

# The Excitement of Mobile Health

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Better health through early detection  
and **Intelligent Interventions**

# The Problem

According to IBM Life Sciences research “**early intervention is key**” to addressing spending on chronic conditions -- improved health, improved care and reduced costs to the healthcare system.

The problem is that early interventions rarely occur. This results in late diagnosis, psychological stress and medical illness, longer hospital stays, higher cost of healthcare, reduced positive health outcome.

# The Solution

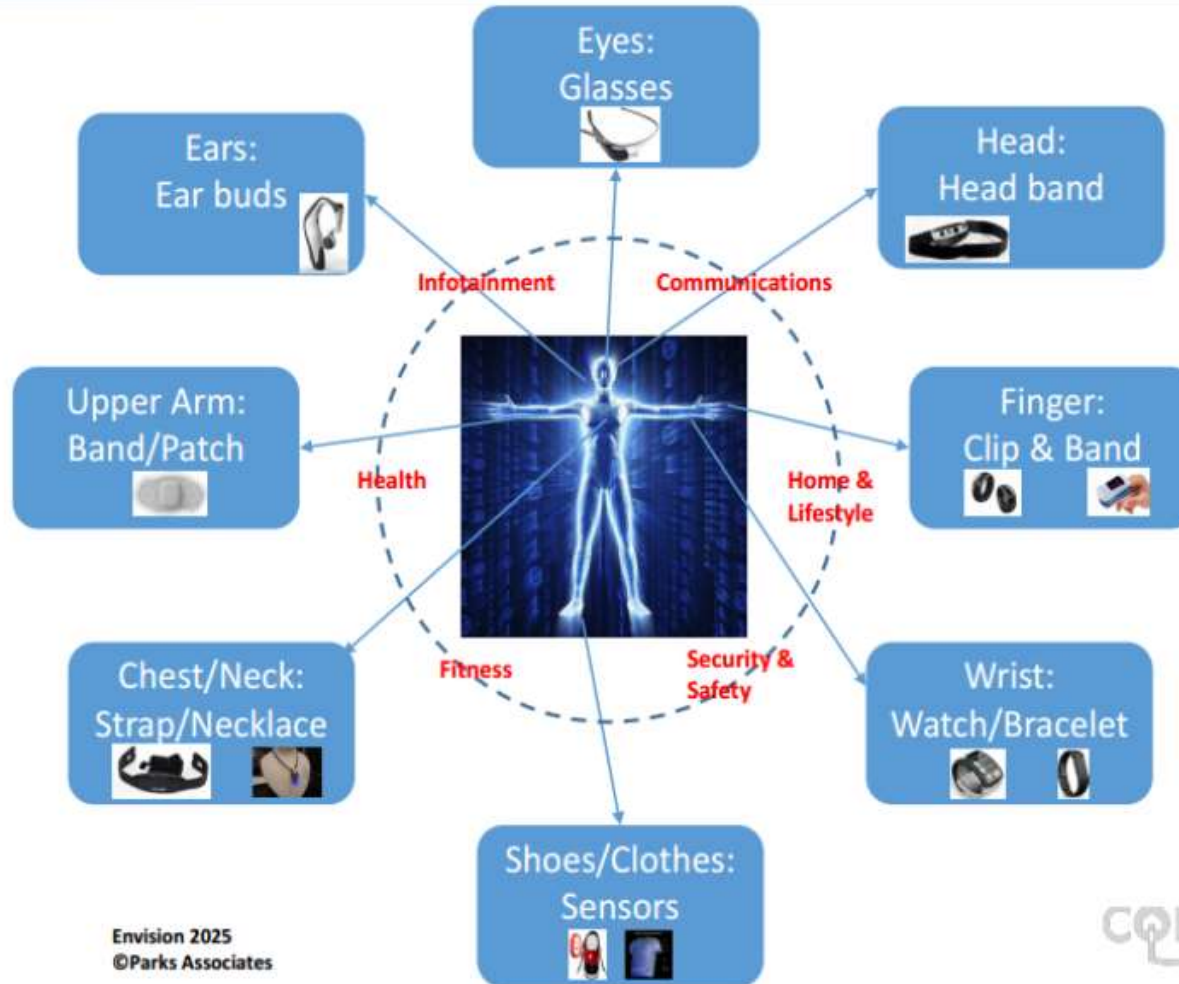
A mobile health system that improves the way health information is collected, analyzed and communicated.

Patients receive immediate actionable health information and doctor designated **Intelligent Interventions**.

Users receive immediate educational and action-oriented **Intelligent Interventions**.

This leads to improved continuity of care and better health outcomes.

# Wearable Devices



Envision 2025  
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CONNECTIONS

True, wearables provide bio-feedback and instant information.

*But Wait...*  
**THERE'S  
MORE!**

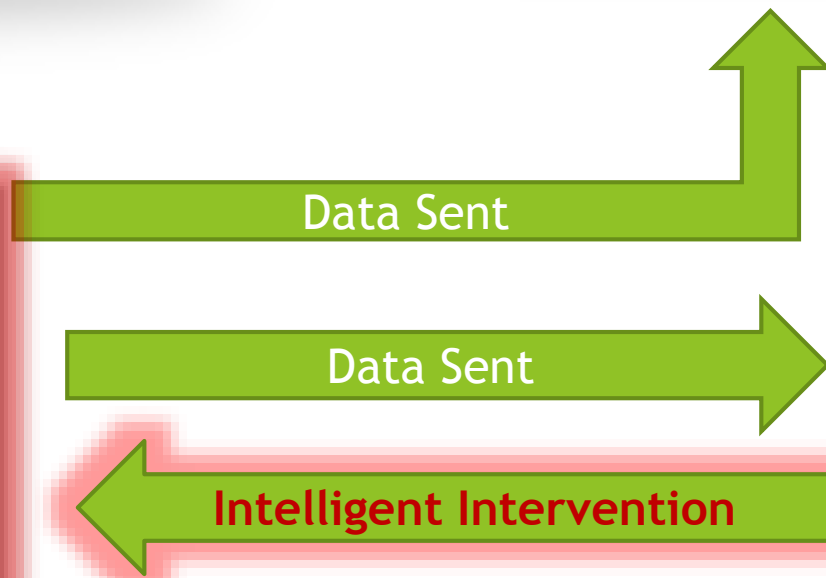
# Taking Wearables to the **Next Level**

We can combine wearable sensor data with doctor prescriptions. Then augment that with wise insights -- and deliver **Intelligent Interventions** that could save your life.

# Intelligent Interventions -- Wearable Devices interacting with Intelligent Servers.



- ## The App
- Receives data from wearable devices
  - Sends data to the server or cloud health storage
  - Receives **Intelligent Interventions**
  - Delivers the interventions to the user





# Disturbing Email-Received Scenario

- ▶ Previously the user self-prescribed a stress intervention
- ▶ Now the user is reading a disturbing email and their heart races
- ▶ Screen switches to fill with an “Intervention needed” message
- ▶ Tells them that they seem to be stressed (**actionable information**)
  - ▶ Rapid heart beat (shows the range in where they are compare to their norm)
- ▶ Asks if they accept the intervention or to wish to have it later
- ▶ Presents content and activities in a video format (**knowledge**)
- ▶ Asks them to perform the activities and indicate when done (**wisdom**)
- ▶ Sends their doctor the pulse rate if requested





# Asthma-Relief Scenario

- ▶ Previously a physician has defined a shallow breathing intervention for this patient
- ▶ The phone vibrates to get the user's attention
- ▶ Screen switches to fill with an “Intervention needed” message
- ▶ Tells them that they seem to have an asthma attack (**actionable information**)
- ▶ Asks if they accept the intervention or to wish to have it later
- ▶ Presents content and activities specified by their physician (**knowledge**)
  - ▶ For example VisualMD video, etc
- ▶ Asks them to perform the activities and indicate when done (**wisdom**)
- ▶ Sends their doctor their breathing data if requested



# The Excitement of Mobile Health

Be Ready!!

Mobile health is about to change the nature of health and health care across the world.

And very soon, wearables combined with **Intelligent Interventions** will change YOUR world in the most amazing ways!!

