

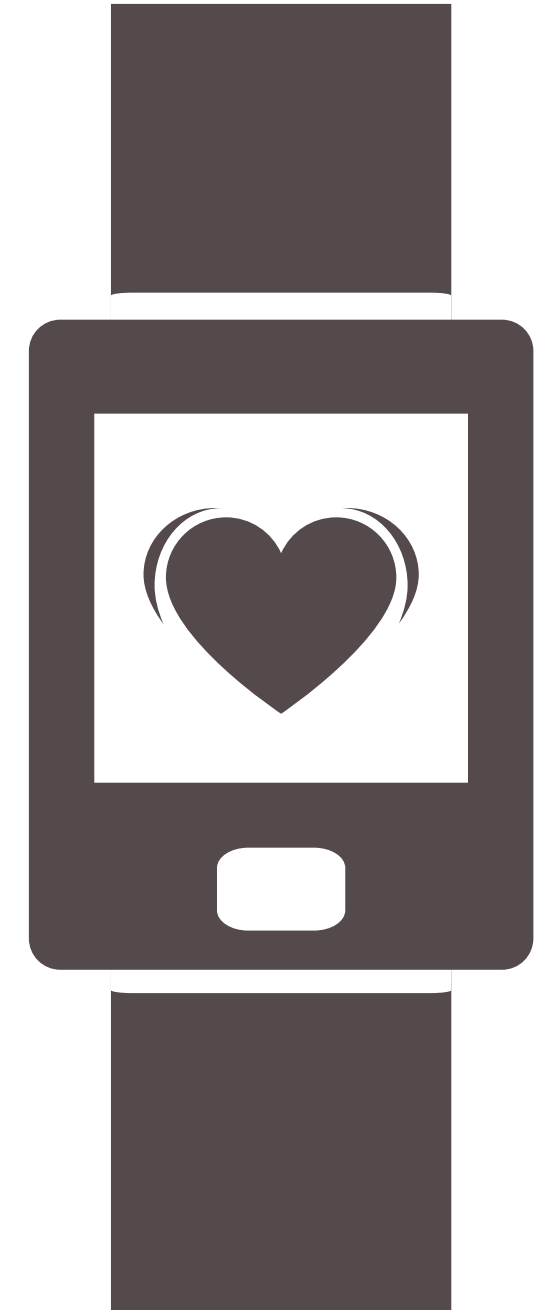
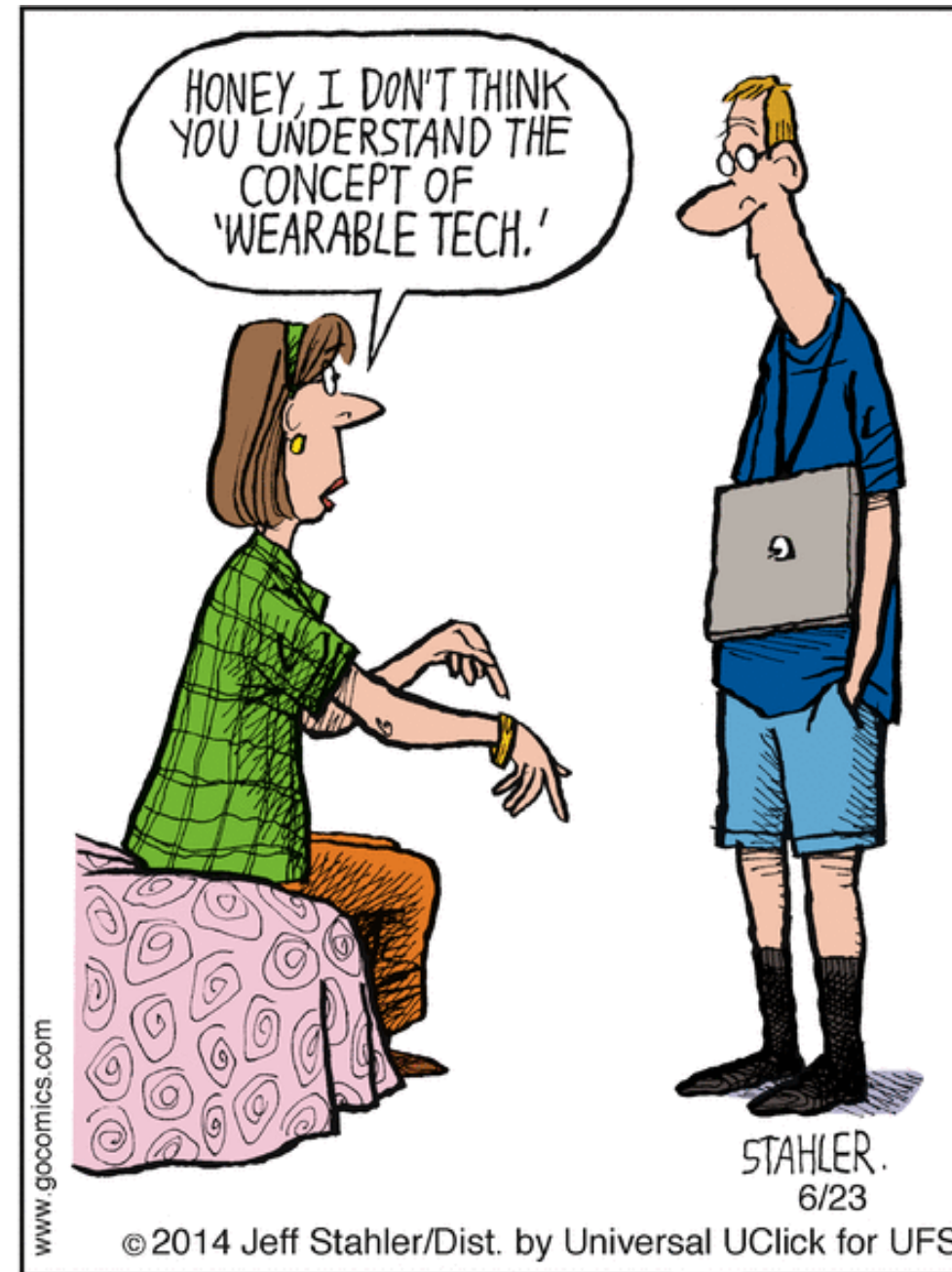
Taking the guesswork out of health

What if you could know...

- when you were at risk for getting sick
- when you were over-exerting
 - physically
 - mentally
 - emotionally
- when you were at risk for flaring up an existing health condition or injury



Wearable health devices



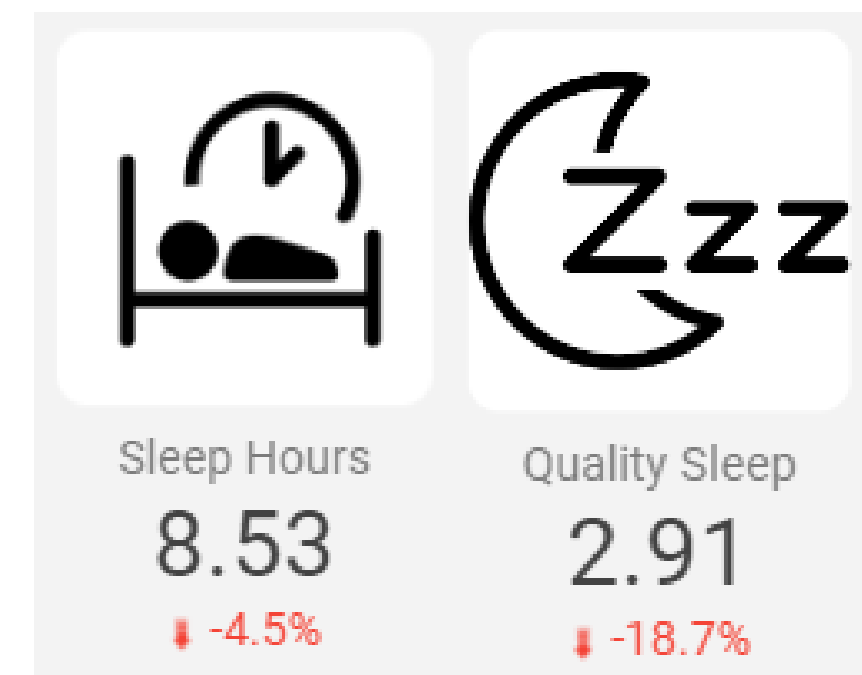
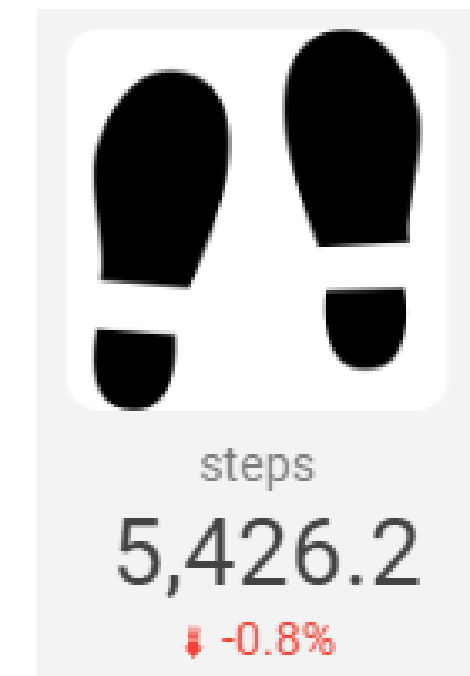
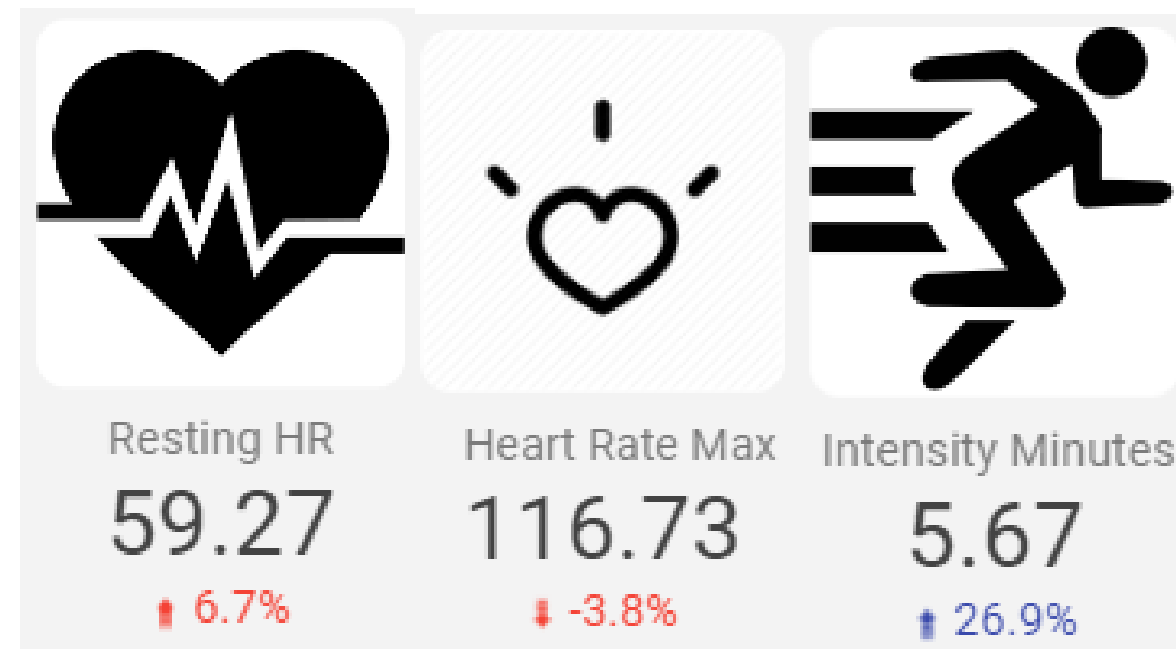
Disclosure

I have an indirect partnership with Garmin

- I contract with Pro-Activity for health monitoring, using Garmin devices
- Pro-Activity has a financial relationship with Garmin

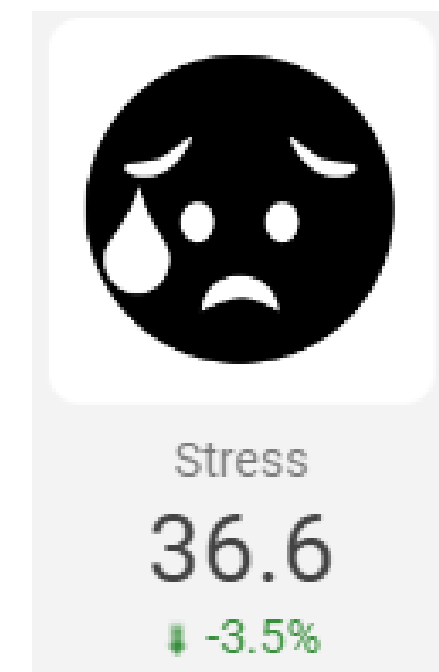
Basic health metrics

- Step count
 - Where did 10,000 steps/day come from?
- Heart rate
 - Resting
 - Active
- Sleep
 - Quantity (total amount of time)
 - Quality (amount of time in light, deep, REM phases)

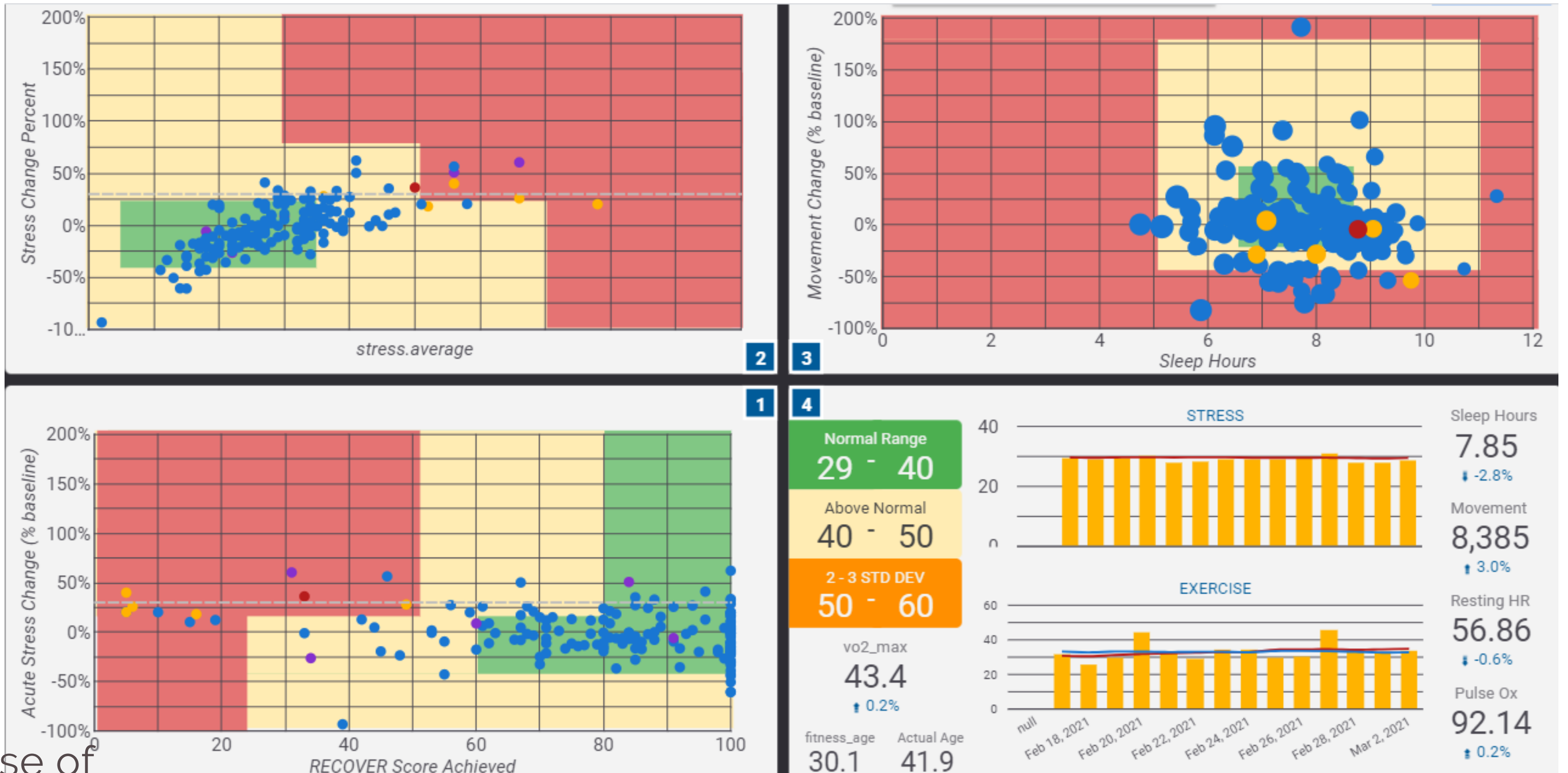


Advanced health metrics

- Pulse ox (SpO2)
 - % of red blood cells saturated with oxygen
- VO2 Max
 - Cardiorespiratory fitness
- Heart rate variability (HRV)
 - Stress
 - Recovery



Population View

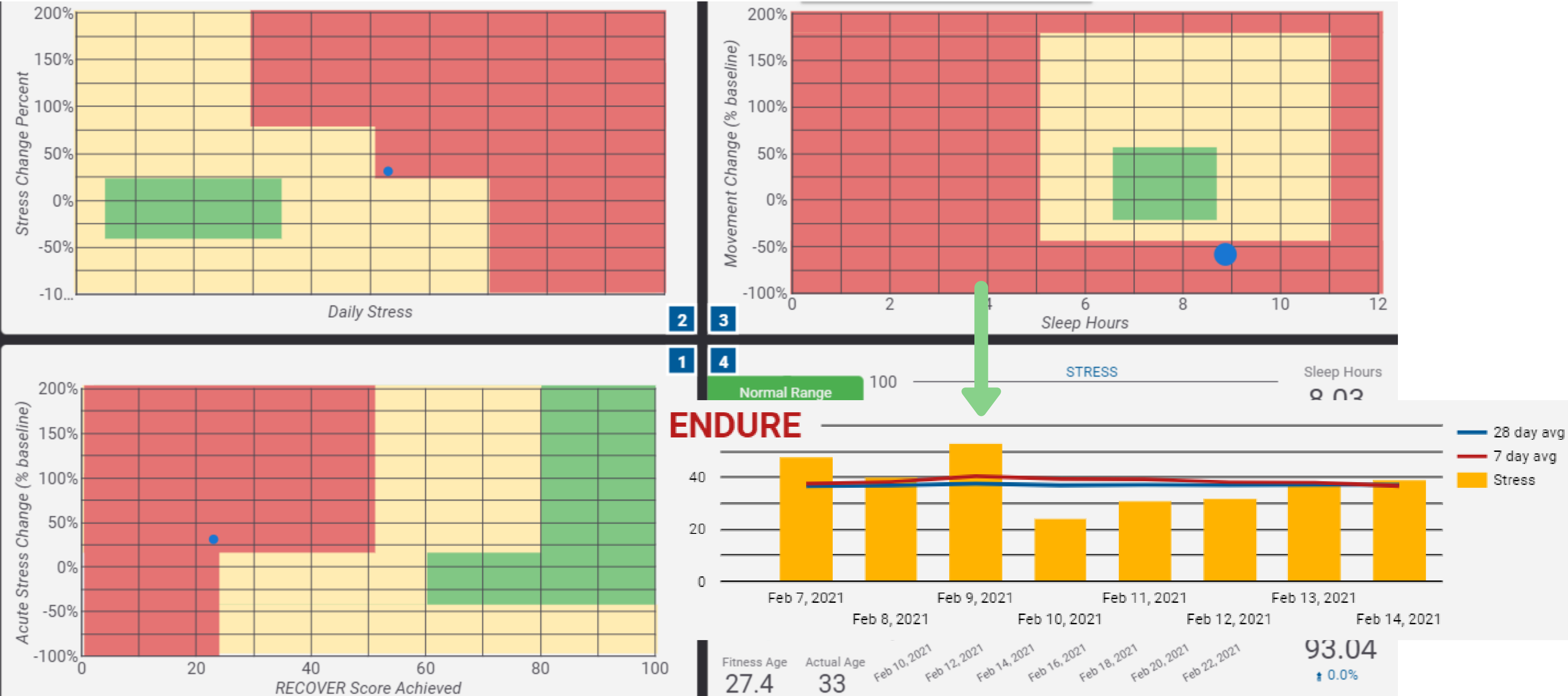


Can my device tell if I'm sick?

Case Study: Quarantine

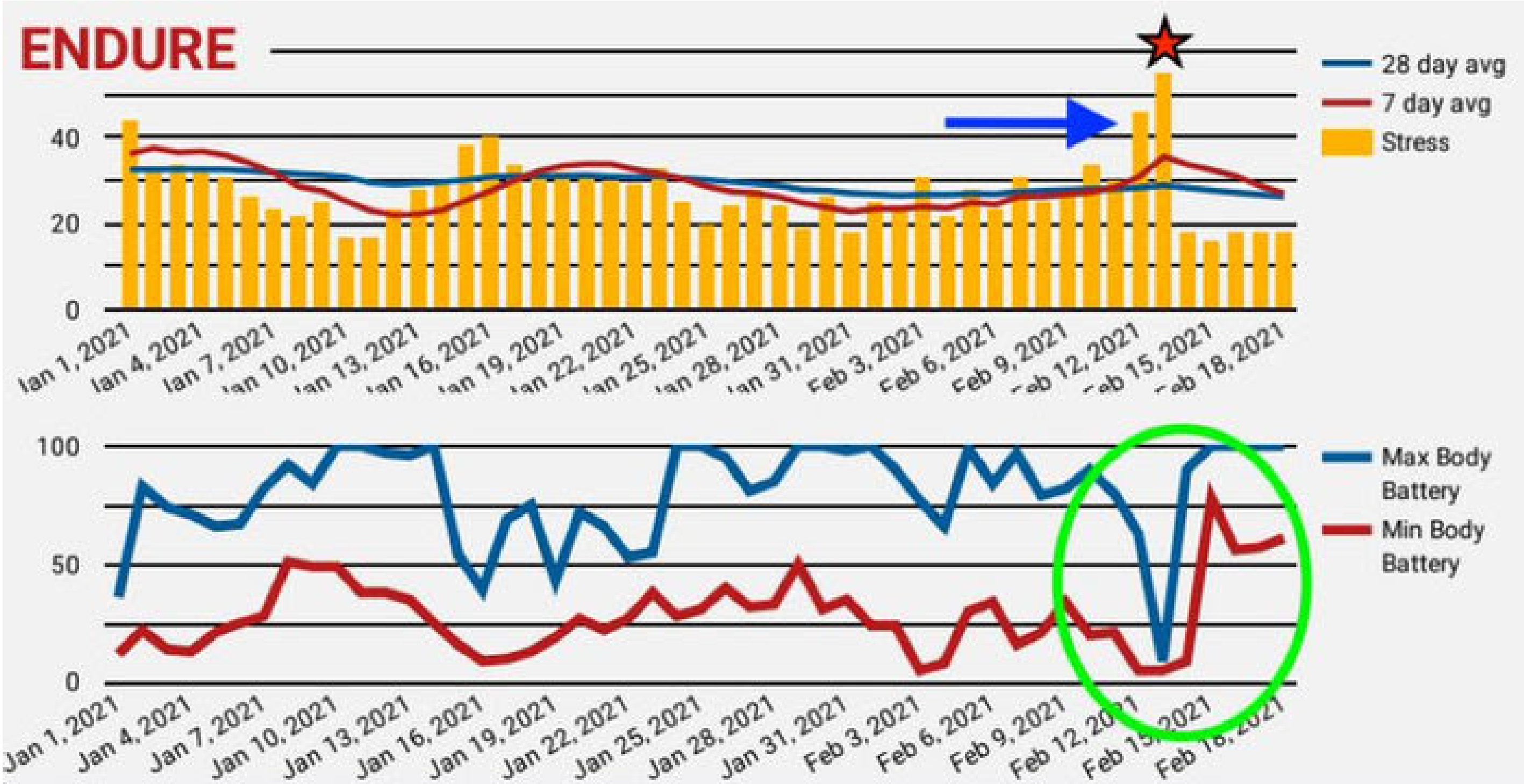


Case Study: Vaccine - 2nd dose

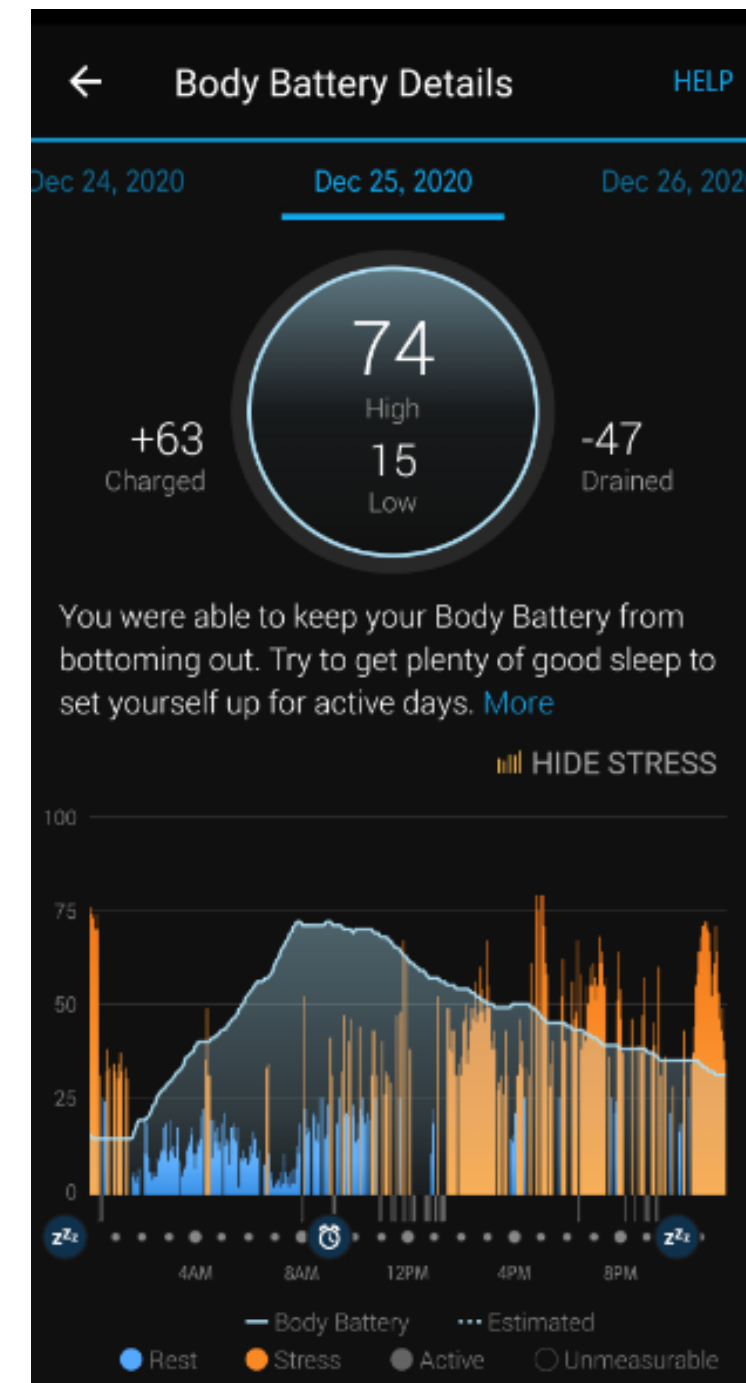
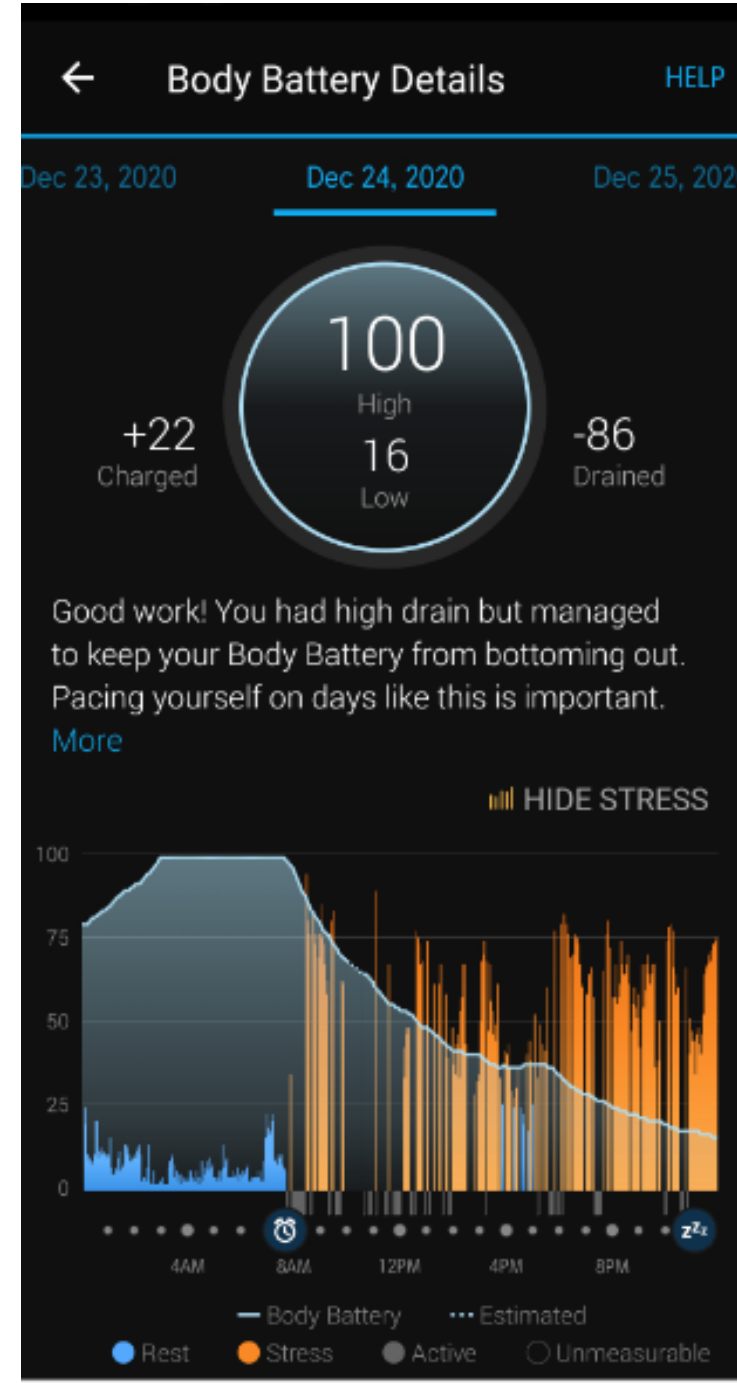


How can I predict if my chronic conditions will flare up or if my symptoms will worsen?

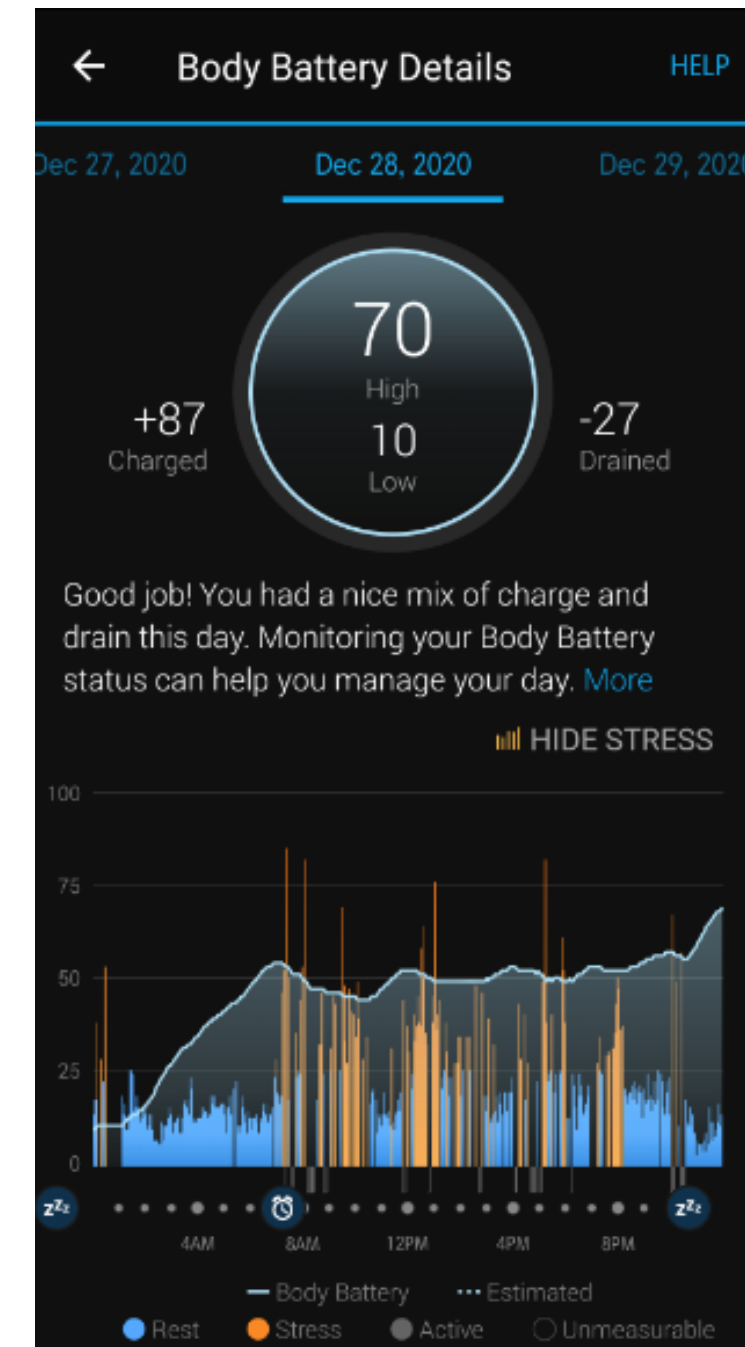
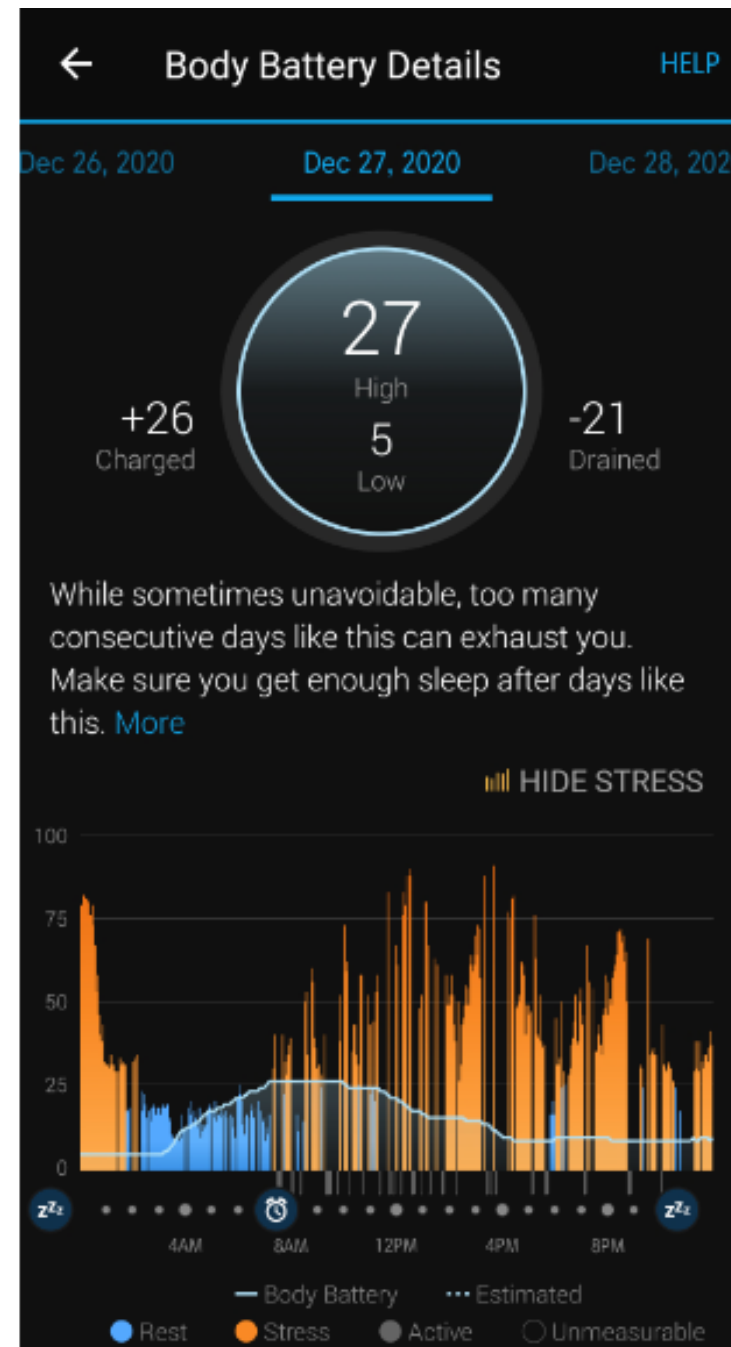
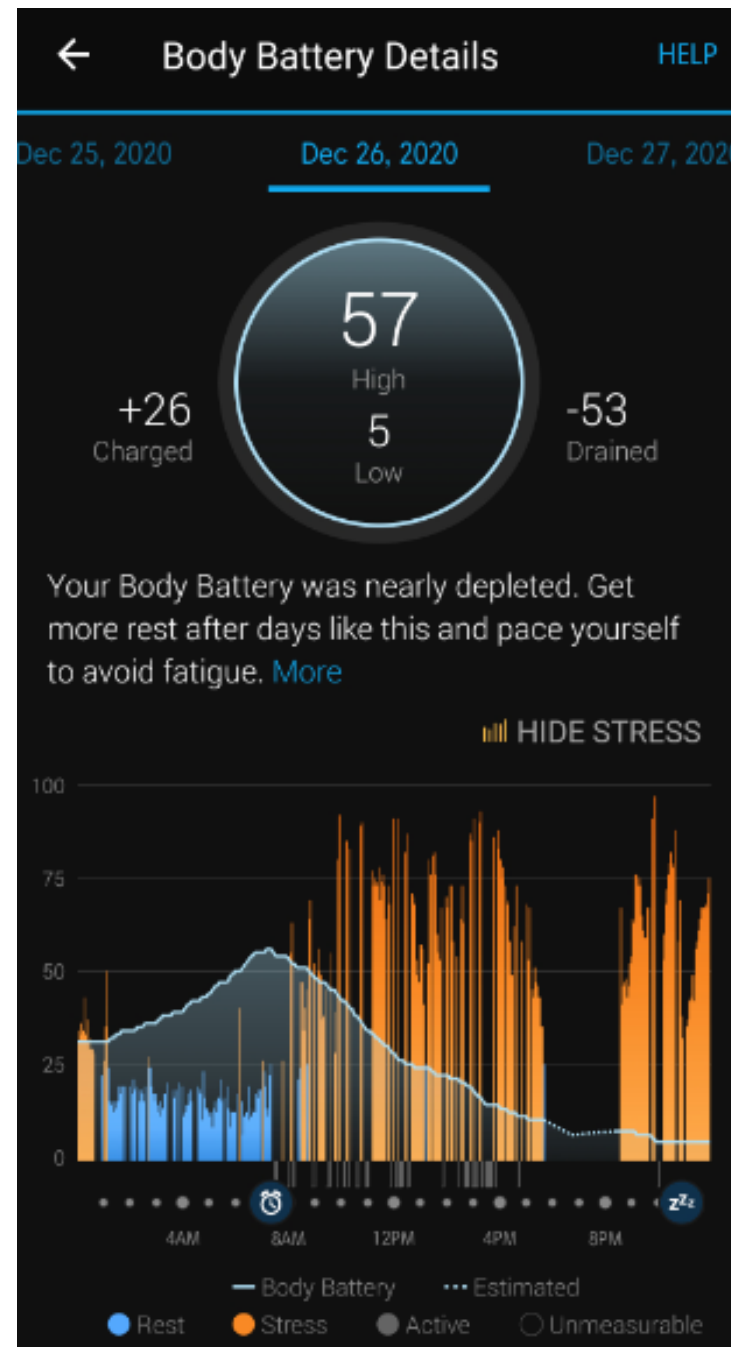
Case Study: Seizure



Case Study: Holiday Stress

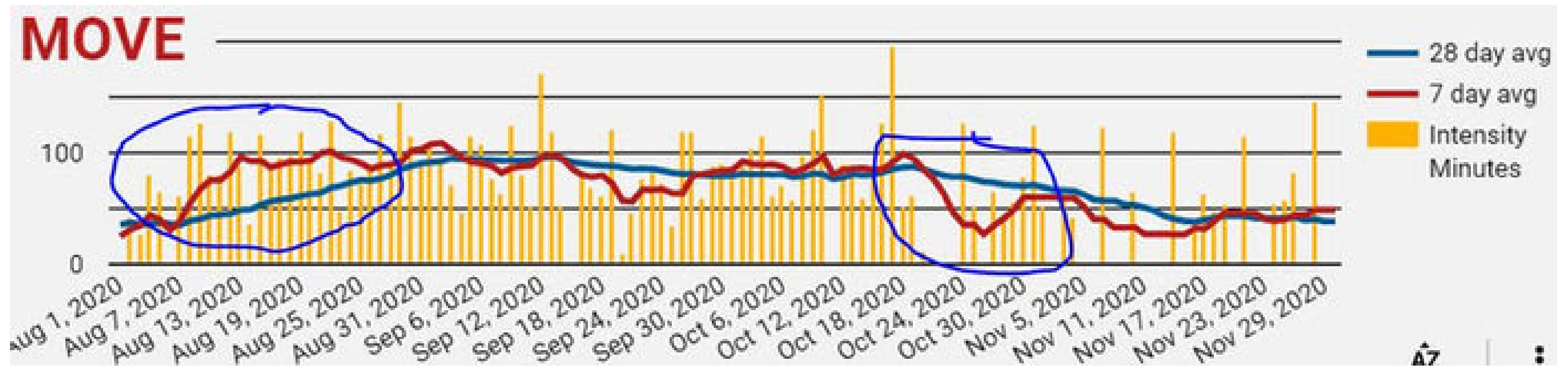


Case Study: Holiday Stress



**How can I tell if I'm over or
under-exerting?**

Case Study: Over & Under Training



Case Study: Over-Exerting



Key Takeaways

Key Takeaways

Step Count/Activity

- Increase by 10% at a time

Resting Heart Rate (RHR)

- Be suspicious if it increases by more than 10%

Sleep Quality

- Light: 50-60%
- Deep: 10-25%
- REM: 20-25%

Key Takeaways

Pulse Ox (SpO2)

- Normal: 98-100%
- Sensors are notoriously finicky - look for changes from your norms

Heart Rate Variability (HRV) aka Stress

- Be suspicious if it majorly changes from your norms

Recovery (Body Battery)

- Be suspicious if don't recover while resting/sleeping

Key Takeaways

This type of data is sensitive, not specific

- We can know that *something* is going on
- We can't tell *what* exactly is going on

**How do I actually follow
through with my health goals?**

Wish

- What is your wish or concern?
- It should be meaningful, challenging, and attainable

Outcome

- Imagine the best outcome of achieving your wish.
- What will it feel like?

Obstacle

- What obstacle in YOU will prevent you from achieving your wish?

Plan

- How can you plan to overcome your obstacle?

Thank You!

For more information, visit
carolinemorris.com/healthinsights