

[View this email online](#)

Tech Decoded

9 January, 2026

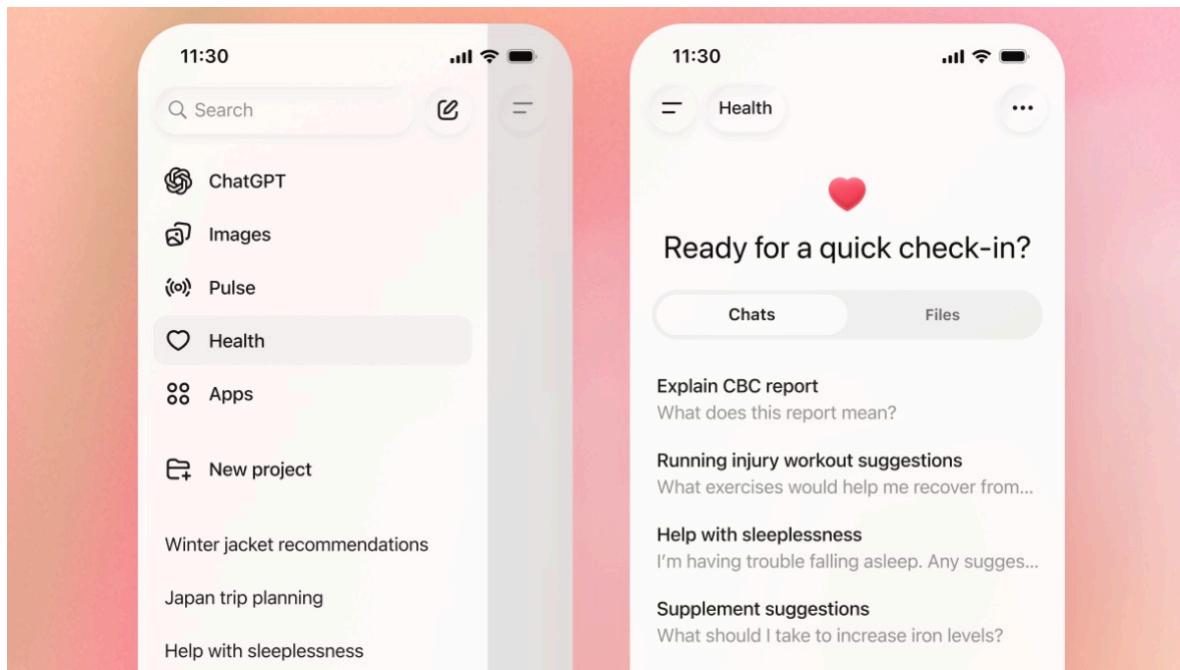
**Daniel Thomas**

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.

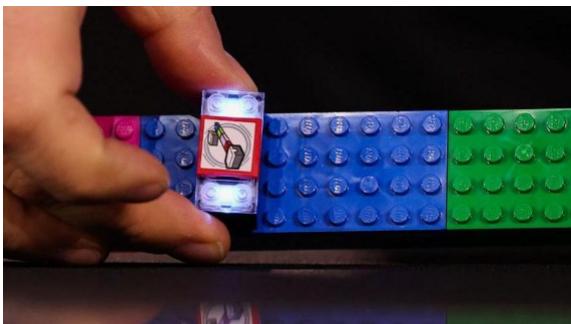
[Get the story >](#)



UK military embraces gamers and coders

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

[Here's why >](#)



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.

[Find out more >](#)



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.

[Check it out >](#)



Nvidia unveils self-driving car tech that 'reasons'

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

[How it works >](#)

SOMETHING DIFFERENT

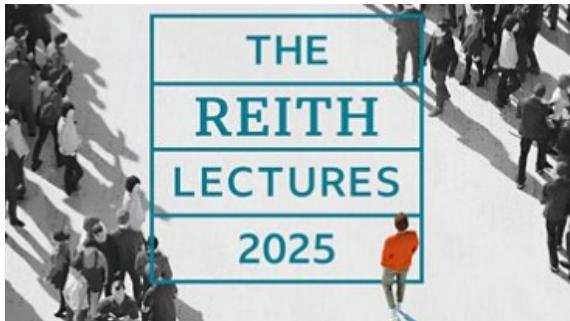
Inside Google's sub-zero quantum lab



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".

ADVERTISEMENT



The Essential List

The best of the BBC, handpicked by our editors, delivered straight to your inbox every Tuesday and Friday.

[Sign up here](#)

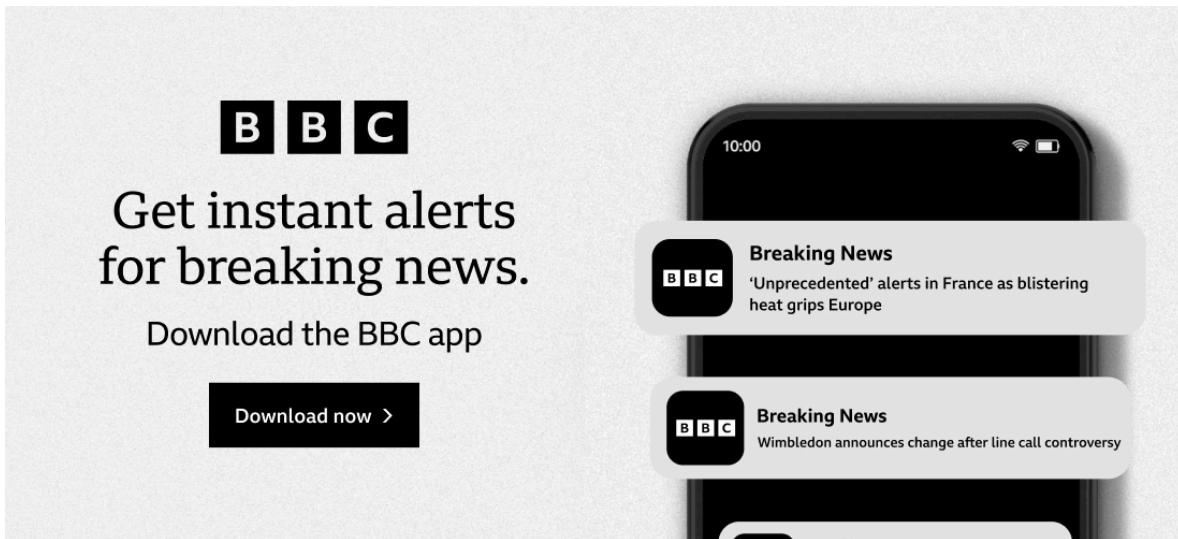
MORE BBC NEWSLETTERS

- **World of Business:** Gain the leading edge with global insights for the boardroom and beyond, every Wednesday from New York. [Sign up](#).
- **News Briefing:** News and expert analysis for every schedule. Get morning and evening editions of our flagship newsletter. [Sign up](#).
- **Football Extra:** Get all the latest news, insights and gossip from the Premier League, weekdays to your inbox. [Sign up](#).

Thanks for reading Tech Decoded. We'd love to hear your feedback, good and bad – send it on to techdecoded@bbc.com.

If you know anyone who might like this email, please forward it on to them. And if you've been sent this by a friend or colleague, [sign up here so you don't miss an edition](#). While you're at it,

add techdecoded@email.bbc.com to your contacts list and, if you're on Gmail, pop the email into your "Primary" tab for uninterrupted service.



BBC

Get instant alerts for breaking news.

Download the BBC app

Download now >

10:00

BBC **Breaking News**
'Unprecedented' alerts in France as blistering heat grips Europe

BBC **Breaking News**
Wimbledon announces change after line call controversy

Follow us here



You've received this email because you've signed up to the BBC's Tech Decoded newsletter.

[Click here to unsubscribe](#)

To find out how we use your data, see the [BBC Privacy Policy](#)

BBC Studios Distribution Limited.

Registered Number: 01420028 England

Registered office: 1 Television Centre, 101 Wood Lane, London, W12 7FA, United Kingdom