a web3 health management system

Based on wearable devices, privacy computing

and Web3 ananda(do something that makes you happy) to earn

ADVAITA

a web3 health management system

Explore apps for a healthy, happy, happy and harmonious lifestyle with wearables combined with active health games. Built-in Machine-Fi, Health-Fi, Data-Fi and DeHi (Decentralized Health Insurance).

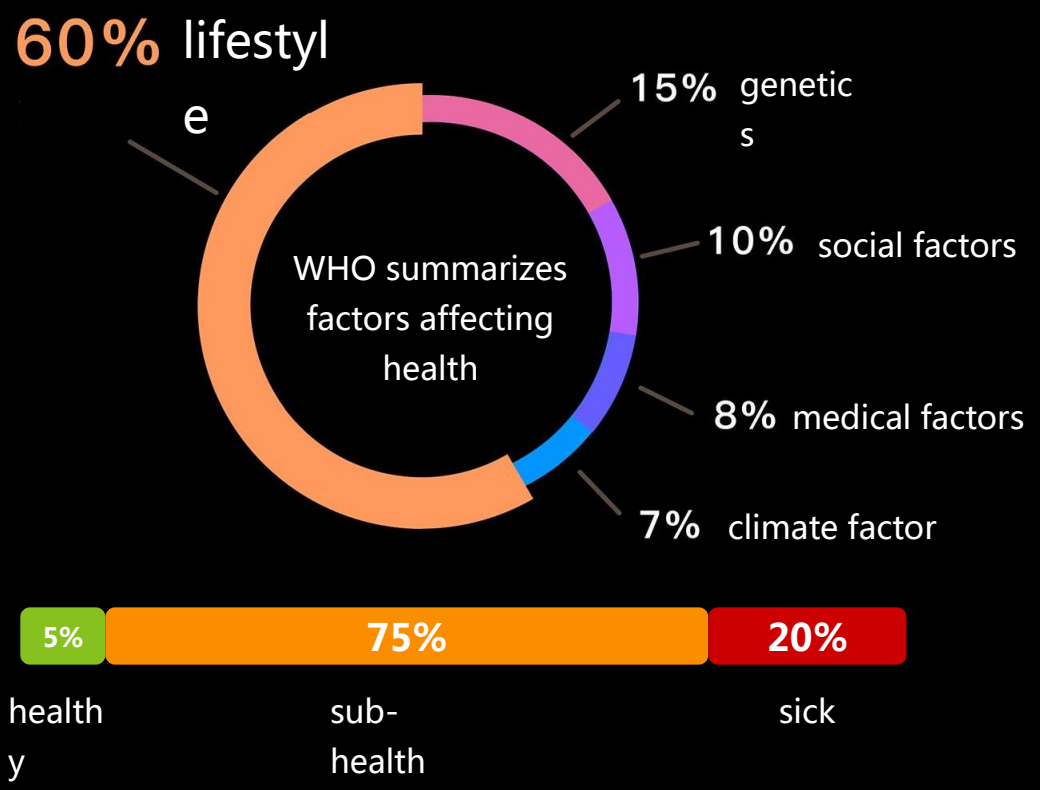
Users wear wearable devices to continuously collect human body data, obtain long-term human body metabolism data, and use the artificial intelligence system to evaluate people's emotional state and early warning of diseases. The system provides active healthy exercise and intervention programs.

By executing the plan and contributing data, users can get rewards while harvesting health.

Through the continuous optimization of the active health plan, the establishment of an active health artificial intelligence medicine and decentralized insurance (DeHi) system that is different from passive medical care, so that the early detection of diseases is less likely to occur, thereby reducing medical insurance costs.

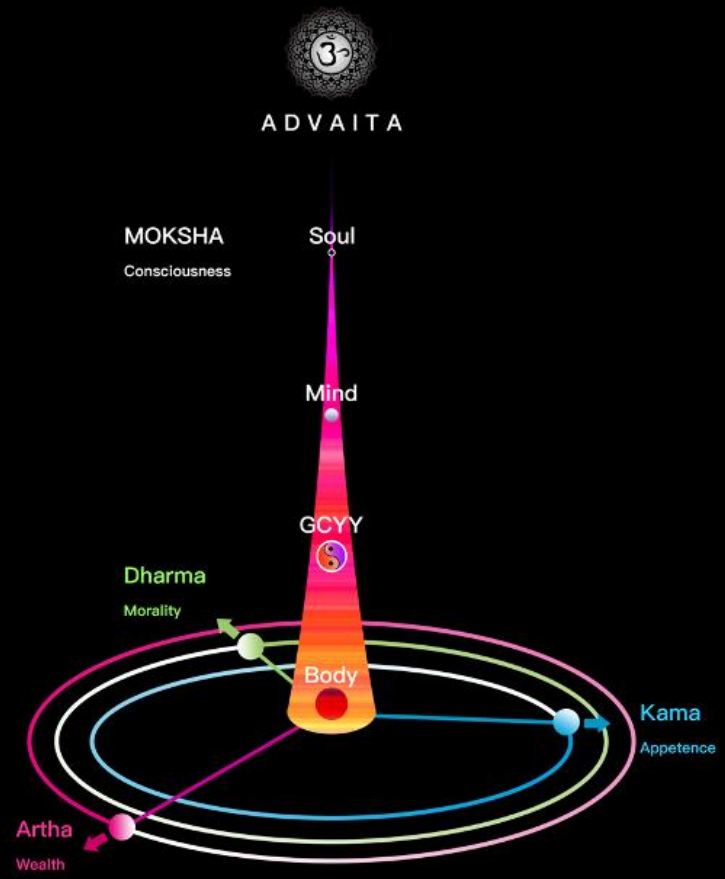
60% of diseases are caused by physical and mental disharmony, and contemporary medicine has no complete solution

60% of diseases are caused by physical and mental disharmony, and contemporary medicine does not have a complete solution. WHO statistics show that medical care accounts for only 8% of the factors affecting human health, and lifestyle accounts for 60%. The sub-health population accounts for 75%, the truly healthy population is 5%, and the sick population is 20%. Human health refers to the overall health of physical, psychological and social adaptation, and modern disease medicine cannot fully reflect the state of human health.



The absence of holistic health medicine

Humans are divided into five dimensions: body, energy, mind, mind-oriented spirituality, and spirituality. However, the current medical system focuses more on the physical level, and medicine in the other four dimensions is lacking. At present, there is only disease medicine, and there is no health medicine system for lifestyle. The current medical system is a passive medical system and lacks active health medicine for sub-health. The insurance system is an insurance system for diseases, and there is no insurance system for sub-health.



Active Health Service System

TCM pulse diagnosis can comprehensively reflect the state of overall health, physical, psychological and social adaptation. But TCM practitioners can only know what they can understand. Wearable devices can collect human biomedical data, but cannot give a direct relationship with health.

healthy

Body

psychology

social adaptation

Data collection

Collection objects: pulse wave and body temperature, respiration, temperature and humidity and skin resistance

Collection time: long-term continuous data collection

pulse wave

body temperature

breathe

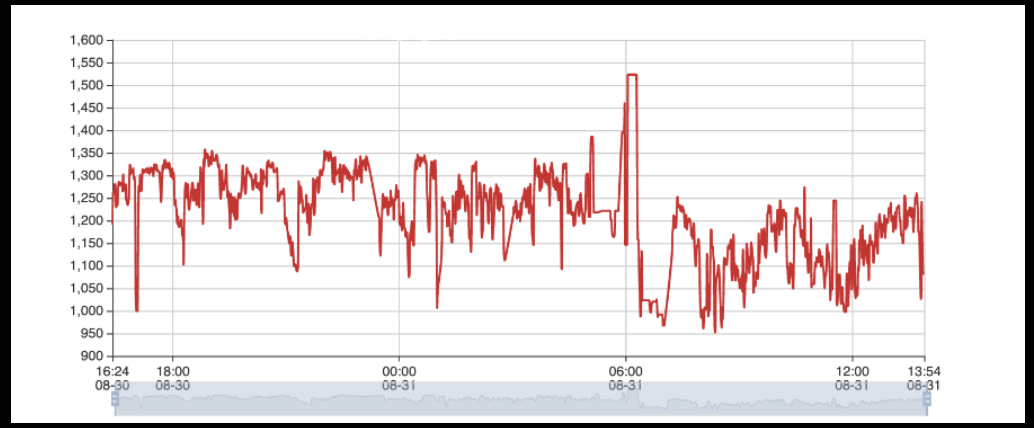
skin resistance

temperature and humidity

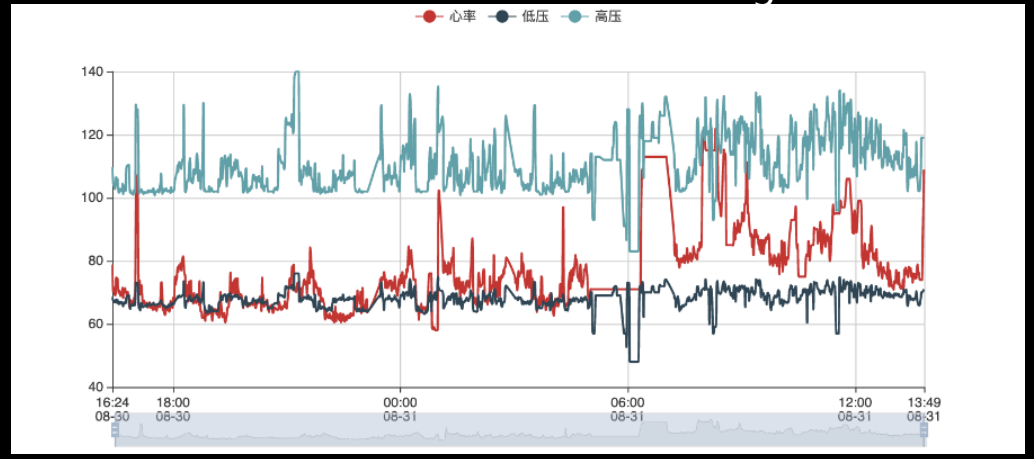
Algorithm 1: GCYY

Quantitatively integrate continuous heart rate, blood pressure (high pressure, low pressure), heart rate variability, and pulse wave data to provide a comprehensive index, which not only represents the comprehensive cardiovascular regulation ability and state of mind.

mental health



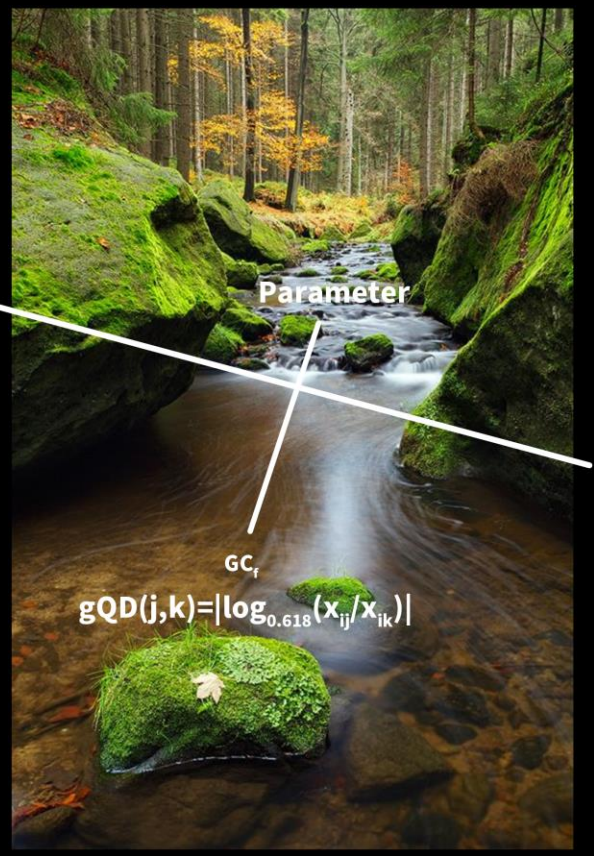
heart low high



Algorithm 2:
Easy-flow parameter hole

Collect multiple parameter points of a pulse wave, analyze the linkage of multiple pulse wave data, and associate parameters that are not linked with symptoms.

1. Mood assessment
2. Disease and sub-health biomarkers



易流模型 pOD(i.k)or/and gOD(j,k)≥ β or y

Active Health Apps

completed application

No disease assessment

Professor Zhang Qiming, Medical Experiment Center, Chinese Academy of Chinese Medical Sciences

2.8 million TCM reports for 24 consecutive hours

2.8 million data

no disease assessment

China Academy of Chinese Medical Sciences

Homeostasis

Analysis and early warning of unstable parameters for 5 consecutive days of disease-free evaluation reports.

homeostasis

Multi-parameter warning

Active Health Apps

application in development

Cardiovascular disease warning

1. Hypertension warning
2. Sudden death warning

Homeopathy

1. Sleep Improvement
2. Anxiety and Depression Treatment

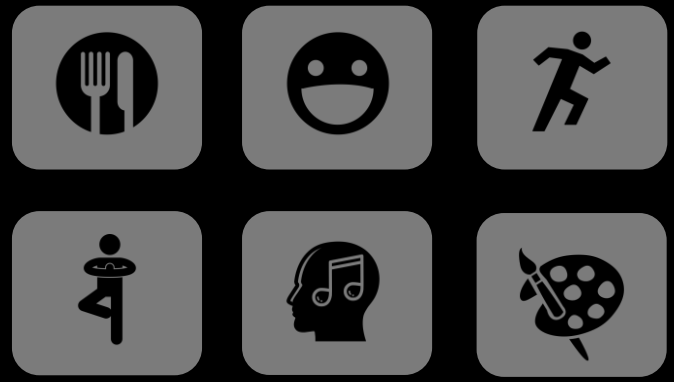
Active Health Exercise

Physical and mental exercise

1. Diet conditioning
2. Emotion conditioning
3. Exercise
4. Yoga, pranayama and meditation

Fusion of art and science

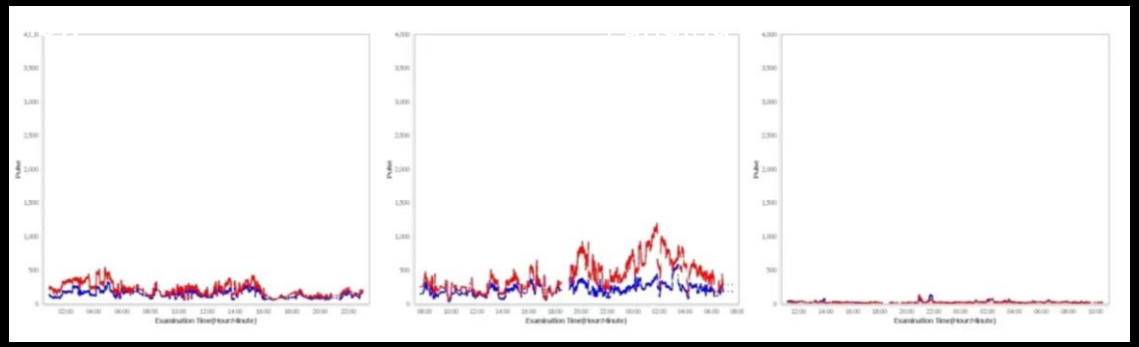
1. Music therapy
2. Drawing therapy



By executing the plan and contributing data, users can get rewards while harvesting health.

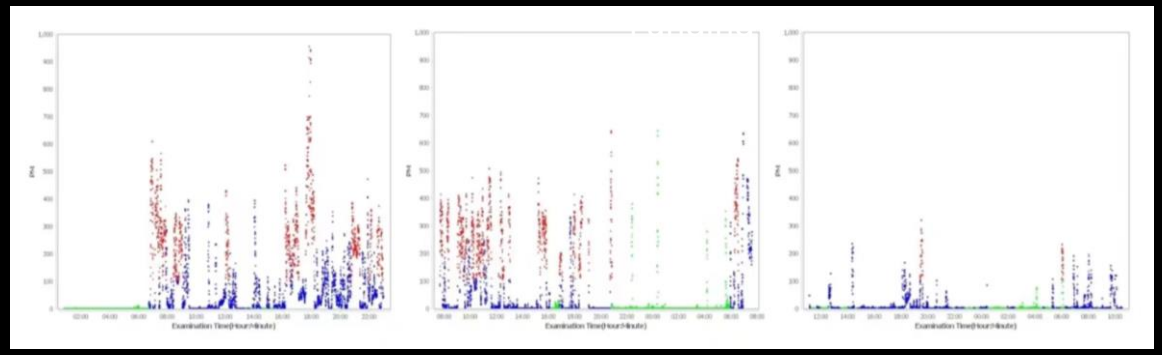
Dynamic characteristics of sudden death

Pulse wave first high and then 2019 National Key Special



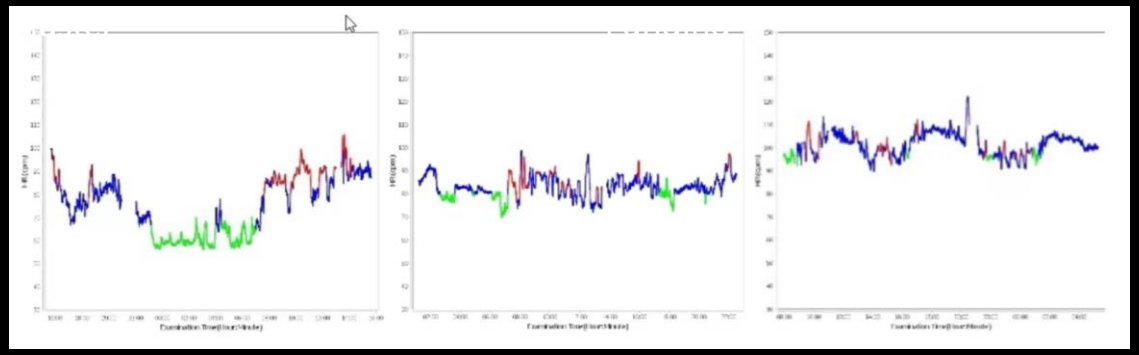
normal pulse wave | heart failure compensatory pulse wave | heart failure decompensated pulse wave

less physical activity 2019 National Key Special



normal body movement | compensation for heart failure | decompensated heart failure

heart rate is getting 2019 National Key Special



normal heart rate | Heart failure compensated heart rate | heart rate in decompensated heart failure

Sudden death features and death without intervention - case

Case 1

Before treatment (heart failure)

Case 2

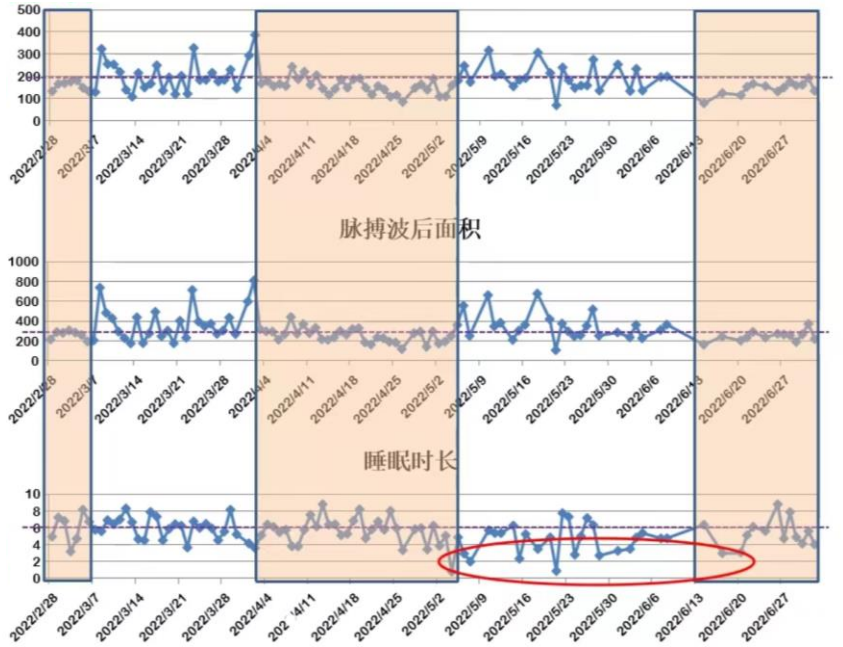
4 months before sudden death, multiple warnings

Male, white-collar worker, 42 years old, staying up late for a long time

February 28-March 7 Warning

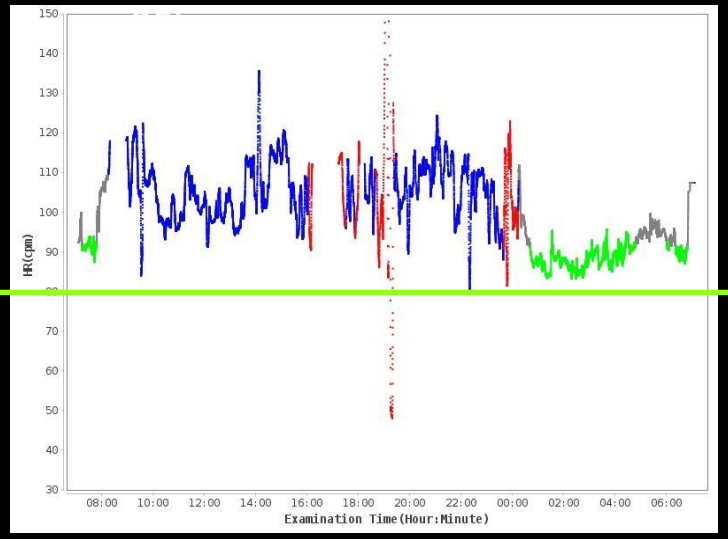
April 4th - May 5th Warning，Insufficient sleep many times after

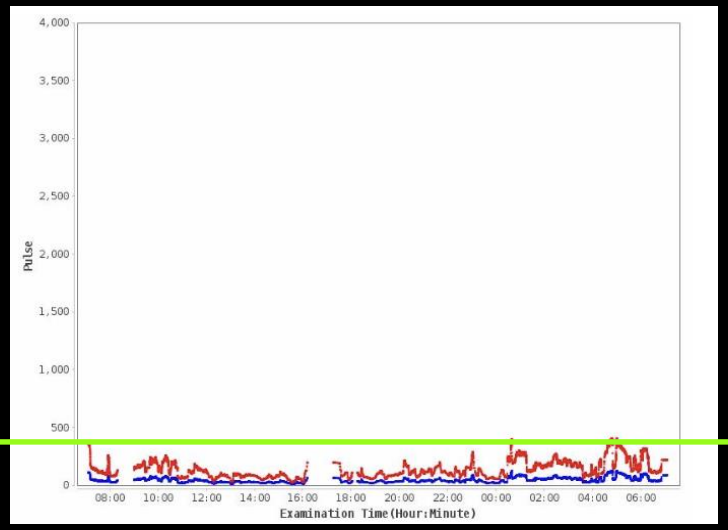
June 14th - July 1st warning again, sudden death on July 2nd



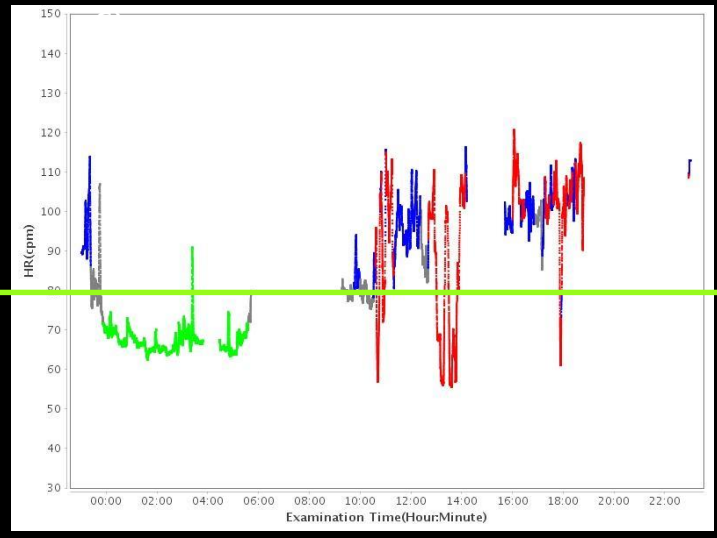
Intervention after sudden death kinetics - success story

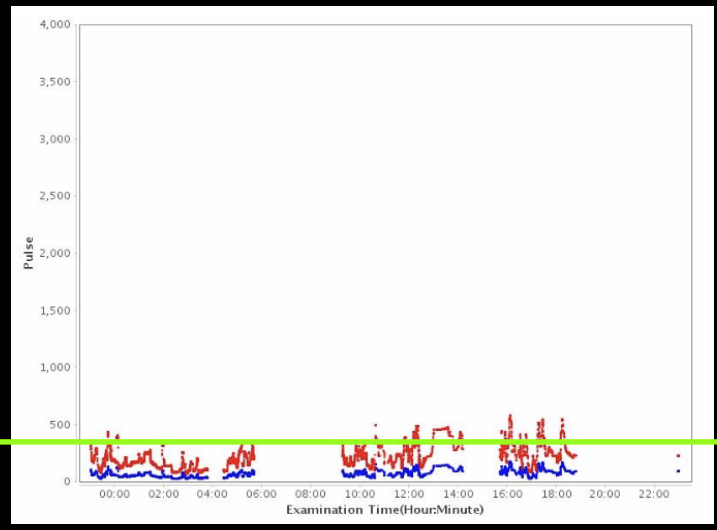
Before Intervention (July





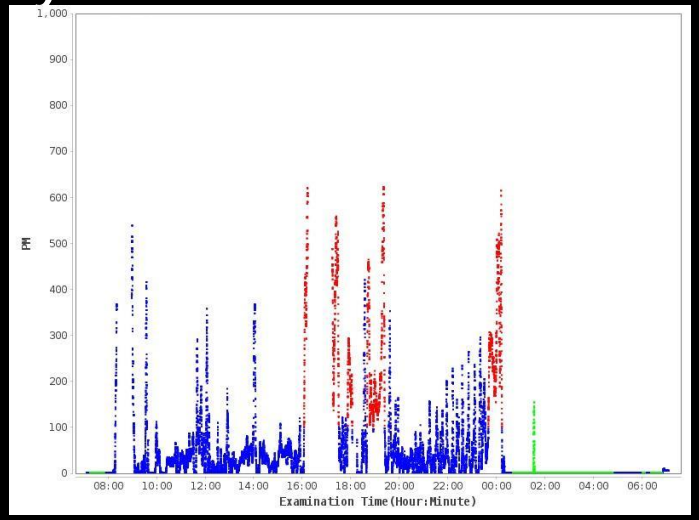
Post-Intervention (September



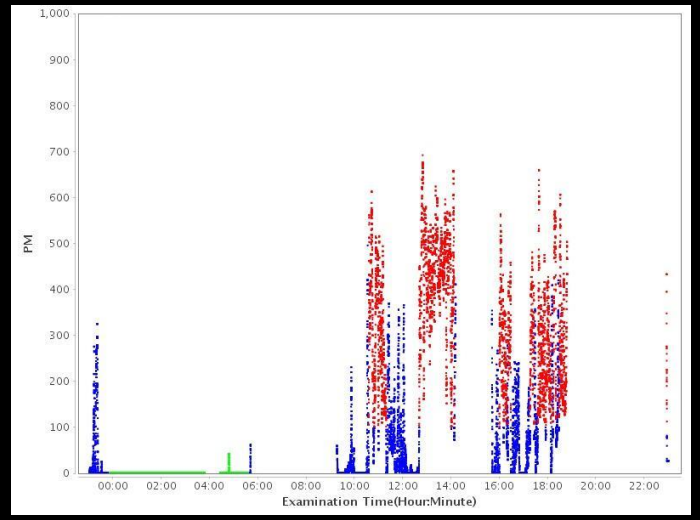


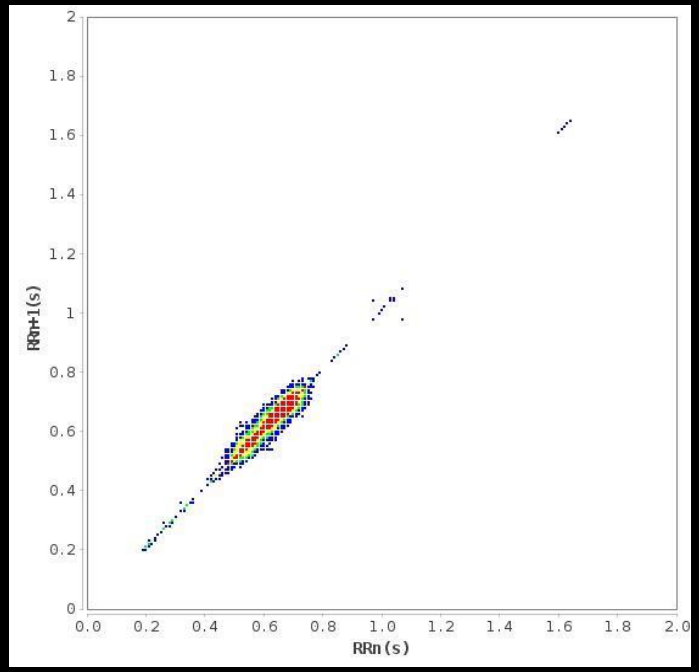
Intervention after sudden death kinetics - success story

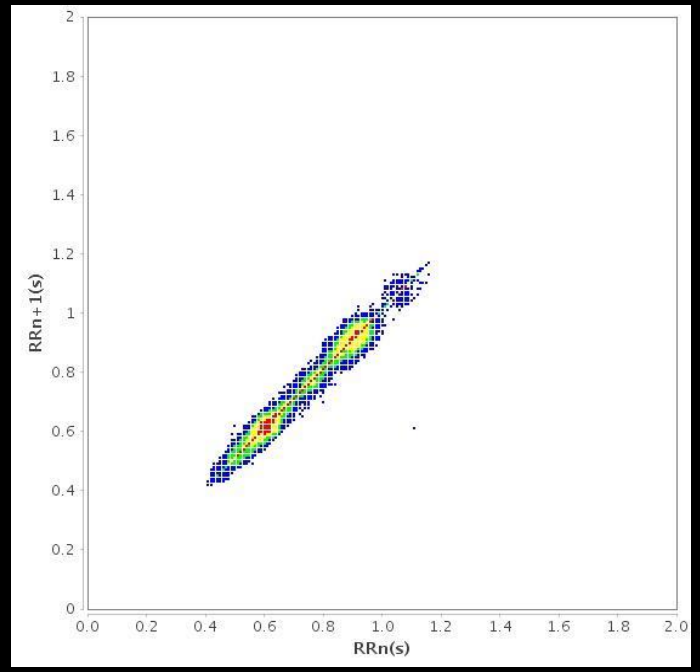
Before Intervention (July



Post-Intervention (September



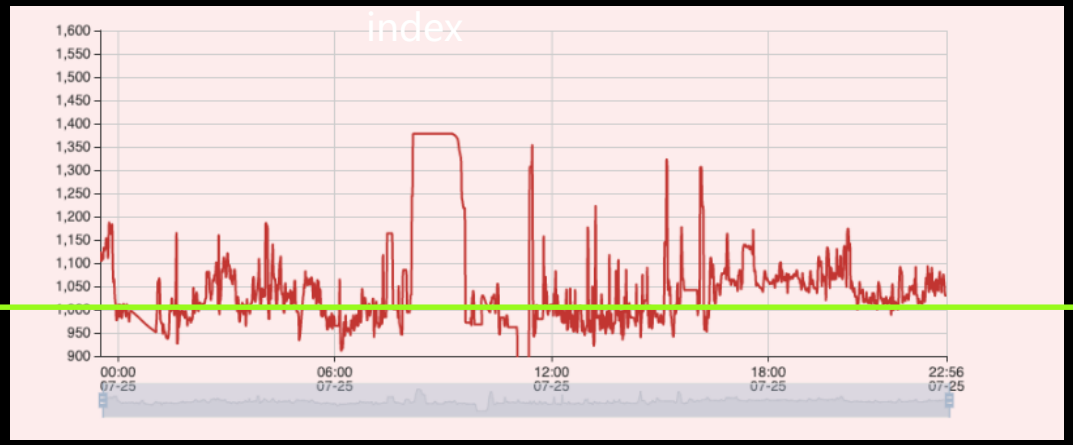




Intervention after sudden death kinetics - success story

Before Intervention (July 25)

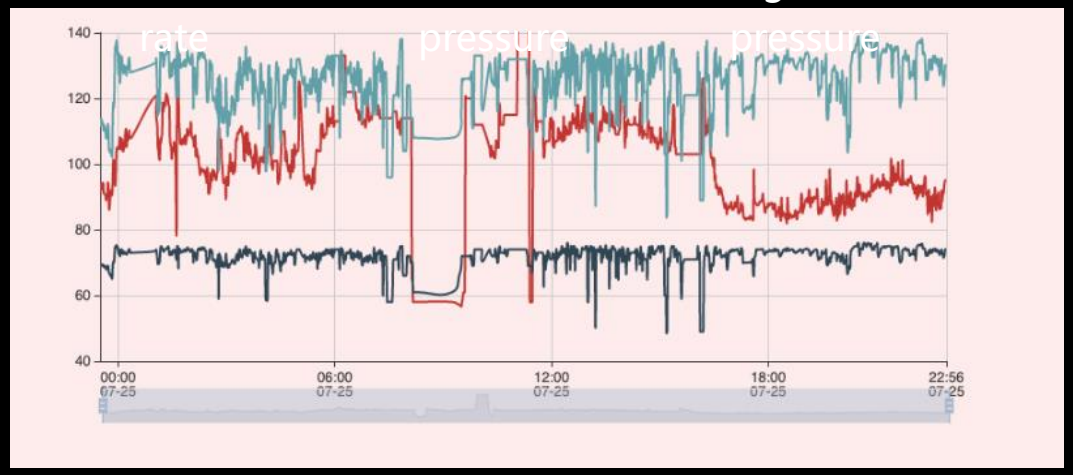
mental health index



heart rate

low pressure

high pressure



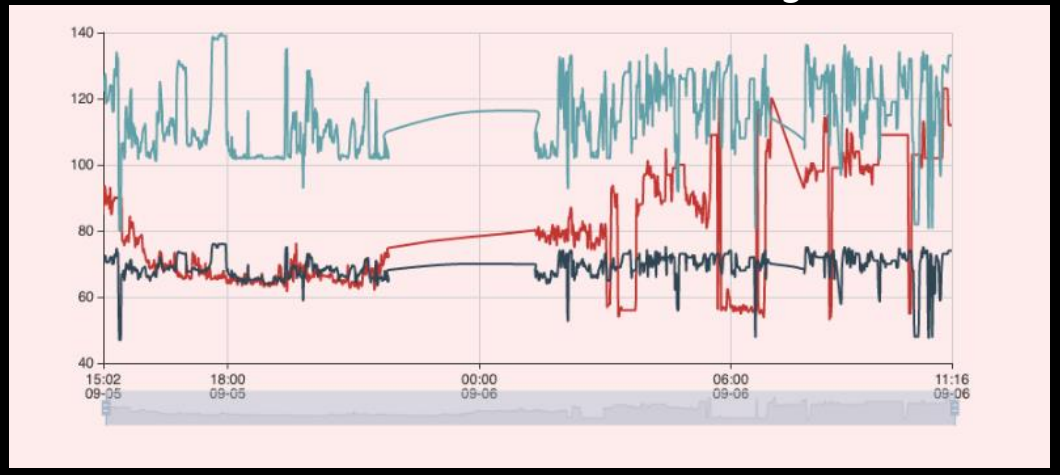
Post-Intervention (September 6)

mental health index

heart

low

high

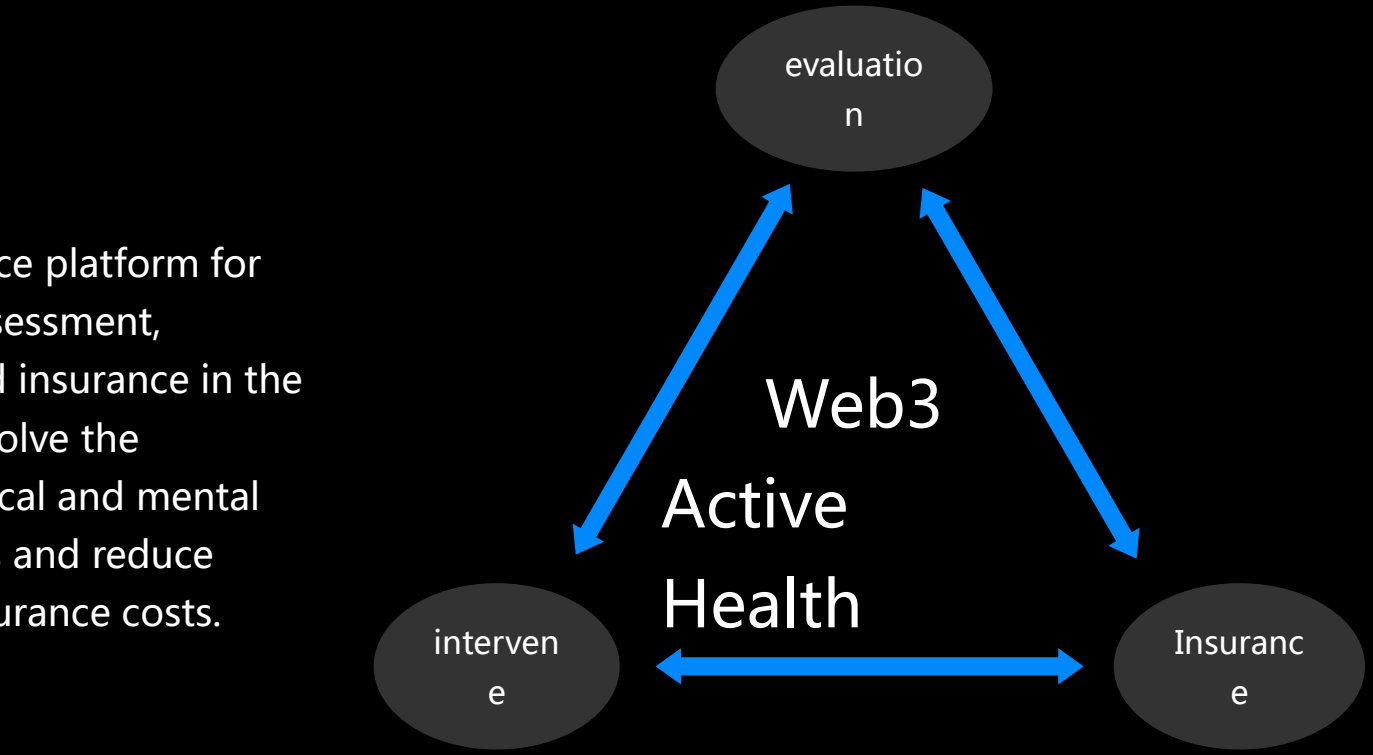


Active Health Insurance

Provide hypertension insurance through artificial intelligence early warning and intervention system.

Visio
n

Establish a service platform for active health assessment, intervention and insurance in the web3 world to solve the increasing physical and mental health problems and reduce medical and insurance costs.



Implementation of blockchain

public chain： Polkadot

data storage：SINSO

smart contract：ADVAITA

Machine-Fi 、Health-Fi 、Data-Fi and DeHin (Decentralized Health Insurance)