



Keeping fit to stay healthy

Making fitness goals more attainable

While fitness and well-being are growing industries in some countries, only 3 in 10 adults worldwide get the amount of physical activity they need to stay healthy. And even those who do exercise regularly don't always reap the full benefits of their efforts or reach their desired goals. By applying new technologies, we can enable individuals to get more out of their exercise programs – and stay healthier, longer.

How the Continua Health Alliance can help

The technology to collect information about an individual's fitness and the results of a particular workout already exists. What we need now is a system that motivates individuals to get active and provides new services to keep fitness routines fun, interesting and engaging. Personal trainers and fitness clubs need clear paths to new business opportunities that will drive growth and strengthen connections with their customers.

To meet this challenge, leading technology companies and device manufacturers have come together to create the Continua Health Alliance. The members of the alliance are committed to establishing interoperability guidelines that will allow systems and sensory devices to work together, facilitating a more efficient exchange of information and making exercise more enjoyable. Thanks to this flow of information, consumers will find new and compelling ways to reach their fitness goals.





Optimized results for customers

Fitness devices and equipment with the Continua logo will be able to easily transfer information to host systems with the Continua logo. For example, fitness equipment that tracks activity levels and devices that measure vital signs such as weight, blood pressure, and cholesterol will transfer that information to personal computing devices. This will allow individuals to measure their biometric data during a run outdoors, send that data to a machine at the gym, and then view the results of their workout on their home computer. The results of a workout will also be transferable to an online fitness service as well as to trainers and friends who can reply with advice or words of encouragement. Compatible fitness devices will allow people to keep track of their progress and stay motivated.

A healthier world

Improved information sharing provides the basis for objectively measuring activities and tracking results. Perhaps more important, sharing information can connect people. Whether it is a trainer with a client or a home exerciser with a fitness community, these connections have been proven to increase the efficacy of exercise and fitness routines. And better fitness helps people avoid many of the diseases and disabilities caused by physical inactivity, improving their quality of life and reducing the pressure on already overburdened healthcare systems.

A competitive advantage for gyms and health clubs

Trainers and gyms will be able to set themselves apart from competitors by utilizing information and products featuring the Continua logo. The logo will signify a standard of reliability that consumers can trust. Through interoperable systems, trainers and gym owners can build better customer relationships, offer new services, and expand their businesses.



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Meeting the challenge of chronic disease management

More and more people are living with chronic diseases

As of now, 860 million people around the world have at least one chronic disease and the number is rising fast. By 2020, diabetes is expected to double and deaths caused by heart disease and stroke will increase to more than 20 million a year. Eventually, chronic diseases will account for almost three quarters of all deaths worldwide.

In order to meet the needs of this growing population and alleviate some of the pressure on already overburdened healthcare systems, we must create a more efficient means of communication between patients, family members, and their caregivers. Improved communication can empower patients and their families to play a greater role in maintaining the patients' wellbeing. It will also provide healthcare teams with access to the information they need to make more informed treatment decisions.

How the Continua Health Alliance can help

The technology to collect information about a patient's condition already exists. What we need now is a system that will allow this information to be shared efficiently.

To meet this challenge, leading technology companies and device manufacturers have come together to create the Continua Health Alliance. The members of the alliance are committed to establishing interoperability guidelines that will allow home systems and sensory devices to work together, facilitating a more efficient exchange of health and wellness information. Products with the Continua logo will enable patients to access and share their personal health information and better manage their condition. These products will also collect that information and communicate it to members of the patient's family and care team.





Empowering patients to take a more active role in maintaining their health

To ensure optimal health, patients with heart failure, diabetes, hypertension and other chronic diseases have to keep a close watch on their condition and follow a strict treatment regimen. They need to monitor their vital signs such as weight, glucose levels and blood pressure whether they are at home, at work or on the move. Interoperable information systems and telehealth devices will enable them to do this, whether it is through a blood pressure monitor in the kitchen or a mobile glucose sensor. To ensure that patients take their medications, schedule reminders can be placed around the house or in the office. Active participation in monitoring their health status can promote patients' compliance with treatment plans, help them assume more responsibility for their health and may prevent unnecessary emergencies.

Helping physicians to make better informed decisions – and families to stay involved

With interoperable systems, information about a patient's symptoms, treatment compliance, and behavior can be collected and made available to the patient's doctor, support team and family members. If anything seems abnormal, the doctor can take necessary measures such as adjusting the patient's medications. If an emergency occurs and immediate care is needed, family members and providers will be notified promptly and can respond appropriately. By having access to a patient's health information, the care team will be able to make better informed treatment decisions which could reduce the number of physician office visits and hospital stays.

Fostering peace of mind

Interoperable technologies will offer patients and their families timely, convenient access to patients' personal health information and enable providers to track the patient's condition. This system of reminders and health monitoring devices, coupled with constant communication between patients and their care teams, will provide greater peace of mind between doctor visits.





Choice and independence for our aging population

Enabling people to live independently as they age

If given a choice, most people would opt to live independently as they age, surrounded by the comfort and familiarity of home.

But with the onset of difficulties, some of which come naturally with age such as memory loss, decreased mobility and frailty, as well as conditions like cardiovascular disease, diabetes, Alzheimer's, and musculoskeletal problems, the ability to live independently and unaided can be severely compromised.

In order to help our aging population live in their own homes safely and securely, information systems and devices need to be in place that allow family members and care teams to respond to changes in an elderly person's condition, help prevent accidents and emergencies, and coordinate necessary support. With these systems and devices in the home, people will be able to age independently and both they and their families will have greater peace of mind.

How the Continua Health Alliance can help

We already have information technology that can enable people to age independently at home. What we don't have is an interoperable, interactive system that will allow this information to be efficiently transferred to their families and their care teams.

To meet this challenge, leading technology companies and device manufacturers have come together to create the Continua Health Alliance. The members of the alliance are committed to establishing interoperability guidelines that will allow in-home systems and sensory devices to work together, facilitating a more efficient exchange of health and wellness information. Products with the Continua logo will be able to collect information about an elderly person's wellbeing on a daily basis and communicate it to members of his or her family and care team. In addition, these products will provide the extra support that some younger people, such as those with learning and physical disabilities or mental health issues, need to live independently.





An extra set of eyes and ears

These compatible in-home information systems and telecare sensors can help provide a sense of security for those living independently and their families. Sensors in the bathroom, by the bed and near the door can collect information about an individual's activities without compromising their privacy. If a person has cognitive difficulties, sensors can be used to detect potentially dangerous situations such as gas leaks and fires. Sensors can also send out an alert if an individual has fallen or needs medical attention, allowing care teams and family members to respond quickly to emergencies. To help individuals comply with their treatment regimens, medication reminders can be placed around the house. Family members and care teams will be notified if the medication has not been taken or is not achieving its desired effect. This system of sensors can act as an extra set of eyes and ears for members of the family. No matter where they are, they will be able to ensure that their loved one is safe and secure.

Easing the burden on health and social care systems

There are 600 million people in the world over 60 years of age -- a number which is expected to grow to more than 1 billion by 2025. With such a large aging population, governments will have to find ways to relieve some of the pressure on their social and healthcare systems. Connected sensors and information technologies can help provide more cost effective healthcare management and give our aging population a safe alternative to assisted or institutional living.



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