



Life. Make it count.



PAI Health

2019-11-11 EHiN
Alf Egil Edvardsen

PAI monitors and improves heart health



1. We assess and monitor heart health.
2. We correlate physical activity to mortality and morbidity.
3. We prescribe the amount of activity an individual needs for maximum protection from CVD-related deaths and diseases.

Derived from 1M person years of data

45k people, 25 years, 5000 treadmill tests, 10k mortality records



INDIVIDUAL PROFILE



PAI ALGORITHM



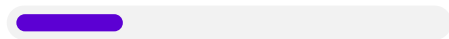
RISK REDUCTION



PAI reduces CVD mortality risk for everyone

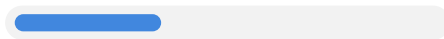


NO CONDITION



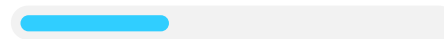
Average **20%**
lower risk ↓

HYPERTENSION



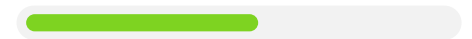
Average **31.5%**
lower risk ↓

OVERWEIGHT



Average **30.5%**
lower risk ↓

TYPE 2 DIABETES



Average **54%**
lower risk ↓

How do we become a useful tool?

Segments

Consumer

- App + wearable
- Ease of use
- Easy to understand

Public Health

- Intervention and Monitoring
- Focus where/when needed

Research

- Secure intervention
- Collect extended data sets
- Example: NorEx

Organizations

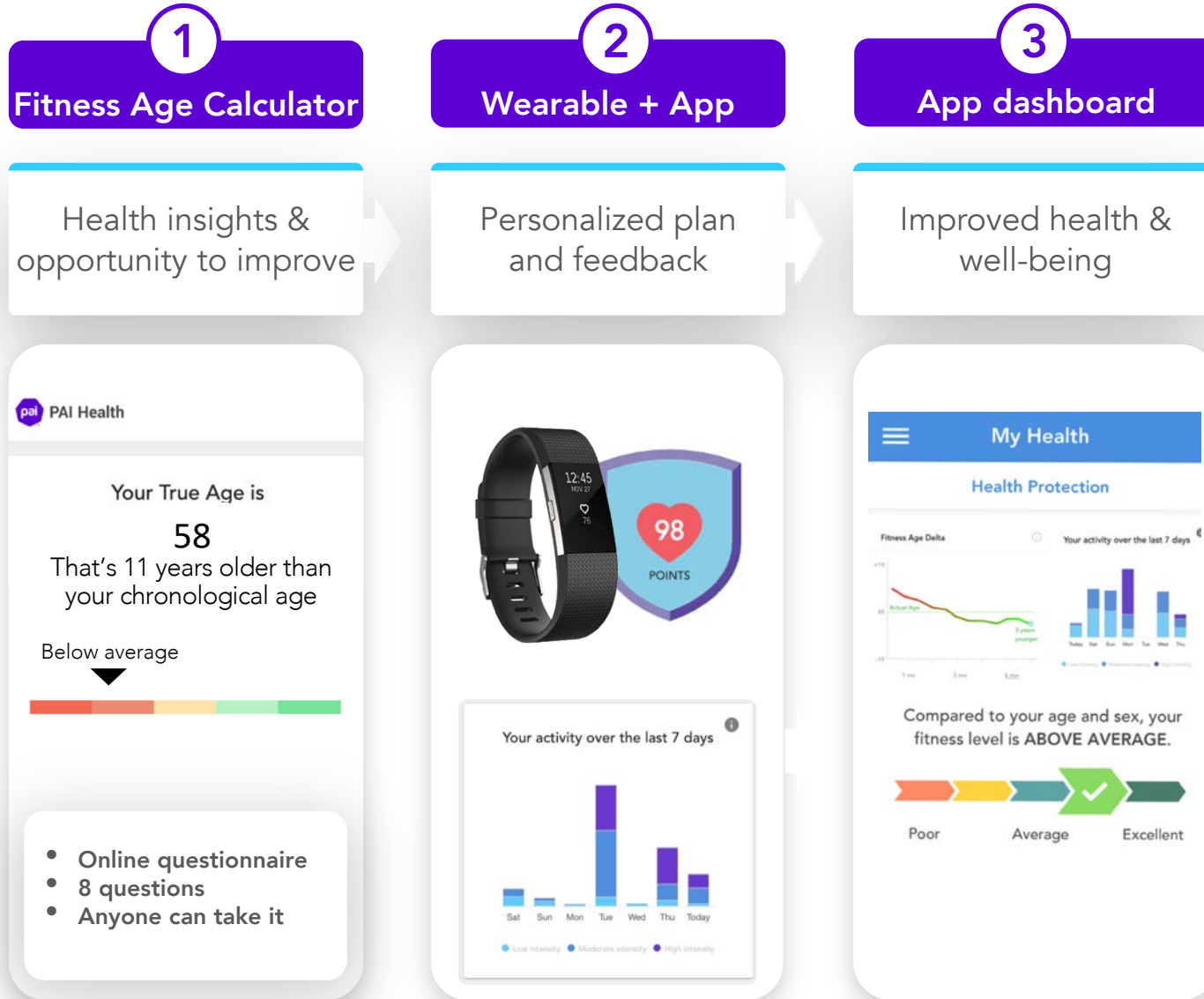
- Reduce sick leave, insurance cost, ...

How to be used

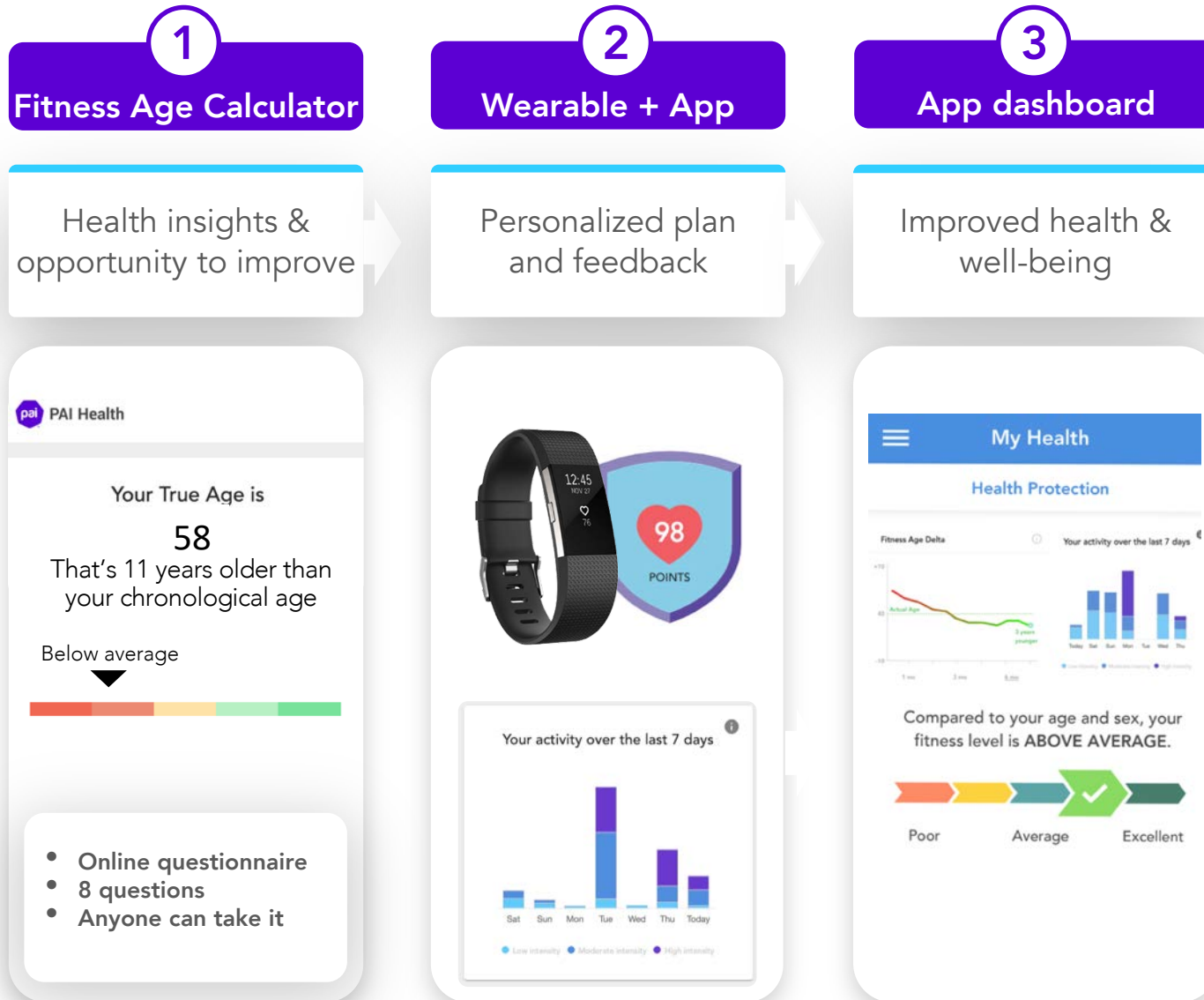
- Support change towards healthy habits
 - Individually
 - Group/consultation
- Quantification of effect – long term
- Adherence monitoring
- Outcome predictions

- Increase efficiency / Cost optimization
- Collect data (Research)

Our user journey



Our user journey



Let us demo the
NTNU version

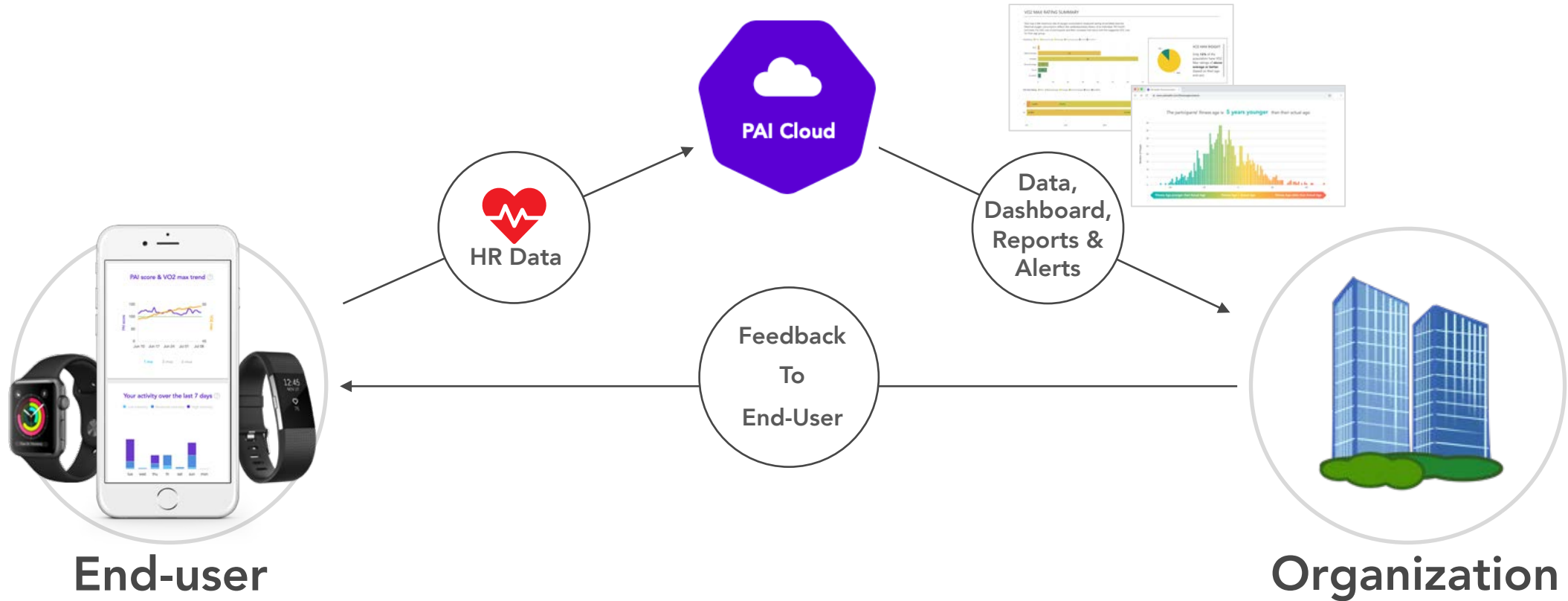
SCAN ME



<https://www.worldfitnesslevel.org>

PS! City must be Oslo

API



Fitness Age Results

