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Preventive care infrastructure based on ubiquitous sensing

Positive and lasting impact on quality-of-life ...



The need to reduce, or preferably prevent, obesity and other diet-related diseases is recognized globally. PRECIOUS focuses on aspects of prevention where the individual's role is dominant, by developing supporting services and tools (e.g. sensing technologies for sleep, activity and diet) and feedback, based on established motivational interview techniques and gamification. The challenge is to encourage individuals to take care of their health and, not just change poor behaviours but maintain changes to preserve quality-of-life.

Project objectives:

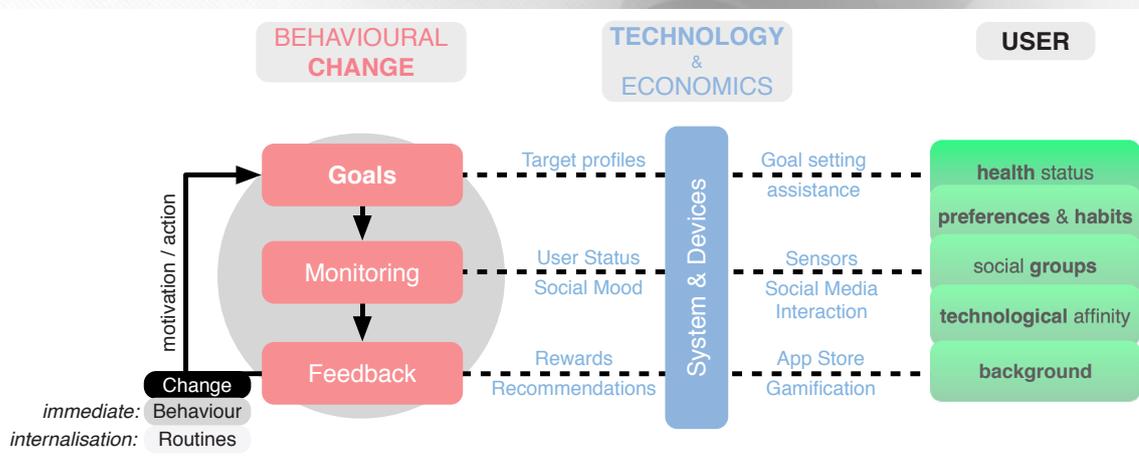
- › Reduce unhealthy habits
- › Personalized interfaces and actuators
- › Preventative care services
- › Virtual individual model
- › System validation in field tests
- › Socio-economic modelling
- › Agile project management practices for large-scale healthcare organizations

Approach and methods:

- Virtual model and associated motivational tools will provide steps towards a preventative care system with measurable impacts on users' behaviours.
- › Detect and communicate detailed early warning signs
 - › Provide forecasts of future developments and health-related complications (if change recommendations are not followed)

Expected outcomes:

- A preventative care system to promote healthy lifestyles comprised of three components:
- › Transparent sensors for monitoring user context and health indicators (e.g. food intake, sleep and activity)
 - › Individual virtual models that infer health risks and suggest changes in behaviour
 - › State-of-the-art motivational techniques, originating from gamification and motivational interviews, triggering feedback



PRECIOUS has eight beneficiaries from six countries (FI, UK, FR, BE, ES, AT) and is coordinated by AALTO-Korkeakoulusaatio (FI).



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