



Using a smartwatch and a smartphone APP



See Your Personal Data
heartrate, steps, BMI, body temperature



See Your Statistical Data
weekly report



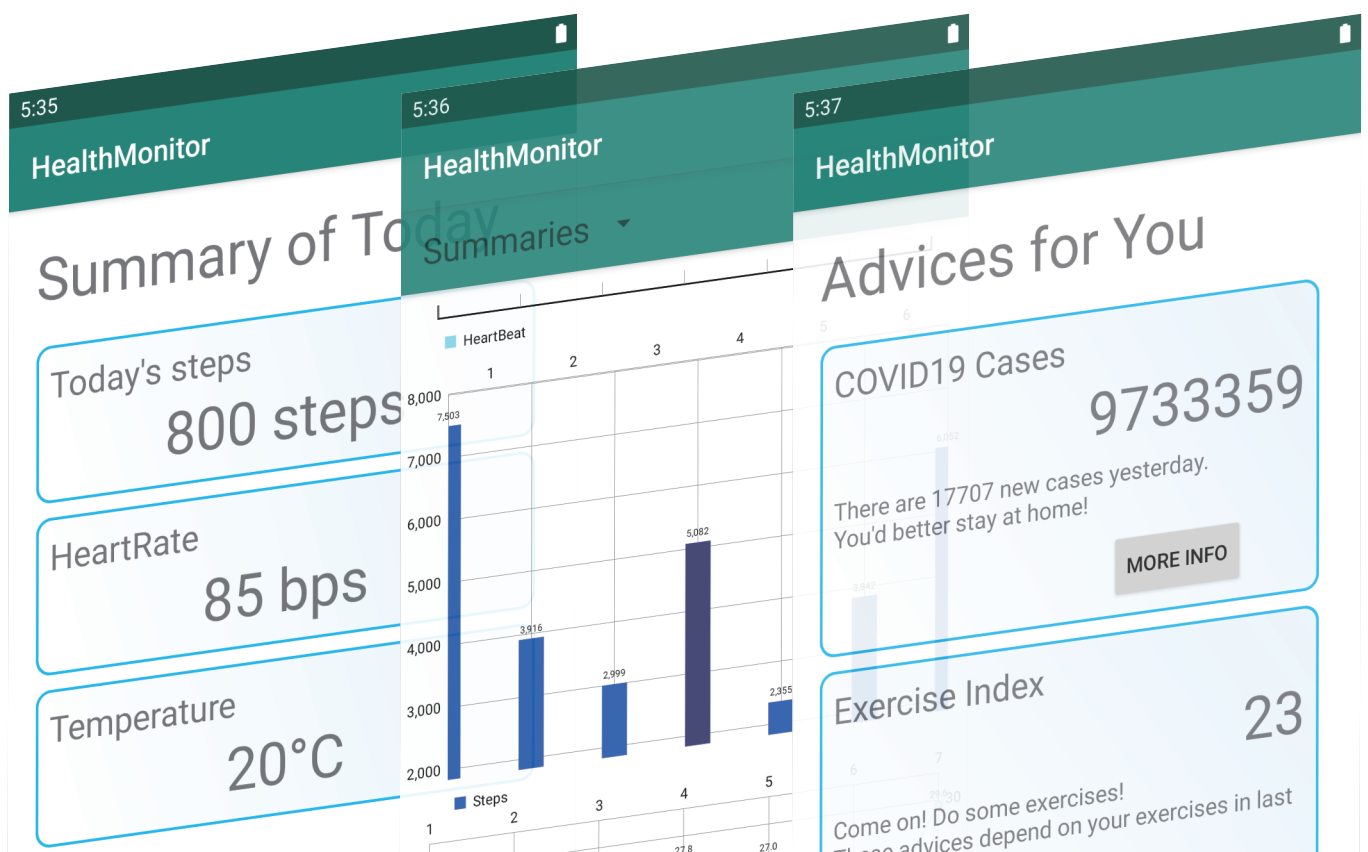
Exercise Index
measure your exercise



COVID-19 Tracker
better protect yourself

FOR ALL THE PEOPLE WHO WANTS TO KEEP HEALTHY

PERSONAL HEALTH MONITORING SYSTEM



What is our Personal Health Monitoring System?

The Personal Health Monitoring System is a tool to monitor and manage your health.

Our system is designed for all the people who want to keep healthy.

Our goal is to implement personal health monitoring by using smartphone and smartwatch and combine some useful functions in this COVID-19 pandemic.

What can I see in Personal Health Monitoring System?

Personal health data monitoring

- heartrate - steps - body temperature - height, weight, BMI

See your statistical data on smartphone

- summaries - weekly report

Analyze and advice **NEW**

- Exercise Index - COVID-19 Tracker - Tips

What is the Exercise Index?

Exercise Index is an integral score that measures how much exercise does user did in last 7 days. It varies from 0 to above 100, and the higher score means more exercise he/she have done. For user, this score is very simple to understand, because higher is better, user can do more exercise to achieve more scores. We calculate the Exercise Index by user's heartrate and steps in last 7 days. Our understanding of exercise is not limited to sports such as running, swimming, and fitness. We believe that as long as the exercise that makes the body move is beneficial. Therefore, even if the user is walking or doing housework, the score can be increased. The calculation of Exercise Index based on a complicated algorithm. Because the individual situation is different, the calculation of Exercise Index is personalized, every user can find a score evaluation system that suits him.

When the user's score is low, we will give encouragement in the form of words to let the user increase the amount of exercise. It is recommended that keeping Exercise Index above 100 scores can reduce the risk of cardiovascular disease. Maintaining proper exercise can also improve immunity.

What is the COVID-19 Tracker?

The goal of COVID-19 Tracker is giving users some suggestions about whether they can go out and how to protect them after going out. The types of advices given are mainly based on the number of newly confirmed cases in the user's area that day.

What is the Tips?

It is also a special part prepared for the COVID-19 pandemic. We will randomly provide a tip, which contains knowledge about going out, taking public transportation, taking elevators, and washing hands. We will extract this knowledge from professional organizations. By learning some useful knowledge every day, users can better prevent COVID-19.