1. BED (7:00)

Question:

Your connected bed has recorded data on the duration and quality of your sleep.

This data can help your doctor propose personalized feedback on your sleep quality.

Do you want to send this data to your doctor?

Outcome:

IF yes: Health +20 pts Privacy –20 pts, comment by Doctor : “Thanks for this information, EMIL! Looks like you had a great night’s sleep! Keep it up!”

IF no: Health –20 pts Privacy +20 pts, comment by Doctor : “This is important health information, EMIL. I hope you will send me this data tomorrow.”

1. SCALE (7:10)

Question:

Your connected scale recorded your weight and estimated your BMI as: overweight.

This data can help your doctor propose personalized advice for your nutrition, exercise and medication dosage.

Do you want to send this data to your doctor?

Outcome:

IF yes: Health +25 pts Privacy –25 pts, comment by Doctor : “You are 8 kilos over your normal weight. If you lose some weight, you’ll feel much better. Try eating a smaller lunch today, and exercise for at least 30 minutes.”

IF no: Health –25 pts Privacy +25 pts, comment by Doctor : “This is important health information, EMIL. I hope you will send me this data tomorrow.”

Comment by Boss : “Employee wellbeing is a priority for our company, EMIL –unhealthy lifestyles impose insurance costs that harm all of us.”

Popup ad: Weight loss support groups in your area: Join now!

1. FRIDGE (7:20)

Question:

You chose eggs with bacon for breakfast (550 calories). Your smart fridge recorded this information.

This data can help your doctor propose personalized advice for your nutrition, exercise and medication.

Do you want to send this data to your doctor?

Outcome:

IF yes: Health +15 pts Privacy –15 pts, comment by Doctor : “You had 550 calories for breakfast. That is more than recommended. Make sure you stay under 900 calories at lunch. Do not forget to exercise for at least 30 minutes today!”

IF no: Health –15 pts Privacy +15 pts, comment by Doctor : “This is important health information, EMIL. I hope you will send me this data tomorrow.”

1. LAPTOP (9:00)

Question:

The smart watch you are wearing captures your stress levels based on your heart rate variability. You seem to be experiencing more stress than usual.

This information can help your doctor provide personalized advice to manage your stress. Do you want to send this information to your doctor?

Your employer is implementing a Teamwork Motivational Program to encourage better stress management in their employees. Do you want to send this information to your employer?

Outcome:

IF yes: Health +20 pts Privacy –20 pts, comment by Doctor : “Your stress levels are high, EMIL. This can affect your physical and mental health. I recommend that you go for a 10 minute walk. Alternatively, try slow, abdominal breathing for at least 10 minutes.”

IF no: Health –20 pts Privacy +20 pts, comment by Doctor : “This is important health information, EMIL. I hope you will send me this data tomorrow.”

Popup ad: Valerian root tea : relieve stress with this natural supplement. Order now!

1. FRIDGE (12:30)

Question:

You chose half a pizza and a small cupcake for lunch (1350 calories). Your smart fridge recorded this information.

This data can help your doctor propose personalized advice for your nutrition and exercise.

Do you want to send this data to your doctor?

Your employer is implementing an incentives program to encourage a healthier lifestyle in their employees. You may be eligible for a Healthy Employees rewards program bonus. Do you want to send this information to your employer?

Outcome:

IF yes: Health +25 pts Privacy –25 pts, comment by Doctor : “Thank you for this data, EMIL! You had more calories and carbs than recommended for lunch. Make sure you stay under 300 calories at dinner. Why not jog for 40 minutes today?”

IF no: Health –25 pts Privacy +25 pts, comment by Doctor : “This is important health information, EMIL. I hope you will send me this data tomorrow.”

Comment by Boss : “Employee wellbeing is a priority for our company, EMIL –unhealthy lifestyles impose insurance costs that harm all of us.”

Popup ad: Appetite-suppressing supplements: Half price for a limited time!

1. PILLBOX (13:00)

Question:

You forgot to take your medication on time today. Your sensor-equipped pillbox has recorded this information.

This data can help your doctor propose tips for better medication compliance.

Do you want to send this data to your doctor?

Outcome:

IF yes: Health +25 pts Privacy –25 pts, comment by Doctor: “Thank you for this data, EMIL! Taking your medication on time every day is important for your treatment, EMIL. I will set an reminder on your smartphone for the rest of the week, to make sure you don’t miss a dose.”

IF no: Health –25 pts Privacy +25 pts, comment by Doctor: “This is important health information, EMIL. I hope you will send me this data tomorrow.”

1. TOILET (14:00)

Question:

You are about to go to the toilet. Your smart toilet is equipped with sensors that analyze stool and collect information about your microbiota.

This data can help your doctor propose personalized nutrition advice.

Do you want to send this data to your doctor?

Outcome:

IF yes: Health +20 pts Privacy –20 pts, comment by Doctor: “Thank you for this data, EMIL! According to your microbiota profile, you would benefit from adding more fiber to your diet. Try a bowl of bran cereal for breakfast tomorrow!”

IF no: Health –20 pts Privacy +20 pts, comment by Doctor: “This is important health information, EMIL. I hope you will send me this data tomorrow.”

1. DOOR/SMARTWATCH (16:30)

Question:

You are about to go for a jog. The smart watch you are wearing captures the time you exercised and the calories you burnt.

This information can help your doctor provide personalized advice on your nutrition. Do you want to send this information to your doctor?

Outcome:

IF yes: Health +20 pts Privacy –20 pts, comment by Doctor : “Thank you for this data, EMIL! You burnt 290 calories. That’s great! Choose a dinner that has less than 350 calories. A chicken salad would be great!”

IF no: Health –20 pts Privacy +20 pts, comment by Doctor: “This is important health information, EMIL. I hope you will send me this data tomorrow.”

Notification by Boss : “Seems like you love to live healthy, EMIL! Why not join our Healthy Employees rewards program?”

1. FRIDGE (19:30)

Question:

You chose salmon salad for dinner (400 calories). Your smart fridge recorded this information.

This data can help your doctor propose personalized advice for your nutrition.

Do you want to send this data to your doctor?

Outcome:

IF yes: Health +20 pts Privacy –20 pts, comment by Doctor : “Thank you for this data, EMIL! That is 50 calories more than recommended. Next time, try filling at least half your plate with vegetables. Don’t you want to look and feel better?”

IF no: Health –20 pts Privacy +20 pts, comment by Doctor : “This is important health information, EMIL. I hope you will send me this data tomorrow.”

Popup reminder: take your evening medication dose!

1. BED (bedtime 22h30)

Question:

Your connected bed has just recorded your bedtime.

This data can help your doctor propose the ideal time to wake up, based on your personal needs.

Voulez-vous envoyer ces données à votre médecin ?

Outcome:

IF yes: Health +15 pts Privacy –15 pts, comment by Doctor : “Thank you for this data, EMIL! Based on the past month’s sleep data, your ideal wake up time for tomorrow is 7:00 am.”

IF no: Health –15 pts Privacy +15 pts, comment by Doctor : “This is important health information, EMIL. I hope you will send me this data tomorrow.”