A solution for active and healthy lifestyle

Presentation 24alife

Ljubljana, November 2014
Established in 2011 by 11 consortium partners, IKTS was created to make technological breakthroughs in the field of information and communication technologies.

CONSORTIUM PARTNERS

- Oring d.o.o.
- University of Maribor
- IP@K
- M2M
- Razvojna agencija Savinja
- e-trust
- ProSys
- Holding
- Faculty of Electrical Engineering and Computer Science
- Zalec

The Development Centre of Information and Communication Technologies Savinja Žalec Ltd. was established in the operation programme «Development Centres of Slovenian Economy – 2010 and co-financed by the European Regional Development Fund and Ministry of Economic Development and Technology under the public call Development Centres of the Slovenian Economy.
New Centre for Development and Testing 24alife in Žalec, Slovenia.

Together with President Bourt Pahor of the Republic of Slovenia, IKTS opens new premises of RC at the end of 2013.
Not just a tracker / a unique solution

• Towards a healthier way of life
• Improve or maintain their well-being
• Help achieve various goals in:
  • sports,
  • balanced nutrition,
  • general health and
  • personal hardiness
• Integrated programs
• Rigorous professional standards
Architecture

Internet portal: [www.24alife.com](http://www.24alife.com)

Mobile application: Android, iOS
24alife platform

For companies

For hotels

For fitness clubs

For elderly

Corporate

Hotel

Fitness

Senior

For individual users
24alife Concept

Research & Development

Usability Verification

Corporate users

Public users

Science
Scientific approach

Engagement of top experts for specific areas from three universities

Activities
- Methodology development
- Program

Prof. Vojko Strojnik      Prof. Alojz Ihan       Prof. Matej Tušak

Mayo Clinic
The Psychological and Physiological Effects of Acute Occupational Stress in New Anesthesiology Residents

A Pilot Trial

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ABSTRACT

Background: Occupational stress in resident physicians has profound implications for wellness, professionalism, and patient care. This observational pilot trial measured psychological and physiological stress biomarkers before, during, and after the start of anesthesia residency.

Instruments, Colorado Springs, CO). Respiratory rate was measured by capnography with a nasal cannula, and blood pressure was measured continuously by finger plethysmography (Nephin; Edwards Lifesciences, Irvine, CA) and confirmed periodically with an automated brachial oscillometric cuff. Stroke volume, cardiac output, and systemic vascular resistance were derived from pulse contour analysis of the finger plethysmography waveform according to Nephin algorithms.22 A Polar chest belt was fitted that transmits HR to a proprietary HRV application on a smartphone (P]; Life; Mikrovia Inc., Zalec, Slovenia).24

After resting in the supine position for 20 min, HR was recorded for HRV analysis. The electrocardiogram signal was imported into the Nevrokard Advanced HRV Analyses software (version 13.2.1; Nevrokard Kiustia I.L., Izola, Slovenia) for time and frequency domain analyses as described recently.24 After this, venous blood draws were collected for the following assays. Serum C-reactive protein was determined as a generalized measure of systemic inflammation, elevated in chronic

Follow-up Visit 2

Subjects were not scheduled after a call night or during a critical care rotation. All procedures were identical to first-month visit 1 as described above.

As detailed in the appendix 5, before discharge, subjects were fitted with a 24-h ambulatory blood pressure monitor. Blood pressure and HR were measured using the Spacelabs 90202 recorder (Spacelabs Inc., Snoqualmie, WA) as described by our laboratory.23 Subjects were also instructed to wear the Polar chest belt from bedtime to awakening the next morning, and HR was recorded by the proprietary application on a mobile smartphone (P]: Life; Mikrovia Inc., Zalec, Slovenia). Finally, subjects received containers for 24-h urine collection and were instructed to return all devices 24 h later. Urine was analyzed for cortisol, epinephrine, and norepinephrine as indicators of stress over 24 h and controls for circadian variability.32–34
Key Project Objectives

• Decrease occurrence of Burn-out Syndrome & increase efficiency at work
  • (120M people worldwide suffer negative stress)

• Higher quality of life and balance between business and private

• Cost reduction for healthcare system on national level
General flow chart

Measurements → Evaluation → Programs → Tracker → Digital personal map

- **Progress**
- **Fit & Active**
- **Relaxed & Confident**
- **Diet & Habits**

My Health reserve

Your Health reserve is very good. We recommend you to continue with your lifestyle and improve other components of Health reserve.

- Psycho-social capacity
- Health capacity
- Physical capacity

Stress profile

System of defenses
- Coping strategies
- Cognitive strategies
- Social support
- Environment
- Actual size of stress
- Resource assessment
Programs

Fit & Active
Relaxed & Confident
Diet & Habits

Physical activity + Psychological activity + Nutrition + Diagnostic
Tracker - program execution

Physical activity

Physical activity

Psychology

Diet
Progress - monitoring

Stress profile

My food intake

The number of meals eaten per day in January 2014 was around 5.

Very good! Only small changes are needed for an ideal food pyramid.

Rockport Performance

36.2 ml/kg/min

May 2012
ox. 2012
apr. 2013

superior
excellent
good
tare
poor
very poor
Try 24life on your own

www.24life.com – a solution for active and healthy lifestyle
Become Ambassadors of healthy Lifestyle

- By 2030, it is estimated that 60 percent of all people will live in cities, compared to 1950 when just 30 percent of the population was urban.

- Some cities and communities are already implementing new strategies for growth, laying the groundwork for transformation, and redefining what it means to be smarter.

- They are focused on implementing programs and services to **improve individual and population health and productivity**, to make their community a more desirable place to live and work, and to reduce the cost of doing business.
Thank you for your attention 😊