**Health: Cardiovascular Diseases**

**Challenge:**

Ensuring people have healthier lifestyle by providing motivation for change through continuous monitoring of their body metrics.

**Team Name: CardioHack**

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# **Problem Statement:**

There is a significant age group shift observed in the number of cardiac patients admitted in hospitals, which poses a need for people to monitor their health. This is to create an awareness among people to lead healthy lifestyles and in turn reduce the number of observed young cases in cardiovascular diseases.‘Prevention is better than cure’ - rather than spending huge amount of money on treatment, we can stop the problem by taking proper prevention.

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# **Solution:**

# We plan to make people aware about their own cardiac health and keep them motivated by employing various methods of gamification to provide them a unique user experience, thus making the tedious process of health tests fun. To this end, we propose the installation of **Health Kiosks**, providing free WiFi or a virtual reality experience as an incentive for people to perform a cardiac test using an FDA approved device and hence submit their ECG data. This ECG data would be fed to a health platform which uses the concept of gamification to keep the users engaged. For example, sending users fun facts based on the collected cardiac data such as heart age as compared to their actual age, possibility of fitting into a T-shirt which is a size smaller would make the experience unique and keep them coming back to get their hearts tested.

# This platform would also get people thinking as to how they’re life has to change based on the results of the tests. And to help them with this change, the user would become part of a network of nutritionists, health and lifestyle experts who could suggest ways for the people to change and continuously monitor lifestyle.

This method would also contribute to the global repository of the timely ECG data of the patients, and once we have the data, various aggregations and analysis can be performed on it, which would be invaluable to the concerned region’s administration.