Beyond the Clinic: A Large-Scale Evaluation of Augmenting EHR with Wearable Data for Diverse Health Prediction

Will Ke Wang KW3215@CUMC.COLUMBIA.EDU
Columbia University

Rui Yang YANG_RUI@U.NUS.EDU
National University of Singapore

Chao Pang CP3016@CUMC.COLUMBIA.EDU
Columbia University

Karthik Natarajan KN2174@CUMC.COLUMBIA.EDU
Columbia University

Nan Liu LIU.NAN@DUKE-NUS.EDU.SG
National University of Singapore

Daniel McDuff DMCDUFF@GOOGLE.COM
Google

David J Slotwiner DJS2001@MED.CORNELL.EDU
NewYork-Presbyterian in Queens

Fei Wang FEW2001@MED.CORNELL.EDU
Weill Cornell Medicine

Matthew B.A. McDermott MM6677@CUMC.COLUMBIA.EDU
Columbia University

Xuhai Xu XX2489@CUMC.COLUMBIA.EDU
Columbia University

Abstract

Electronic health records (EHRs) provide a powerful basis for predicting the onset of health outcomes. Yet EHRs primarily capture in-clinic events and miss aspects of daily behavior and lifestyle containing rich health information. Consumer wearables, by contrast, continuously measure activity, heart rate, and sleep, and more, offering complementary signals that can fill this gap. Despite this potential, there has been little systematic evaluation of the benefit that wearable data can bring to health outcome prediction on top of EHRs. In this study, we present an extensible framework for multimodal health outcome prediction that integrates EHR and wearable data streams. Using data from the All of Us Program, we systematically compared the combination of different encoding methods on EHR and wearable data, including the traditional feature engineering approach, as well as foundation model embeddings. Across ten clinical outcomes, wearable integration consistently improved model performance relative to EHR-only baselines, e.g., average ΔAUROC +6.8% for major depressive disorder, +9.7% for hypertension, and +12.6% for diabetes. On average across all ten outcomes, fusing EHRs with wearable features shows 8.5% improvement in AUROC. To our knowledge, this is the first large-scale evaluation of wearable–EHR fusion, underscoring the utility of wearable-derived signals in complementing EHRs and enabling more holistic, personalized health outcome predictions. Meanwhile, our analysis elucidates future directions for optimizing foundation models for wearable data and its integration with EHR data.

Keywords: Electronic Health Records (EHR), Wearable Data, Multimodal Data Fusion, Health Outcome Prediction

Data and Code Availability Data used for this study is available upon approval through the *All of Us*

© 2025 W.K. Wang, R. Yang, C. Pang, K. Natarajan, N. Liu, D. McDuff, D.J. Slotwiner, F. Wang, M.B. McDermott & X. Xu.

Research Program. The codebase is made available at GITHUB/AoU_Wearable.

Institutional Review Board (IRB) Redacted

1. Introduction

Electronic health records (EHRs) have become an important data foundation for predicting health outcomes in the past decades, with predictive models developed from them demonstrating strong performance across a variety of clinical tasks (Rajkomar et al., 2018; Goldstein et al., 2017). However, EHRs only capture episodic, clinic-centered snapshots of health status (Goldstein et al., 2017), missing the continuous physiological and behavioral patterns unfolding in patients' daily lives between clinical encounters. This temporal sparsity represents a critical blind spot: while EHRs excel at documenting what happens during healthcare interactions, they cannot capture daily health indicators such as deviations in resting heart rate, changes in activity patterns, or sleep disruptions that often precede clinical events and could enable earlier intervention (Liu et al., 2025b; Xu et al., 2023).

Consumer wearable devices offer a solution to address this gap, providing continuous behavrioral and physiological data streams to capture everyday behavior patterns that embed health-related information complementary to EHRs (Li et al., 2017; AllofUs, 2019; Ginsburg et al., 2024) and have the potential to enhance EHR-based predictive models. Recent studies have shown that at the population scale, daily behaviors captured by consumer wearables link to various clinical outcomes: Master et al. (2022) "identified consistent and statistically significant associations between activity levels and incident diabetes, hypertension, GERD, MDD, obesity and sleep apnea"; Zheng et al. (2024) has found that irregular timing and shorter sleep relate to higher hazards for conditions including hypertension, MDD, and generalized anxiety disorder (GAD). Recent work has started to evaluate ML models on wearable data to predict health outcomes. For example, Kundrick et al. (2025) built wearable-based models to predict future hospitalization and incident cardiovascular disease (CVD). Xu et al. (2023) built algorithms on wearable data to predict young adults' depressive symptoms in daily behavior.

Building on this encouraging signal, there are emerging efforts that combine EHRs and wearable data for clinical outcome prediction. Modde Epstein and McCoy (2023) conducted a feasibility study linking EHRs with Fitbit data and showed that longitudinal heart rate patterns during pregnancy reveal distinct physiological changes and could help detect maternal health problems early. Some studies combined EHR data with wearable sensor features to predict hospital readmission, demonstrating that the combined signals can significantly improve model performance (Yhdego et al., 2023; Nagarajan et al., 2024). However, most of these works are either limited by small, single-center cohorts or focused on narrowly scoped clinical questions of particular health outcomes. The value of wearable data to enhance EHR-based predictive models has not been validated in any systematic, large-scale setup.

In this work, **we conduct the first comprehensive and systematic evaluation of EHR and wearable integration for multimodal predictive models across diverse disease outcomes** by leveraging the recent *All of Us* Program that offers large cohorts with longitudinal wearable data (Fitbit) linked with their EHRs (formatted in Observational Medical Outcomes Partnership OMOP Common Data Model) (AllofUs, 2019).

We build a standardized, reproducible data processing and modeling pipeline to fuse EHR and wearable modalities. We systematically evaluate our pipeline across ten diseases: Hyperlipidemia, Hypertension, Gastroesophageal Reflux Disease (GERD), Generalized Anxiety Disorder (GAD), Major Depressive Disorder (MDD), Obesity, Sleep Apnea, Type II Diabetes, Heart Failure, Atrial Fibrillation. Figure 1 presents the task setup. A common challenge in this effort is determining the most effective way to represent and integrate these distinct data modalities. To address this, we draw upon recent advancements in representation learning to compare a traditional feature engineering approach with a state-of-the-art foundation model for each data type. For EHR data, we evaluate both the traditional method of high-dimensional OMOP indicators and a sequence-generative approach, CEHR-GPT, which preserves chronological patient timelines and enables reproducible, shareable representations (Pang et al., 2024). For wearable data, we explore both a manual feature engineering approach that aggregates behavioral statistics over time and a time-series foundation model, MOMENT, which can provide general-purpose wearable data embeddings (Goswami et al., 2024). Finally, we evaluate three strategies for fusing

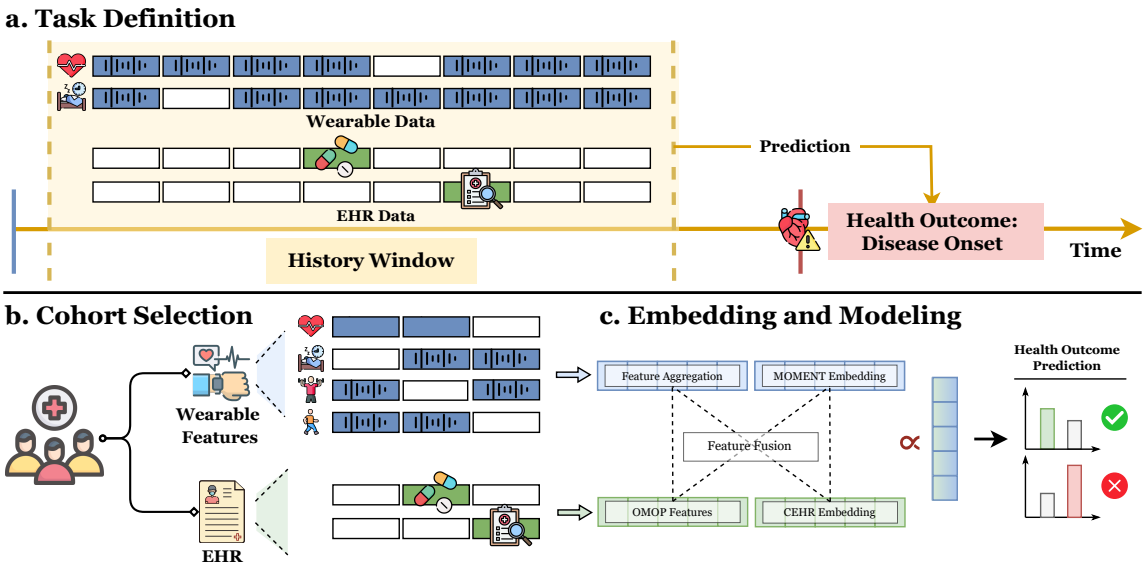


Figure 1: Overall workflow. (a) Task definition: we use historical EHR and wearable data to predict for disease onset recorded in the EHR system (b) Cohort Definition: Participants with both EHR and wearable data were selected and required to meet data quality control criteria. (c) Embedding and Modeling: Wearable data were encoded using feature engineering and MOMENT embeddings, while EHR data were represented using OMOP indicators and CEHR embeddings. Three fusion strategies—concatenation, weighted concatenation, and feature selection—were applied, and the fused representations were used for health outcome prediction.

these varied representations: concatenation, adjusted weighting, and top-k feature selection.

Our results show that integrating wearable data yields consistent and substantial performance gains for most conditions regardless of the encoding and fusion approaches. **On average across all ten outcomes, fusing EHRs with wearable features shows 8.5% improvement in Area under the ROC curve (AUROC).** Beyond these results, our comparisons of encoding methods offer deeper insights into the limitations of current general-purpose foundation models when applied to health outcome prediction. Our contributions are three-fold:

- We present the first large-scale, systematic benchmark on integrating consumer wearable data with EHRs for predicting ten diverse health outcomes. Our work provides a comprehensive and nuanced analysis of the significant predictive value that wearable data adds, quantifying the magnitude of improvement across different health conditions.
- Our analyses further identify the limitations of the state-of-the-art foundational models in health outcome prediction tasks, which shed light on future priority areas to advance EHR and wearable foundational models for AI health analytics.
- We open-source a standardized, reproducible, and extensible data processing and modeling pipeline to fuse EHR and wearable modalities for developing future multimodal health prediction models.

2. Methods

In this work, we address the predictive task of determining whether a patient will develop a given condition in the future based on their historical EHR data combined with continuous wearable sensor streams collected prior to diagnosis (pre-index period). Our experimental pipeline consists of the following key components: 1) Cohort Definition (Sec. 2.1) - finding clean cohorts with available EHR and wearable data and distinct disease onset; 2) Feature Extraction (Sec. 2.2) - comparing traditional feature engineering against foundation model embeddings for both EHR and wearable modalities; 3) Multimodal Feature Fusion (Sec. 2.3) - evaluating strategies to optimally combine these distinct data types; and 4) Systematic Evaluation (Sec. 2.4) - benchmarking performance across ten diverse clinical outcomes using

the All of Us dataset. Our framework is extensible to any clinical outcome of interest and allows us to quantify the added predictive value of wearable data beyond EHR-only baselines while exploring new approaches for multimodal health prediction.

2.1. Cohort Definition

We implemented a rigorous cohort definition to develop high-quality datasets for clinical outcome prediction using integrated EHR and wearable sensor data from the **All of Us registered tier**. For participants with both EHR and wearable data, we applied systematic wearable data filters to ensure reliable physiological measures. A valid day required ≥240 minutes of sleep, heart rate between 30–240 bpm, and <90-minute discrepancy between total sleep time and sum of stages to confirm valid sleep architecture. Wearable records were aligned by defining the first valid day as the first with both valid sleep and heart rate, and the last valid day accordingly. Participants were retained only if ≥50% of days between these bounds were valid and the difference between the first and last valid days were at least 180 valid days.

A positive outcome was defined as evidence of the target disease via OMOP concept IDs, disease-specific prescriptions, or ICD-to-PheCode–mapped codes. To capture incident rather than pre-existing disease, we followed the practice of Master et al. (2022) and required the first evidence to occur ≥180 days after wearable tracking start, creating a temporal buffer to separate new-onset from prior conditions and ensuring sufficient wearable data. In this work, we focus on 10 disease outcomes that are well-represented in the All of Us dataset, per suggestion by Master et al. (2022).

All participants—positive and negative—needed healthcare engagement before wearable monitoring (to verify absence of prior disease indicators for positives and establish baseline activity) and after the observation period (to confirm continued engagement and follow-up). For incident cases, prediction time was anchored to one day before the first disease evidence (diagnostic PheCode, SNOMED, or drug code). For negatives, prediction time was one day before their last EHR record.

To ensure feature quality, we excluded participants with EHR data with invalid visit occurrence ids, or with insufficient or problematic sensor data. To prevent data leakage, we implemented train-test splitting that restricted held-out test sets to participants not present in CEHR model training data set. See Appendix A and Supplementary Figure 1 for detailed example using major depressive disorder as an exemplar outcome. See Appendix C for demographics break down for the final dataset used for each of the 10 outcomes.

2.2. Feature Extraction

We employed two representation methods for EHR data and two methods for wearable data that are aligned to each participant's pre-index window. For EHR, we have (i) OMOP binary indicators, (ii) a structured-EHR foundation model embedding (CEHR-GPT). For wearable data, we have (i) hand-engineered wearable summaries, and (ii) wearable time-series foundation embeddings (MOMENT). All features were computed *only* from data occurring before the index. All fusion variants applied the same scaler and feature-selection indices.

2.2.1. EHR Data Representation

(i) OMOP binary indicators (`inspectOMOP`)

Using the `inspectOMOP` Python package, we constructed sparse, interpretable features indicating whether each OMOP concept (e.g., "37003436" for COVID vaccine, "200219" for abdominal pain) appeared at least once pre-index:

$$x_{\text{OMOP},j} = \begin{cases} 1 & \text{if count(concept } j) > 0 \\ & \text{in } [\text{start}, \text{index}) \\ 0 & \text{otherwise.} \end{cases}$$

This yields a high-dimensional ($> 10^4$) binary vector $\mathbf{x}_{\text{EHR-OMOP}}$ aligned to the pre-defined observation window. The concept IDs are drawn from the OMOP Common Data Model standardized vocabulary, which can be explored and referenced through the Athena concept database at Athena.OHDSI.

(ii) Structured-EHR foundation embedding (CEHR-GPT)

We encoded each participant's longitudinal pre-index EHRs into a fixed-length embedding using a structured-EHR foundation model, CEHR-GPT (Pang et al., 2024). It uses a novel patient representation that encodes complete visit timelines with demographic prompts, visit-type tokens, discharge information, and artificial time tokens, enabling transformer models to preserve temporal dependencies across heterogeneous OMOP domains when generating dense EHR embeddings $\mathbf{x}_{\text{EHR-CEHR}} \in \mathbb{R}^{768}$.

Table 1: Summary of fusion approaches combining EHR and wearable data representations.

EHR Source	Wearable Source	Fusion Strategy	Feature Fusion Strategy	Overall Method
OMOP	Summary Features	Top-Features Concatenation	Univariate screening: top 50% wearable features + equal number of OMOP indicators, then concatenation	$[\mathbf{x}_{\text{EHR-OMOP}}, \mathbf{x}_{\text{wear-sum}}]$ (Concat)
	Time-Series Embedding	Top-Features Concatenation	Univariate screening: top OMOP indicators + top 50% (count = 512) time-series dimensions, then concatenation	$[\mathbf{x}_{\text{EHR-OMOP}}, \mathbf{x}_{\text{wear-ts}}]$ (Concat)
CEHR-GPT	Summary Features	Concatenation with Substitution	Replace 221 least-informative CEHR dimensions with 221 wearable features based on linear classifier coefficients	$[\mathbf{x}_{\text{EHR-CEHR}}, \mathbf{x}_{\text{wear-sum}}]$ (Concat)
		Weighted Concatenation	Weighted concatenation $X_{\text{fused}} = [\alpha \mathbf{x}_{\text{EHR-CEHR}} \vert \beta \mathbf{x}_{\text{wear-sum}}]$ with (α, β) optimized on 70/30 dev split	$[\mathbf{x}_{\text{EHR-CEHR}}, \mathbf{x}_{\text{wear-sum}}]$ (Weighted)
	Time-Series Embedding	Direct Concatenation	Direct concatenation of CEHR (768-dim) with time-series embedding (1024-dim)	$[\mathbf{x}_{\text{EHR-CEHR}}, \mathbf{x}_{\text{wear-ts}}]$ (Concat)
		Weighted Concatenation	Weighted concatenation with (α, β) in $[\alpha \mathbf{x}_{\text{EHR-CEHR}} \vert \beta \mathbf{x}_{\text{wear-sum}}]$ optimized on 70/30 dev split	$[\mathbf{x}_{\text{EHR-CEHR}}, \mathbf{x}_{\text{wear-ts}}]$ (Weighted)

Notes: All features were z-score standardized on the training set prior to fusion. Univariate screening based on AUROC performance.

2.2.2. Wearable Data Representation

(i) Wearable statistical summaries (221-dim)

From daily Fitbit's physical activity, heart rate (including daily resting heart rate), and sleep (total duration and stage minutes: light, deep, REM), we computed per-channel summary statistics over an 180-day pre-index window with the most valid days (up to 1 year before prediction time): mean, standard deviation, minimum, maximum, and an ordinary-least-squares linear trend (slope over day index). Concatenating across primitives produced 221 features per participant: $\mathbf{x}_{\text{wear-sum}} \in \mathbb{R}^{221}$. For each participant, wearable summaries were computed using an optimal 180-day window selected through a systematic search process: starting from the index date and moving backward in 7-day increments up to 365 days pre-index, all windows meeting the $\geq 50\%$ valid days threshold were evaluated, and the window with the largest number of valid days was selected for feature computation. No forward/backward filling was performed at the day level.

(ii) Wearable time-series foundation embeddings (MOMENT-1-large)

To capture temporal structure beyond summaries, we employed the time-series foundation model MOMENT-1-large (Goswami et al., 2024) to generate embeddings of wearable data. MOMENT-1-large is pretrained with a masked time-series modeling objective in a self-supervised manner and learns general representations from large-scale, multi-domain time-series data. In this study, we treated each participant's multivariate daily sequences as a matrix input (same data window as the statistical summary feature $\mathbf{x}_{\text{wear-sum}}$), with variables as channels and time as the sequence dimension. The model outputs a fixed-length sequence-level embedding of dimension $\mathbf{x}_{\text{wear-ts}} \in \mathbb{R}^{1024}$, which is used as the representation for downstream analysis.

2.3. Feature Fusion Approaches

We evaluated six late- and feature-level fusion strategies combining EHR (OMOP or CEHR) and wearable (summary or time-series) representations. When using OMOP representations for EHR, since $\mathbf{x}_{\text{EHR-OMOP}}$ has over 10^4 dimensions, we conducted top feature selection for both EHR and wearable embeddings before concatenating them (see top two rows in Table 1). When using CEHR representations, we experimented with wearable embedding concatenation ($\mathbf{x}_{\text{EHR-CEHR}} \in \mathbb{R}^{1024}$ and $\mathbf{x}_{\text{wear-ts}} \in \mathbb{R}^{768}$ have similar length), concatenation with substitution ($\mathbf{x}_{\text{EHR-CEHR}}$ is significantly longer than $\mathbf{x}_{\text{wear-sum}} \in \mathbb{R}^{221}$), and weighting (applicable for both $\mathbf{x}_{\text{wear-sum}}$ and $\mathbf{x}_{\text{wear-ts}}$), as indicated in the bottom four rows in Table 1. All constituent features were standardized (z-score) on the training set prior to fusion; the learned scaler was reused on test.

2.4. Evaluation

After feature fusion across the two data sources, classification used ℓ_2-regularized logistic regression. The inverse regularization strength C was selected by internal cross-validation on the training set and then fixed for test evaluation. After standardization, any remaining NaNs were set to zero.

For each health outcome, all model selection or finetuning used the training set only. The held-out test set for each outcome, disjoint from external CEHR training, was used *once* for final evaluation.

To obtain robust *paired* comparisons when evaluating a model trained on the test set, we generated 100 bootstrap resamples of the test set by sampling participants with replacement to the original test size. Resamples were prevalence-constrained to reflect the true positive rate with stratified sampling, requiring at least two positive samples. The *same* resampled indices were applied across all methods in each bootstrap round for a paired t-test. AUROC was the primary endpoint, and we report both mean and standard deviations of the AUROC scores. For each outcome, we compared the best of the EHR-only baselines (CEHR-only, OMOP-only) and the best of the fusion models.

2.5. Pipeline Extensibility

Our pipeline is disease-agnostic: to study new health conditions, researchers need only specify relevant phenotyping codes (e.g., SNOMED, PheCodes, or medications) to define incident cases, after which the same cohort construction, feature extraction, and fusion steps can be applied directly. Our pipeline code was open-sourced at GITHUB/AoU_Wearable, and the All of Us dataset we used in this study can be accessed via institutional permission after ethics training and registration.

3. Results

3.1. Wearable Integration Leads to Consistent Performance Gain

Figure 2 illustrates that for each of the 10 diseases, the best fusion model achieves a higher AUROC than the strongest EHR-only baseline, with gains ranging from modest improvements in Heart Failure (1.9%) to substantial increases for metabolic and psychiatric outcomes such as Type II Diabetes (12.6%), Hyperlipidemia (9.8%), and Major Depressive Disorder (6.8%). All improvements demonstrated statistical significance with $p < 0.001$. This universal improvement in performance underscores the complementary value of wearable-derived signals when combined with EHR data, which provide additional physiological and behavioral information not captured in clinical records.

In addition to the aggregated advantage, we further compare each pair of the multimodal model and the EHR baseline across all encoding methods and fusion strategies. As illustrated in Figure 3.1, nearly every data point lies above the diagonal line of equality, indicating universal improvements when wearable features are incorporated into EHR-based prediction models. Comparing each outcome's best EHR-wearable fusion model against its strongest EHR-only baseline yielded a mean AUROC improvement of +8.5% over 100 paired bootstrap resamples.

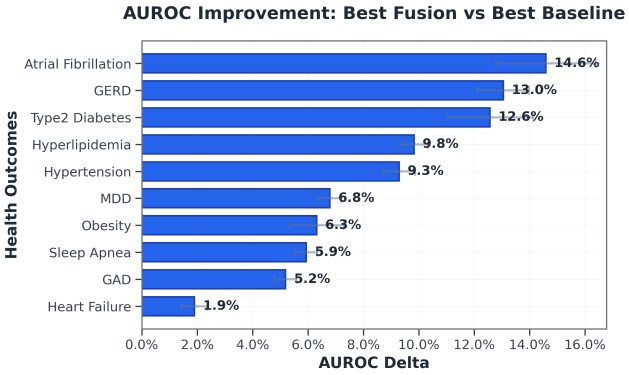


Figure 2: Performance gain of EHR-wearable multimodal models over the best EHR baseline. Error bars represent 95% confidence intervals.

For additional details on the exact performances of each fusion strategy for each health outcome, please refer to Supplementary Table 1 and Supplementary Table 2.

3.2. EHR Foundation Model Improves EHR-only Performance but Shows Less Benefit with Wearable Data

We further compare the traditional feature engineering-based and modern foundation model-based encoding methods on EHR data. Our analysis reveals distinct patterns in encoding effectiveness across different clinical contexts, as shown in Supplementary Table 2.

The EHR foundation model embeddings $\mathbf{x}_{\text{EHR-CEHR}}$ outperformed traditional OMOP encoding $\mathbf{x}_{\text{EHR-OMOP}}$ in most EHR-only predictions (6 out of 10 health outcomes, with an overall mean AUROC improvement of +5.2%), and its advantage became more consistent when integrated with wearable data (9 out of 10 outcomes, with an average improvement of +4.7% over OMOP-based fusion methods).

These results suggest that the rich, chronological patient representations learned by the foundation model provide effective substrates for fusion with continuous physiological signals from wearable devices.

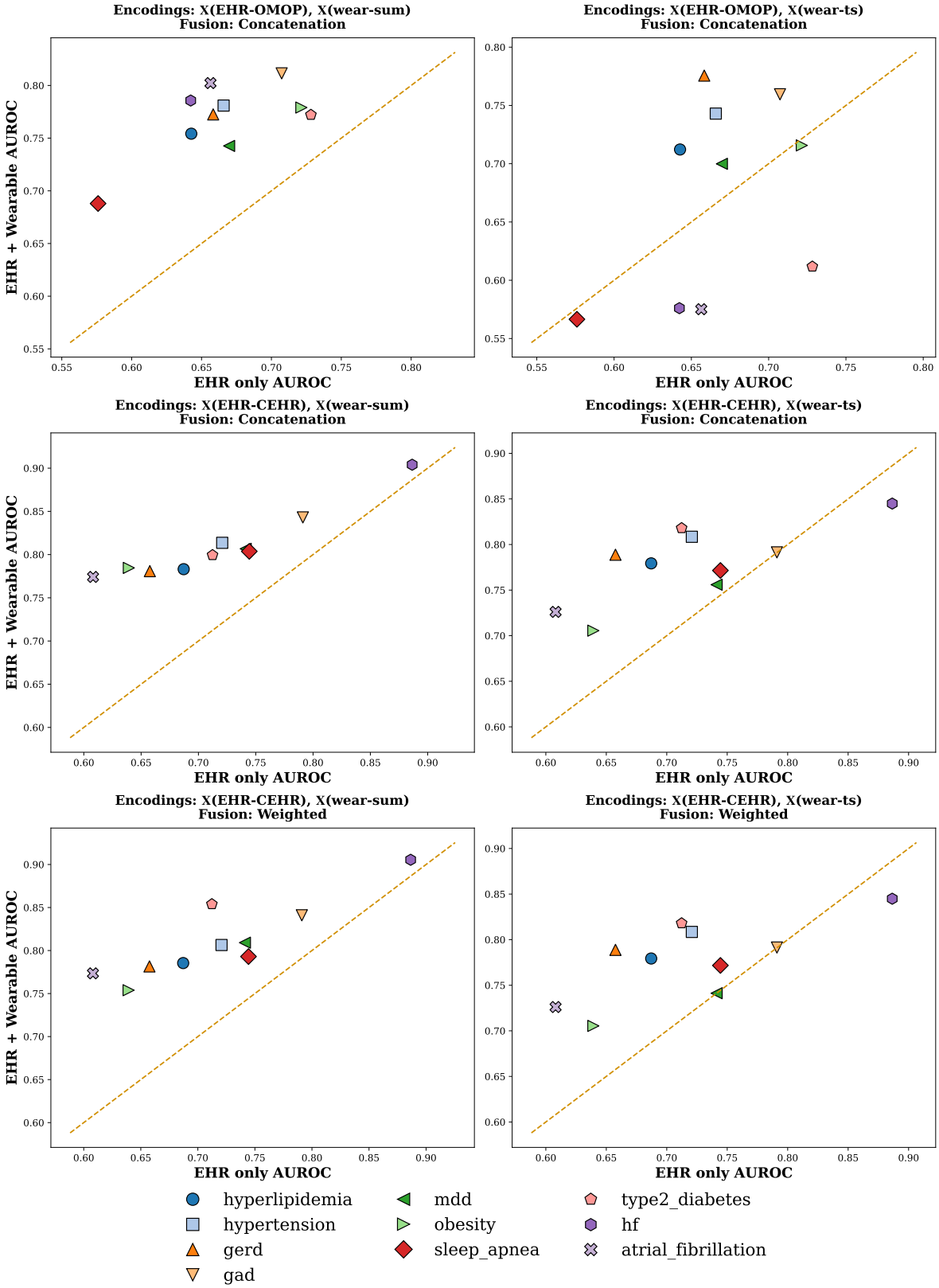


Figure 3: Mean AUROC of EHR-only models vs EHR + wearables across fusion strategies and feature backbones. Each point is a clinical outcome (legend).

3.3. Manual Wearable Features Outperform the Time-series Foundation Model

We follow a similar process to compare the two encoding methods for the wearable data. Interestingly, across all 10 health outcomes, embeddings $\mathbf{x}_{\text{wear-ts}}$ using the MOMENT time-series foundation model consistently underperform the summary features $\mathbf{x}_{\text{wear-sum}}$, in both wearable-alone (average ΔAUROC -4.4%) and multimodal setups (average ΔAUROC -3.8%). These results show that simple summary-level wearable features provide more meaningful information for health outcome prediction tasks, compared to the more sophisticated foundational model. Our analysis suggests that such domain-agnostic time-series embedding methods are not ready to be applied directly for health-related tasks. We have more discussion about these insights in Sec. 4.2.

4. Discussion

4.1. The Complementary Value of Wearable Data across Health Outcomes

The integration of wearable data consistently elevated prediction performance across a diverse set of diseases. The particularly strong performance of summary-level wearable features suggests that day-level aggregations of activity, heart rate, and sleep patterns provide stable and interpretable augmentation to clinical records. The success across such diverse conditions—from metabolic disorders like diabetes and obesity to mental health conditions like depression and anxiety—indicates that basic physiological monitoring captures fundamental health signals relevant to multiple disease processes.

Meanwhile, we also observe that the magnitude of this benefit varied by conditions. More specifically, for heart failure, the addition of wearable data showed only modest improvements (ΔAUROC $+1.9\%$). This can come from several potential reasons. Other than the fact that it already began with a strong baseline performance (AUROC 0.886) with less room for improvement, heart failure, as an acute health condition, may show fewer signals captured through daily wearable devices.

Our comprehensive and systematic evaluation provides the first nuanced picture of the predictive value of wearable data for diverse health outcomes.

4.2. Towards Multimodal Foundation Models with EHR and Wearables for Health

Our findings offer new insights into the current capabilities and limitations of foundation models for health prediction. The EHR foundation model, CEHR-GPT, showed an advantage in EHR-only settings, and this advantage was not only maintained but became more consistent when combined with wearable features. The superior performance of CEHR-based multimodal models indicates that foundation model embeddings capture complementary information that synergizes well with wearable data, even when using relatively simple fusion methods like concatenation and weighted averaging.

Conversely, the general-purpose time-series foundation model, MOMENT, consistently underperformed compared to domain-specific feature engineering on wearable data. This performance gap is likely attributable to a domain mismatch; a model pre-trained on generic time-series data may not generate embeddings that capture the specific physiological patterns most relevant to long-term health outcomes, a phenomenon that is supported by some recent work in other domains (Tan et al., 2024; Gu et al., 2025). Manually engineered features, such as average resting heart rate or daily step counts, are grounded in clinical knowledge and effectively act as powerful, low-noise summaries of behavior, which proves more effective for this specific predictive task than the abstract representations from a generalist model.

These results highlight that the development of EHR and wearable foundation models, especially when developed for health applications, should not proceed in isolation. The path forward lies in creating multimodal foundation models that are pre-trained on integrated EHR and wearable data. Recent research on multimodal foundation models (e.g., imaging with clinical notes (Zhang et al., 2025a), imaging with EHR (Liu et al., 2025a)) has started to explore this direction. Such models could learn a unified patient representation and move beyond simply combining outputs from single-modality models and toward a holistic, dynamic understanding of patient health by including longitudinal and supplementary information between clinical visits.

4.3. Limitations

Our study has several limitations that open avenues for future research. First, our fusion strategies were limited to straightforward approaches; fu-

ture work should investigate more sophisticated techniques, such as attention-based mechanisms or cross-modal transformers, to better model the interactions between EHR and wearable data streams. Second, our analysis of foundation models was not exhaustive. A broader evaluation including other emerging EHR models (e.g., MOTOR (Steinberg et al., 2023)) and wearable-specific time-series models (e.g., WBM (Erturk et al., 2025), LSM (Xu et al., 2025), SensorLM (Zhang et al., 2025b)) is a critical next step, contingent on their availability as open-source resources. Furthermore, the generalizability of our findings may be constrained by our specific study population and wearable device types, which, being composed of research volunteers, may exhibit a "healthy user" bias and not fully represent the broader, higher-risk patient population. Real-world deployment would also need to address irregular data patterns and varying patient compliance. Finally, the 180-day washout period used to define incident disease was selected based on precedent in existing literature and was not empirically examined or optimized for each of the ten distinct conditions. We aim to address these limitations through continued research and future publications.

5. Conclusion

In this work, we conducted the first large-scale, systematic evaluation of integrating consumer wearable data with EHRs for predicting ten diverse health outcomes. Our comprehensive benchmark demonstrates that augmenting episodic clinical data with continuous, real-world data from wearables yields substantial and consistent improvements in predictive accuracy, with an average AUROC increase of +8.5%. Our analysis of different encoding strategies further revealed that while foundation models hold promise, domain-specific feature engineering remains highly effective for wearable data, and the utility of current single-modality EHR foundation models can be attenuated in a multimodal context. By providing robust evidence of the complementary value of wearable data and open-sourcing our pipeline, this study paves the way for developing more holistic and personalized predictive models in future AI health research.

References

AllofUs. The "All of Us" Research Program. *New England Journal of Medicine*, 381(7):668–676, August 2019. ISSN 0028-4793. doi: 10.1056/NEJMsr1809937. URL https://www.nejm.org/doi/full/10.1056/NEJMsr1809937. Publisher: Massachusetts Medical Society.

Eray Erturk, Fahad Kamran, Salar Abbaspourazad, Sean Jewell, Harsh Sharma, Yujie Li, Sinead Williamson, Nicholas J Foti, and Joseph Futoma. Beyond sensor data: Foundation models of behavioral data from wearables improve health predictions. *arXiv preprint arXiv:2507.00191*, 2025.

Geoffrey S. Ginsburg, Rosalind W. Picard, and Stephen H. Friend. Key Issues as Wearable Digital Health Technologies Enter Clinical Care. *New England Journal of Medicine*, 390(12): 1118–1127, March 2024. ISSN 0028-4793. doi: 10.1056/NEJMra2307160. URL https://www.nejm.org/doi/full/10.1056/NEJMra2307160. Publisher: Massachusetts Medical Society _eprint: https://www.nejm.org/doi/pdf/10.1056/NEJMra2307160.

Benjamin A Goldstein, Ann Marie Navar, Michael J Pencina, and John P A Ioannidis. Opportunities and challenges in developing risk prediction models with electronic health records data: a systematic review. *Journal of the American Medical Informatics Association*, 24(1):198–208, January 2017. ISSN 1067-5027. doi: 10.1093/jamia/ocw042. URL https://doi.org/10.1093/jamia/ocw042.

Mononito Goswami, Konrad Szafer, Arjun Choudhry, Yifu Cai, Shuo Li, and Artur Dubrawski. MOMENT: A Family of Open Time-series Foundation Models, October 2024. URL http://arxiv.org/abs/2402.03885. arXiv:2402.03885 [cs].

Xiao Gu, Yu Liu, Zaineb Mohsin, Jonathan Bedford, Anshul Thakur, Peter Watkinson, Lei Clifton, Tingting Zhu, and David Clifton. Are time series foundation models ready for vital sign forecasting in healthcare? In *Proceedings of the 4th Machine Learning for Health Symposium (Proceedings of Machine Learning Research*, volume 259, pages 401–419, 2025.

John Kundrick, Aditi Naniwadekar, Virginia Singla, Krishna Kancharla, Aditya Bhonsale, Andrew Voigt, Alaa Shalaby, N. A. Mark Estes, Sandeep K Jain, and Samir Saba. Machine learning applied to wearable fitness tracker data and the risk of hospitalizations and cardiovascular events. *American Journal of Preventive Cardiology*, 22:101006, June 2025. ISSN 2666-6677. doi: 10.1016/j.ajpc.2025.

101006. URL https://www.sciencedirect.com/science/article/pii/S2666667725000819.

Xiao Li, Jessilyn Dunn, Denis Salins, Gao Zhou, Wenyu Zhou, Sophia Miryam Schüssler-Fiorenza Rose, Dalia Perelman, Elizabeth Colbert, Ryan Runge, Shannon Rego, Ria Sonecha, Somalee Datta, Tracey McLaughlin, and Michael P. Snyder. Digital Health: Tracking Physiomes and Activity Using Wearable Biosensors Reveals Useful Health-Related Information. *PLoS Biology*, 15(1): e2001402, January 2017. ISSN 1544-9173. doi: 10.1371/journal.pbio.2001402. URL https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5230763/.

Fei Liu, Hongyu Zhou, Kai Wang, Yunfang Yu, Yuanxu Gao, Zhuo Sun, Sian Liu, Shanshan Sun, Zixing Zou, Zhuomin Li, et al. Metagp: A generative foundation model integrating electronic health records and multimodal imaging for addressing unmet clinical needs. *Cell Reports Medicine*, 6(4), 2025a.

Jason J. Liu, Beatrice Borsari, Yunyang Li, Susanna X. Liu, Yuan Gao, Xin Xin, Shaoke Lou, Matthew Jensen, Diego Garrido-Martín, Terril L. Verplaetse, Garrett Ash, Jing Zhang, Matthew J. Girgenti, Walter Roberts, and Mark Gerstein. Digital phenotyping from wearables using AI characterizes psychiatric disorders and identifies genetic associations. *Cell*, 188(2):515–529.e15, January 2025b. ISSN 0092-8674, 1097-4172. doi: 10.1016/j.cell.2024.11.012. URL https://www.cell.com/cell/abstract/S0092-8674(24)01329-1. Publisher: Elsevier.

Hiral Master, Jeffrey Annis, Shi Huang, Joshua A. Beckman, Francis Ratsimbazafy, Kayla Marginean, Robert Carroll, Karthik Natarajan, Frank E. Harrell, Dan M. Roden, Paul Harris, and Evan L. Brittain. Association of step counts over time with the risk of chronic disease in the All of Us Research Program. *Nature Medicine*, 28(11):2301–2308, November 2022. ISSN 1546-170X. doi: 10.1038/s41591-022-02012-w. URL https://www.nature.com/articles/s41591-022-02012-w. Publisher: Nature Publishing Group.

Crystal Modde Epstein and Thomas P. McCoy. Linking Electronic Health Records With Wearable Technology From the All of Us Research Program. *Journal of obstetric, gynecologic, and neonatal nursing: JOGNN*, 52(2):139–149, March 2023. ISSN 1552-6909. doi: 10.1016/j.jogn.2022.12.003.

Vishal Nagarajan, Supreeth Prajwal Shashikumar, Atul Malhotra, Shamim Nemati, and Gabriel Wardi. Impact of wearable device data and multi-scale entropy analysis on improving hospital readmission prediction. *Journal of the American Medical Informatics Association*, 31(11):2679–2688, 2024.

Chao Pang, Xinzhuo Jiang, Nishanth Parameshwar Pavinkurve, Krishna S. Kalluri, Elise L. Minto, Jason Patterson, Linying Zhang, George Hripcsak, Gamze Gürsoy, Noémie Elhadad, and Karthik Natarajan. CEHR-GPT: Generating Electronic Health Records with Chronological Patient Timelines, May 2024. URL http://arxiv.org/abs/2402.04400. arXiv:2402.04400 [cs].

Alvin Rajkomar, Eyal Oren, Kai Chen, Andrew M. Dai, Nissan Hajaj, Michaela Hardt, Peter J. Liu, Xiaobing Liu, Jake Marcus, Mimi Sun, Patrik Sundberg, Hector Yee, Kun Zhang, Yi Zhang, Gerardo Flores, Gavin E. Duggan, Jamie Irvine, Quoc Le, Kurt Litsch, Alexander Mossin, Justin Tansuwan, De Wang, James Wexler, Jimbo Wilson, Dana Ludwig, Samuel L. Volchenboum, Katherine Chou, Michael Pearson, Srinivasan Madabushi, Nigam H. Shah, Atul J. Butte, Michael D. Howell, Claire Cui, Greg S. Corrado, and Jeffrey Dean. Scalable and accurate deep learning with electronic health records. *npj Digital Medicine*, 1(1): 18, May 2018. ISSN 2398-6352. doi: 10.1038/s41746-018-0029-1. URL https://www.nature.com/articles/s41746-018-0029-1. Publisher: Nature Publishing Group.

Ethan Steinberg, Jason Fries, Yizhe Xu, and Nigam Shah. MOTOR: A Time-To-Event Foundation Model For Structured Medical Records, December 2023. URL http://arxiv.org/abs/2301.03150. arXiv:2301.03150 [cs].

Mingtian Tan, Mike Merrill, Vinayak Gupta, Tim Althoff, and Tom Hartvigsen. Are language models actually useful for time series forecasting? *Advances in Neural Information Processing Systems*, 37:60162–60191, 2024.

Maxwell A Xu, Girish Narayanswamy, Kumar Ayush, Dimitris Spathis, Shun Liao, Shyam A Tailor, Ahmed Metwally, A Ali Heydari, Yuwei Zhang,

Jake Garrison, et al. Lsm-2: Learning from incomplete wearable sensor data. *arXiv preprint arXiv:2506.05321*, 2025.

Xuhai Xu, Xin Liu, Han Zhang, Weichen Wang, Subigya Nepal, Yasaman Sefidgar, Woosuk Seo, Kevin S Kuehn, Jeremy F Huckins, and Margaret E Morris. GLOBEM: Cross-Dataset Generalization of Longitudinal Human Behavior Modeling. *Proceedings of the ACM on Interactive, Mobile, Wearable and Ubiquitous Technologies*, 6(4), 2023.

Haben H. Yhdego, Arshia Nayebnazar, Fatemeh Amrollahi, Aaron Boussina, Supreeth Shashikumar, Gabriel Wardi, and Shamim Nemati. Prediction of Unplanned Hospital Readmission using Clinical and Longitudinal Wearable Sensor Features, April 2023. URL https://www.medrxiv.org/content/10.1101/2023.04.10.23288371v1. Pages: 2023.04.10.23288371.

Sheng Zhang, Yanbo Xu, Naoto Usuyama, Hanwen Xu, Jaspreet Bagga, Robert Tinn, Sam Preston, Rajesh Rao, Mu Wei, Naveen Valluri, et al. A multimodal biomedical foundation model trained from fifteen million image–text pairs. *NEJM AI*, 2 (1):AIoa2400640, 2025a.

Yuwei Zhang, Kumar Ayush, Siyuan Qiao, A Ali Heydari, Girish Narayanswamy, Maxwell A Xu, Ahmed A Metwally, Shawn Xu, Jake Garrison, Xuhai Xu, et al. Sensorlm: Learning the language of wearable sensors. *arXiv preprint arXiv:2506.09108*, 2025b.

Neil S. Zheng, Jeffrey Annis, Hiral Master, Lide Han, Karla Gleichauf, Jack H. Ching, Melody Nasser, Peyton Coleman, Stacy Desine, Douglas M. Ruderfer, John Hernandez, Logan D. Schneider, and Evan L. Brittain. Sleep patterns and risk of chronic disease as measured by long-term monitoring with commercial wearable devices in the All of Us Research Program. *Nature Medicine*, 30(9):2648–2656, September 2024. ISSN 1546-170X. doi: 10.1038/s41591-024-03155-8. URL https://www.nature.com/articles/s41591-024-03155-8. Publisher: Nature Publishing Group.

Appendix A. Cohort Definition Example

We conducted a retrospective cohort study in the All of Us Registered Tier, restricting to participants with both OMOP-standardized EHRs and connected Fitbit data. All time references are anchored to a participant-specific prediction ("index") time defined below. In this section we show an example process of cohort definition with specific numbers.

A.1. Source population and phenotyping

From 8,477 All of Us participants with valid Fitbit and EHR linkage, we identified 2,148 participants with any evidence of major depressive disorder (MDD) using the *union* of (i) OMOP concept IDs for MDD, (ii) PheCode mappings for depressive disorders, and (iii) depression-specific medications. Phenotyping was performed strictly prior to index.

A.2. Incident case definition and index time

Incident cases required the first MDD evidence to occur *at least* 180 days after Fitbit tracking began, and evidence of EHR activity both before and after Fitbit start. For positives, the index time was set to one day prior to the first MDD flag, yielding 300 incident cases. For negatives, the index time was set to one day prior to the last observed EHR record.

A.3. Control pool and analytic cohort

The control pool comprised participants with (i) no MDD evidence at any time, (ii) $\geq$180 days of valid Fitbit data, and (iii) EHR activity both before and after Fitbit start, producing 2,701 negatives. These criteria formed an initial analytic cohort of 3,001 participants (11.4% positives).

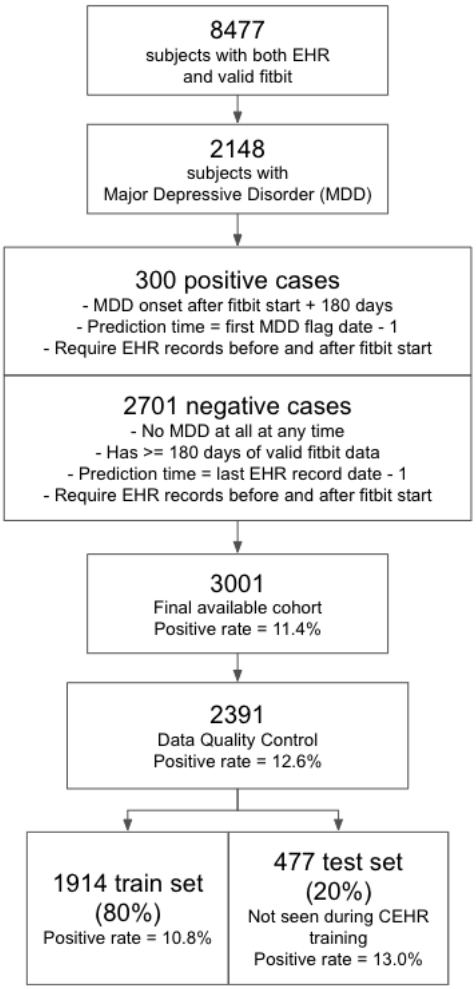
A.4. Wearable/EHR quality filters and final dataset

We applied pre-specified quality control (QC) on wearable data density/regularity and device sanity checks, and excluded participants failing minimal EHR coverage around index. After QC, 2,391 participants remained (12.6% positives).

A.5. Holdout protocol and leakage safeguards

To avoid leakage when comparing to an external CEHR model trained on other AoU participants, we restricted the held-out test set to participants *not* present in CEHR training (477 participants; 13.0% positives) and used the remainder for model development (1,914; 10.8% positives). All feature extraction windows (EHR and wearable) were strictly pre-index (no look-ahead).

Summary of counts. 8,477 $\rightarrow$ 3,001 (phenotyping and design constraints) $\rightarrow$ 2,391 (data quality control) split into 1,914 development and 477 held-out test participants.



Supplementary Figure 1: Example cohort definition steps and numbers for Major Depressive Disorder

Appendix B. Detailed Results

Abbreviations used in the tables: To optimize space utilization in the performance comparison tables, we employ standardized abbreviations for health outcomes and methodological components. Health outcomes are abbreviated as follows: HLD (Hyperlipidemia), HTN (Hypertension), GERD (Gastroesophageal Reflux Disease), GAD (Generalized Anxiety Disorder), MDD (Major Depressive Disorder), OB (Obesity), SA (Sleep Apnea), T2D (Type 2 Diabetes), HF (Heart Failure), and AF (Atrial Fibrillation). Methodological abbreviations include CEHR (Clinical Element-based Health Records), OMOP (Observational Medical Outcomes Partnership), and TS Embed (Time Series Embedding). These abbreviations enable comprehensive presentation of performance metrics across all outcomes and fusion approaches while maintaining table readability and fitting within standard page constraints.

Supplementary Table 1: Performance (AUROC) of best feature fusion between EHR and wearable data across health outcomes against EHR baselines.

	HLD	**HTN**	**GERD**	**GAD**	**MDD**	**OB**	**SA**	**T2D**	**HF**	**AF**
OMOP	$0.643_{\pm 0.034}$	$0.666_{\pm 0.040}$	$0.658_{\pm 0.032}$	$0.707_{\pm 0.036}$	$0.670_{\pm 0.037}$	$0.721_{\pm 0.035}$	$0.576_{\pm 0.040}$	$0.728_{\pm 0.060}$	$0.642_{\pm 0.074}$	$0.656_{\pm 0.074}$
CEHR	$0.687_{\pm 0.037}$	$0.721_{\pm 0.034}$	$0.658_{\pm 0.039}$	$0.791_{\pm 0.031}$	$0.741_{\pm 0.033}$	$0.639_{\pm 0.046}$	$0.744_{\pm 0.037}$	$0.712_{\pm 0.067}$	$0.886_{\pm 0.033}$	$0.608_{\pm 0.054}$
Feature Fusion	$\mathbf{0.785}^{(4)}_{\pm \mathbf{0.033}}$	$\mathbf{0.814}^{(3)}_{\pm \mathbf{0.028}}$	$\mathbf{0.789}^{(5)}_{\pm \mathbf{0.030}}$	$\mathbf{0.843}^{(3)}_{\pm \mathbf{0.030}}$	$\mathbf{0.809}^{(4)}_{\pm \mathbf{0.027}}$	$\mathbf{0.785}^{(3)}_{\pm \mathbf{0.039}}$	$\mathbf{0.804}^{(3)}_{\pm \mathbf{0.034}}$	$\mathbf{0.854}^{(4)}_{\pm \mathbf{0.062}}$	$\mathbf{0.905}^{(4)}_{\pm \mathbf{0.035}}$	$\mathbf{0.802}^{(1)}_{\pm \mathbf{0.050}}$
Significance	***	***	***	***	***	***	***	***	***	***

Notes: The baseline uses two types of EHR encodings: OMOP and CEHR. Significance levels: *** p<0.001, ** p<0.01, * p<0.05. Best fusion methods for each outcome: (1) [$\mathbf{x}_{\text{EHR-OMOP}}$, $\mathbf{x}_{\text{wear-sum}}$] (Concat); (3) [$\mathbf{x}_{\text{EHR-CEHR}}$, $\mathbf{x}_{\text{wear-sum}}$] (Concat); (4) [$\mathbf{x}_{\text{EHR-CEHR}}$, $\mathbf{x}_{\text{wear-ts}}$] (Weighted); (5) [$\mathbf{x}_{\text{EHR-CEHR}}$, $\mathbf{x}_{\text{wear-sum}}$] (Concat). See next table.

Supplementary Table 2: Performance comparison across all baseline models and feature fusion methods.

Encoding & Fusion Methods	**HLD**	**HTN**	**GERD**	**GAD**	**MDD**	**OB**	**SA**	**T2D**	**HF**	**AF**
$\mathbf{x}_{\text{EHR-OMOP}}$	$0.643_{\pm 0.034}$	$0.666_{\pm 0.040}$	$0.658_{\pm 0.032}$	$0.707_{\pm 0.036}$	$0.670_{\pm 0.037}$	$0.721_{\pm 0.035}$	$0.576_{\pm 0.040}$	$0.728_{\pm 0.060}$	$0.642_{\pm 0.074}$	$0.656_{\pm 0.074}$
$\mathbf{x}_{\text{EHR-CEHR}}$	$0.687_{\pm 0.037}$	$0.721_{\pm 0.034}$	$0.658_{\pm 0.039}$	$0.791_{\pm 0.031}$	$0.741_{\pm 0.033}$	$0.639_{\pm 0.046}$	$0.744_{\pm 0.037}$	$0.712_{\pm 0.067}$	$0.886_{\pm 0.033}$	$0.608_{\pm 0.054}$
$\mathbf{x}_{\text{wear-sum}}$	$0.804_{\pm 0.029}$	$0.807_{\pm 0.031}$	$0.767_{\pm 0.033}$	$0.833_{\pm 0.028}$	$0.797_{\pm 0.026}$	$0.762_{\pm 0.038}$	$0.741_{\pm 0.036}$	$0.790_{\pm 0.058}$	$0.778_{\pm 0.059}$	$0.791_{\pm 0.053}$
$\mathbf{x}_{\text{wear-ts}}$	$0.753_{\pm 0.034}$	$0.812_{\pm 0.026}$	$0.792_{\pm 0.029}$	$0.745_{\pm 0.030}$	$0.671_{\pm 0.034}$	$0.695_{\pm 0.041}$	$0.687_{\pm 0.046}$	$0.774_{\pm 0.062}$	$0.742_{\pm 0.068}$	$0.764_{\pm 0.058}$
(1) [$\mathbf{x}_{\text{EHR-OMOP}}$, $\mathbf{x}_{\text{wear-sum}}$] (Concat)	$0.754_{\pm 0.036}$	$0.781_{\pm 0.029}$	$0.773_{\pm 0.028}$	$0.811_{\pm 0.029}$	$0.743_{\pm 0.027}$	$0.779_{\pm 0.038}$	$0.688_{\pm 0.041}$	$0.772_{\pm 0.065}$	$0.786_{\pm 0.064}$	$\mathbf{0.802}_{\pm \mathbf{0.050}}$
(2) [$\mathbf{x}_{\text{EHR-OMOP}}$, $\mathbf{x}_{\text{wear-ts}}$] (Concat)	$0.712_{\pm 0.028}$	$0.743_{\pm 0.029}$	$0.776_{\pm 0.027}$	$0.760_{\pm 0.035}$	$0.700_{\pm 0.030}$	$0.716_{\pm 0.035}$	$0.567_{\pm 0.032}$	$0.612_{\pm 0.058}$	$0.576_{\pm 0.081}$	$0.575_{\pm 0.099}$
(3) [$\mathbf{x}_{\text{EHR-CEHR}}$, $\mathbf{x}_{\text{wear-sum}}$] (Concat)	$0.783_{\pm 0.033}$	$\mathbf{0.814}_{\pm \mathbf{0.028}}$	$0.781_{\pm 0.031}$	$\mathbf{0.843}_{\pm \mathbf{0.030}}$	$0.807_{\pm 0.028}$	$\mathbf{0.785}_{\pm \mathbf{0.039}}$	$\mathbf{0.804}_{\pm \mathbf{0.034}}$	$0.799_{\pm 0.068}$	$0.904_{\pm 0.036}$	$0.774_{\pm 0.045}$
(4) [$\mathbf{x}_{\text{EHR-CEHR}}$, $\mathbf{x}_{\text{wear-sum}}$] (Weighted)	$\mathbf{0.785}_{\pm \mathbf{0.033}}$	$0.806_{\pm 0.029}$	$0.782_{\pm 0.031}$	$0.841_{\pm 0.030}$	$\mathbf{0.809}_{\pm \mathbf{0.027}}$	$0.754_{\pm 0.041}$	$0.793_{\pm 0.034}$	$\mathbf{0.854}_{\pm \mathbf{0.062}}$	$\mathbf{0.905}_{\pm \mathbf{0.035}}$	$0.773_{\pm 0.045}$
(5) [$\mathbf{x}_{\text{EHR-CEHR}}$, $\mathbf{x}_{\text{wear-ts}}$] (Concat)	$0.779_{\pm 0.032}$	$0.808_{\pm 0.027}$	$\mathbf{0.789}_{\pm \mathbf{0.030}}$	$0.791_{\pm 0.033}$	$0.756_{\pm 0.035}$	$0.706_{\pm 0.042}$	$0.772_{\pm 0.031}$	$0.818_{\pm 0.070}$	$0.845_{\pm 0.051}$	$0.726_{\pm 0.055}$
(6) [$\mathbf{x}_{\text{EHR-CEHR}}$, $\mathbf{x}_{\text{wear-ts}}$] (Weighted)	$0.779_{\pm 0.032}$	$0.808_{\pm 0.027}$	$0.789_{\pm 0.030}$	$0.791_{\pm 0.033}$	$0.741_{\pm 0.033}$	$0.705_{\pm 0.042}$	$0.772_{\pm 0.031}$	$0.818_{\pm 0.070}$	$0.845_{\pm 0.051}$	$0.726_{\pm 0.055}$

As shown in Supplementary Table 1, the integration of wearable data produced strong improvements for chronic cardiovascular and metabolic conditions. For hyperlipidemia, the [$\mathbf{x}_{\text{EHR-CEHR}}$, $\mathbf{x}_{\text{wear-sum}}$] (Weighted) approach achieved an AUROC of 0.785, representing a +0.098 improvement over the CEHR-only baseline of 0.687 ($p = 1.4 \times 10^{-61}$). Similarly, hypertension prediction improved from a CEHR baseline of 0.721 to 0.814 using [$\mathbf{x}_{\text{EHR-CEHR}}$, $\mathbf{x}_{\text{wear-sum}}$] (Concat), yielding a +0.093 improvement ($p = 2.4 \times 10^{-53}$). Obesity prediction demonstrated remarkable improvement through [$\mathbf{x}_{\text{EHR-CEHR}}$, $\mathbf{x}_{\text{wear-sum}}$] (Concat), rising from an OMOP baseline of 0.721 to 0.785 (+0.063, $p = 8.7 \times 10^{-23}$). Type II diabetes achieved the highest final AUROC of 0.854 through [$\mathbf{x}_{\text{EHR-CEHR}}$, $\mathbf{x}_{\text{wear-sum}}$] (Weighted), improving from an OMOP baseline of 0.728 (+0.126, $p = 4.6 \times 10^{-29}$).

Gastroesophageal reflux disease showed substantial improvement as well, with [$\mathbf{x}_{\text{EHR-CEHR}}$, $\mathbf{x}_{\text{wear-ts}}$] (Concat) increasing performance from a baseline OMOP AUROC of 0.658 to 0.789, representing a +0.131 gain ($p = 2.1 \times 10^{-48}$).

Mental health conditions also benefited significantly from wearable integration. Generalized anxiety disorder prediction improved from a strong CEHR baseline of 0.791 to 0.843 using [$\mathbf{x}_{\text{EHR-CEHR}}$, $\mathbf{x}_{\text{wear-sum}}$] (Concat), achieving a +0.052 improvement ($p = 6.0 \times 10^{-45}$), while major depressive disorder showed similar gains from 0.741 to 0.809 with [$\mathbf{x}_{\text{EHR-CEHR}}$, $\mathbf{x}_{\text{wear-sum}}$] (Weighted) (+0.068, $p = 2.7 \times 10^{-54}$).

Sleep apnea showed consistent improvement, rising from a CEHR baseline of 0.744 to 0.804 using [$\mathbf{x}_{\text{EHR-CEHR}}$, $\mathbf{x}_{\text{wear-sum}}$] (Concat) (+0.059, $p = 1.0 \times 10^{-49}$).

Even outcomes with already strong baseline performance showed meaningful improvements. Heart failure, which had the highest baseline CEHR performance at 0.886, still achieved a statistically significant improvement to 0.905 using [$\mathbf{x}_{\text{EHR-CEHR}}$, $\mathbf{x}_{\text{wear-sum}}$] (Weighted) (+0.019, $p = 1.1 \times 10^{-12}$). Atrial fibrillation demonstrated substantial improvement, rising from an OMOP baseline of 0.656 to 0.802 with [$\mathbf{x}_{\text{EHR-OMOP}}$, $\mathbf{x}_{\text{wear-sum}}$] (Concat), representing a +0.146 gain ($p = 2.1 \times 10^{-29}$).

Appendix C. Demographics

Supplementary Table 3: Age and sex distribution across disease cohorts. Values shown as mean ± SD for age and percentages for sex. Cases indicate positive disease outcomes; Controls indicate negative outcomes.

	HLD	HTN	GERD	GAD	MDD	OB	SA	T2D	HF	AF
Sample Size										
Cases	385	296	324	329	269	269	257	106	94	68
Controls	1,412	1,659	1,874	2,080	2,122	2,040	2,300	2,539	2,762	2,827
Age (years)										
Cases	$55.6_{\pm 12.9}$	$57.8_{\pm 12.8}$	$55.7_{\pm 14.2}$	$49.1_{\pm 15.0}$	$48.8_{\pm 15.8}$	$51.5_{\pm 14.3}$	$55.5_{\pm 13.9}$	$57.9_{\pm 12.0}$	$64.1_{\pm 11.3}$	$65.6_{\pm 11.5}$
Controls	$51.7_{\pm 15.0}$	$53.4_{\pm 15.1}$	$57.1_{\pm 15.2}$	$60.5_{\pm 14.2}$	$59.9_{\pm 14.4}$	$58.3_{\pm 15.2}$	$57.4_{\pm 15.3}$	$57.4_{\pm 15.2}$	$57.6_{\pm 14.8}$	$57.8_{\pm 14.8}$
Female (%)										
Cases	73.5	65.5	68.8	76.6	75.1	75.5	64.6	65.1	60.6	54.4
Controls	75.6	74.7	68.6	65.2	66.1	68.8	72.1	70.7	69.6	69.6
Male (%)										
Cases	24.7	33.1	29.9	20.7	21.9	22.3	33.5	32.1	38.3	44.1
Controls	21.2	22.2	28.9	33.3	32.3	28.9	25.7	26.9	28.0	27.9

Supplementary Table 4: Race and ethnicity distribution across disease cohorts. Values shown as percentages of overall cohort (cases + controls combined).

	HLD	HTN	GERD	GAD	MDD	OB	SA	T2D	HF	AF
Race (%)										
White	84.9	86.2	85.3	85.9	86.1	86.3	85.8	86.5	85.7	85.6
Black/African American	3.5	2.3	3.2	3.7	3.5	2.7	3.4	3.1	3.5	3.6
Asian	2.6	3.2	3.1	2.8	3.0	2.9	2.6	2.4	2.7	2.7
Multiple/Other	9.0	8.3	8.4	7.6	7.4	8.1	8.2	8.0	8.1	8.1
Ethnicity (%)										
Not Hispanic/Latino	93.0	93.1	93.6	93.4	93.5	93.2	93.4	93.4	93.5	93.5
Hispanic/Latino	5.6	5.5	4.6	5.0	4.8	5.1	5.0	4.8	4.8	4.7
Prefer not to answer/Skip	1.4	1.4	1.8	1.6	1.7	1.7	1.6	1.8	1.7	1.8

Disease abbreviations: HLD = Hyperlipidemia; HTN = Hypertension; GERD = Gastroesophageal Reflux Disease; GAD = Generalized Anxiety Disorder; MDD = Major Depressive Disorder; OB = Obesity; SA = Sleep Apnea; T2D = Type 2 Diabetes; HF = Heart Failure; AF = Atrial Fibrillation.

Note: Multiple/Other race category includes individuals identifying as more than one population, other single populations, none of the listed categories, none indicated, and those who preferred not to answer.

Appendix D. Wearable Feature Importance

Supplementary Table 5: Most frequent wearable features appearing in top 20 predictors across 10 health conditions. Checkmarks indicate feature appeared in top 20 for that condition.

Feature Category	HLD	HTN	GERD	GAD	MDD	OB	SA	T2D	HF	AF	Freq.
Heart Rate - Fat Burn Zone											
Min HR (mean, max, min)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	10/10
Zone ratio (max, std, mean)	✓	✓	✓	✓	–	✓	✓	✓	✓	✓	9/10
Minutes in zone (max, std, mean)	✓	✓	✓	✓	–	✓	–	✓	✓	✓	8/10
Resting Heart Rate											
HR variability - std	✓	✓	–	–	–	✓	✓	✓	–	–	5/10
Max resting HR	–	–	✓	✓	–	–	✓	–	✓	–	4/10
Non-resting HR metrics	–	✓	–	–	✓	✓	✓	–	–	–	4/10
Sleep Metrics											
Total sleep time (mean, max)	✓	–	✓	✓	–	–	–	✓	–	–	4/10
Wake duration (max, std)	–	–	–	✓	✓	–	–	–	–	–	2/10
Sleep stage ratios	–	–	✓	✓	✓	–	✓	–	–	–	4/10
Time in bed (mean, max)	✓	–	✓	–	–	–	–	✓	–	–	3/10
Activity & Steps											
Daily steps (mean, std, min, trend)	–	✓	✓	✓	✓	✓	–	–	–	–	5/10
Valid recording days	–	✓	✓	–	–	✓	✓	–	–	–	4/10
Active minutes (light/fair/very)	–	✓	–	–	–	✓	✓	✓	–	–	4/10
Heart Rate - Cardio Zone											
Zone ratio & minutes	✓	–	–	–	–	✓	–	✓	✓	✓	5/10
Min/max HR in cardio	✓	✓	✓	✓	–	✓	–	–	✓	✓	7/10

Disease abbreviations: HLD = Hyperlipidemia; HTN = Hypertension; GERD = Gastroesophageal Reflux Disease; GAD = Generalized Anxiety Disorder; MDD = Major Depressive Disorder; OB = Obesity; SA = Sleep Apnea; T2D = Type 2 Diabetes; HF = Heart Failure; AF = Atrial Fibrillation.
Note: Features shown are aggregated categories where similar metrics (mean, max, min, std) are grouped together. Checkmark indicates at least one variant of the feature appeared in the top 20 most important predictors for that condition. Frequency column shows number of conditions where the feature appeared.

The pattern of feature importance across conditions reveals clinically meaningful insights into disease-specific physiological signatures. Most notably, fat burn zone heart rate metrics (minimum heart rate and zone ratios) emerged as universal predictors across all 10 conditions, suggesting that cardiovascular efficiency during moderate-intensity activity serves as a fundamental indicator of overall health status. In contrast, disease-specific patterns highlighted distinct pathophysiological mechanisms: purely cardiac conditions (heart failure and atrial fibrillation) were predicted exclusively by heart rate-based features with no contribution from activity or sleep metrics, reflecting their primary dependence on cardiac function rather than lifestyle factors. Mental health conditions (GAD and MDD) showed unique importance of sleep disruption metrics—particularly wake duration and sleep stage architecture—which were largely absent in other conditions, aligning with established bidirectional relationships between sleep disturbances and psychiatric disorders. Interestingly, GERD shared this sleep signature with mental health conditions, consistent with nocturnal reflux symptoms disrupting sleep architecture. Physical activity metrics (daily steps, active minutes) emerged as important predictors for lifestyle-modifiable conditions (hypertension, obesity, GERD, sleep apnea) but were notably absent in the top features for purely cardiac conditions, suggesting that wearable-derived activity patterns may be particularly valuable for preventive screening and behavioral intervention targeting in metabolic and lifestyle-related diseases.