

Diabetes Prevention System

Using the smart phone system can prevent diabetes.

Easy operation! 3 steps advice

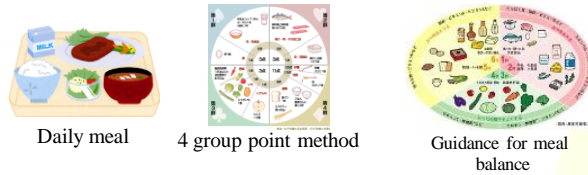
- Step 1. Registering daily meals by the smart phone.**
- Step 2. Measuring blood pressure, weight and number of steps taken.**
- Step 3. The smart phone system displays the diet and exercise for diabetes prevention.**

1. Nutrition Control

Medical diet prevents diabetes and/or life style related diseases, providing long-term results for a healthy and long life. The treatment technique will only be proven effective if it is practiced and continued as indicated, the nutrients and amount of energy differing on each food. Using the ITC system makes it easy to maintain a balance of the required amount of nutrients and healthy dietary life. Its use is not only indicated for diabetes patients, everyone may use it in order to prevent life style related diseases and to ensure a long healthy life.

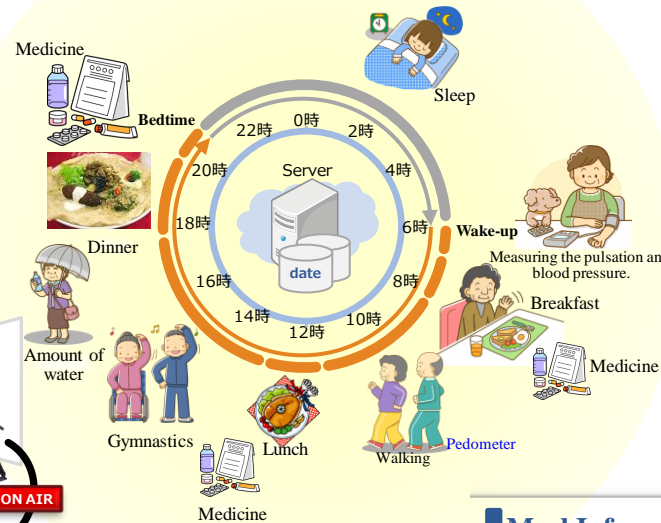
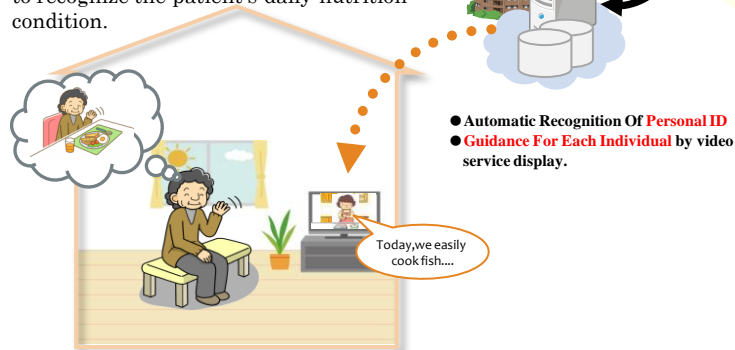
4 groups points method · diet balance guide , GI level

By registering the daily meal menu, the nutrient balance is analyzed and referenced in a **4 group point method and diet balance guide**. **GI level** daily dietary intake can be controlled in order to maintain health. It can be used efficiently to control daily meal for the prevention of diabetes or other life style related diseases. The graphical analysis and fluctuations displayed on the smartphone are easy to understand.



Meal Recipe Video Transmission Service.

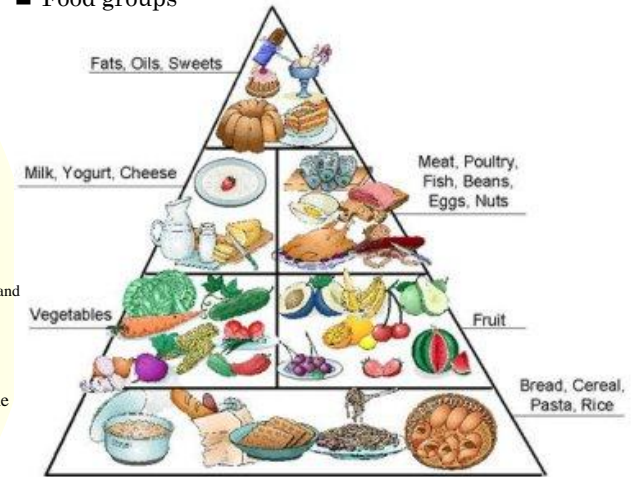
With automatic personal ID recognition, we supply meal recipes video transmission service. Under the close supervision of doctors and nutrition managers, we provide recipes and nutrition conditions accepted by the health personnel for maintenance and continuity. Including a “number of looking and listening”, the program stores recordings of recipes and nutrition conditions. The stored data will be used by doctors to recognize the patient’s daily nutrition condition.



Efficient use of meal exchange list.

Enjoying your daily meals while keeping the diet therapy. Using the “exchange method maximally, will raise the meal flexibility. We reduce the cooking burden of the dish corresponding to the dieting by making the menu clear to get balanced nutrient.

Food groups



Meal Information Management

After each meal is consumed, the nutrients information will be registered in the system by pressing the confirmation button. If the meal amount changes, the recording information will also be altered. By managing the meal information, you can prevent life style related diseases, reduce health cost and extend healthy life significantly.



2. Health Care

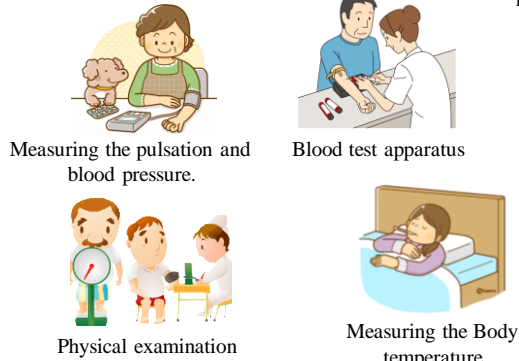
Exercise therapy is an effective tool along with "diet" and "drug therapy". While it can be increased to a variety of therapeutic effects, in some cases it could also aggravate, therefore moderating the exercise to fit each individual's health condition is needed. The appropriate amount of exercise varies from person to person. The attending physician will provide an appropriate guidance according to each patient's case criteria.

Exercise has the effect not only to reduce the body weight and fat percentage, but also to revert to a normal blood pressure, blood glucose and blood lipids. If carried out continuously, each individual's (personalized) movement will be stored into data and the energy consumption achieved by exercise will be displayed in a graph that can be easily read on the smartphone.

Health control

Vital data such as blood pressure, pulsation and **exercise** are easily accumulated into the server by the smartphones. In addition, it can also measure and **manage the patient's blood sugar level**.

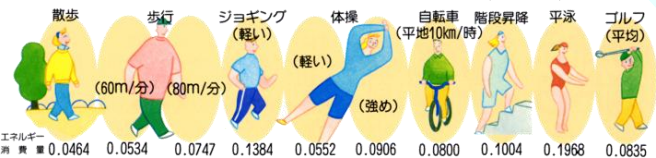
● Vital data



● Energy Consumption

【Energy consumption per each exercise】

(For 1 minute)



Energy consumption : kcal/kg/minute

Example: 60Kg individual walks 20minutes per 80m/m

$$0.0747 \times 60 \times 20 = \text{consuming about 90Kcal}$$

Energy consumption per 80m/m (kcal)

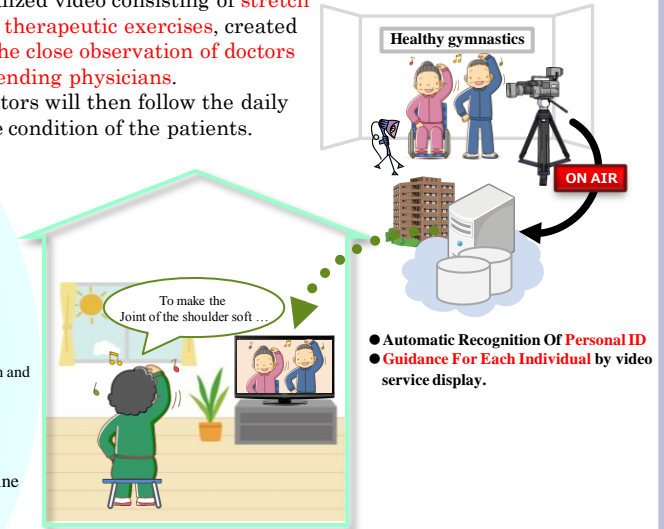
Weight (kg)

Time (minutes)

Video Distribution Service

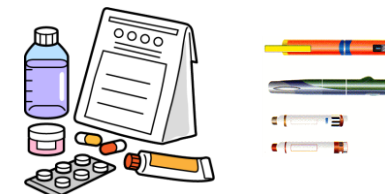
Automatically recognizing the personal ID, the server delivers a personalized video consisting of **stretching and therapeutic exercises**, created under the close observation of doctors and attending physicians.

The doctors will then follow the daily exercise condition of the patients.



Medicine Control

The Smartphone application also **serves as a reminder for taking the medicine** prescribed by the doctor at the right time.



Home treatment

The method of nutrition and health control may vary depending on each user's health condition.

Nourishment data / GI level	Food consumption information
Vital data	Blood pressure · pulsation · health examination · blood test · temperature measurement · blood keton body and others
Active mass data	Walking gymnastics and others

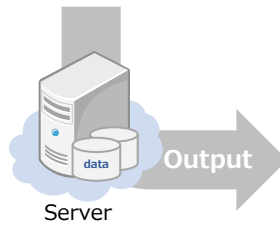
① Standard mode



② DB prevention treatment mode



③ Home rehabilitation and care support mode



	① Standard mode	② DB treatment prevention mode	③ Rehabilitation at home and care support mode
Regular instruction	—	Doctor Nutritionist	Doctor Nutritionist
Nutrition Control	4 group point method	Food balance guide or food exchange list	Food balance guide or food exchange list
Quantity of alcohol	●	●	●
Total amount of energy	●	●	●
GI level	—	●	●
Vital data	●	●	●
Active mass data	●	●	●
Blood glucose level	—	●	●
Other item doctor check	—	●	●
Care support for family	—	—	●
Recipe video service	Recipe service to cover lack of nutrient based on 4 group point method	Under advice of specialist, personalized recipe (personalized program recognized mutual ID)	
Video service for indoor exercise	Age or physical level	Muscle strengthening · Calorie consumption (By purpose)	User : Rehabilitation · Muscle strengthening Family : Video for care support

The method of nutrition and health control may vary depending on each user's health condition.

Treatment at home

For user

Nutrition data

4 Group Points Method For Nutrition Management.

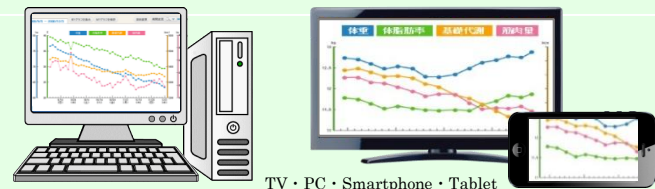


TV · PC · Smartphone · Tablet

- Based on an analysis method, the accumulated data is analyzed and displayed in a easy to read graph.
- It shows whether you should improve a lack of nutrients or intake to a screen or via email.
- It suggests food on the basis of a treatment.

Vital data · active mass data

Blood pressure, pulsation, health examination results, temperature measurement, exercise, walking etc.



TV · PC · Smartphone · Tablet

- It makes it easy to use by showing the **accumulated data into a graph**.
- It can be seen easily during the indication period.

Delivery of a recipe animation making up for a nutrient of the lack group



- Based on the doctor's instruction, it delivers an animation consisting of recipes introduction and cooking methods, to be followed throughout the process.
- It serves as reference for the person who is not used to cooking for dietary purpose.

Indoor Exercise Animation








- Its purpose is to maintain health by providing an exercise animation that can be easily executed indoors. It is possible to see any number of times and **check notes while exercising**.

Preventive Health Care Promotion



The vital data is managed by utilizing an IT technique, which gives regular information at preventive importance.

The method of nutrition and health control may vary depending on each user's health condition.

At hospital		At home	
for user		for user	
Nutrition data · GI level	Vital data · active mass data · check data	Nutrition data · GI level	Vital data · active mass data · check data
The numerical value displayed in the graph is used as reference data in the medical treatment.		Nourishment management by using the meal balance guide or food exchange list	
<ul style="list-style-type: none"> ● The nutrients data and GI level are accumulated and displayed in the graph. ● The graph visualizes the long-term change situation by displaying the changes of vital data. ● the patient's comprehension is highly increased by listening to the doctor's explanation while observing the displayed graph. ● It can be seen easily during the indication period. 		<ul style="list-style-type: none"> ● Blood pressure, pulsation, medical examination result, the temperature measurement, exercises, walking and others 	
			
 <p>PC · Smartphone · Tablet</p>		<ul style="list-style-type: none"> ● Based on an analysis method, the accumulated data is analyzed and displayed in a easy to read graph. ● It shows whether you should improve lack of nutrients or intake to a screen or via email. ● It suggests food on the basis of a treatment. 	
		<ul style="list-style-type: none"> ● It makes it easy to use by showing the accumulated data into a graph. ● It can be seen easily during the indication period. 	
		<h3>Delivery of the recipe animation for people who are dieting</h3> 	
		<h3>Animation for Indoor Exercise</h3> 	
		<ul style="list-style-type: none"> ● Based on the doctor's instruction, it delivers an animation consisting of recipes introduction and cooking methods, to be followed throughout the process. ● it serves as reference for the person who is not used to cooking for dietary purpose. 	
		<ul style="list-style-type: none"> ● It delivers an animation of passive exercise for the Arthrogyposis prevention, and muscle reinforcement based on the instruction of the doctor. <p>Its purpose is to maintain health by providing an exercise animation that can be easily executed indoors. It is possible to see any number of times and check notes while exercising.</p>	



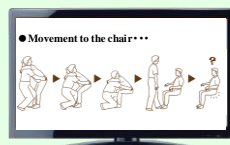




Change of the analysis mode

It reclassifies the data accumulated by (normal mode) when the meal instruction starts by changing it to (DB mode). The doctor can watch the eating habits and the health condition of the patient in detail by supervising the accumulated analysis objectively.

● Progress control, illness symptom improvement



The method of nutrition and health control may vary depending on each user's health condition.

At hospital		At home		
for user		for user		For user's family
Nutrition data · GI level	Vital data · active mass data · check data	Nutrition data · GI level	Vital data · active mass data · blood sugar level data	Nursing
The graph utilizes numerical value measured as reference data in the medical treatment.		Food balance guide of food exchange list	Blood pressure, pulsation, medical examination result, temperature measurement, exercises, walking and others	Animation delivery for at home care support for families.
<ul style="list-style-type: none"> ● The nutrients data and GI level are accumulated and displayed in the graph. ● The graph visualizes the long-term change situation by displaying the changes of vital data. ● the patient's comprehension is highly increased by listening to the doctor's explanation while observing the displayed graph. ● It can be seen easily during the indication period. 		 <ul style="list-style-type: none"> ● Based on an analysis method, the accumulated data is analyzed and displayed in a easy to read graph. 	 <ul style="list-style-type: none"> ● It makes it easy to use by showing the accumulated data into a graph. ● It can be seen easily during the indication period. 	 <ul style="list-style-type: none"> ● It delivers animation care information depending on each patient's condition. Because it can be checked any time, it is easy to access and follow.
		Delivery of the recipe animation for people who are dieting	Indoor Exercise Animation.	<ul style="list-style-type: none"> ● If a change occurs in the patient condition, after consulting the doctor, the nursing care system can be changed accordingly to the patient's current condition. ● The video also minimizes the efforts and prevents fatigue such as low back pain that is frequent in a person caring for the patient.
 <p>PC · Smartphone · Tablet</p>		 <ul style="list-style-type: none"> ● Based on the doctor's instruction, it delivers an animation consisting of recipes introduction and cooking methods, to be followed throughout the process. 	 <ul style="list-style-type: none"> ● It delivers an animation of passive exercise for the Arthrogryposis prevention, and muscle reinforcement based on the instruction of the doctor. Its purpose is to maintain health by providing an exercise animation that can be easily executed indoors. It is possible to see any number of times and check notes while exercising. 	

Switching of "analysis mode"

Under doctor's close supervision, a patient may change from "②DB mode" to "③ home rehabilitation and nursing care mode". An animation for nursing support and an appropriate exercise video for the patient will be delivered.

● Doctor, care, local cooperation

