WELLNESS ANALYTICS, TRACKING and COACHING for HEALTH HUB

Invention:
This technology is a web-based application that can track and analyze wellness data which includes stress, fitness and mood states. Measurements produce automatic objective and subjective analytic feedback, received from the users’ data, to assist in personal improvement. Mainly purposed for physicians and other highly stressed professionals, this technology can coach users to improve upon their daily routines.

Background:
Wellness is a modern day issue for workplace professionals. Improving upon personal wellness isn’t an issue simply solved with a Band-Aid, but a problem that requires specific measurements and treatment. Positivity can contribute to a confident state of mind while encouraging workplace satisfaction and improvement. Rather than being an issue which only impacts the sole employee, improper maintenance of wellness can effect spouses, family members, career associates, managers, clients and daily interactions. Many companies today are improving and building departments which invest in wellness initiatives. Analytic programs have been used in various industries: retail, telecommunications and sports, however, employee wellness has been lagging during industry expansions. Currently industries are challenged when trying to find effective predictive models that are able to deliver responses in a useful manner. This technology can solve these industry concerns, and improve upon employee physical and mental health.

Applications:
• Informative wellness profile
• Motivational health connection – connect users (social media), share goals/achievements

Advantages:
• Capable of measuring: mood state, passion, confidence, poise
• Provides user with live/personalized health feedback
• Improves sleep quality
• Builds wellness profile

Licensing Manager:
Kevin McKee
KevinM2@tla.arizona.edu
520-626-1213

Inventors
Samuel Keim
Professor, Emergency Medicine