



# WholisticMe

WholisticMe is based on wellness application, which scans the body, tells the condition inside it, gives information and medication for it. It provides both natural (physical and mental) home remedies and allopathic medicines to the user.



By Kush Bhatija

# Design Brief



## ***Problem Identified***

In today's world everyone is packed in their busy lives. And they don't get time to prioritize their health in these busy lives. Even if there is a minor pain, people try to avoid it as they don't get time to go to doctors. The problem is that there should be an app, which can detect/ scan the body disease when person is still feeling healthy.

## ***Intent of making the Application WholisticMe***

To identify the problem/disease the person will develop in future and act before it gets severe. For example, the application can detect an injury/ disease developing inside the person's body. The app will guide you with home remedies, videos and tell some exercises to heal up your body. For example, guide how to get rid of diabetes problem. Other examples, what to eat if u have pain in joints, how to remove specs in certain number of days, what exercise to build up stamina, how to grow your hair if you feel is less, etc.

## ***Goal of the Project***

To discover the disease, prevent it, provide remedies, physical exercises and videos to watch to have a healthy lifestyle.

## ***Target market/ Audience***

All people like sports person, children, adults and aged group.



# Chronic health problems of people around world



## By WHO

- Over 1 billion people live with some form of disability.
- The number of people with disability are dramatically increasing. This is due to demographic trends and increases in chronic health conditions, among other causes.
- Almost everyone is likely to experience some form of disability – temporary or permanent – at some point in life.

Over 1 billion people are estimated to experience disability. This corresponds to about 15% of the world's population, with up to 190 million (3.8%) people aged 15 years and older having significant difficulties in functioning, often requiring health care services. The number of people experiencing disability is increasing due to a rise in chronic health conditions and population ageing.

The middle class is growing; and with urbanization accelerating, people are adopting a more sedentary lifestyle. This is pushing obesity rates and cases of diseases such as diabetes upward. According to the **World Health Organization**, chronic disease prevalence is expected to rise by 57% by the year 2020. Increased demand on healthcare systems due to chronic disease has become a major concern.

## 10 Common Chronic Conditions for Adults 65+

### QUICK FACTS



**80%**  
have at least 1  
chronic condition



**68%**  
have 2 or more chronic  
conditions



Hypertension  
(High Blood Pressure)  
**58%**



High  
Cholesterol  
**47%**



Arthritis  
**31%**



Ischemic/Coronary  
Heart Disease  
**29%**



Diabetes  
**27%**



Chronic Kidney  
Disease  
**18%**



Heart Failure  
**14%**



Depression  
**14%**



Alzheimer's Disease  
and Dementia  
**11%**



Chronic Obstructive  
Pulmonary Disease  
**11%**



# Mental health of people around countries : In 2020 and 2021

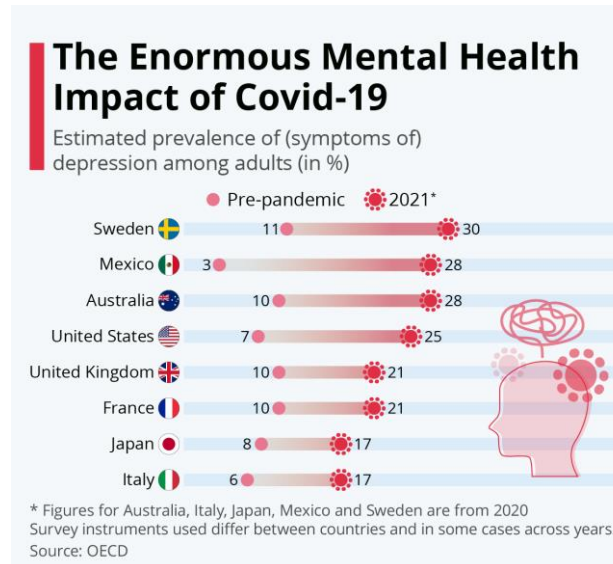
## By WHO

Today, nearly 1 billion people live with a mental disorder and in low-income countries, more than 75% of people with the disorder do not receive treatment. Every year, close to 3 million people die due to substance abuse. Every 40 seconds, a person dies by suicide. About 50% of mental health disorders start by the age of 14.

It is estimated that over 160 million people need humanitarian assistance because of conflicts, natural disasters, and other emergencies. The rates of mental disorders can double during such crises. 1 in 5 people affected by conflict is estimated to have a mental health condition.

## The World Bank and mental health

According to the World Health Organization (WHO), the COVID-19 pandemic has disrupted or, in some cases, halted critical mental health services in 93% of countries worldwide, while the demand for mental health is increasing.



## Mental health statistics worldwide

- Anxiety affects 284 million people in the world.
- Depression affects 264 million people.
- Alcohol use disorder affects 107 million people.
- Drug use disorder affects 71 million people.
- Bipolar disorder affects 46 million people.
- Schizophrenia affects 20 million people.
- Eating disorders affect 16 million people.



# Proposed Solution

## Real-time detection and management of chronic disease

Technology advancements has made real-time detection of health changes a reality to allow individuals to report of symptoms and signs or other health indicators (e.g., heart rate/patterns, blood pressure) in real-time when they experience the changes

### Incorporating of Body Scan Feature

The REAL X-Ray spex: New 'terahertz' scanner lets mobile phones to see inside the human Body. Close up of a CMOS chip - a new version of the commonly used chips would allow users to capture images 'through' walls and even inside the human body.

- Scanner uses 'terahertz' spectrum - between infrared and microwaves
- Can see through walls, wood and plastics
- Doctors could use small, affordable devices to see tumors inside body

The wearable terahertz imaging of human hand without external terahertz sources is an important step for future medical applications, enhancing real-time monitoring of daily health conditions,” said lead author professor Yukio Kawano, PhD of the TITECH Laboratory for Future Interdisciplinary Research of Science and Technology.

## Portable Terahertz Scanner Images the Human Body

“We are planning to integrate our terahertz camera with a signal read-out circuit and a wireless communication device into a single chip and to develop a high-speed terahertz inspection system. Real-time medical monitoring applications are our next step.”



# Proposed Solution

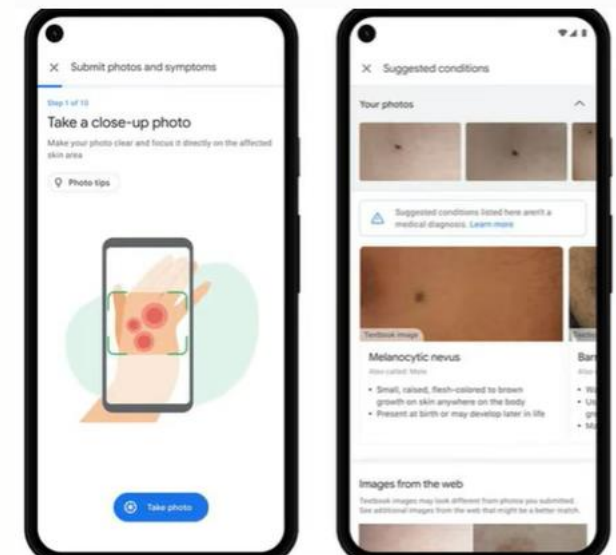
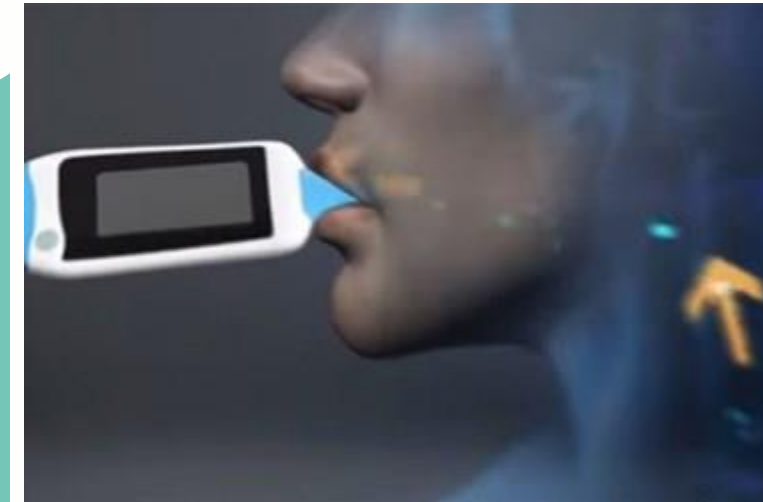
## Incorporating Breath Scan

The Na-Nose technology will be incorporated into the smart phone. So, once the person talks over the phone, the smart phone will react to the content of the breath, and it will analyze the results. This is quite an approach because it allows every person to get a diagnosis of the disease without going to the clinic and it might enable early diagnosis of the disease even though we are feeling healthy.

**SniffPhone** is a new 2020 prototype, compact handheld device that measures exhaled breath for early diagnosis of cancer. The user holds the device in front of his or her mouth, and exhales onto the SniffPhone. The device then takes a sample of the exhaled breath and measures the contained Volatile Organic Compounds (VOCs) using highly sensitive nanotechnology-based chemical sensors. The measurements are sent via Bluetooth using a smartphone to a dedicated cloud platform, where they are analyzed by the appropriate medical personnel.

## Incorporating Skin Scan ( Electronic skin to diagnose skin disease )

Integration of Nanotechnology into so called Electronic Skin. The Electronic Skin is a kind of a patch which you can stick either to your inner part of your arm or your chest. And then the patch will interact with volatile organic compounds, which are emitted from infectious disease to the blood stream. Capture three images from your phone camera from different vintage points. Here AI analyzes will the information and searches its database of 288 skin conditions. With the help of AI you will be able to detect and diagnose different types of disease.





# User Segmentation

## Primary Users



School Children  
5-15 years



Job/Businesspeople  
24-50 years



Youngsters  
16-23 years



Aged People  
65-85 years



Athletes/Sportsperson  
12-40 years



Gym People  
17-65 years

## Secondary Users



Doctors



Nurses



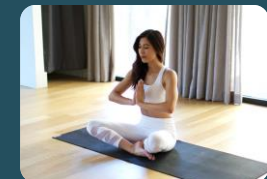
Dietitian



Counselor



Gym Trainer



Yoga Trainer

# Personas (Ideal for using WholisticMe Application)

**Looking for tips to prevent his hair falling.**

## Persona 1

John (Job person) Age:25



John has got a new job where he finds a lot workload. He is so busy in his work that he is unable to take out time for his health. He realizes he hasn't taken care of his health therefore is losing some of his hair. So, for this he uses google to get some solutions to grow his hair. He wishes he could know more about the solutions as he is cautious in using the treatment.

### Goals

John wants to work without taking pressure so that he can take care of his health. He is also looking for some home remedies so that he can prevent his hair from ruining.

**Wants to check if there is any disease in her body.**

## Persona 2

Serena (Teacher) Age:48



Serena is a tuition teacher and teaches to college kids. She is packed in her busy life as she handles her household work and earn her living by herself. She feels tired thinking that something is wrong with her body. She doesn't get time to go to doctor also. So, she wants an app that could allow herself to check at her home.

### Goals

Serena wants to check her health herself at her home and wants to know if there is any disease in her body.

**Looking for meditation to calm its anger.**

## Persona 3

Mike (Student)  
Age 15



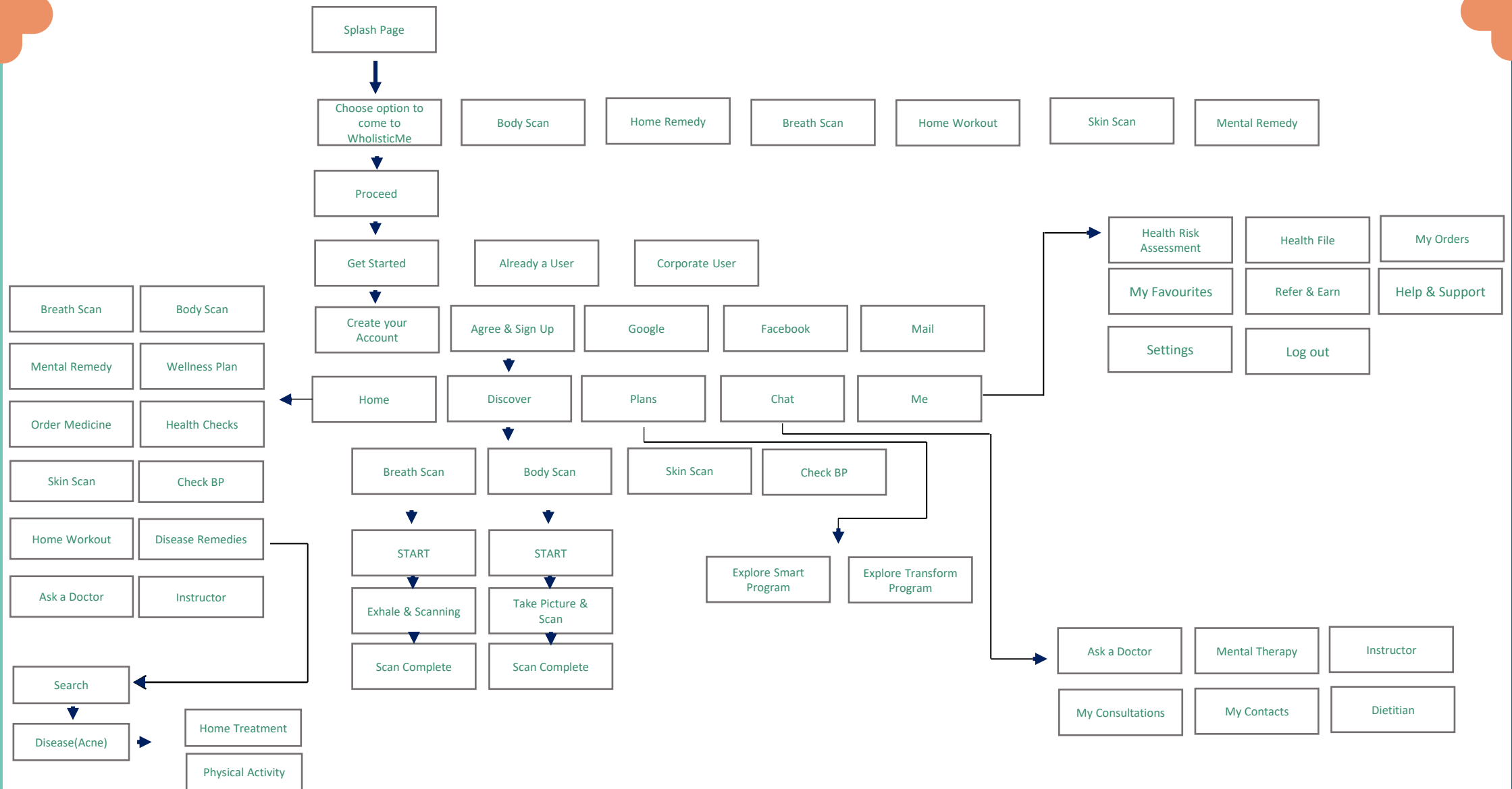
Mike is a teenager in school. He is aggressive and loses his temper in minutes. He is not able to calm himself and is frustrated to make friends in school. For this he is looking for someone to guide him and teach him meditation so that he can be calm.

### Goals

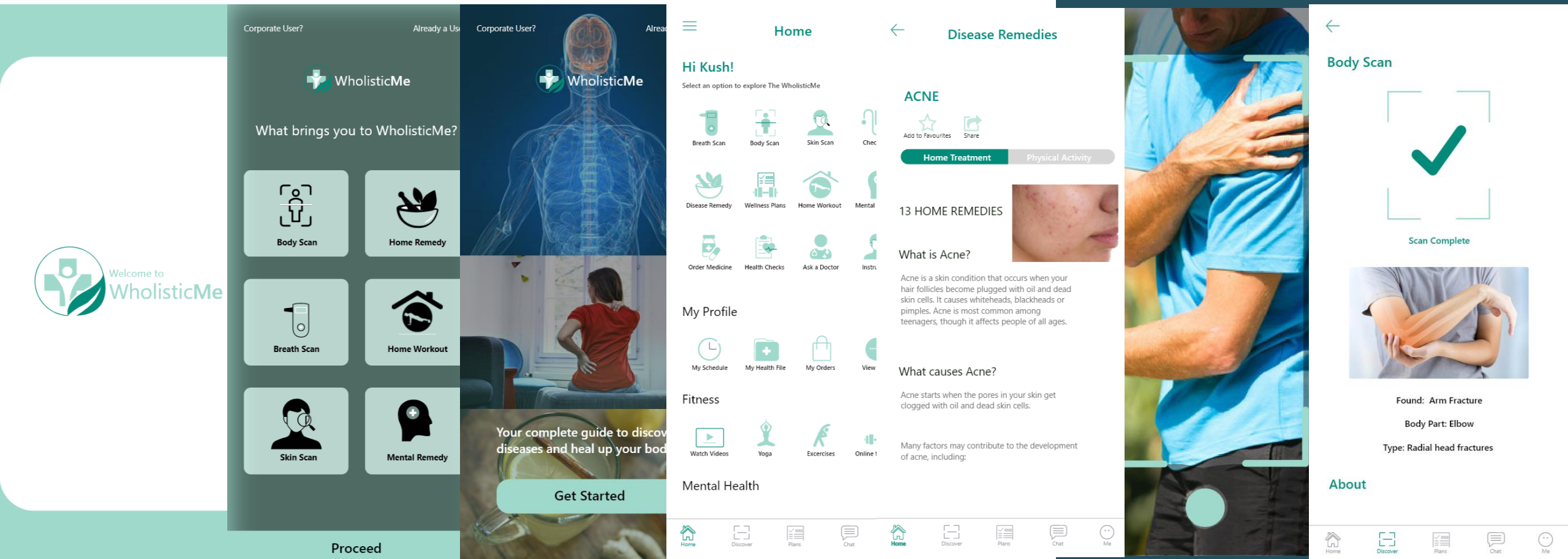
Mike wants to control his temper and be calm with his friends. He wants an application that could guide him in doing meditation.



# User Flow



# Mockups



Link to the Prototype

<https://xd.adobe.com/view/d74e1084-f928-427a-8614-e0a656b978d0-821d/?fullscreen>

Thank You 😊