

PERSONALIZED TRAINING RECOMMENDATIONS

Helsana

Case Deep Dive

Arben Nuhija, Head of Health Platform

arben.nuhija@helsana.ch

Helsana

Engagiert für das Leben.

PERSONALIZED TRAINING RECOMMENDATIONS



Muhamed Ahmetovic
Cloud Developer
Solution Architect

HELSANA_Marc



Arben Nuhija
IT Team Lead
Health Platform

HELSANA_arbennuhija



Christian Bär
Cloud Developer

HELSANA_Atti



Paulina Näf
MSc Life Sciences
Android/ML

HELSANA_Paulina

PERSONALIZED TRAINING RECOMMENDATIONS

Health Apps



Being active

Whether you swim, run, hike or bike – transform your exercise into valuable Plus points with the Helsana+ app. That way, you can keep adding to your account balance.



Preventive health

Prevention is better than cure, and by taking preventive health measures you are rewarded with both health benefits and Plus points. This applies to relaxation and prevention classes, nutrition courses, health check-ups and much more.



Memberships

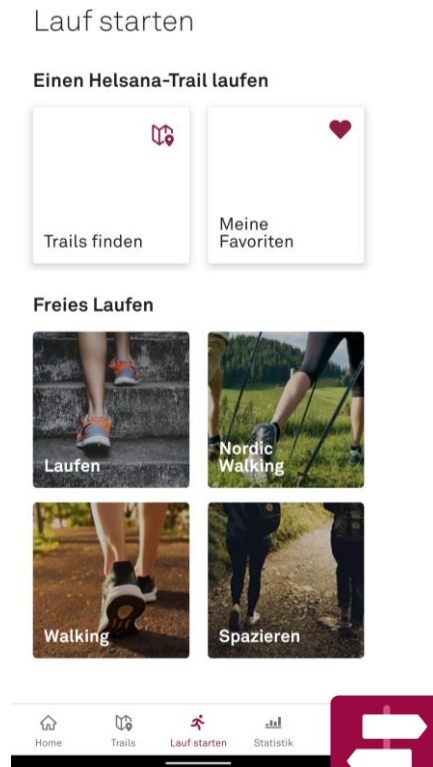
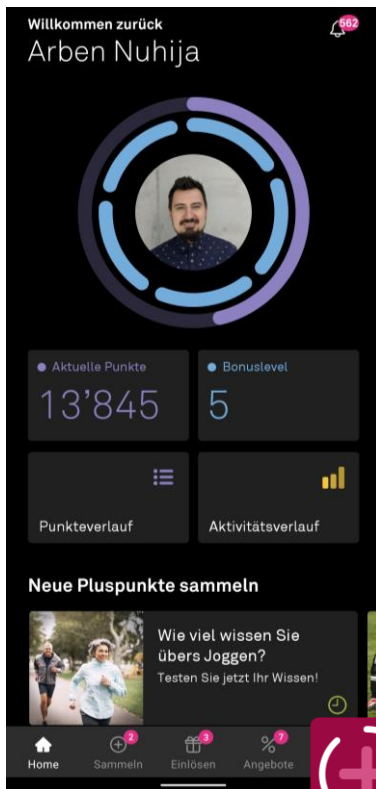
Are you a member of a gym or sports club? Then you will receive Plus points for that too. We also reward you for activities in other areas, such as education, children and youth, or music.



Being connected

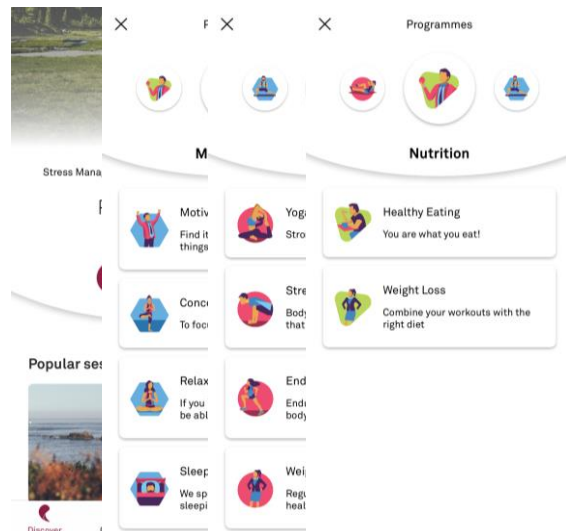
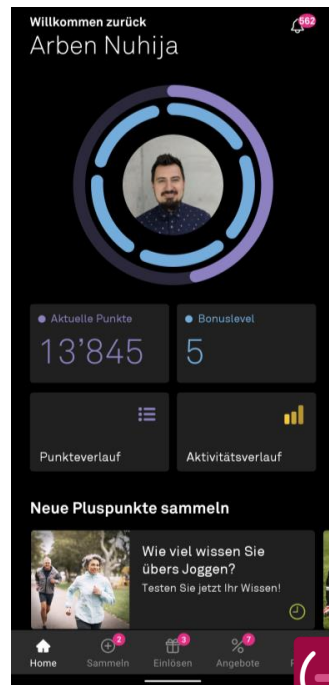
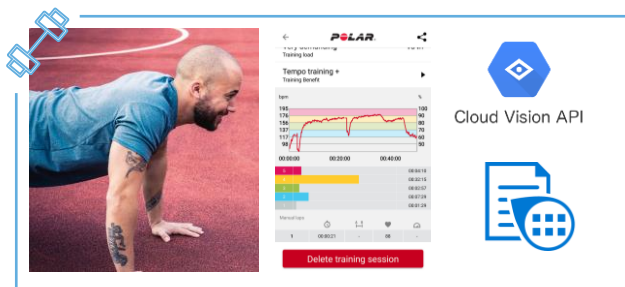
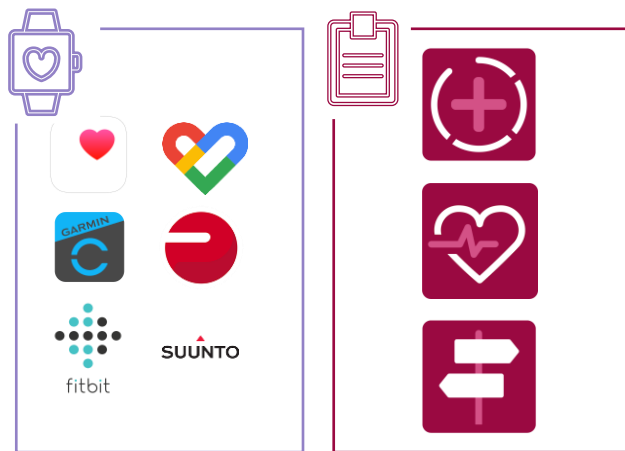
We reward you for demonstrating longstanding loyalty, successfully recommending us to others or taking out a long-term policy. You also collect Plus points when using the myHelsana customer portal.

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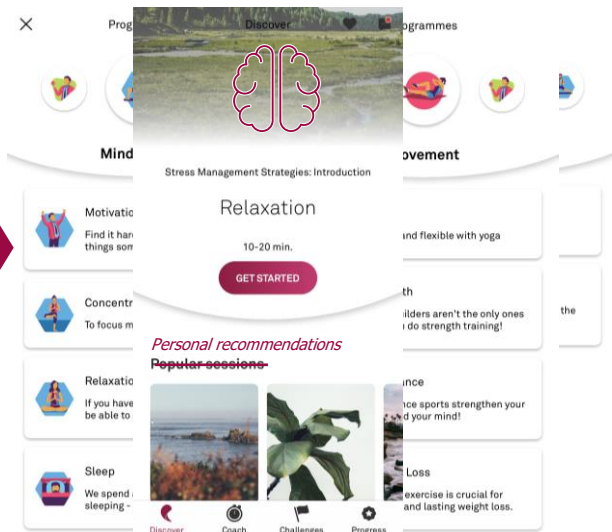
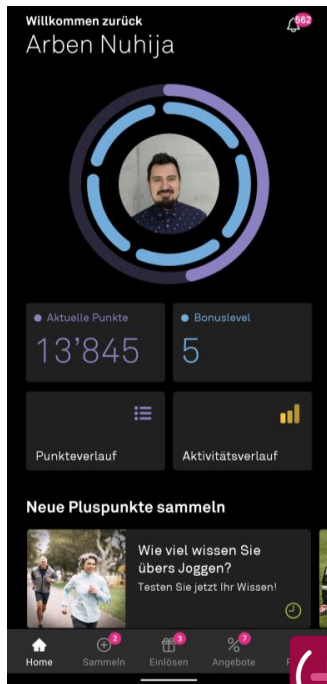
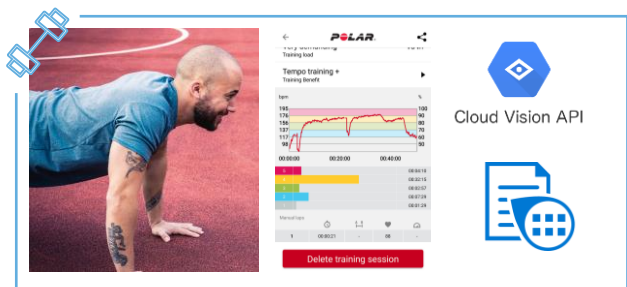
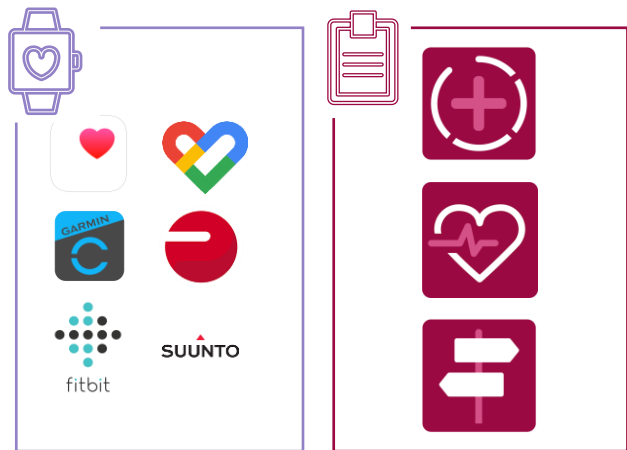


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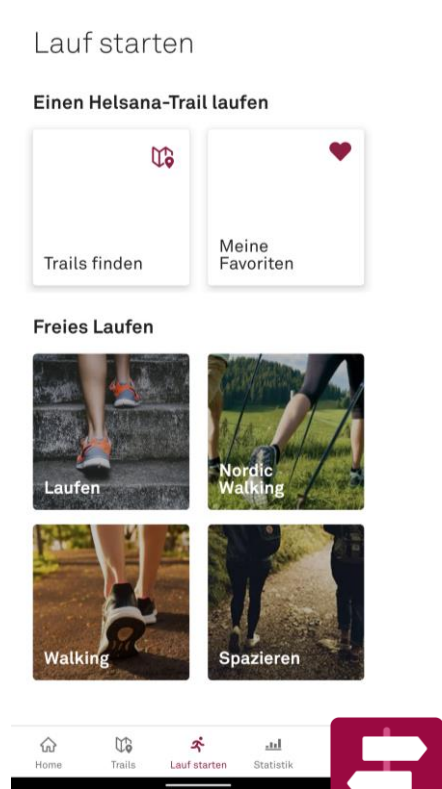
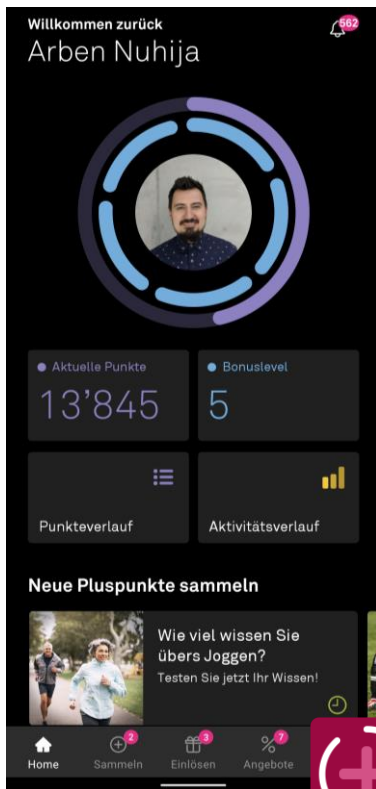
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Data

Table: UserActivity

	Id	ActivityTime	UserId	Gender	Age	BasicActivity	Category	ActivityDetails
1	2008BCD8-5178-47C8-87E3-00000806A9BA	2021-12-06	D7A331FA1F6D83DCFA9B24595FFC07C7	male	41	Daily Session Movement Coach	Movement	{"ActivityType":"","Session completed":"","CategoryType":"","Movement activity completed":"","SubcategoryType":"","Flexibility exercise completed"}
2	B8E1C93A-9326-4554-8AB2-00000AF2851A	2020-08-23	CDFO0702CA390C6C465D514396126DD7	female	36	Personal exercise	Movement	Steps threshold matched
3	804F9A67-B69D-4D5F-9620-00001C598E80	2021-09-20	F73AC17E9D21A5AD7CEE199189E023D7	female	32	Personal exercise	Movement	Steps threshold matched
4	F1370556-4856-4DA0-AD58-00002AE5E909	2020-10-14	DCEADF77D83C64D1696EE72217264A5B	female	35	Daily session	Coach Activities	{"ActivityType":"","Session completed":"","CategoryType":"","Movement activity completed":"","SubcategoryType":"","Strength exercise completed"}
5	662DAED4-9702-458A-94D6-000041A4AEB2	2021-11-13	C0D5931F7D9848B6640C5F83C737DEAE	male	35	Personal exercise	Movement	Steps threshold matched
6	30A24E76-7EC1-4F2C-ABEB-0000A09400EC	2020-09-17	7D2F29B1B41FABE120EF3CF0BACDE39B	male	33	Personal exercise	Movement	Steps threshold matched
7	7DF66031-C10C-41B5-8D8F-0000B048E856	2020-10-27	169157A7068E134D35A65ADFE00B78EC	female	51	Daily session	Coach Activities	{"ActivityType":"","Session completed":"","CategoryType":"","Movement activity completed":"","SubcategoryType":"","Strength exercise completed"}
8	016D3A13-79B7-4941-BF54-0000DB290B7	2021-08-10	2F5EBD5EC028EA129857C38893523933	male	21	Session nutrition Coach	Nutrition	{"ActivityType":"","Session completed":"","CategoryType":"","Nutrition activity completed":"","SubcategoryType":"","HealthyEating completed"}
9	9FB42DDB-27A0-46C3-99F4-0000CFE472A	2021-05-16	8937FB0D32F4A6AFEE757C128C2ADE47	male	60	Personal exercise	Movement	Heart rate threshold matched
10	1AA61B24-98B7-4223-B6FD-0001569FFFF2	2021-02-27	129A7F11D1A2FE548A80D94EF0B21C0	male	38	Daily Session Movement Coach	Movement	{"ActivityType":"","Session completed":"","CategoryType":"","Movement activity completed":"","SubcategoryType":"","Strength exercise completed"}

Table: Move

	Id	UserId	MetMinutes	TimeStart	Duration
1	7CABECBD-6F5E-4E6A-BDA1-0000067761C0	2E7D94AE7EB27C419A5F01B48FF50ED5	22.6949844360352	2022-02-23 14:10:00.0000000	6000000000
2	7501CCBF-1DE8-487C-B3D9-0000201DACE4	3F283792FBF8ECD9635A5A6FD43CDAE	11.1852922439575	2022-01-19 10:00:00.0000000	2400000000
3	5C61F960-0E6F-44C5-9048-00004D1AF1E4	0A3552C1F95E0A0031673FB843DAEB21	231.927734375	2021-11-08 15:40:00.0000000	34800000000
4	1818B813-8F44-40E0-A387-0000700A16F5	C570B92A63D62146EB76175683EEB6A8	75.5754470825195	2022-01-20 10:40:00.0000000	20400000000
5	28EDC512-E8D0-4FE4-AAAC-0000B12B2613	8A4D0662836A46A66F0D2C447C8D4C5F	171.64680480957	2022-02-27 10:55:00.0000000	30000000000
6	28DC7B83-C724-46D9-9AA6-0000FE67314E	837DE4835DCDCD9537DA7C17549CCE9D	31.5931758880615	2021-10-04 11:50:00.0000000	5400000000
7	81FC1DBA-9E96-4E69-933A-00013A48A409	B9358164D415A82902CD7FB412567496	77.362419128418	2022-02-22 14:30:00.0000000	10800000000
8	8F6440CF-B10E-4AAC-8C00-00013DABCD2D	148B172FBA78545DC789082EDB848BF2	42.0311012268066	2021-11-20 10:00:00.0000000	9000000000
9	72C3CD77-CE99-4197-B103-00016DD81E6C	5A0B88107C6B808EE6F447F31B4CD979	10.1000003814697	2021-12-16 06:30:00.0000000	1260000000
10	52554F05-2017-4F85-9DF0-00024A8C202A	E8BF631B69D5FA83CF138D4E25048C83	5.57044887542725	2022-02-15 15:30:00.0000000	980000000

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Column: category

Coach Activities
Nutrition
Getting started
Mindfulness
Loyalty and Helsana
Movement
Challenges