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Using Technology to Promote Wellness

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Birds do it …

Bees do it …

Even WE as human beings do it!

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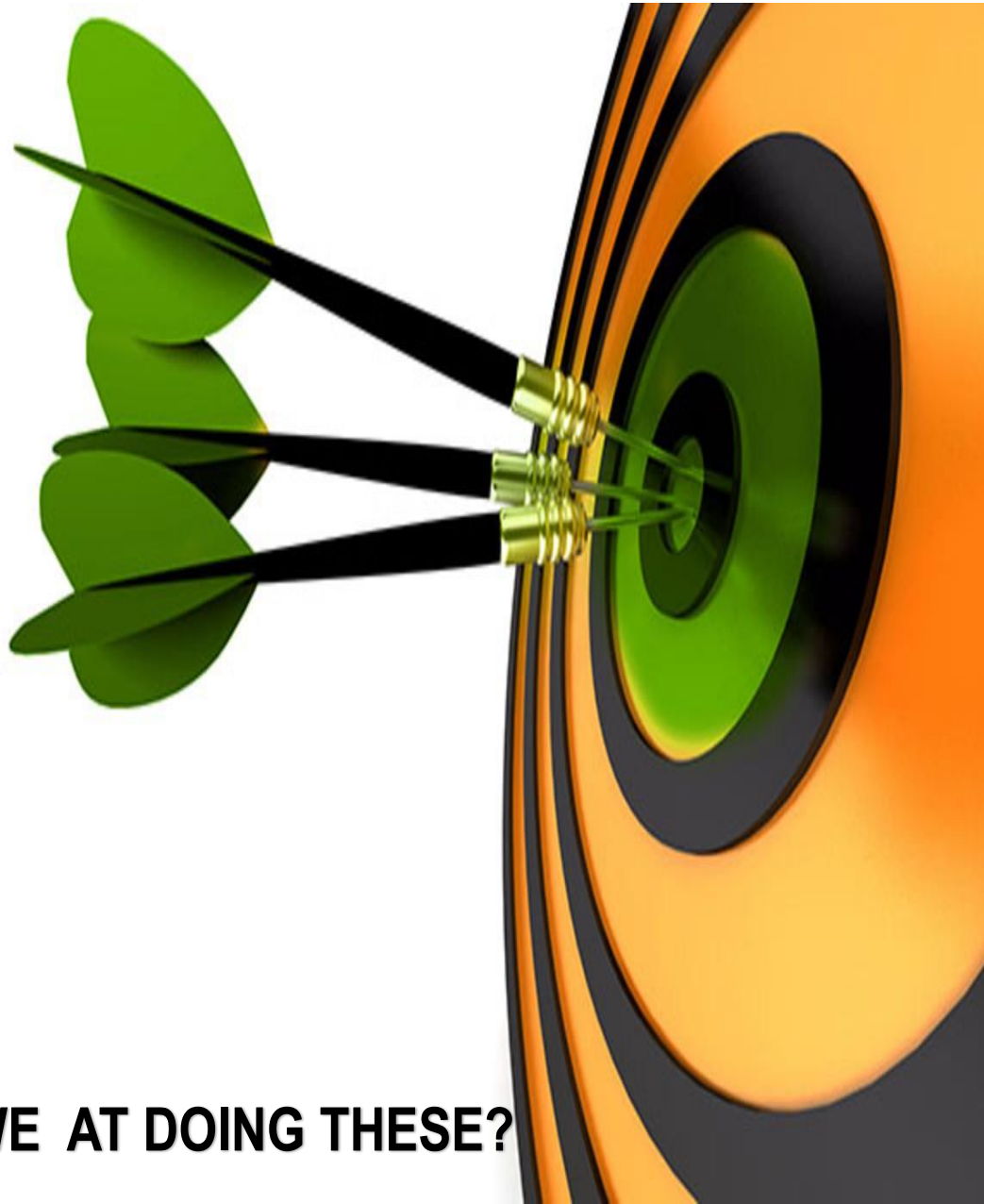
WHAT do we all do?

- Breathe
- Move
- Feel
- Grow
- Reproduce
- Excrete
- Eat



OKAY, BUT HOW?

—EFFECTIVE ARE WE AT DOING THESE?

We wear many hats!

Dimensions of Wellness

GOAL 3

ENSURE HEALTHY LIVES AND
PROMOTE WELL-BEING FOR ALL AT ALL AGES

SUSTAINABLE DEVELOPMENT GOALS

More at sustainabledevelopment.un.org/sdgsproposal

Healthy Living (Healthy Lives)

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As it applies to INDIVIDUALS….

"HEALTHY LIVING – is the practice of Health enhancing behaviors,

or put simply

living in HEALTHY ways"

*It Implies the PHYSICAL, MENTAL & SPIRITUAL capacity to make **Healthy** Choices*

Wellbeing

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“. . . includes the presence of

POSITIVE emotions and moods (e.g., contentment, happiness),

the absence of NEGATIVE emotions (e.g. depression, anxiety),

SATISFACTION with life, FULFILLMENT and

positive functioning.”

- Centers for Disease Control and Prevention

Healthy Living + Well-Being = Quality of Life

Poor Wellness Factors

- Unaware of our body's state of health
- Physical inactivity
- Unhealthy diets
- Unmanaged stress
- Alcohol, tobacco and substance abuse
- Access to medical health services

Health & Well-Being – UPSIDE

- Enhances both the length and the quality of life
- Strengthens families, communities and the economy
- Improves workforce productivity
- Subdues stress
- Reduces the risk of illness
- Ensures positive interactions with others

→ just a Happier People

THE ABSENCE OF WELLNESS

Creates a shift in all areas of OUR lives

Fact!

41M people (71%) of all deaths globally are caused by noncommunicable diseases.

- Cardiovascular diseases 17.9M
- Cancers 9M
- Respiratory diseases 3.9M
- Diabetes 1.6M

>80% of NCDs

The Individual

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Care for our Dependents

The Organization

Decrease in productivity, performance and adverse effects along different points in the Value Chain.

The Economy

High and escalating costs for treatment and care place unsustainable burdens on national and local resources.

Health & Well-Being – TODAY !

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- Healthcare systems, both public and private are over-stretched;
- Employers have higher health care contributions;
- Insurers have high cost ratios!
- Consumers now pay more in health care costs than do employers and insurers.

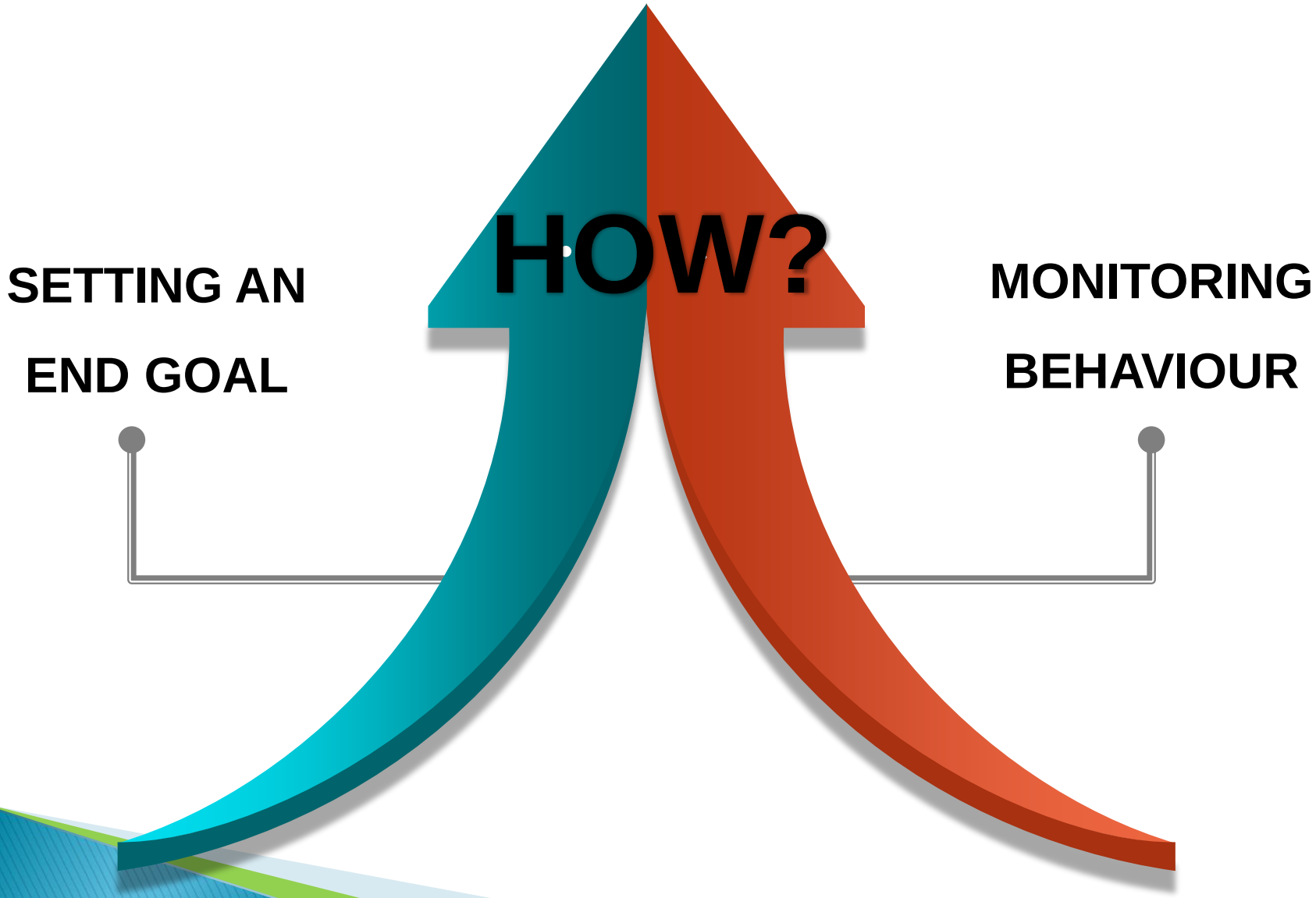
Health & Wellbeing begins with YOU & ME!

Making the right choices for Health & Wellness requires behaviour modification!

Two interrelated factors that can influence our human behaviour are:

1. Self-Regulation and
2. Habits

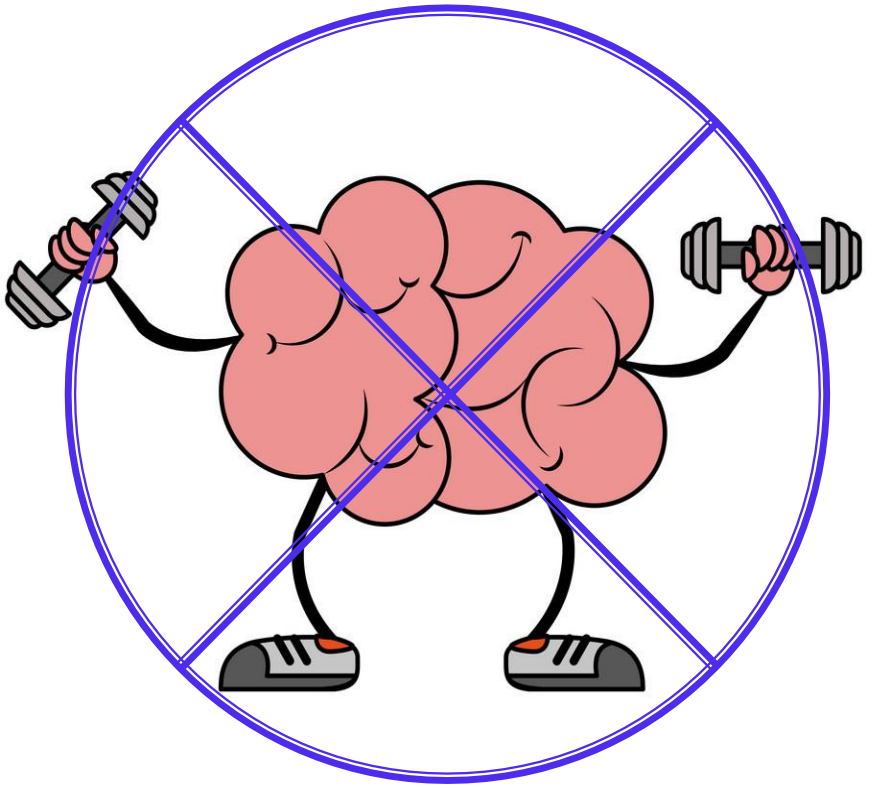
Self-Regulation



Self-Regulation

So why don’t we follow Nike’s advice?

Self regulation requires Mental Energy



I will

I want to

I'm going to

Habits are POWERFUL

- About 40% of our everyday behavior is repeated in the form of habits.
- habits influence our Health, Wellness, and Quality of Life.

→If we change our **habits** for the **better**, we change our lives for the better!

Habits are POWERFUL

We adopt paths where minimal effort is required to actively focus and coordinate our activities.

In our daily lives automation drives our actions:

- Automated cars
- Washing machines and dryers
- Smart devices: phones, televisions, watches
- Siri

Solutions that are all powered by technology!

Following the "Least Resistance" path - is a also a Habit.

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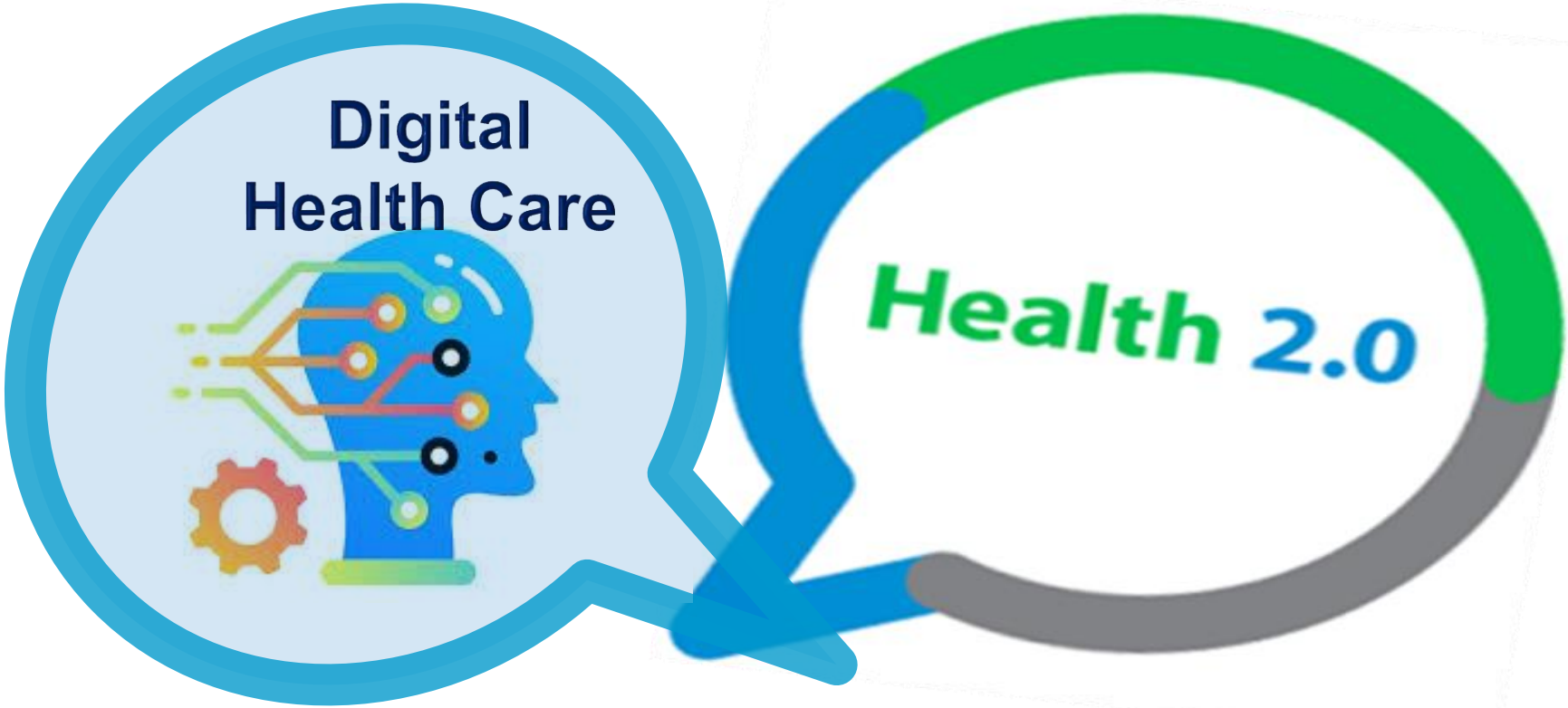
HEALTH & WELLNESS	**are critical** to having quality of life, so we can enjoy life to the fullest.
OUR BRAINS PREFER TO TAKE A SIESTA	which make self regulation and forming better quality habits a challenge
TECHNOLOGY	**can offer a solution** towards Good Health and Wellness!.



TECHNOLOGY

Can offer a solution towards good Health and Wellness!

Three key forces driving the Digital Health Opportunity

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- CONSUMERS & MOBILE
- ACCELEARTED PACE OF TECHNOLOGY
- CHANGING HEALTH CARE LANDSCAPE AROUND RISK MITIGATION

HEALTH 2.0

- Connected Health
- Quantified Self
- Genomics &
- Core Health IT Trends

- **Digital Health Care is expected to Contribute US$800B in GLOBAL VALUE**

Enables networks of social and medical professionals to form virtual communities where **information** can be **shared**

Technological Tools & Apps have developed into <u>integrated</u> <u>solutions,</u> enabling an **ecosystem** of health and wellness;

Delivering education, prevention and recovery of health and wellness.

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A Few Trends

Mobile phones
- **2018 – 4.6B**
- **2019 – 5B**

Smart Phone Penetration
- **2019 – 2.5B**

- **Access to Mobile health 33% of the World's population**

App Usage
- **63% of Responders would like a single app to hold Data including Medical Records**
- ***McKinsey survey 2015***

Behavioural Changes
- **68% indicated behavioural changes as a result of using devices to manage chronic conditions**

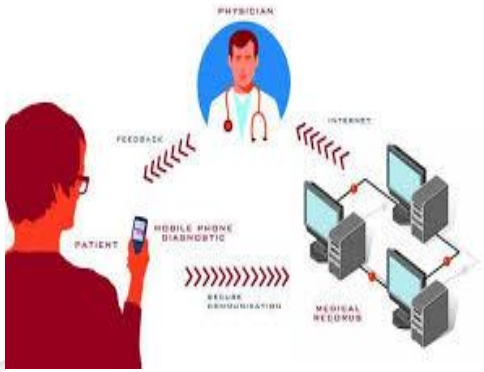
Technological Advancements that promote Health & Wellness

APPS & WEARABLES

BLOCK-CHAIN

MOBILE HEALTH

TELE HEALTH



BIG DATA & ANALYTICS

Wellness Apps and Wearables

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Wellness Apps & Wearables

- **Gives real-time performance Indicators**
- **Life Score**
- **Share with one's #healthandwellnessgroups**

- **Personalized Health Coaching**
- **Points/Rewards for Goals attained**
- **Wide choice of Apps to suit your area of interest**

Wellness Apps and Wearables

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Track Life's activities

- Management of preventable diseases (NCD's);
- Diet and Fitness;
- Activity and heart rate;
- Sleep patterns, stress and emotional state;
- Substance abuse and addiction recovery
- Medication tracking

Our bodies have become so acclimated to stress that we hardly notice the harmful effects!

Apps and Wearables become the **digital gauges** that give early alerts before our Health & Wellness are seriously compromised.

Wellness Apps and Wearables

This Oura Ring, tracks:

1. sleep,
2. heart rate and
3. activity

through body temperature Sensors Technology.

Welcome to the *mHealth* Revolution

→The use of Smart Phones, Tablets, and other Mobile Devices to deliver Health-Care and Preventative Health Services

→Also sees the integration of Apps & Wearables

Mobile Health

"Healthcare in a Click"
The Rise of Mobile Healthcare

Fertility & Pregnancy Tracking

Glow
bellabeat
ovuline
KINDARA

Medical Marijuana Delivery

eaze
Nugg

glooko
ONE DROP
mySugr

Diabetes Management

Pill Tracking

MediSafe

Appointment Scheduling & Prep / Doctor Discovery

patient fusion
one MEDICAL GROUP
Gamgee

On-Demand Mental Health

talkspace
lantern

Pharmacy Delivery

Pill Pack

On-Demand House Visits

pager
heal
Go 2Nurse
Dose

Telemedicine / Remote Doctors & Health Assistance

TELADOC
Dr
spruce
MAVEN
MDLIVE
tc
pingmd
sherpaa
b.

The Gratitude App

Pala-linq Addiction support

Mobile Health – Use Case Patient

Forty **adolescent** Diabetic patients (ages 10-19) were put on trial with a smartphone "medication adherence app"

- There was a 45% improvement in taking the medication at the prescribed times.
  - This equates to less visits to the ER!!!

Mobile Health : Possible Use Case - Insurance

53% of digital health practitioners expect **health insurances** to be the

#1 future distribution channel

To promote health and wellness through the use of technological solutions!

- Insurers already have **a relationship** and access to clients on health plans
- **Enhancing policies** with rewards/discounts for integrating digital health products with health visits will increase the take-up rate
- As stakeholders in health and wellness they/we have **an interest in using preventative digital solutions**
- They can have early **insight** into individual and demographic trends and better respond with product offerings to encourage behavior modifications

Telehealth:

1. Telemedicine
2. Telecare
3. Telemonitoring

Telehealth

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TECHNOLOGY

Enables clinicians to evaluate, diagnose and treat patients remotely.

DATA

Data is provided to care managers, who coordinate any necessary medical intervention to Patients

BENEFITS

- **Reduced hospitalizations & emergency room visits**
- **Greater adherence and response to treatment**
- **Access to remote patients or limited mobility patients**

Health 2.0 - Use Case Insurance Co.

Local Tapiola Launched Smart Life Insurance contract (June 2015) which integrated digital health features:

- Electronic health check-up
- Telehealth facility
- Access to policy information
- Benefits store
- Self-coaching program
- An activity wristband and wellbeing app.

By mid-year 2016 :

Sales had increased by 10% and

7,000 new customers took out Smart Life Insurance.

Digital Health – Use Case Insurance Co.

Value→ New benefits are transforming the relationship between the company and its customers.

- 90% of users complete a health check
- 80% subscribe to the coaching programs
- 83% of users report health benefits
- Significantly, rates of churn have reduced since Smart Life Insurance.

Krystal Boyea's Story

- Type 1 Diabetic
- Wears an Insulin pump
- Wears a CGM (Continuous Glucose Monitor)
- We have access to her blood sugar readings and is alerted when necessary
- Her health Care practitioner in Miami has access to her blood trends and can advise changes to her pump as required
- Her mobile phone is synced to these devices
- In the first instance the pump was 3 inches in length and now its 1.5 inches
- This provides great comfort to her family, friends, health care providers & herself

Digital Health

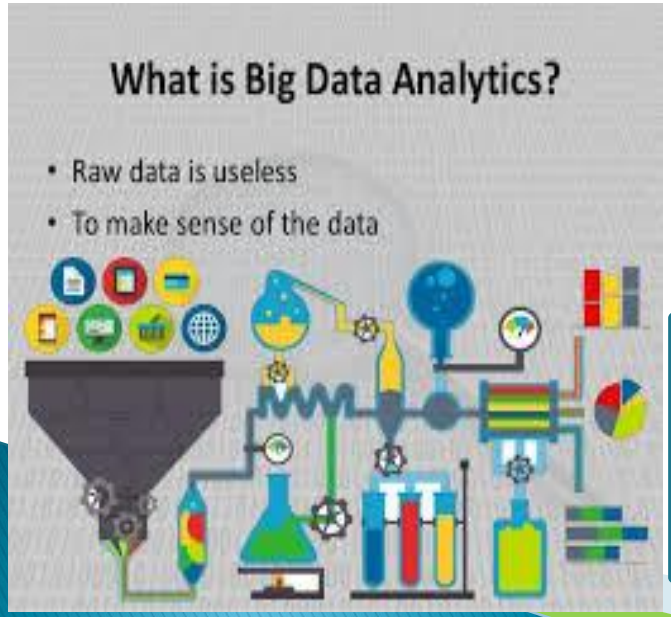
Medical Practitioners believe

86% → Increases knowledge of patient conditions

76% → Helps patients with chronic diseases

Big Data Analytics

- Client's specific Content / Activities,
- Current Experience
- Historic Issues
- Trends in Disease



- Clinical data from physician's written notes
- Prescriptions
- Medical imaging
- Laboratory
- Pharmacy
- Insurance and other administrative data
- Electronic Patient Records
- Data from wearables & Apps
- Social media posts, News feeds, and articles in Medical journals

Valuable Insights to diagnose and treat a condition

Big Data Analytics

Potential To:

- Reduced Health care costs
- More effective treatment;
- Managing specific individual and population health
- Predictive Analytics determine:
  - Length of hospital stay (LOS);
  - Patients who will choose elective surgery;
  - Patients likely not to benefit from surgery;
  - Patients at risk for medical complications.

Athena-health

relayed Ebola-related patient travel history questions and data to its EHR within an hour of another hospital's inability to treat an Ebola patient because of 'missed' information.

When time is critical, ***big data*** can play a life-saving role!

Blockchains in Healthcare

What is Blockchain?

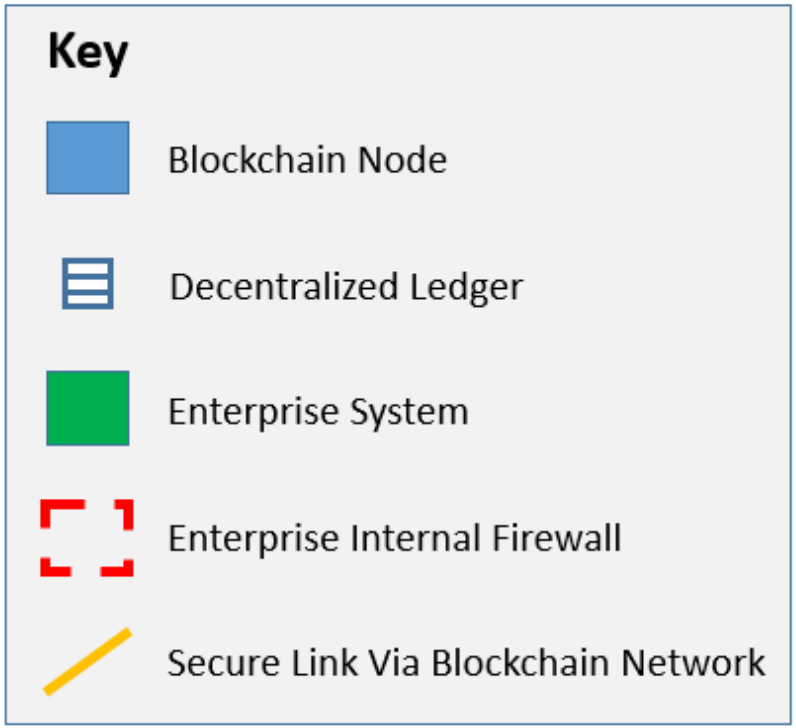
- A distributed / open ledger / log system
- Records data on linked blocks
- Data is digitally encrypted
- Data Entries – Time & Date Stamped
- Secure network
- Always in-sync distributed databases
- Provides immediate distribution of information

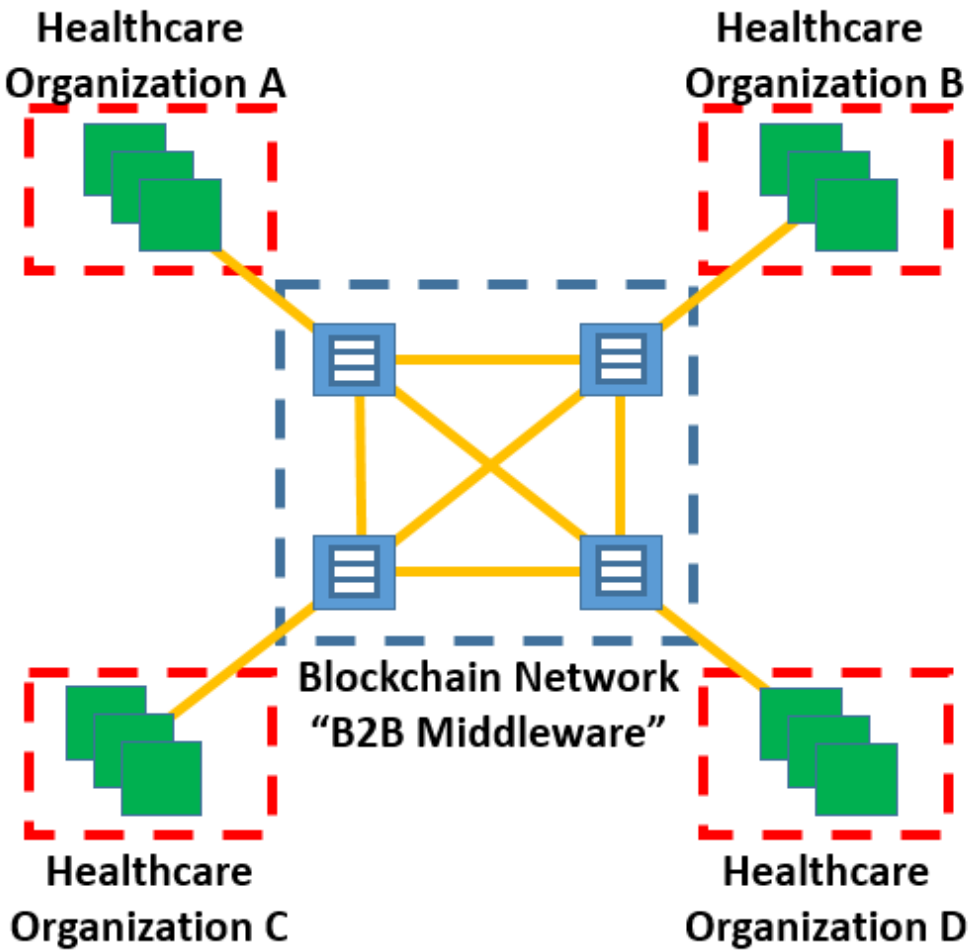
Blockchains in Healthcare

Based on its characteristics, blockchain establishes:

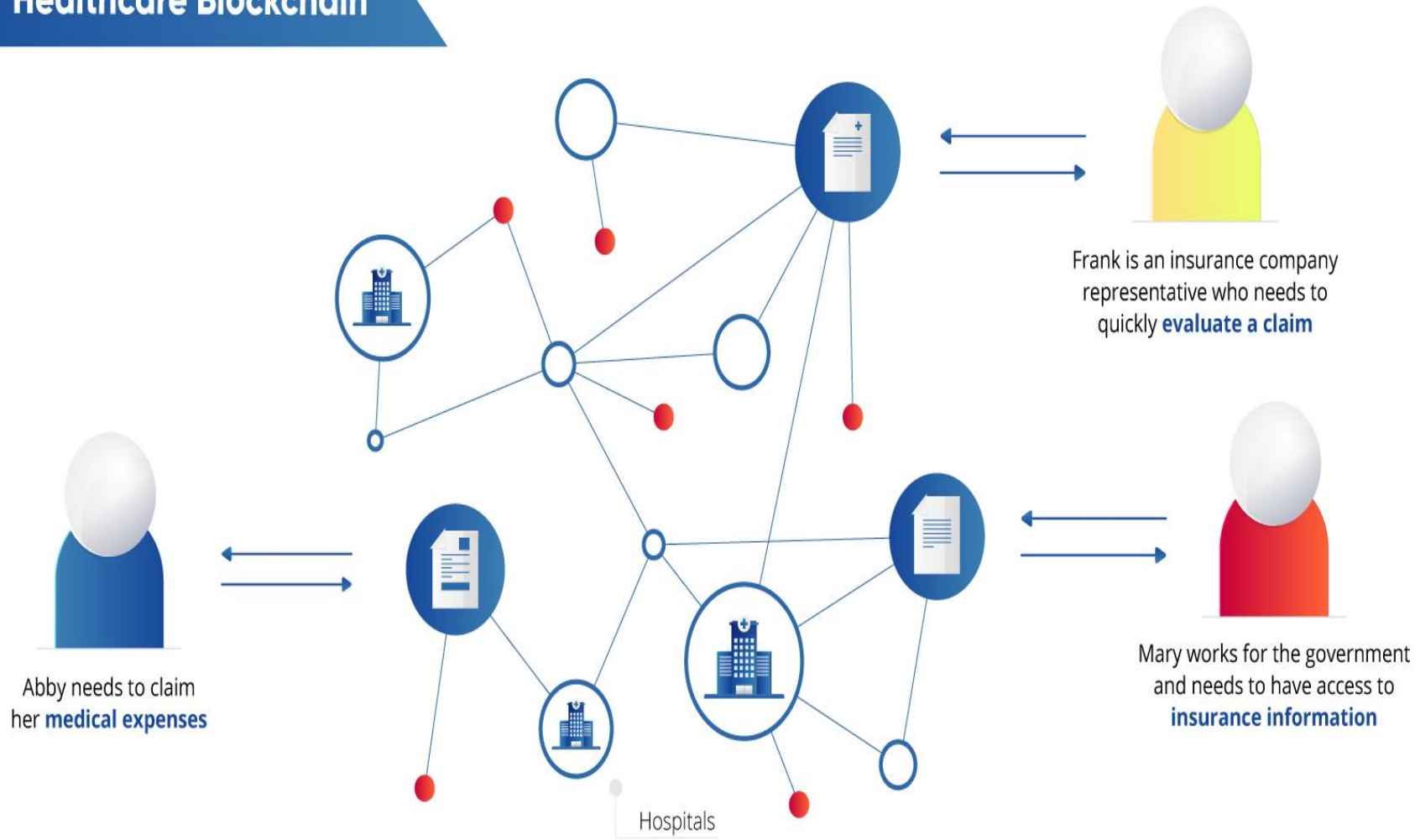
- Trust
- Accountability
- Traceability
- Integrity of data sharing
- Auditable

Healthcare Blockchain Overview





Healthcare Blockchain



Blockchain – Health Use Case

One of the current uses of blockchain is supply chain tracking .. RISK MITIGATION

- It can be used to ensure authenticity
- Facilitate required safety recalls
- Track equipment and medicines
- Reduce the prevalence of harmful generic drugs

Authorities are able to crackdown on the issue of <u>counterfeit drugs</u> entering the supply chain!

Wellness Programs

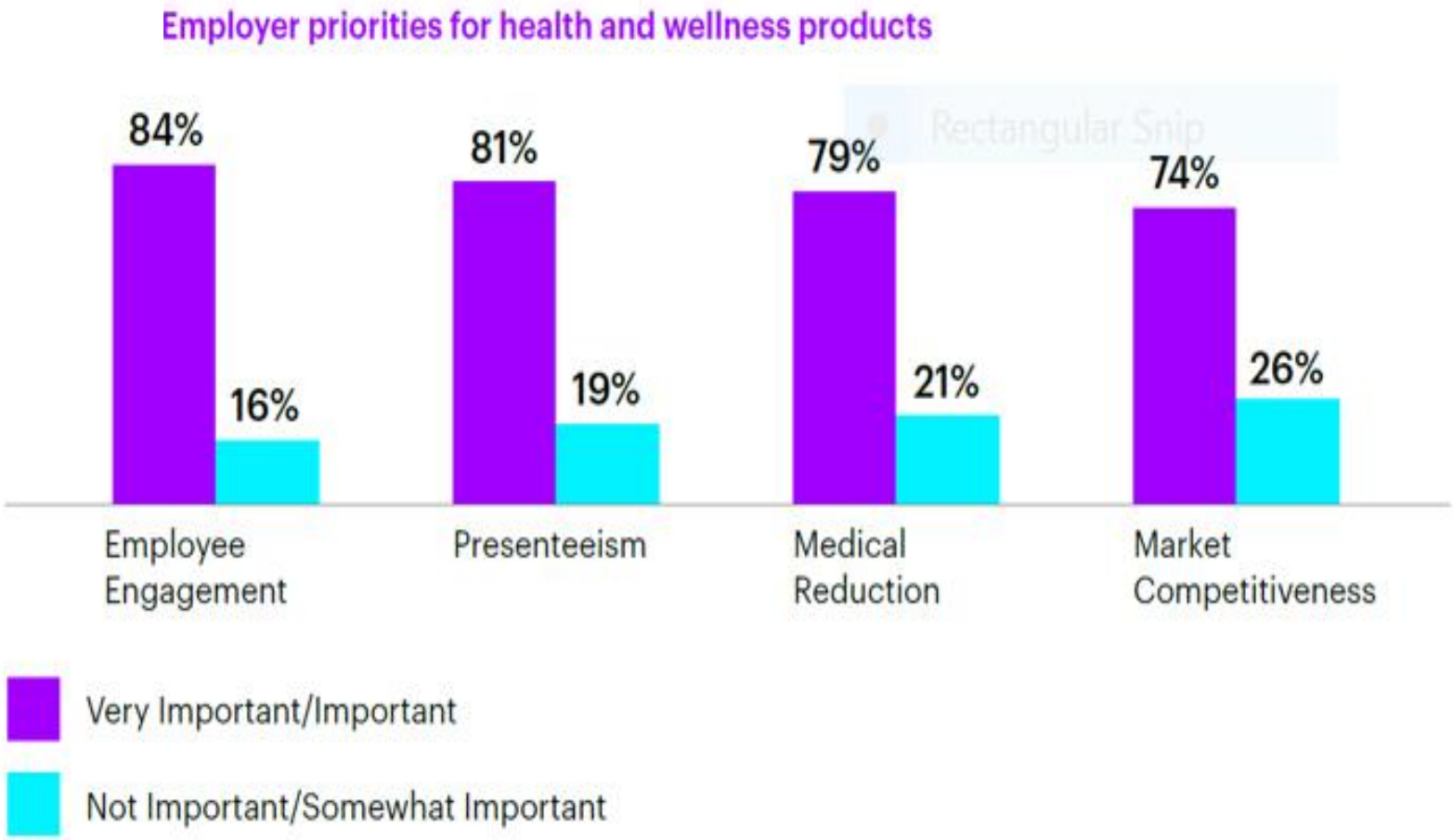
A Comprehensive Solution/ to promote Health & Wellness…

- Evaluates your personal health score
- Goal-setting
- Rewards for achievement
- Personalized push notifications
- Provides access to a cadre of health practitioners

Six Top Providers (Recommended by Celent)

Name of Provider	Solution
Life.io *http://www.life.io/*	Engagement through Wellness
BestLifeRewarded *https://www.dacadoo.com*	Wellness
Dacadoo *https://www.dacadoo.com/*	Digital Health Engagement
Sureify *https://www.sureify.com*	Engagement through Wellness
Vitality *https://www.powerofvitality.com/vitality/login*	Wellness (Component of full insurance product)
Optimity *https://www.myoptimity.com/*	Wellness (Digital Health Coach)
Wellth *https://wellthapp.com/home*	Wellth helps patients change their behaviors so they get better faster

What Employers Want From Health and Wellness Products



Source: Accenture 2016 Employer Health and Wellness Survey

Summing It All Up!

Technology Promotes Health and Wellness

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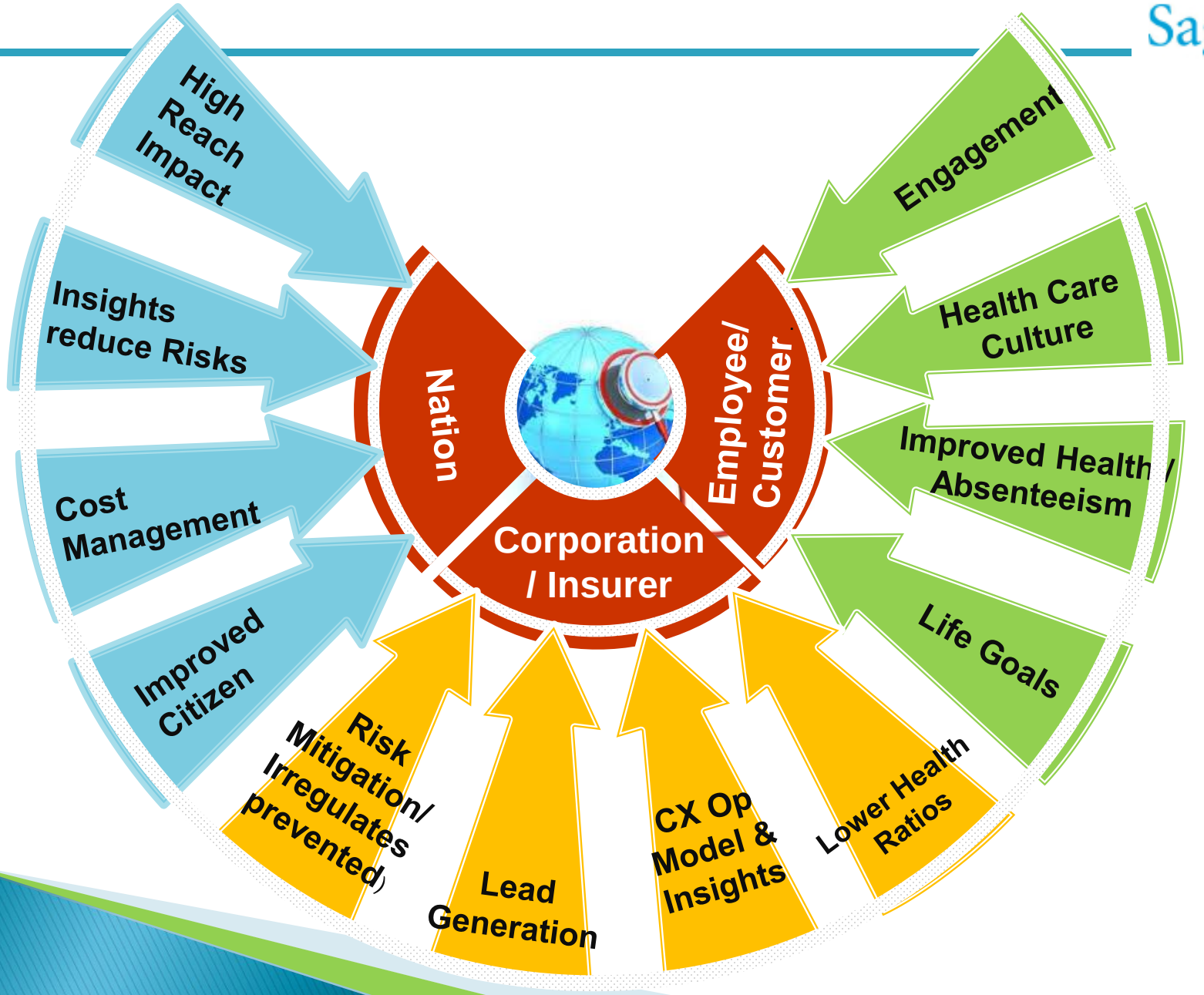

So We Conclude

❖If we change our habits for the better, we change the status of our **WELLNESS** –for the better!

✓ At every aspect of the **HEALTH ECOSYSTEM** both on a surface and a granular level, Technology has a performance enhancing role…

❖**TECHNOLOGY** is the bridge that will help us self- regulate and modify our behaviour.

✓ for a **POSITIVE OUTCOME** to provide sustainable solutions towards maintaining health and wellness!

THE TOOLS EXIST TODAY

&

Health Care Models and the **behavior of consumers** support the use of technology to promote Health and Wellness.

❖If we change our habits for the better, we change the status of our **WELLNESS** –for the better!	✓ At every aspect of the **HEALTH ECOSYSTEM** both on a surface and a granular level, Technology has a performance enhancing role…
❖**TECHNOLOGY** is the bridge that will help us self- regulate and modify our behaviour.	✓ for a **POSITIVE OUTCOME** to provide sustainable solutions towards maintaining health and wellness!

THE TOOLS EXIST TODAY

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Health Care Models and the **behavior of consumers** support the use of technology to promote Health and Wellness.

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THANK YOU!

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