**Scenario 1**

Arthur has just celebrated his 90th birthday. He lives on his own and enjoys his independence but he is getting rather fragile.

Emma and Mark, his two loving children, understand his desire for independence but they worry about his safety. They live quite far away and don’t manage to see him that often.

To check-up on their father, they used to phone him a couple of times a day, but that was time-consuming, awkward and intrusive for all parties. Instead, now, Emma and Mark use the Cyfer Health system. They have given their father a low-cost health monitoring band and installed the Cyfer Health app.

Cyfer Health allows them to check-up on their father simply by checking their phones. Any time of the day or night, a quick glance and they are assured that he is comfortable.

If Emma and Mark wished to remotely monitor the health of more loved ones, they could distribute more health bands and all the readings would be viewable on the app.

In fact, there is no limit to the number of people that can be monitored, nor any limit on the number of people doing the monitoring. This means Cyfer Health is equally applicable to carer services which look after many vulnerable individuals.

One of the motivations for creating the Cyfer Health system was to provide a system that was very low cost (potentially almost free) by ensuring that it did not require a subscription payment, and could use old Android phones and very low-cost heart monitoring devices.

**Scenario 2**

Arthur’s hearing is not great. He requires the tv volume to be very high. This means he often missing his children’s phone calls. Sending a text message to Arthur doesn’t help since he doesn’t hear the notification sound and, even if he does, he doesn’t notice the message. This results in Emma and Mark worrying why their father isn’t answering the phone… and imagining the worst. However, they now send Cyfer Health alert messages. The messages are displayed on Arthur’s phone and on devices strategically placed around his home. The devices sound a chime and, more importantly for Arthur, flash to indicate the arrival of a message. Devices have been placed by the tv, at the foot of his bed, and one in the kitchen. Arthur can then optionally reply, by tapping a button, to confirm he is well or requires help. The devices are continually plugged into the mains so don’t need any maintenance such as recharging batteries.

**Scenario 3**

Arthur has been the victim of several phone scams and has lost a lot of money. With their father’s permission, Emma and Mark have configured Cyfer Health to email them a daily sumEmma of phone calls and text messages that have been received from unknown callers.

**Scenario 4**

Recently Arthur has experienced a couple of tumbles and can find it difficult to right himself. Even if Arthur is carrying his phone when he falls, it can be difficult for him to make a phone call whilst prone on the ground. Arthur now carries a small button, connected to Cyfer Health, that when pressed, sends emails to Emma and Mark requesting help. On receiving the email, they call friends and family living close to Arthur to ask if they might check on him. Of course, if they can’t get in touch with anyone, they call the emergency services.