Fitcor landing page texts (provisional)

Intro section

How does the technology work?

Care situations can be very stressful. Many nursing staff do not know methods of relaxation. For this reason the fitcor technology was developed, a health coaching for nursing staff.

The fitcor system consists of (1) an app and (2) a sensor that is worn on the body.

This sensor measures various values, for example breathing, the stress level or how much someone is moving. The app receives the values ​​that the sensor measures. These values ​​are displayed to users in the app. This allows users to see how stressed they were on a day or how much they slept. The app guides you to different exercises to show users how the body e.g. responds to targeted breathing exercises.

The sensor is worn for 7 days. During this and afterwards, the app is used for about 8 weeks. The areas that were conspicuous during the measurement - such as stress or movement - are treated by the app during this time. Through health coaching, users can see directly the effects of everyday care and how exercises can affect their health.

Maybe add example section

*The following examples are intended to explain the application of the technology:*

*- The measurement shows that a user sleeps too little and restlessly. With fitcor the user can learn methods to fall asleep better.*

*- The sensor indicates a high level of stress in everyday care. The fitcor app explains what stress is and how it arises. The user can perform relaxation exercises with the app and see through the biofeedback that this can reduce stress.*

Steps section

Procedure in practical projects

So that the fitcor technology can be integrated into the planned intervention in a meaningful and user-oriented manner, the process consists of different phases. In order to prepare the content of the intervention in an app-friendly and customizable manner, these phases consist of different modules, which in turn are composed of different elements. These elements can contain variable media, such as texts, videos or audios. The modular structure allows a high degree of flexibility from a technical and conceptual point of view and will be explained in more detail below.

Preparation phase (3-7 days):

- Sensor ordering and onboarding

- Explanation of how the sensor works, wearing instructions, etc.

- Fill out questionnaires

- Explanation of the intervention (process, content, etc.)

- Theoretical knowledge transfer: basics of stress

The preparation phase takes about a week (7 days) and is intended to introduce users to the intervention. After users have completed a questionnaire about their health and stressful experience, the first step is to familiarize them with the app through a so-called guided tour. The contents of the preparation phase are spread over the planned processing time of one week, so that users can process a new so-called element per day. In terms of content, the preparation phase is intended to provide users with relevant basics about the functionality of the fitcor technology and the correlation between the results and stress. In addition, users should complete their first exercises, such as a breathing exercise, which should be repeated daily in the measurement phase. The most relevant step in the preparation phase is to order the sensor. This is also done directly in the app and is possible from the second day of the preparation phase, so that ideally a seamless transition to the measurement phase is possible with shipping times.

Measurement phase (7 days):

- data measurement

- Daily breathing exercise (with biofeedback)

- Diary and daily report

- Learning and experiencing the connections between stress and physique

- Goal: Individual reference: How do I experience stress? What knowledge can I gain from observing physiological phenomena and experiences?

In the measurement phase, the 7-day collection of the users' physiological data takes place. This phase is initiated in the app as soon as users confirm receipt of the sensor in it. After the so-called pairing, i.e. When the sensor is applied and a Bluetooth connection is established with the app, another guided tour introduces the user to the functionalities and specifics of this phase of the intervention. The measurement phase provides that users complete a breathing exercise every day. This exercise can be supported with biofeedback so that users can understand direct effects on their body. The measured physiological data should be prepared and presented in a comprehensible manner for users on a daily basis, and after this phase there should be an overall evaluation over the entire week. In addition to the daily breathing exercise, users should keep a diary in which they can record relevant data about their stress or be encouraged to reflect. By processing more suitable

Coaching phase (approx. 6 weeks):

- Compulsory modules for different user groups

- Modular structure with different topics for coping with stress

- Use of different media (text, audio, video, exercises (instructions for reflection, etc.)

- Individualized extension modules

- Orientation towards needs (questionnaires, measurements) + selection according to personal interests

Like the previous phases, the coaching phase also consists of modules. The coaching phase is much longer, however, as the modules used there are to be worked on for one week each. Around six modules should be integrated, which corresponds to a processing time of at least six weeks. The modules in the coaching phase represent the largest educational part of the intervention and are intended, for example, to link theoretical principles with the individually collected data in the measurement phase and to enable everyday integration. In order to be able to achieve a general understanding of the basics across the entire group of users, so-called basic modules should first be worked on (see Figure 2). As soon as these have been successfully completed, in-depth content is to be presented in advanced modules. The app is intended to enable modules to be individualized through intelligent technology. For example, nursing staff should receive content that addresses specific problems of this target group, and commercial staff should in turn be able to process modules with which they can identify. Measurement results should be used to determine user needs for specific content via the technology, such as in the case of lack of sleep.

Final phase (after the end of the coaching phase)

- Summary and day-to-day integration

- Possibly follow-up measurement for before / after comparison