INTRO:

Your doctor diagnoses you with a chronic illness.

To manage your illness and to delay complications, you need to manage several aspects of your life. You need to make a habit of eating healthfully, exercising frequently, managing stress and sleeping well.

Your doctor proposes that you use several digital devices to collect data on your behavior and your body. If you choose to send him this data, he will give you personalized feedback to help you make healthier choices, and stay healthy for longer.

Your health insurance can access the data sent to your doctor. Depending on your lifestyle, they can increase or decrease your insurance costs. Every time your insurance costs change, your employer is notified about the change in their contribution.

Choose whether you want to share each piece of personal information with your doctor, in order to get valuable advice. But remember: oversharing may threaten your privacy.

END:

Here is how your choices compare to other players’: