

THRIVE

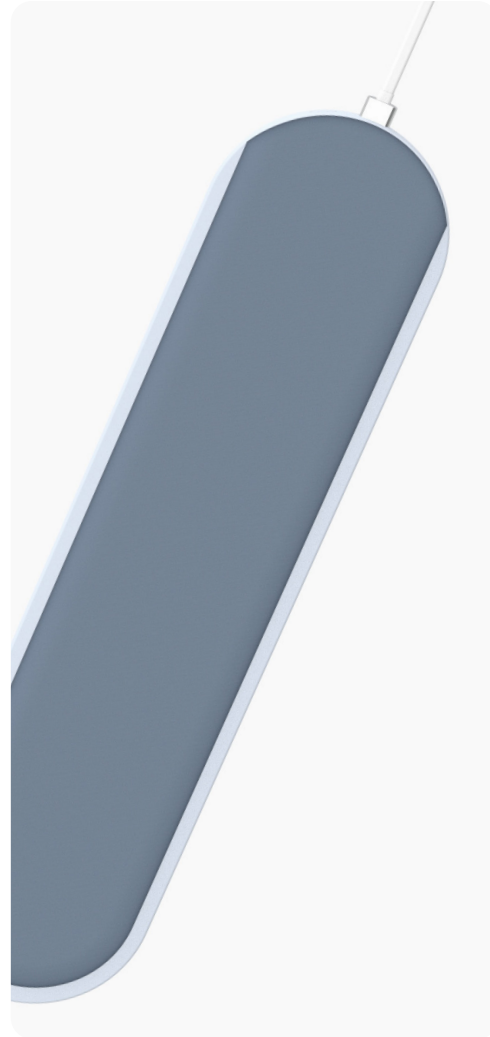
predictive health

”

an ounce of prevention is worth a pound of cure

- *Benjamin Franklin*

predict and avoid ailments.



live a healthier lifestyle.

THRIVE

health determinant mapping

basic health information

entered by user

- ☐ height
- ☐ weight
- ☐ sex
- ☐ age

customizable digital elements

based on user's needs

- ☐ medications + supplements
- ☐ menstrual cycle
- ☐ preexisting conditions
- ☐ prayer + spiritual health

widely available data

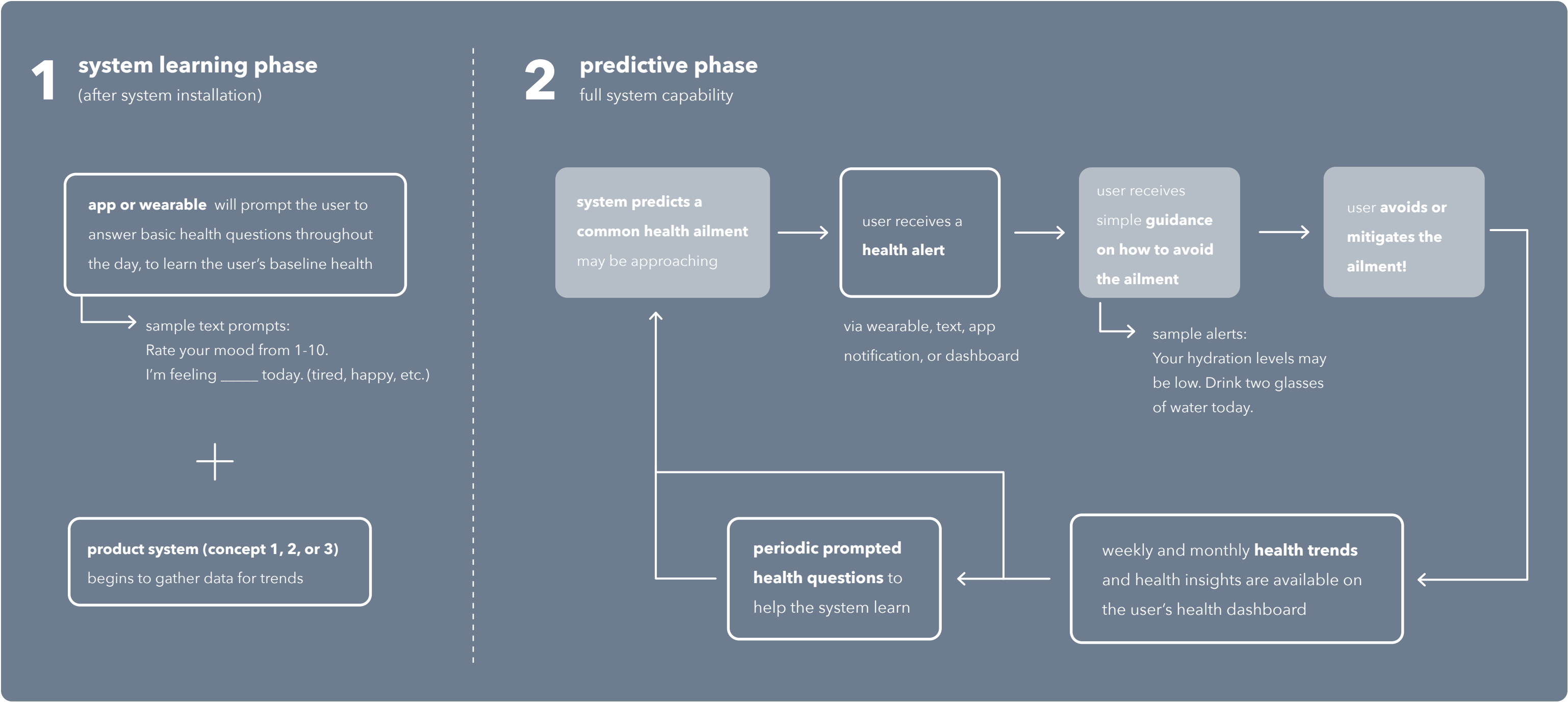
based on geolocation

- ☐ weather
- ☐ pollen count
- ☐ air quality
- ☐ season of the year



system base

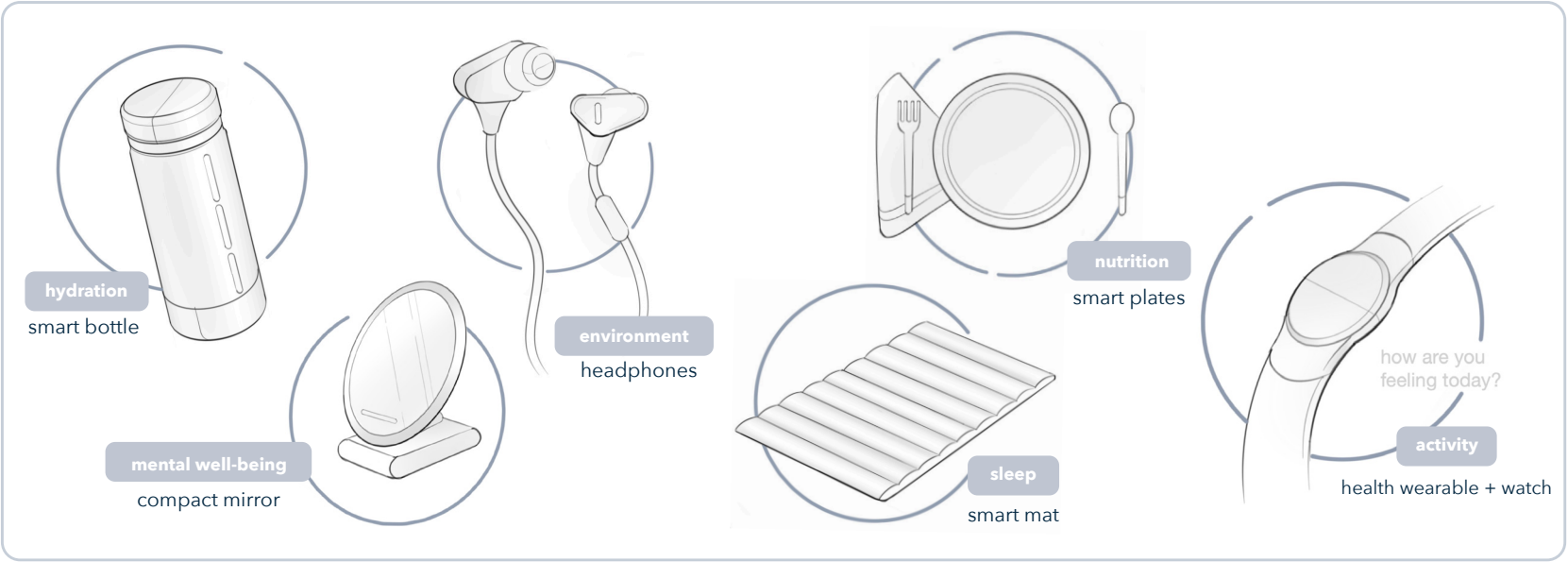
The system will work in two phases: learning and predictive.



system concepts

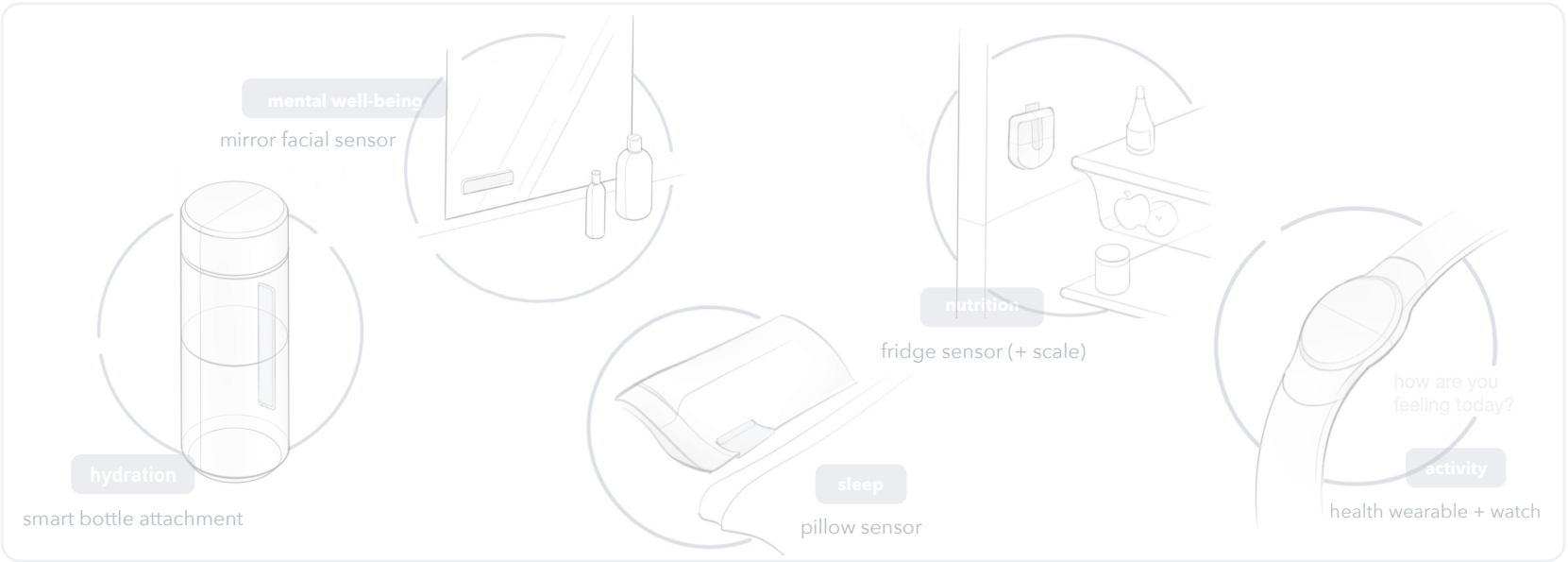
concept 1 | integrated product suite

everyday products that work together
to measure health



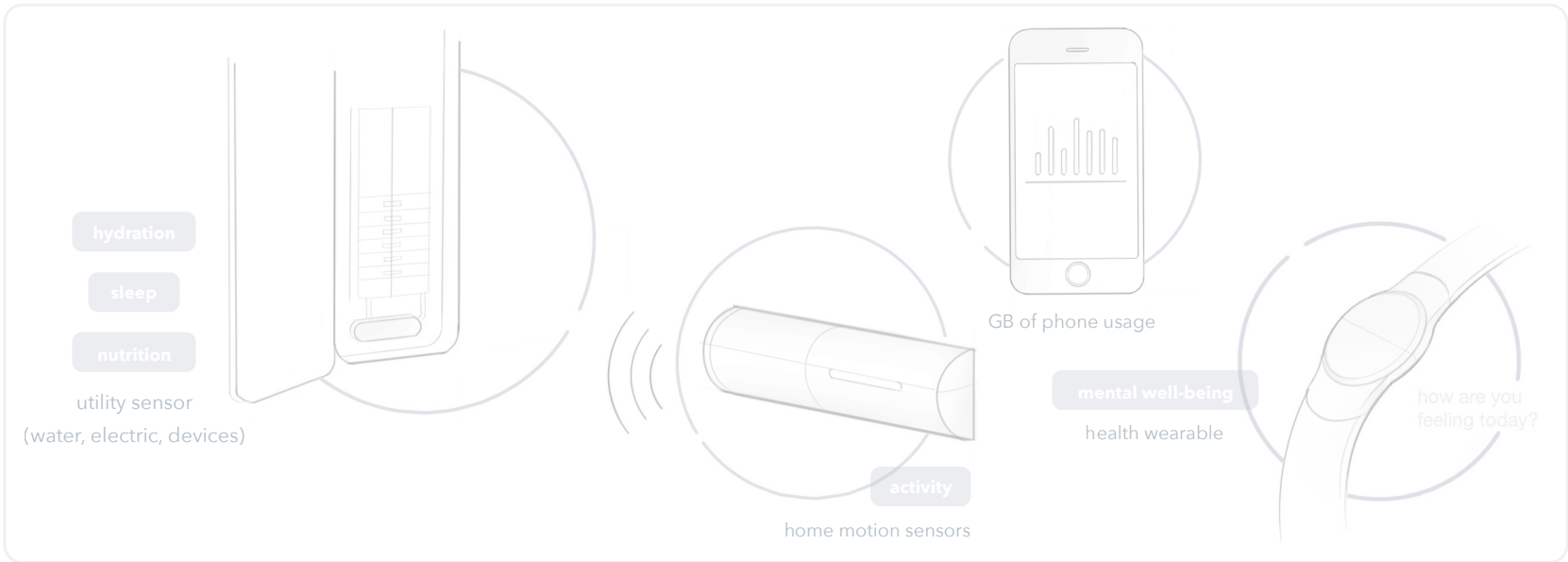
concept 2 | monitoring devices

monitors attached to existing products
measure health




concept 3 | utility and appliance usage


utility and appliance usage indirectly
measures health




interaction concepts



A smartwatch with a blue strap. The watch face displays a 'hydration' icon (a water drop) and five empty circles for tracking. Two curved lines around the watch suggest a circular gesture interaction.



A desktop monitor displaying a health dashboard. The screen shows a 'Welcome, Therese' message, a line graph for 'this week' (S-M-T-W-Th-F-S) with a 'total health' dropdown, and buttons for 'my data', 'health solutions', 'my devices', and 'my reports'. At the bottom, there are 'health categories' (sleep, nutrition, hydration, mental well-being, environment, activity) and a 'notifications' section.



A smartphone displaying a health app interface. The screen asks 'how are you feeling right now?' and lists mood options: happy, overjoyed (selected), mellow, sad, angry, and anxious. A 'submit' button is at the bottom.

concept a | health wearable

concept b | health dashboard

concept c | health app

Users will can access their health trends, receive health alerts, view suggested guidance, and answer daily health questions using one or a combination of the interaction concepts above.

12 consumer interviews

screening survey

interviewees took a survey gauging their comfort with technology and health



stimuli

interviewees reviewed and rated the 3 system concepts and combinations of the 3 interaction concepts

Please indicate the extent to which you agree or disagree with the statements below.

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Not Applicable
I am eager to use the latest technology available.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have concerns about protecting my privacy when using technology.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My smart products help me live a healthier lifestyle.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



50 digital survey respondents

screening section

a section gauging respondents' health and comfort with tech



opinion section

respondents reviewed and rated the 3 systems and chose between two interaction combinations

Do you use any technology to monitor your fitness or health, such as apps, fitness watches, or other products?

☐ Yes (please list the names of the products or apps you use)

☐ No

System 1

How likely would you use System 1 (above)?

Extremely likely Somewhat likely Neutral Somewhat unlikely Extremely unlikely

System 2

How likely would you use System 2 (above)?

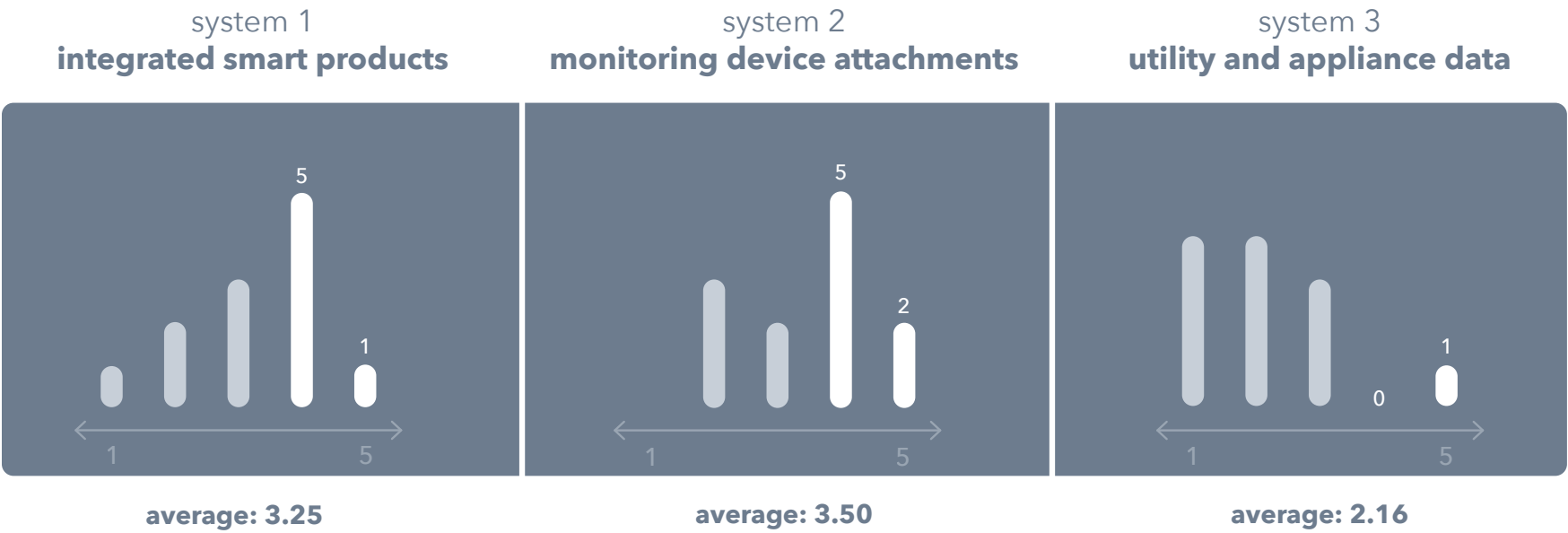
Extremely likely Somewhat likely Neutral Somewhat unlikely Extremely unlikely

consumer validation | system feedback

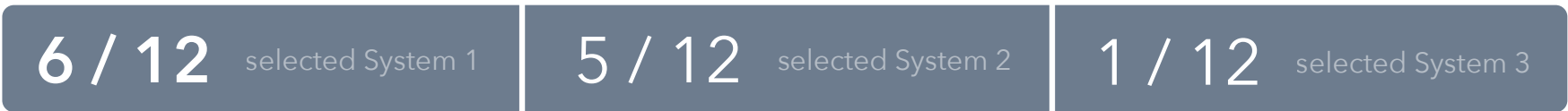
interview feedback

“how likely would you be to use a system like this?”

- 1 ‘Not likely’
- 5 ‘Very likely’



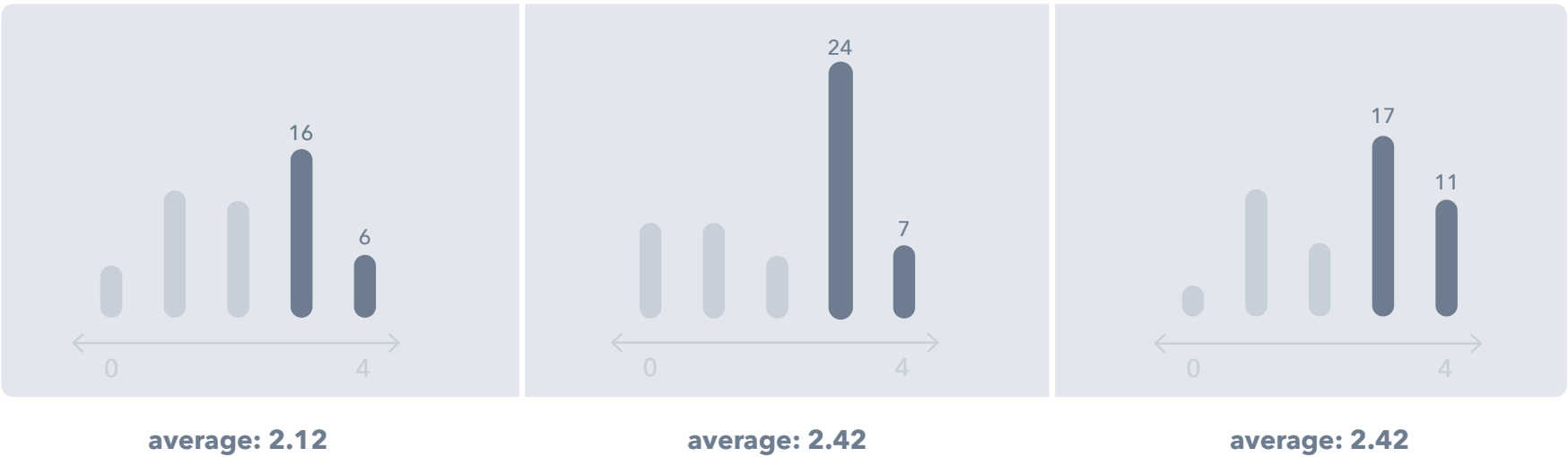
“which system was your favorite?”



survey feedback

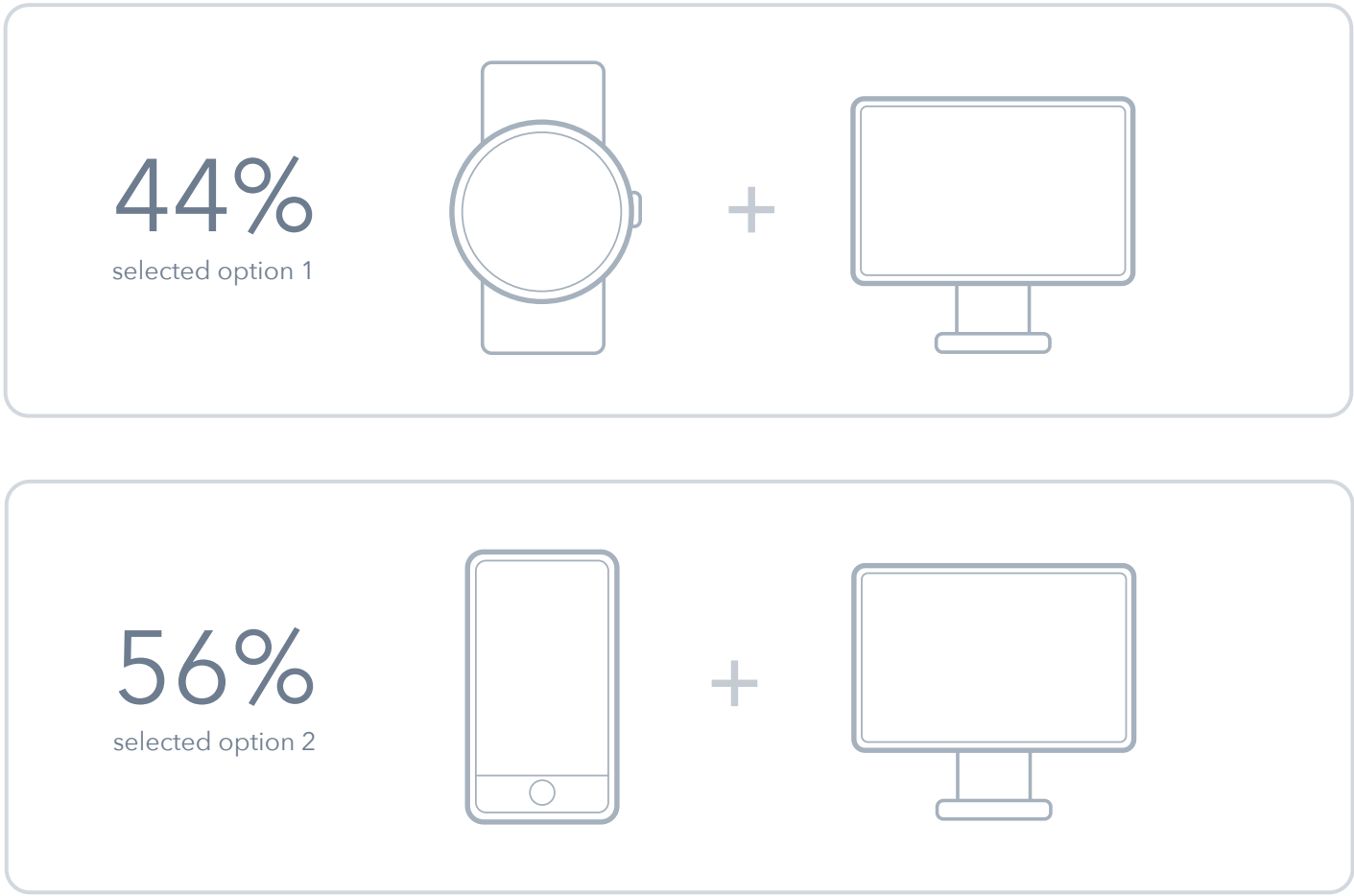
“how likely would you use system _ ?”

- 0 ‘Extremely unlikely’
- 4 ‘Very likely’



survey feedback

“which option is your favorite method of receiving information?”



“Having something tangible that I can interact with for the purpose of improving my health appeals more to me than checking an app that I could forget to use.”



“A watch is too difficult to get an overall perspective so a bigger screen is important.”



“I think I would be more inclined to look at that kind of information on an app through my phone or something else that’s not a small screen on my wrist.”

consumer validation | filtering by consumer group

Consumer Group Qualities	Selected Favorite System	Favorite System Average Likeliness Score
<div>consumer group 1: high tech + healthy (18 respondents)</div> <div><div>+ Currently use technology to monitor fitness or health</div><div>+ 'Agrees' or 'Somewhat agrees' that they are eager to use the latest tech</div><div>+ 'Strongly agrees' or 'Somewhat agrees' that they live healthy lifestyles</div></div>	<div>system 1</div> <div>integrated smart products</div> <div>8 / 18 respondents</div>	<div>2.61</div> <div>+ 0.49</div> <div>from all-respondent likeliness avg.</div>
<div>consumer group 2: high tech + low health (6 respondents)</div> <div><div>+ 'Agrees' or 'Somewhat agrees' that they are eager to use the latest tech</div><div>+ 'Somewhat disagrees' that they eat healthy diets</div></div>	<div>system 1</div> <div>integrated smart products</div> <div>4 / 6 respondents</div>	<div>2.83</div> <div>+ 0.71</div> <div>from all-respondent likeliness avg.</div>
<div>consumer group 3: avoids tech (7 respondents)</div> <div><div>+ 'Strongly disagrees' or 'Somewhat disagrees' that they are eager to use the latest tech</div></div>	<div>system 3</div> <div>utility and appliance data</div> <div>3 / 7 respondents</div>	<div>1.71</div> <div>- 0.71</div> <div>from all-respondent likeliness avg.</div>

system value for consumer groups

GROUP 1 →

interested in technology and
lives a very healthy lifestyle



VALUE : MORE DATA + PREDICTIONS

- increased data collection for fine-tuning lifestyle
- predictive capabilities, rather than just descriptive monitoring

GROUP 2 →

interested in technology
but is struggling to live a
healthy lifestyle

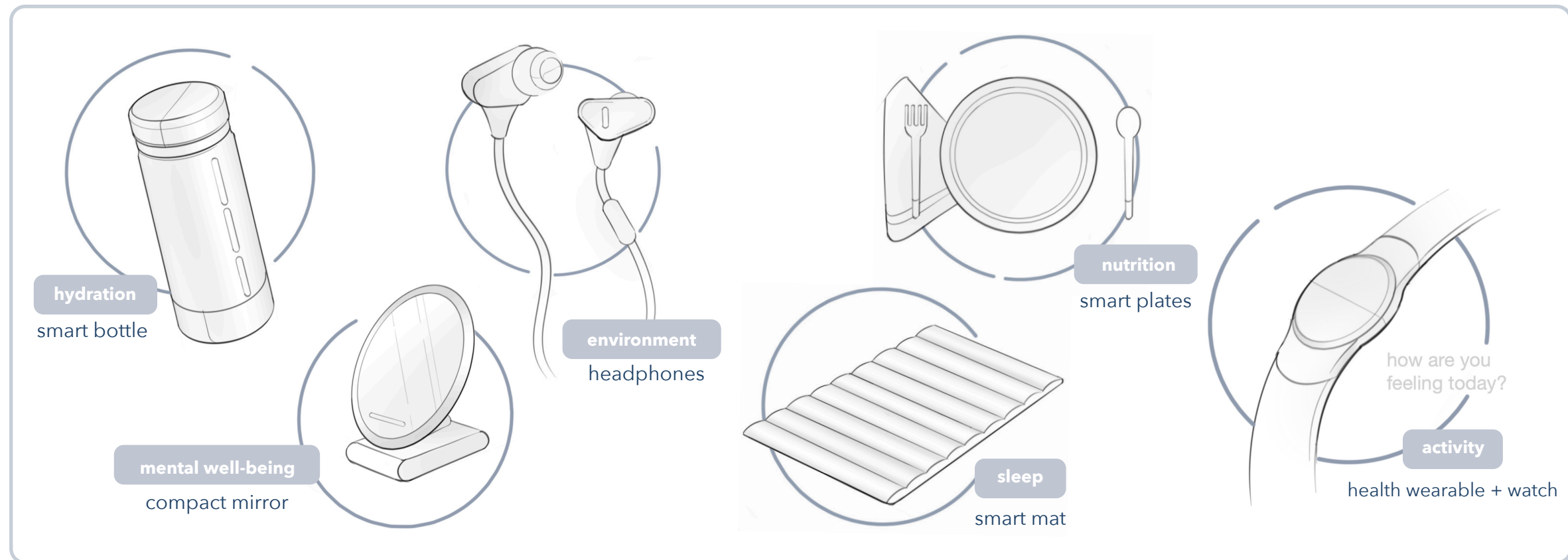


VALUE : MOTIVATION + GUIDANCE

- health tips with suggestions on simple, pro-active steps to avoid ailments
- insights on what behaviors correlate with what health outcomes

selected direction

concept 1 | integrated product suite



- health watch
- health dashboard
- health app



consumer-driven aesthetic



high tech

- products look capable of sophisticated monitoring
minimalist design, cameras and touch screens

unobtrusive design

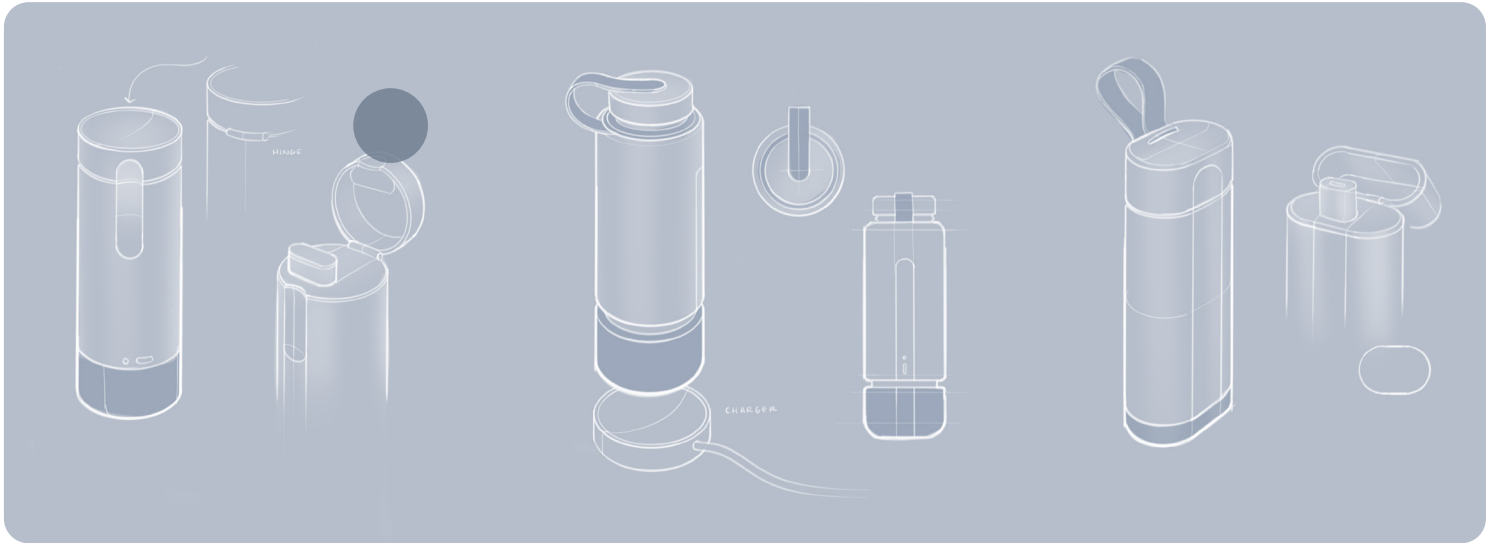
- products are integrated into daily routines and have an unobtrusive aesthetic
matte materials, silicone grips, soft rounds and pills

simple to use

- products have simple touch points and are easy to connect, charge, and use daily
simple light cues, buttons, and charging

form + feature exploration

bottle



headphones

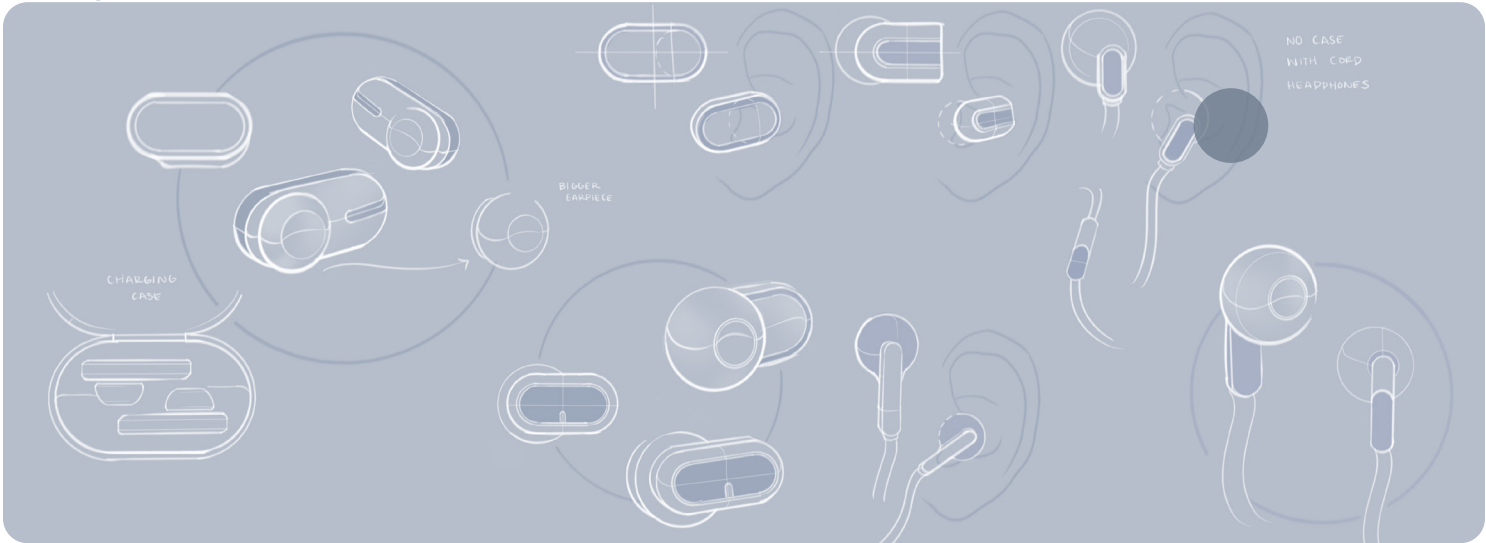
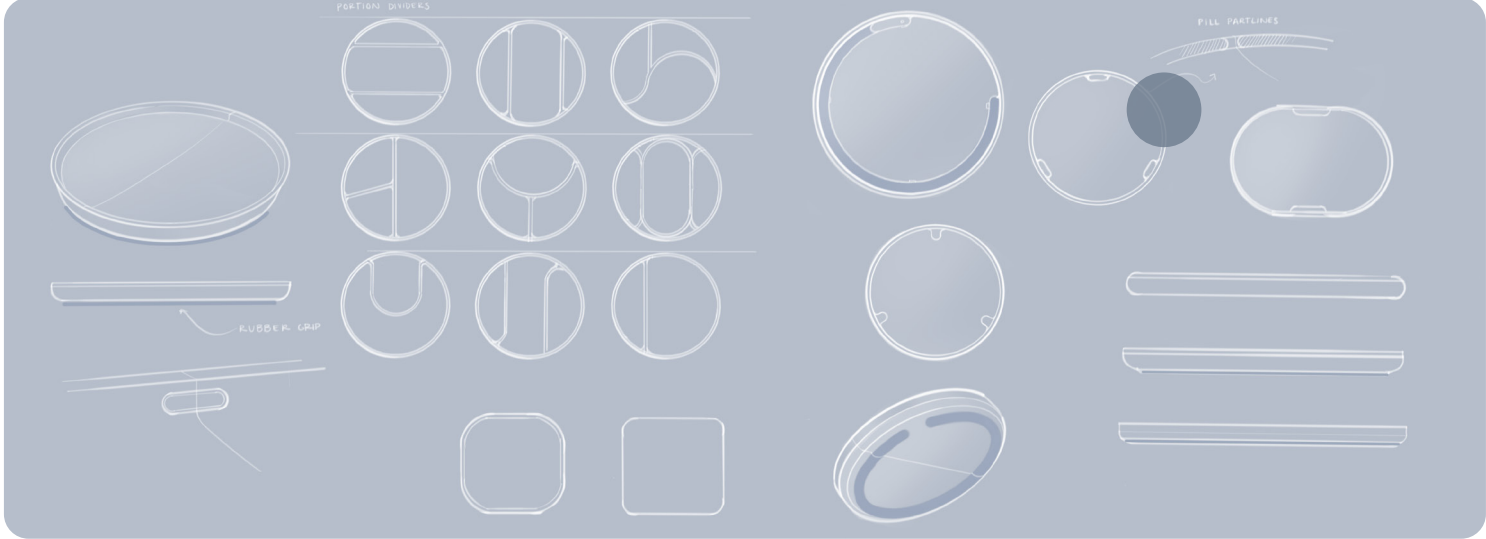
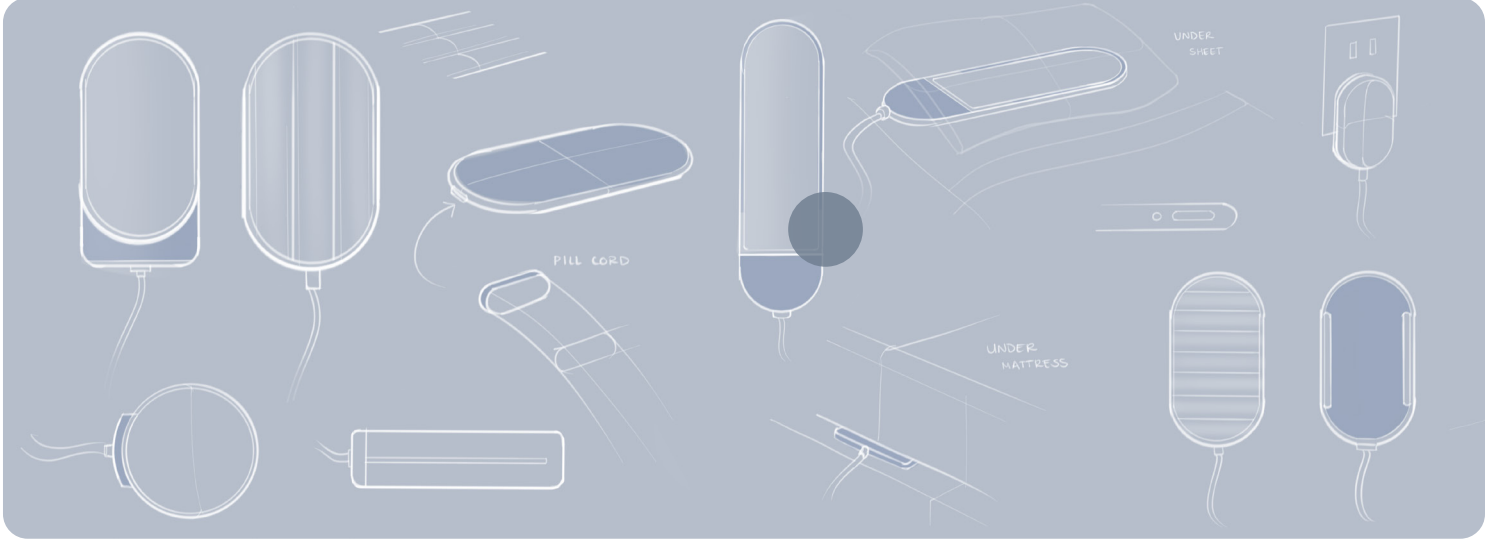


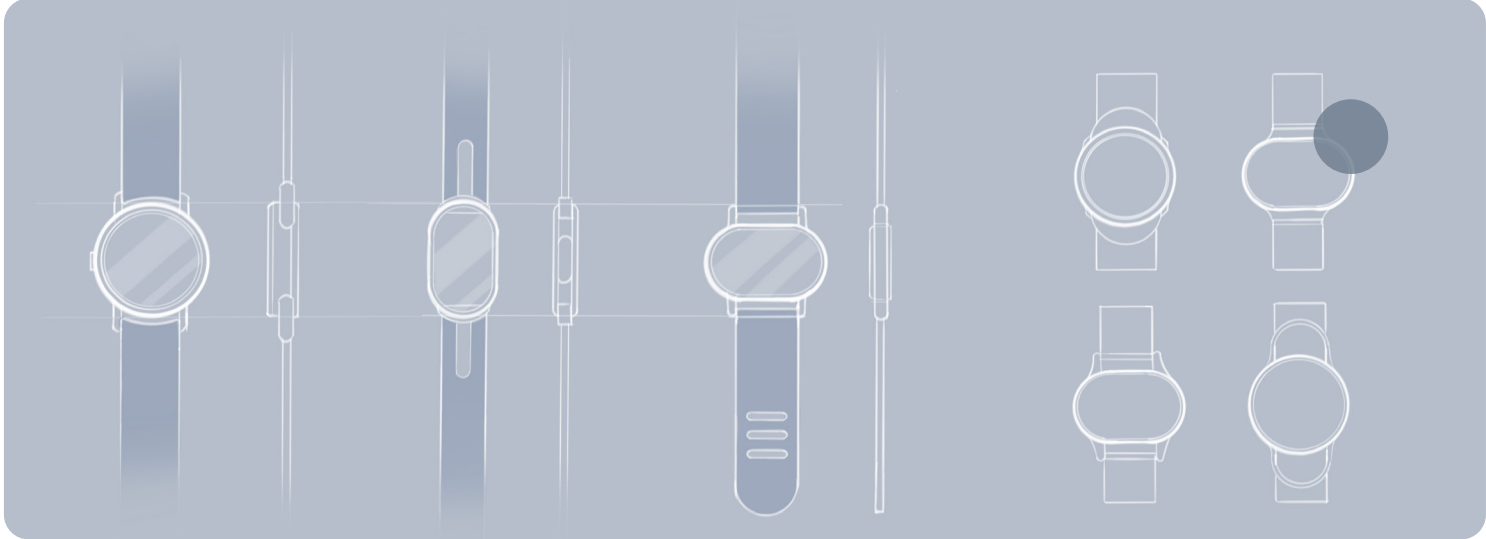
plate set



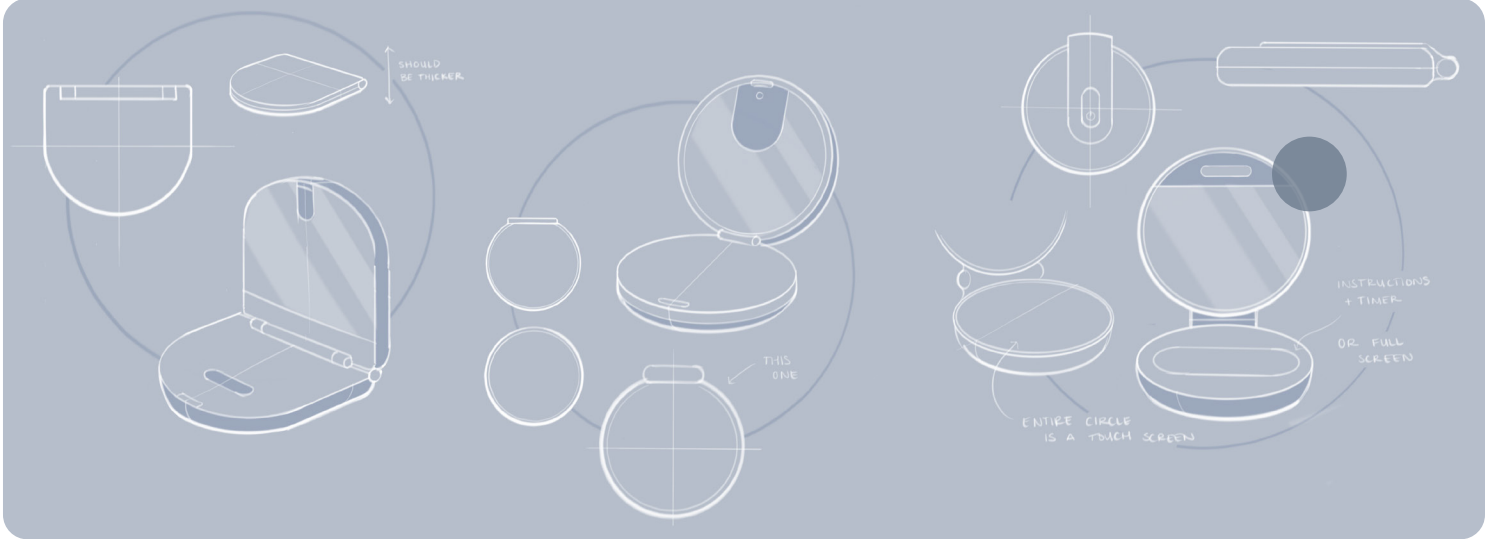
sleep sensor



health watch



compact mirror



THRIVE is a suite of connected, integrated products that monitor your health to predict upcoming ailments. You can avoid or mitigate ailments, gain health trend insights, understand the causes of ailments, and ultimately live a healthier lifestyle.

hydration



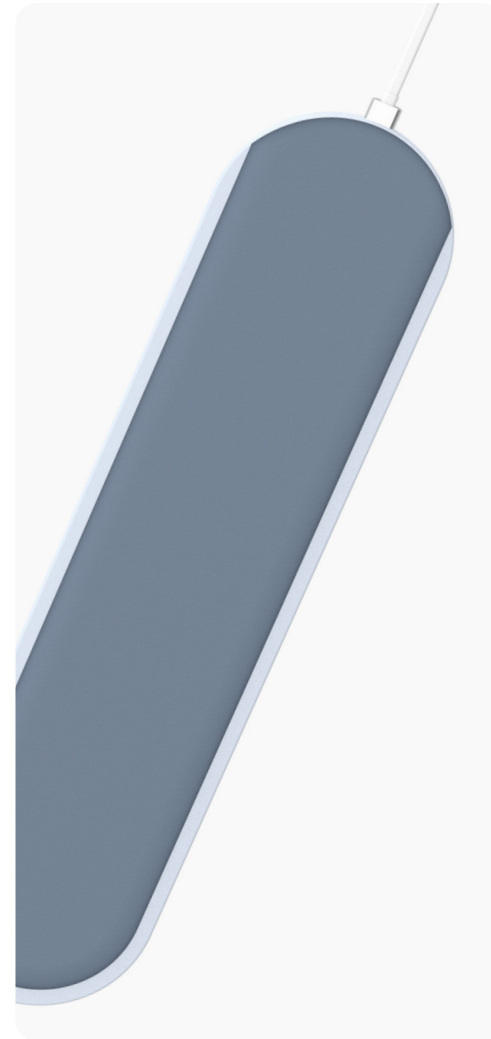
environment



mental well-being



sleep



nutrition



activity



THRIVE

predictive health



silicone base

grips surfaces and locks into
wireless charger

carrying strap



quick-release lid

flip top with mouthpiece



indicator light

power + time to charge

power + pairing

connects to the app via Bluetooth

HYDRATION bottle

senses

quantity consumed
alcohol + sugar content
hydration schedule
location of bottle

ENVIRONMENT

headphones

- sense**
- amount of sunlight
 - temperature
 - time in fresh air
 - noise level
 - indoors vs. outdoors

+ play music

volume

push top (+) or bottom (-)

sensing strip

sunlight sensor + thermometer

microphone

detects immediate sound level



power + pairing

connects to the app via Bluetooth

indicator light

power (full) + time to charge
(blinking)

facial-sensing camera

detects facial cues using facial recognition technology

green light

blinks to alert user that device is on and open

touch screen

user follows on-screen prompts to take daily facial image

silicone grip

grips surfaces and locks into wireless charger

power + pairing

privacy

physically close the compact for added layer of security

senses

- stress levels
- well-being (sick?)
- energy levels
- emotional state

MENTAL WELL-BEING

compact mirror

SLEEP

sleep sensor

senses

sleep quality
sleep schedule

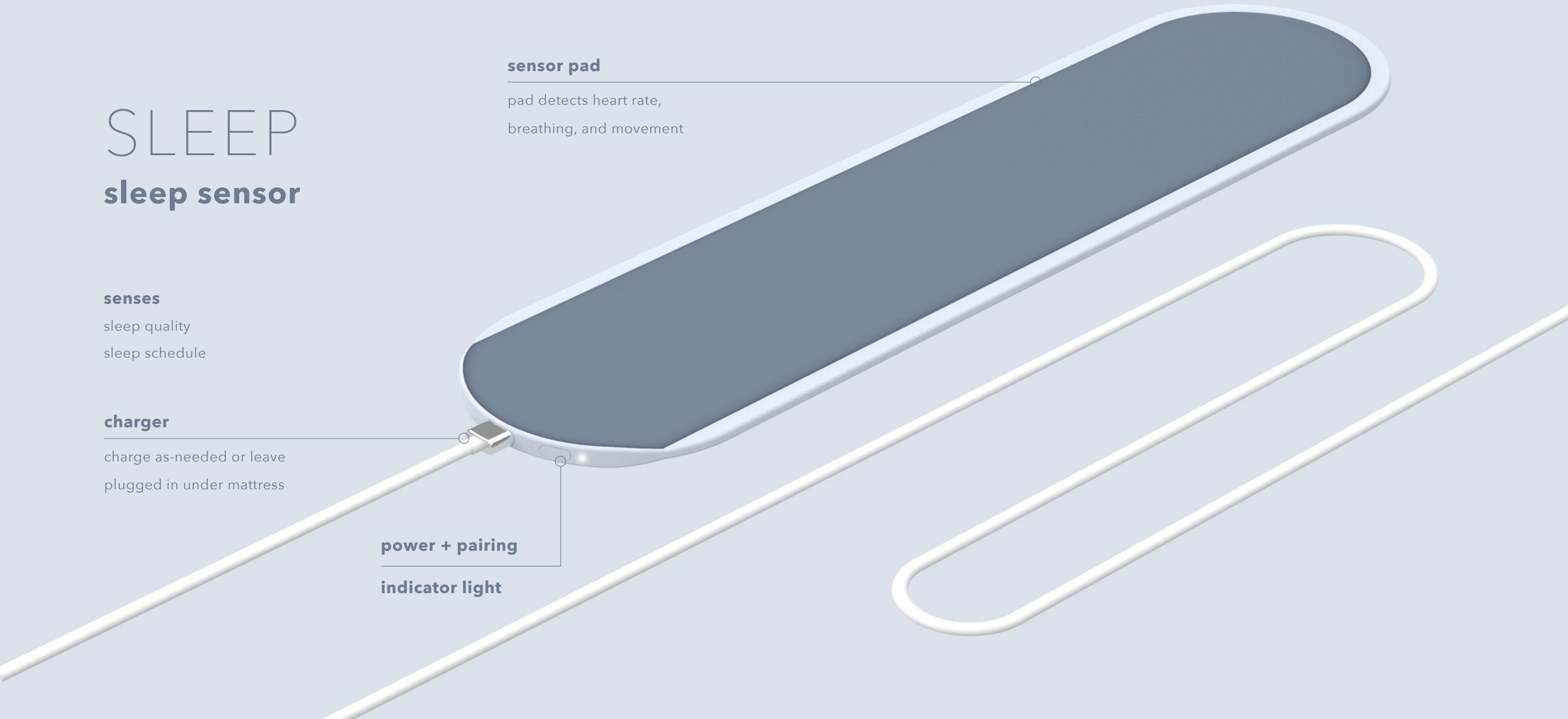
charger

charge as-needed or leave
plugged in under mattress

sensor pad

pad detects heart rate,
breathing, and movement

**power + pairing
indicator light**



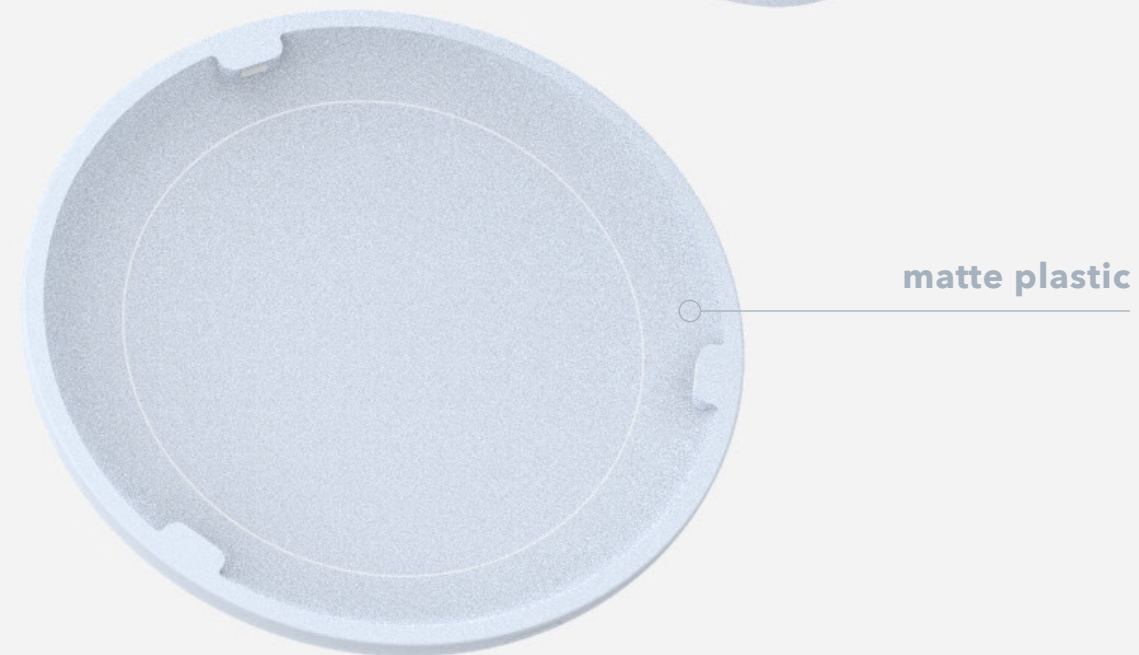


silicone grip

grips surfaces and locks
into wireless plate charger

scale

detects weight of
food on plate



matte plastic



camera (one of 3)

images food to compare to
database; detects what
type of food

**power + pairing
indicator light**

NUTRITION

plate set

senses

eating schedule
diet
quantity (weight) consumed

3 plates included

ACTIVITY

health watch

senses

- biometrics
- exercise
- daily schedule
- geolocation

traditional smart watch capabilities

- guiding exercise routines
- connect call + text with phone
- additional apps

power

hold to turn off watch

touch screen

notifications

- health predictions,
- health tips,
- + health reminders



soft silicone watch band

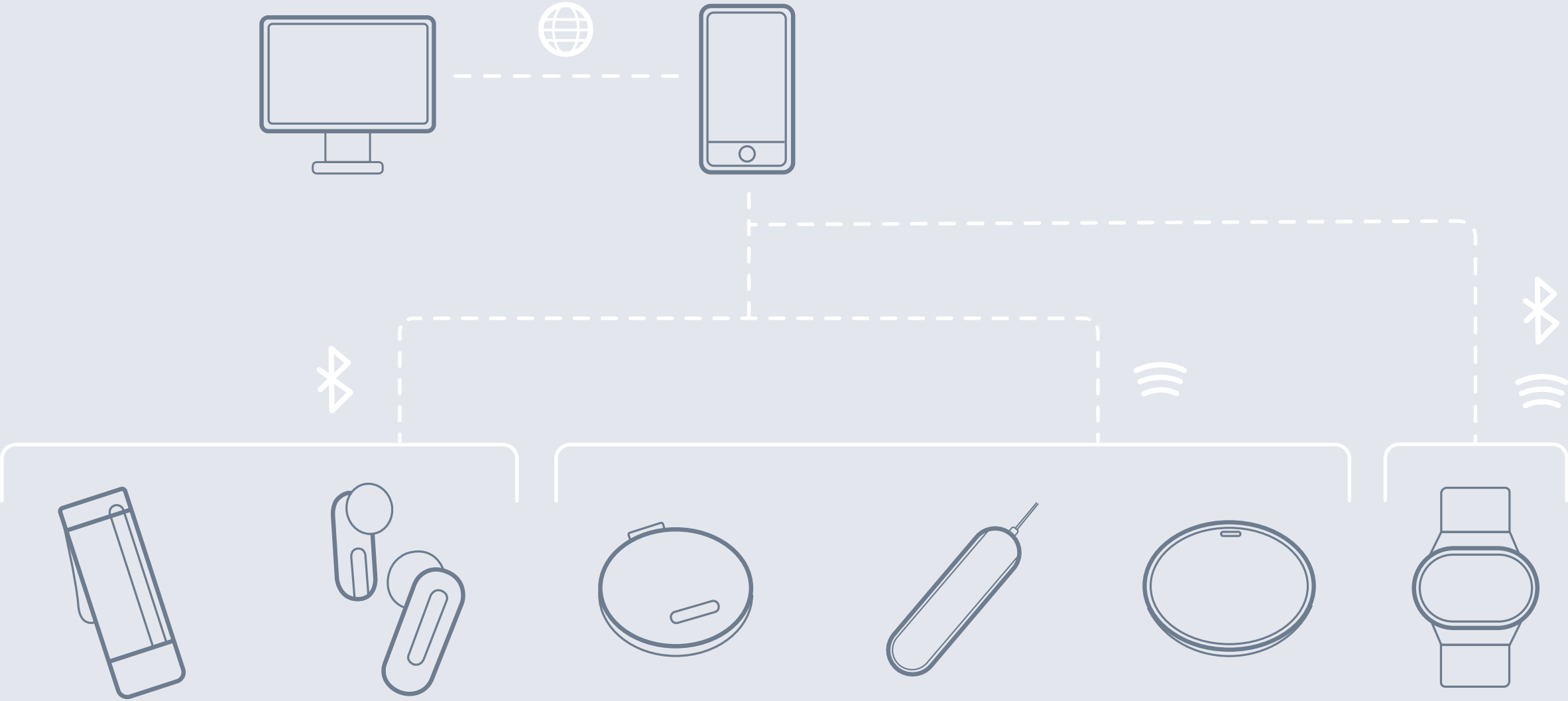
wireless charging



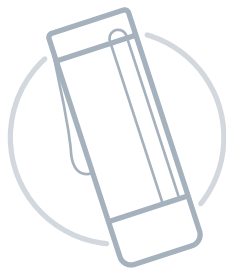
magnetic closure

adjustable to custom circumference

system map



predicting an ailment



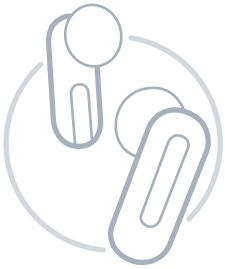
hydration

hydration schedule

alcohol content

sugar content

quantity consumed



environment

amount of sunlight

temperature

time in fresh air

noise level

indoors vs. outdoors



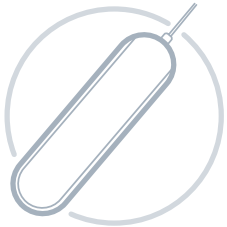
mental well-being

stress levels

energy levels

emotional state

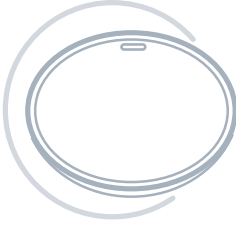
well-being (sick?)



sleep

sleep quality

sleep schedule



nutrition

eating schedule

diet

quantity consumed



activity

biometrics

exercise

daily schedule

geolocation

ailment

ailment type

ailment severity

ailment duration

ailment frequency

ailment location

ailment time of day

ailment weather

ailment season

ailment age

ailment gender

ailment ethnicity

ailment religion

ailment occupation

ailment education

ailment income

ailment social status

ailment family history

ailment genetic predisposition

ailment lifestyle

ailment diet

ailment exercise

ailment stress levels

ailment sleep quality

ailment mental well-being

ailment environment

ailment hydration

ailment nutrition

ailment activity

ailment external factors

ailment customized factors

ailment system learning

external

pollen count + air quality

weather

season of the year

customized

vitamins + medications

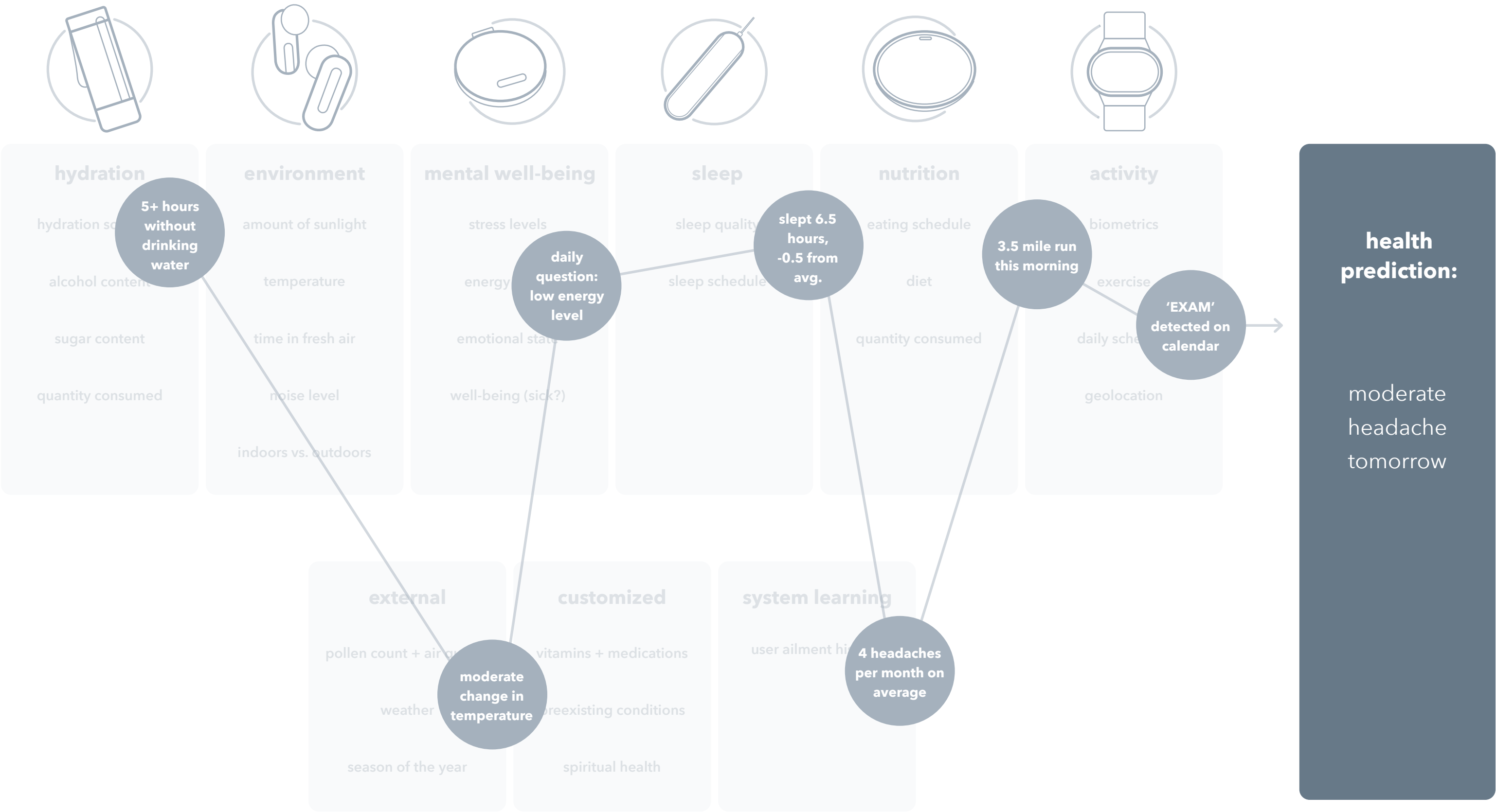
preexisting conditions

spiritual health

system learning

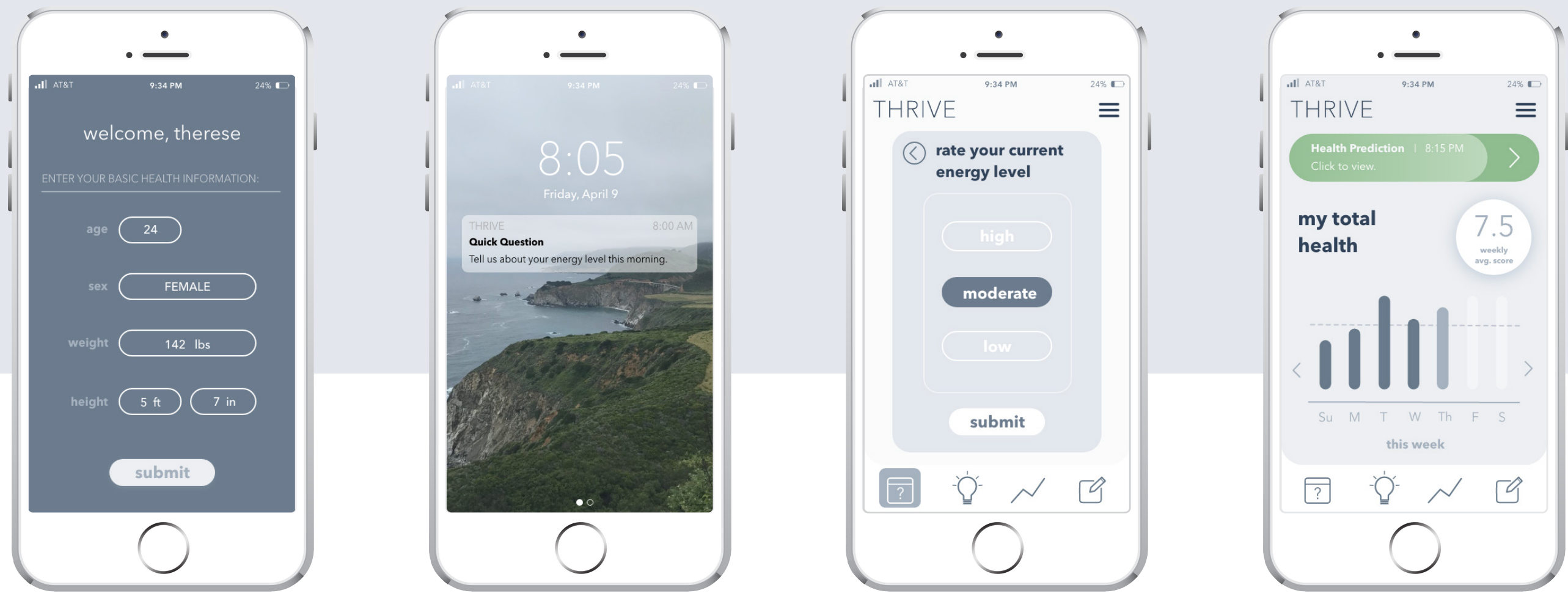
user ailment history

predicting an ailment



user journey

learning phase



on-boarding

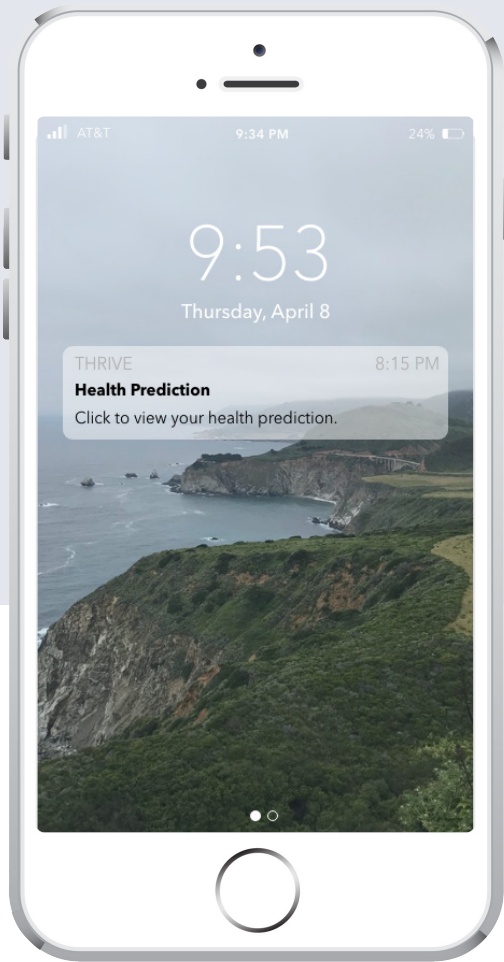
quick question notification

quick question

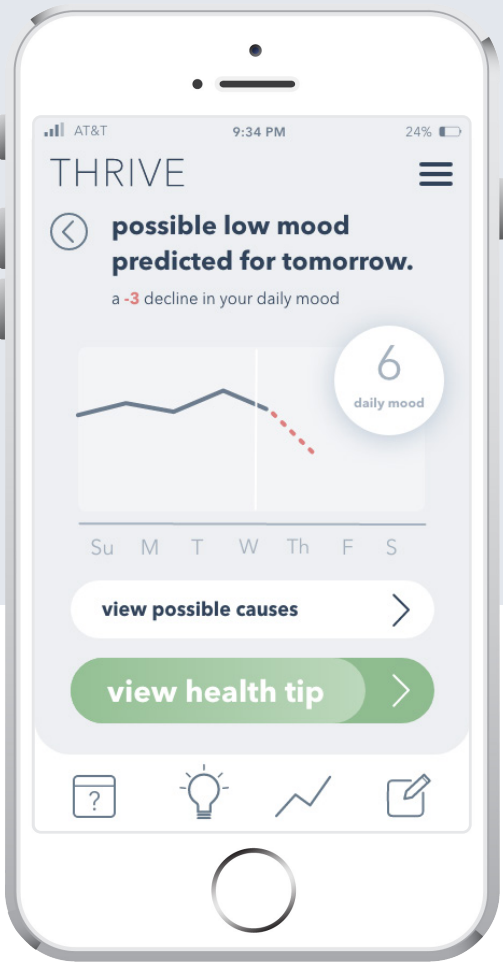
home

user journey

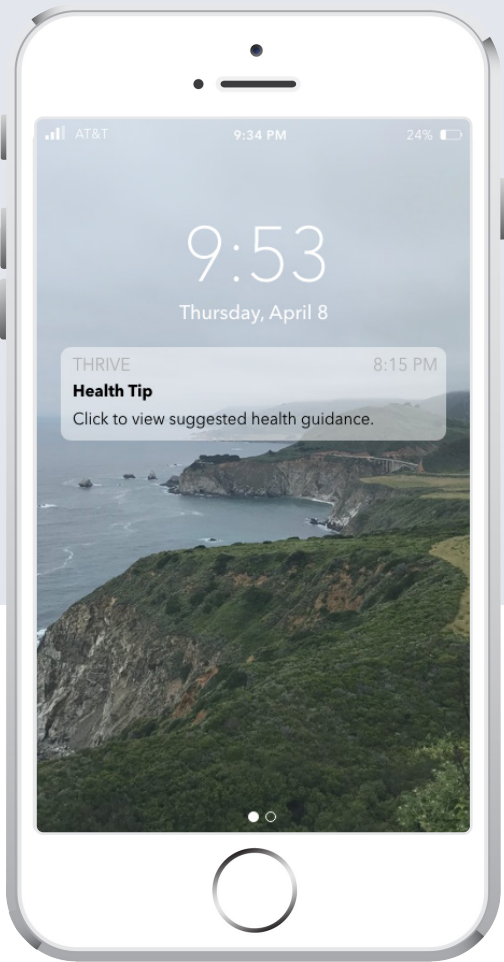
predictive phase



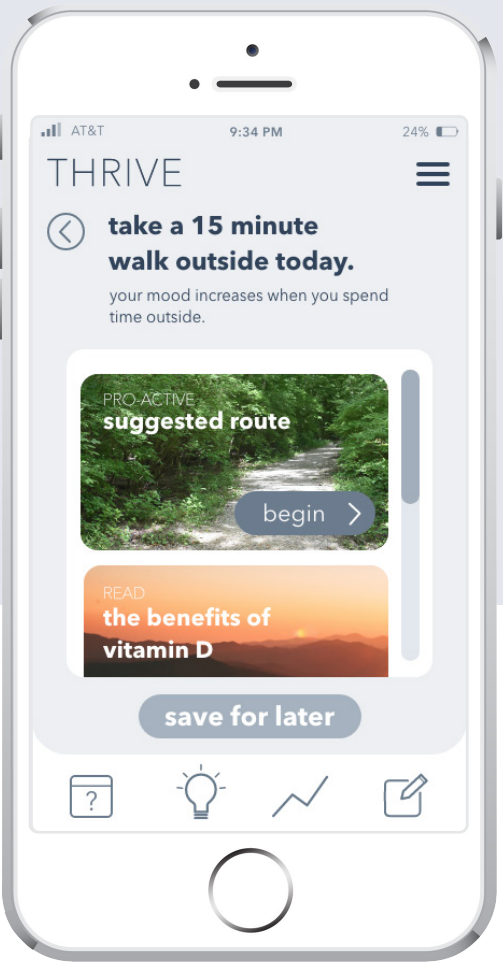
health prediction notification



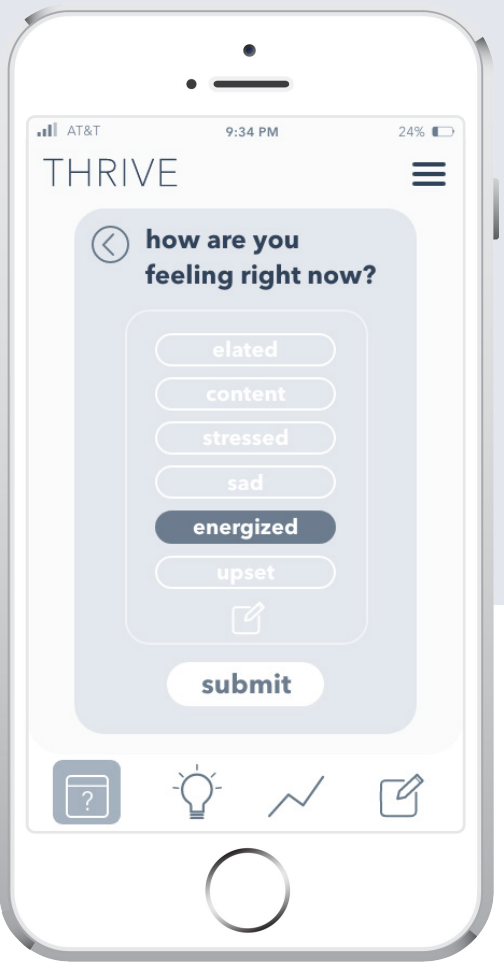
health prediction



health tip notification



health tip

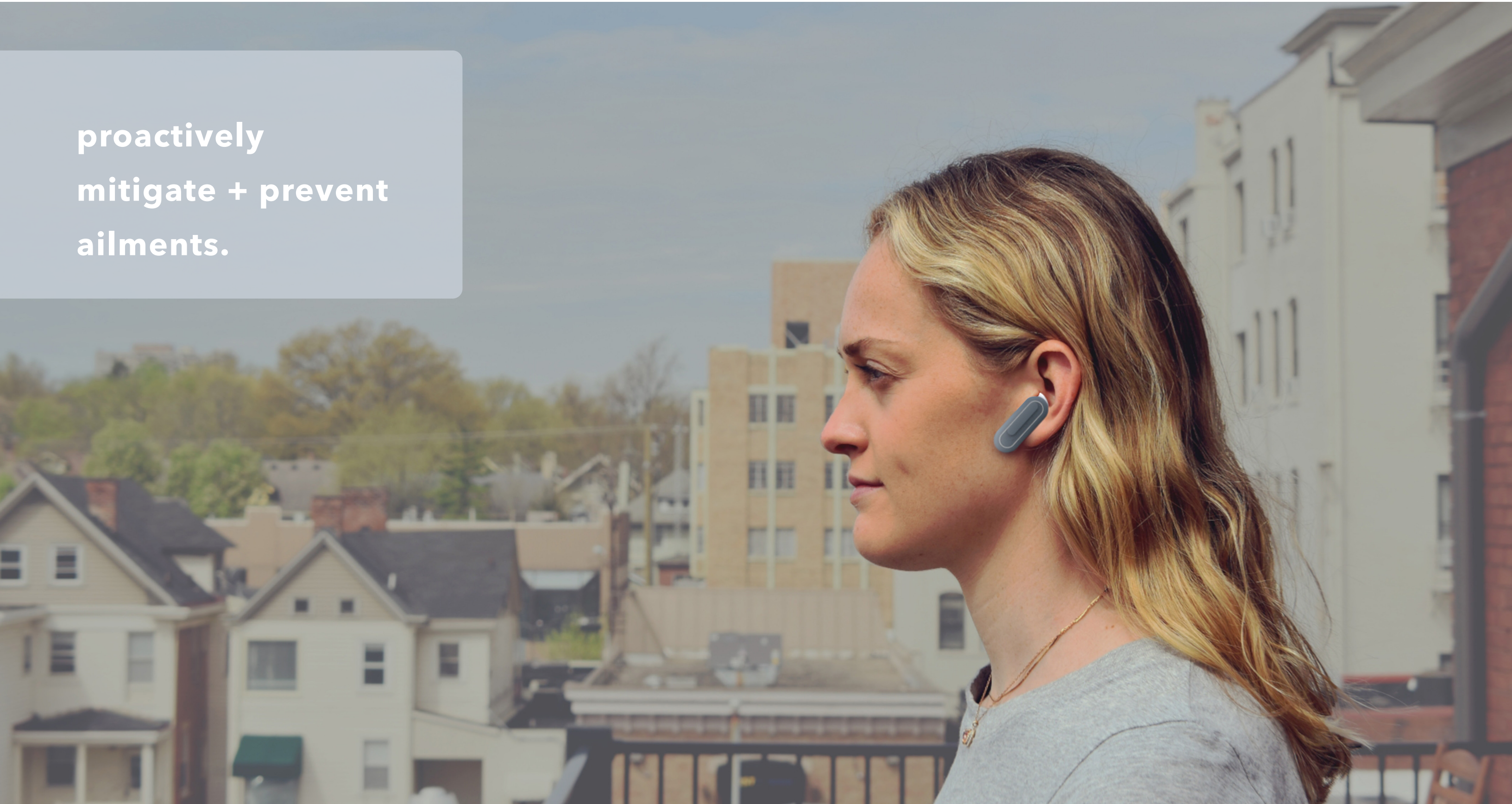


wellness check

**predict
upcoming
ailments.**



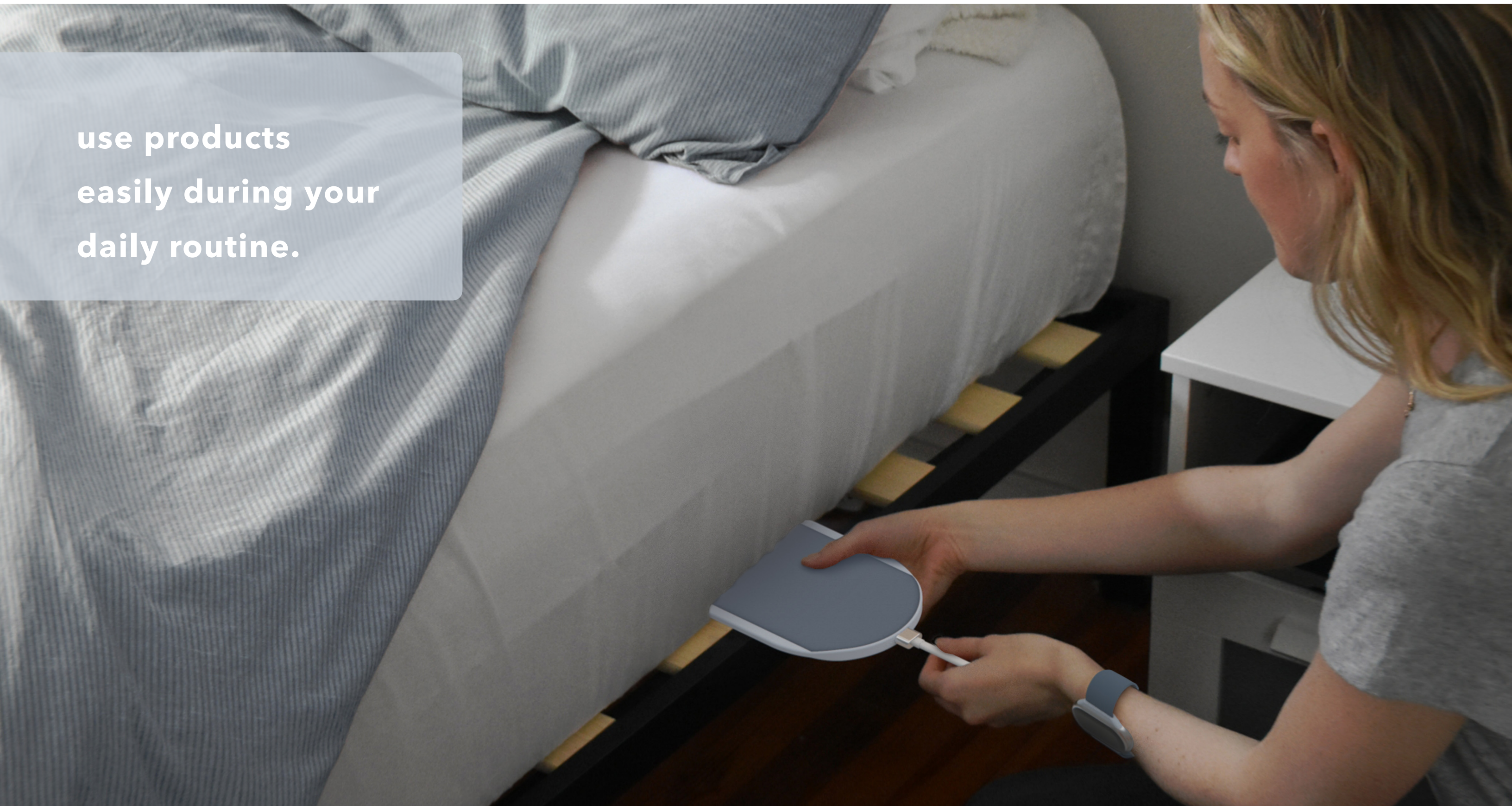
**proactively
mitigate + prevent
ailments.**



**maintain
your
health.**

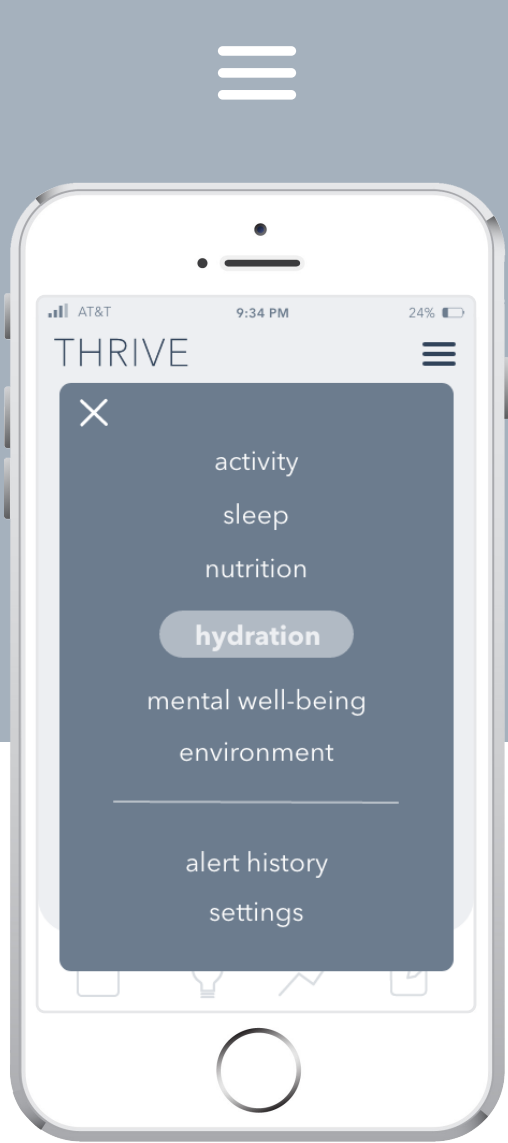


**use products
easily during your
daily routine.**

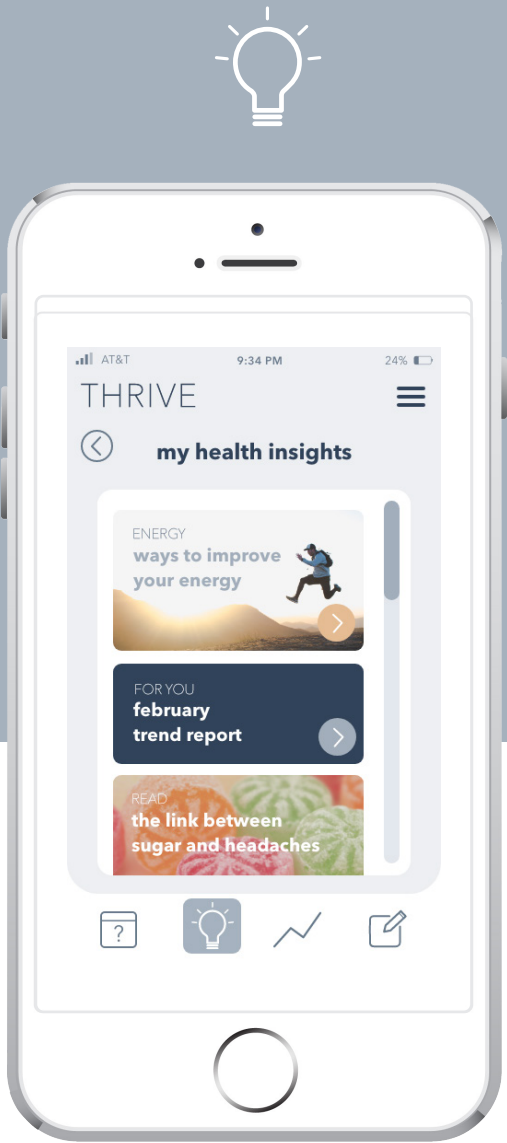


gain insights
into your health.

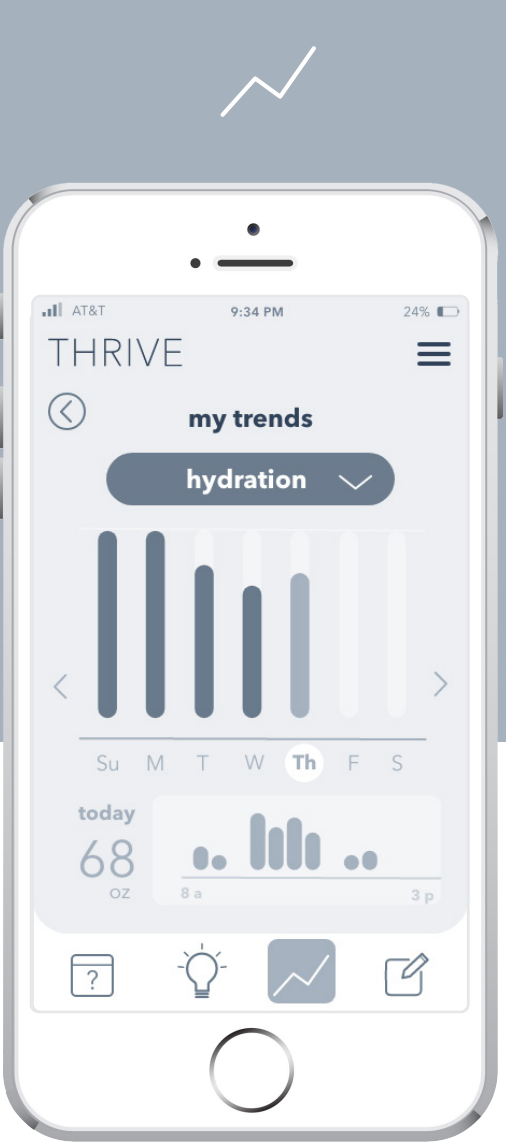




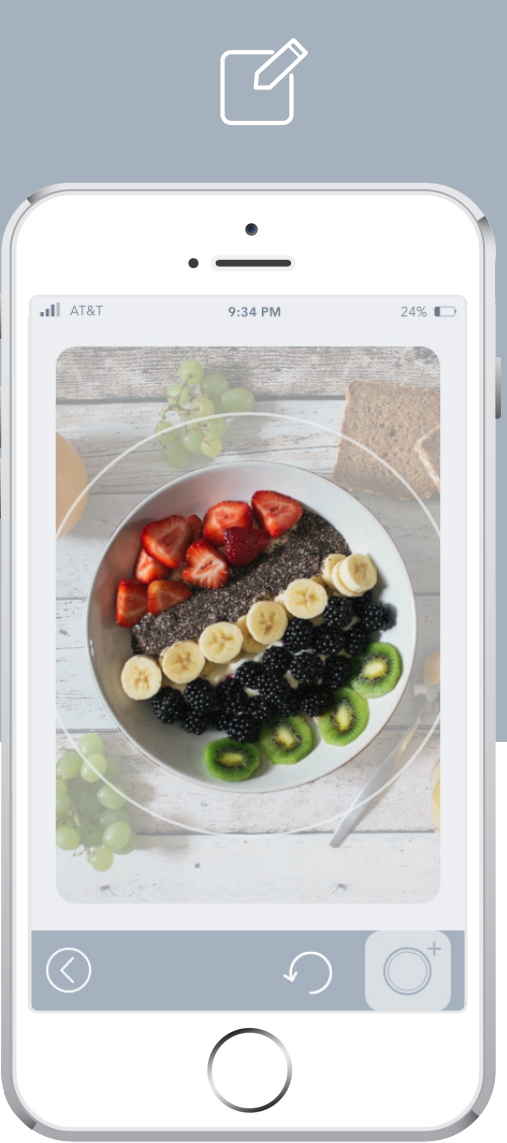
drop-down menu
view data by
health category



health insights
customized insights and
information based on data



trends
view trends
by health category



manual entry
take photos of
food on-the-go



**access your
health data
and trends.**

health dashboard



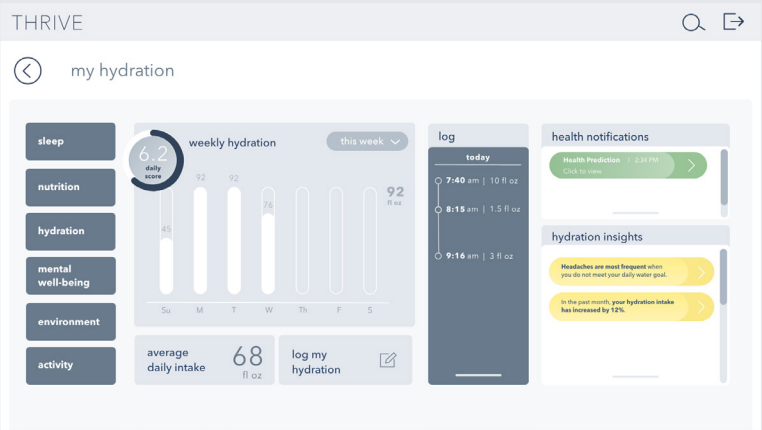
home dashboard

view detailed health predictions, insights, and trends from a laptop or desktop



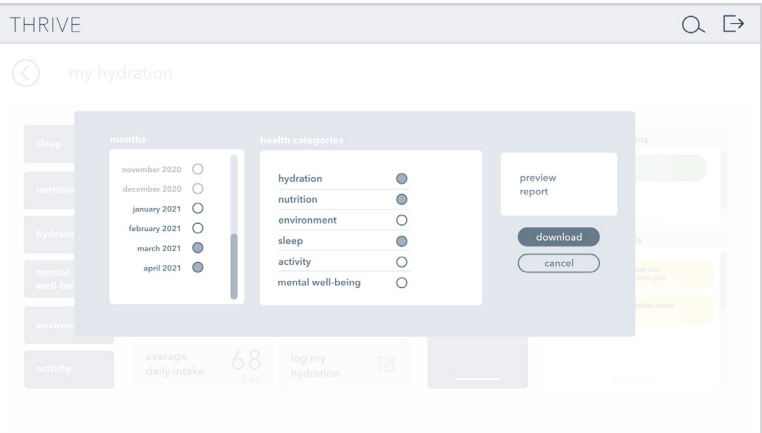
login

login with your account



health category

view data and notifications by health category



report download

download custom reports for personal use or to communicate with a doctor

THRIVE

predictive health

