthiest habit is consistently being active. The main communication platform I have with my coach is an app

The HealthTech Landscape

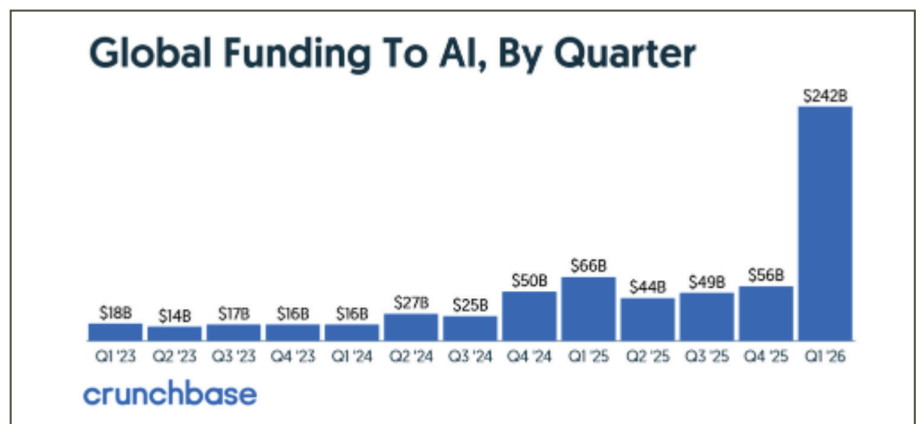
In 2025, U.S.-based health tech venture capital funding was US\$14.2B, and well ahead of 2023 and 2024 levels, although below the record almost \$30B in COVID-fuelled 2021. See the first chart on the right.

As of Q1 2026, AI investing was surging, hitting \$242B globally, and making up an astonishing 81% of all VC funding for the quarter, up from a previous record of 55% share in Q1 last year.



The Top 3 HealthTech Apps

All HealthTech products mentioned are accessible via smartphones, smart watches, or standalone apps. Perhaps not surprisingly, smart watches are the most popular, with 25% of



called Training Peaks: we record my workouts, my results, and I comment on how I felt during the workout. I also use Garmin Connect: the watch, the head unit and a power meter. Also, I use Strava, which is kind of like a Facebook for athletes.”

Heart Health App

Maithili Desai is Director, Head of Derivatives Software Development & Cross Functional Capability Technical Lead at Nordea Markets, Corporates & Institutions in Copenhagen:

“The main turning point for me was when I became a parent. I realized how important it is to exercise, meditate, and journal. Fueling myself in this way is for my own functioning.

These days, I use a couple of different HealthTech apps to help the cause - Apple Health on my iPhone and Heartify: Heart Health Monitor.”

Sleep App

Tyler Chisholm is the Co-Founder & CEO of Clear Motive Marketing Group in Calgary:

“I now have 1,600 nights of data on my Sleep Cycle alarm clock! My least healthy habit is ruminating. I do it far less than I used to, but it is still a thing for me. Just the other day, my team had a business loss, and I woke up at 4 a.m., fretting about it. Will ruminating like this actually help anything? My wise grandmother used to say, “You can’t build a barn at night!” Sleep is key.”

Interestingly, nearly one quarter of those interviewed said they do not use any HealthTech apps at all!

Daniel Labrecque is the Chairman & CEO of DNA Capital in Montreal:

“I avoid using health tech apps of any kind: we have enough tech around us. I’m also doing my best to avoid watching videos before I sleep and instead, listen to music. Especially as I’m getting older, I need to focus on managing my energy: our bodies are machines, and sleep is critical to proper functioning. I make sure to sleep for 7-8 hours solid every night.”

Sandrine Berezowski is the Co-Founder & CEO of Philosoph-AI in Calgary:

“I tell my friends to get rid of their Oura rings: you are your own enemy. I got rid of my Apple Watch a couple of years ago for two reasons. First, I’m AI-conscious, and I don’t like

the idea of sending my data to them, and second, I don’t like receiving nagging negative messages like “you should walk now to achieve your goal!”

How Agentic AI Is Changing The World Of HealthTech

First, what is Agentic AI? According to IBM’s Think 2026 blog:

“Agentic AI is an artificial intelligence system that can accomplish a specific goal with limited supervision. It consists of AI agents—machine learning models that mimic human decision-making to solve problems in real time. In a multi-agent system, each agent performs a specific subtask required to reach the goal and their efforts are coordinated through AI orchestration. Unlike traditional AI models, which operate within predefined constraints and require human intervention, agentic AI exhibits autonomy, goal-driven behaviour, and adaptability. The term “agentic” refers to these models’ agency, or their capacity to act independently and purposefully.”¹

Next, how is Agentic AI changing the world of HealthTech?

A recent New York Times article talked about how everyday athletes are turning to AI for training advice.² Just ask “Coach GPT” if you want to design your own personalized program for anything from a half-marathon training schedule to a HIIT (high-intensity interval training) workout that takes into account your specific set of injuries. On top of this, Claude or ChatGPT will engage in a back-and-forth with you on any of your related questions. One example provided was an Ironman who asked ChatGPT how to improve his personal best by nearly 30 minutes, and it produced a sensible plan immediately. In another case, a female weightlifter kept a running conversation with ChatGPT to talk through how each session felt and to log her nutrition. She came to appreciate the validation and the tough love after hard workouts. “It’s like: ‘You’re not at your protein goal. You need to drink a shake right now.’”

Finally, is there a way to invest in this trend?

No doubt there are Exchange-Traded Funds (ETFs) for the HealthTech sectors of interest to you. But as the space is growing so rapidly, investors may be wise to pay close attention to the startups.

Maria Pacella, Managing Partner of Pender Ventures in Vancouver, was recently quoted in an article for the Canadian Family Offices platform:

"...certain areas in healthcare are seeing a lot of capital and are quicker to create return on investment. These include decision support, ambient documentation (medical scribes), revenue cycle and administration automation, drug discovery and precision automation, mental health platforms, women's health and hormone optimization, and remote patient monitoring."

Pacella says solutions that deliver cost savings, lead to productivity gains and speed up medical processes are increasingly being seen as delivering the most rapid returns to investors.³

Barbara Stewart is a Chartered Financial Analyst (CFA) with 30+ years of investment industry experience; five years as a foreign currency trader, more than two decades as a portfolio manager for high-net-worth entrepreneurs, and for the past nine years doing interview-driven research for multiple global financial institutions. To learn more about Barbara's research visit www.barbarastewart.ca

- 1 <https://www.ibm.com/think/topics/agenic-ai>
- 2 <https://www.nytimes.com/2026/04/18/well/move/ai-fitness-coach-chatgpt-claude.html>
- 3 <https://canadianfamilyoffices.com/member-content/healthcare-it-where-venture-still-makes-sense-for-long-duration-capital/>