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# Tech Decoded

9 January, 2026



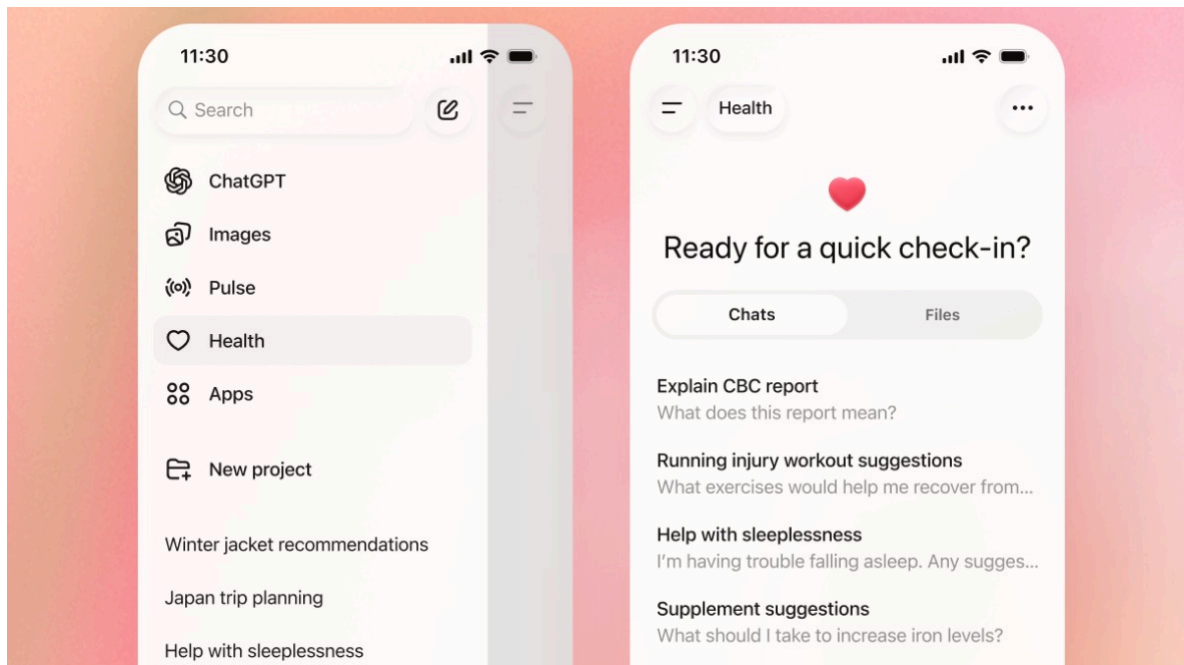
**Daniel Thomas**

Editor, Tech Decoded

Hello. OpenAI is launching a new feature in ChatGPT that will allow users to upload their medical records and get personalised health advice. The tech firm said 40 million people globally used the chatbot every day for health queries. But can it allay critics' concerns about misinformation and data protection? Read my take below. We also look at Hyundai's plan to use humanoid robots in its factories and go inside a Google quantum computing lab.

## THE DOWNLOAD

### Can ChatGPT give trusted health advice?



ChatGPT Health will be able to analyse your medical records. Credit: OpenAI

OpenAI says its new feature, ChatGPT Health, will enable users to "feel more informed" and "confident" about managing their healthcare.

People will be able to upload their medical records and data from apps like Apple Health, so the chatbot can analyse it all, give personalised feedback and

potentially spot patterns.

It may also be able to help you understand test results, prepare for appointments with your doctor and get advice on things like diet and fitness.

Yet, perhaps anticipating the scepticism that would follow its announcement, OpenAI stressed that ChatGPT Health was not designed to "replace medical care" or intended for **diagnosis or treatment**. It comes amid concerns about chatbots giving false and potentially harmful healthcare information.

Last week an investigation by the Guardian suggested people were being put at risk in this way by Google's AI summaries. Examples included providing bogus information about crucial liver function tests and women's cancer tests, which could lead to people wrongly thinking they were healthy, the newspaper said.

Meanwhile, some people who have turned to ChatGPT for support with their mental health reported receiving highly inappropriate advice, **including about suicide**.

Google has said many of the examples shared with it by the Guardian were "incomplete screenshots" and appeared to link to reputable sources. OpenAI, meanwhile, said it was working with more than 260 physicians on ChatGPT Health to understand what makes an answer to a health question "potentially harmful".

It's also promised robust protections around personal data, as campaigners warn of the serious implications of a breach.

Such concerns are likely to persist. But with 230 million people asking ChatGPT health questions every week, according to OpenAI, there is clearly demand for this advice and the firm plans to nurture it.

***The download:*** ChatGPT Health could be seen as an OpenAI's attempt to get ahead of a trend that is unlikely to go away. Whether it can soothe critics' concerns remains to be seen.

## TOP STORIES



## X limits Grok deepfake tool to subscribers after outcry

But the UK government calls the move "insulting", after claims the chatbot digitally altered images of women by undressing them.

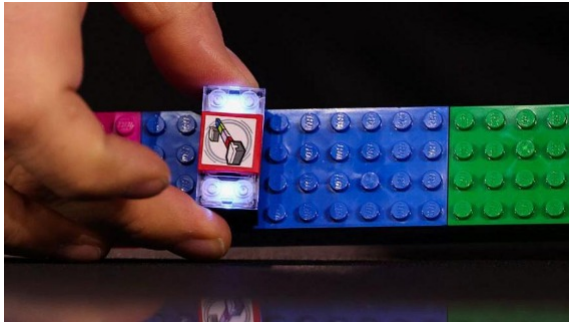
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## UK military embraces gamers and coders

Officials are looking for recruits with specific skills to pilot drones and work in cybersecurity.

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## Lego introduces tech-enabled Smart Bricks

The firm says the new blocks will bring sets to life with sound, light and sensors - but play experts have concerns.

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## Car giant Hyundai to use humanoids in factories

The South Korean firm showed off Atlas, its humanoid robot, at the Consumer Electronics Show in Las Vegas this week.

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## Nvidia unveils self-driving car tech that 'reasons'

Boss Jensen Huang said the system would enable autonomous vehicles to "drive safely in complex environments".

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**SOMETHING DIFFERENT**



# Inside Google's sub-zero quantum lab



Google's quantum processors must be kept at sub-zero temperatures in a helium bath.

The BBC's **Faisal Islam** has visited a facility in Santa Barbara, California, housing one of Google's quantum computers. The firm says the machine has already solved problems beyond the grasp of traditional supercomputers, and could one day tackle the world's most complex challenges, from **climate change to human hunger** .

## PODCAST PICK



## Fighting for humanity in the age of AI

In his final Reith Lecture for the BBC, historian Rutger Bregman explores the existential risks posed by technology.

[Listen here](#)

## And finally...

For many of us Christmas will have been a time to switch off and relax. But not for Ha Deng, a spreadsheet expert from the UK. The 33-year-old, who came fifth in last year's Microsoft Excel World Championships in Las Vegas, has been busy practising his skills ahead of qualifying rounds for this year's competition, which start this month. He told the BBC that he loved

competitive spreadsheeting - which essentially involves solving mathematical puzzles - and it didn't feel like a "chore".



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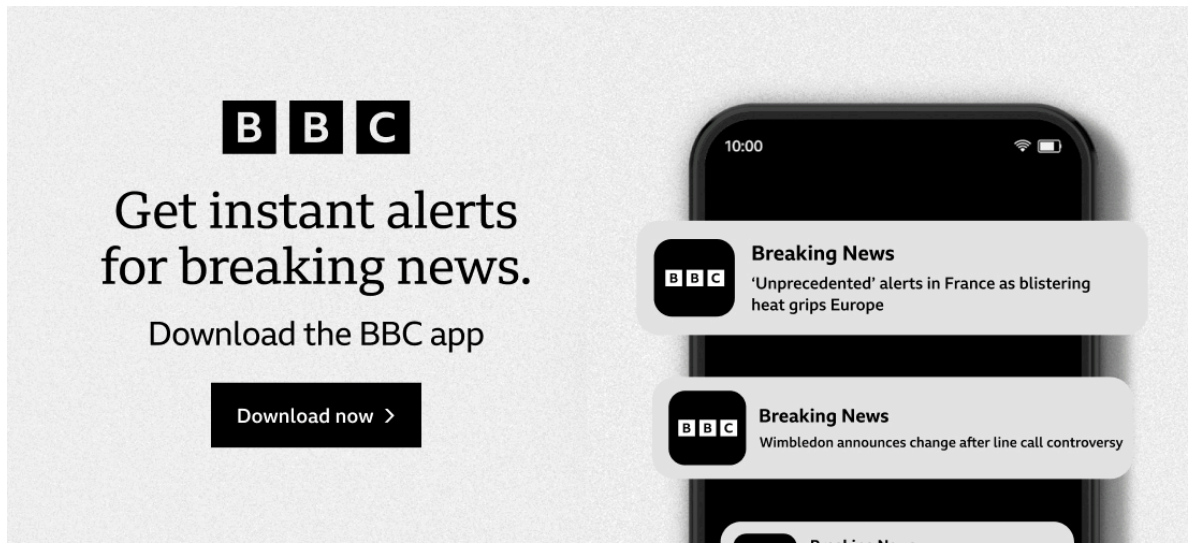
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