AP Digital Health platform

AP

www.activepoints.co.uk

What is AP Platform?

AP Platform is an innovative solution to support medical research, diagnosis, treatments, remote patient monitoring and rehabilitation using data collected from wearables and other monitoring devices.

The Only Tools You'll Ever Need

We provide and manage all the tools you need to deliver powerful data driven incentives wellness programmes.

Rewards Management
We deliver more than just incentives and rewards we also manage them for you so you don't have to.

Survey Tool
Our survey tool is simple to use and is customisable for your research needs with full data visabilty and reports.

Administrators
All our programmes come with secure administrator back-end data management dashboards and log ins.

Project Management
Our project management service allows you to get on with running your business as we build your programme.

Member dashboard
Fast loading member daily and weekly activity data & points and coins balances on PC, Tablet or Mobile.

Ecommerce
Our online store stocks the latest wellness tech kit at up to 40% below RRP perfect for corporate programmes.

Digital currency
Our digital currency delivers a real world monetary value to the AP Wellness rewards programme.

Data Analytics
Data is available through our data reporting module for easy export for all major analytics tools.

Platform Features
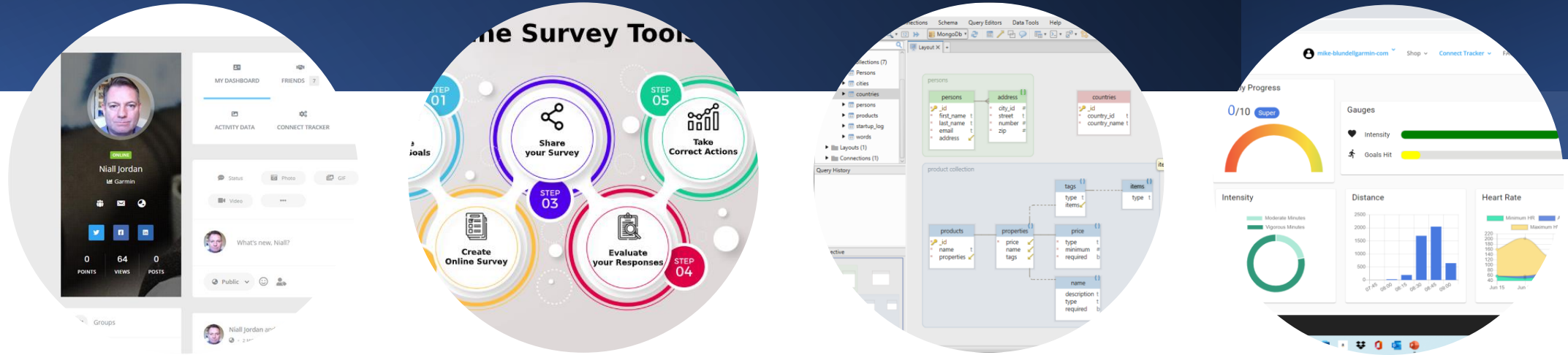
Fitness tracker integration

Data Research tools

Client data dashboards

Be-spoke client networks

User frontend

Incentives & rewards platform

Digital currency

Wearables store

- The AP Healthcare solution enables Hospitals and Medical Institutions to automatically collect and analyse data.

  Patients can be (remotely) monitored 24/7 based on wearable data to support medical diagnosis, treatments and research.

Data

Datapoints

Intensity based on minutes, fairly active, minutes very active, min heart rate, average heart rate, max heart rate, daily steps, calories burned, distance, active minutes, sp02 and sleep data.

Data Reports

Exported data is provided as Rest API, CSV or JSON download for daily, hourly and minute-level data, either anonymized or individualized.

Tracking devices use a 3-axis accelerometer to count steps. This sensor also allows a device to determine the frequency, duration, intensity, and patterns of your movement.

Active Zone Minutes Time Series provides a user's heart-pumping activity throughout the day.
Activity and Activity Time Series provides information about a user's activity and their activity goals. The time series endpoints can be used to observe trends.
Body and Body Time Series provides data on a user's weight and body fat percentage. The time series endpoints can be used to observe trends.
Breathing Rate provides a user's average breaths per minute at night.
Cardio Fitness Score (VO2 Max) returns the maximum or optimum rate at which the user's heart, lungs, and muscles can effectively use oxygen during exercise.
Electrocardiogram contains information about the user's on-device electrocardiogram readings.
Heart Rate Time Series returns a user's heart rate and resting heart rate values. The time series endpoints can be used to observe trends.
Heart Rate Variability provides the room mean square of successive differences values recorded during a user's period of sleep.
Intraday provides a daily, granular-level of detail to a user's active zone minutes, activity, breathing rate, heart rate, heart rate variability and SpO2 metrics.
Nutrition and Nutrition Time Series allows a user to record the foods they consumed and include the food's nutritional metadata. The time series endpoints can be used to observe trends.
Sleep returns information about a user's sleep patterns.
SpO2 provides a user's blood oxygen levels.
Temperature returns a user's core and skin temperature.

Data application

Example

AP provides real-time health data monitoring that allows care providers to adapt exercises and rehab activities based on patient data.

- **Dashboards**

- AP platform displays collected data on multiple dashboards for analysis and patient monitoring in real time.

- **Dataflow**

AP provides 24/7 real-time data to medical experts when they need it. Data is provided in various aggregation levels

Partners

Partnership goals

- Build digital health platform
- Access funding and research
- Share knowledge
- Innovate new solutions
- Data Library
- Demonstrate effectiveness & ROI
- Raise Product awareness & availability to NHS

Deployed		Q2 2023	Prototype	Pipeline
Website ✅			A1/ Machine learning system	Data Management dashboards
Database ✅		April 2023	Fatigue Monitor App	Data Analytics
User UI ✅		New User Dashboard		IOS app
Device API ✅		Polar API		Android App
Rewards ✅				
Online store ✅				

Development Roadmap

Fatigue Monitor App

GDP Project 2022

Partnership Case Study

Supporting Innovate UK funded project to develop a fatigue monitoring mobile app.

- Supervisor: Dr Age Chapman

- 2nd Examiner: M.C. Schraefel

- **Front-End Team:**

- Velimir Anastasov (vna1u19, Front-End Lead)

- Joseph Hough (jh9n19, VPRisk Analysis/Secretary)

- **Back-End Team:**

- Manbir Singh (ms13n19, Back-End Lead)

- Kaloyan Spirov (kcs1u19, VP Assessment/Documentation)

- Oliver Burgess (osb1g19, Project Manager/Customer Interaction)

Fatigue Monitor App

GDP Project 2022

Partnership Case Study

SURVEY AUTHORING SYSTEM CONNECTED TO EXISTING DATABASE

ACTIVITY DATA PRESENTATION ON PHONE

PUSH NOTIFICATION SYSTEM REMINDING USER TO COMPLETE DAILY SURVEYS

ADVANCED COLOUR ACCESSIBILITY OPTIONS
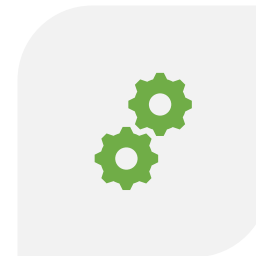
BUILDING UPON AN EXISTING CODEBASE
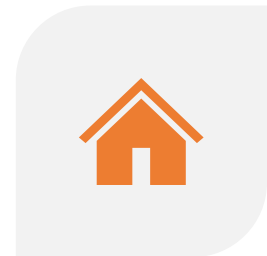
EASILY SCALABLE CODE FOR FUTURE DEVELOPERS

Fatigue Monitor App

GDP Project 2022

Partnership Case Study
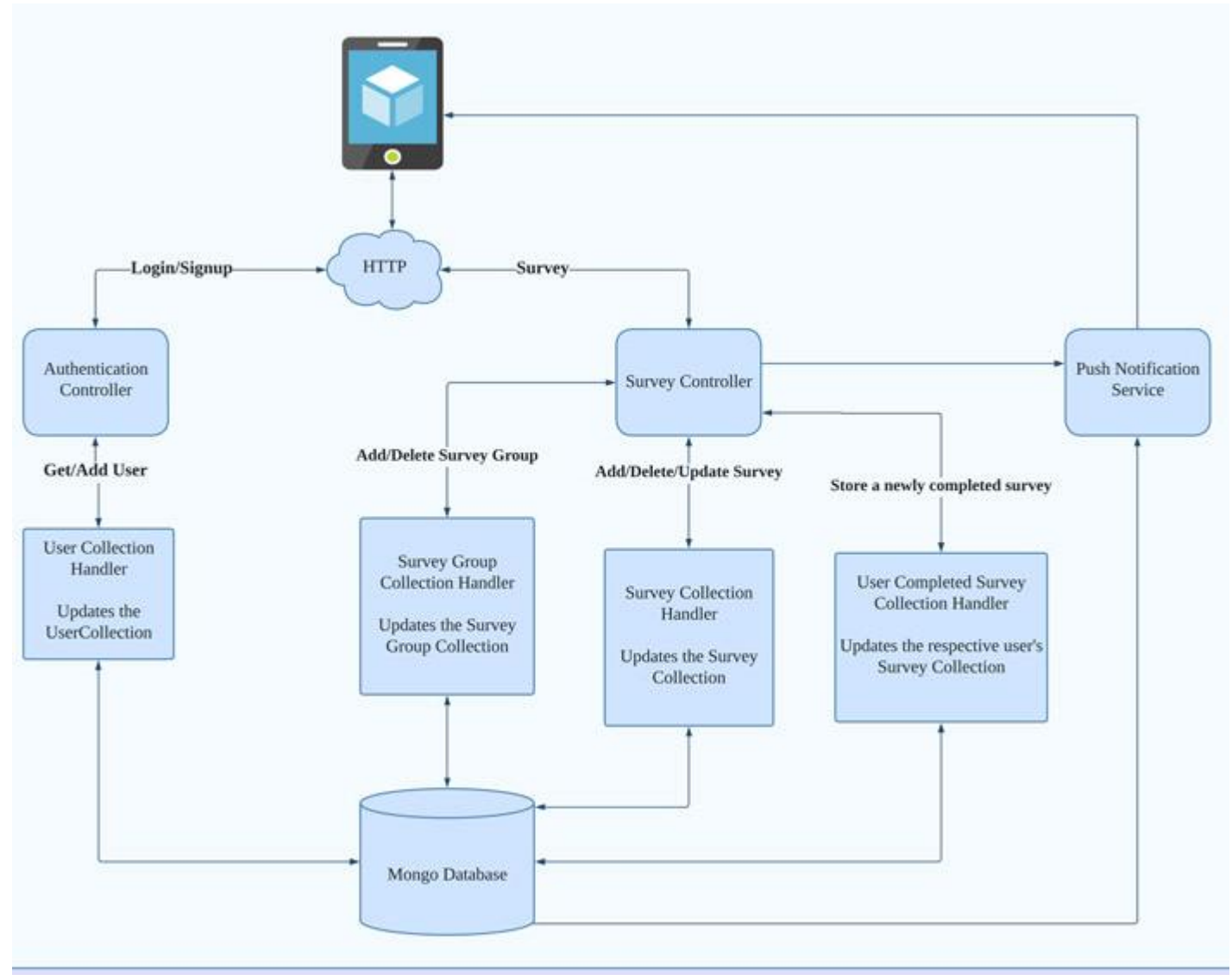
Fatigue Monitor App

GDP Project 2022

Partnership Case Study
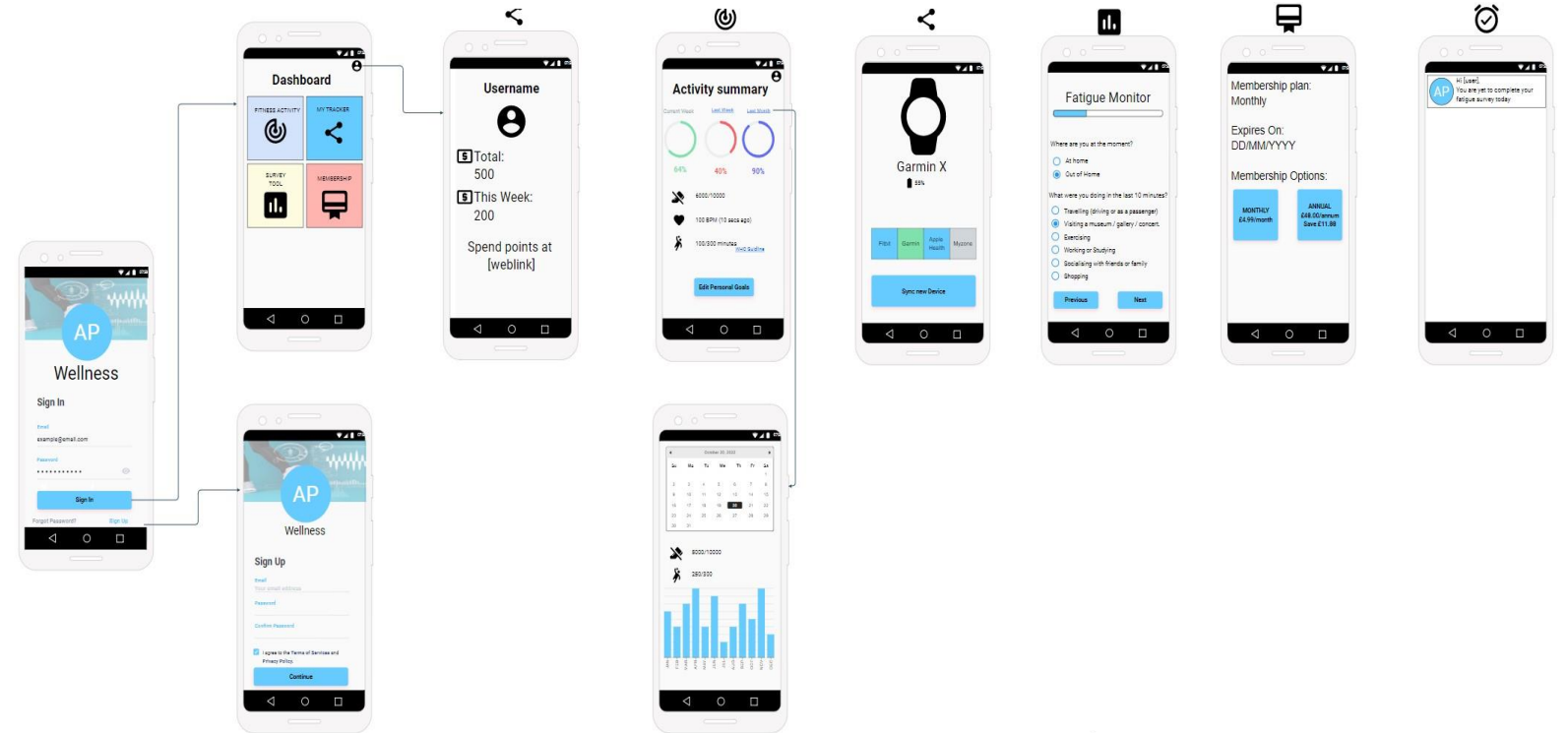
Where are you at the moment?
Out of Home

What were you mainly doing in the last 10 minutes?
Exercising

How much did you enjoy this activity?
Selected Value: 2 (0 min / 10 max)

How effortful was this activity mentally?
Selected Value: 3 (0 min / 10 max)

How effortful was this activity physically?
Selected Value: 4 (0 min / 10 max)

How much energy do you have at the moment?
Selected Value: 4 (0 min / 10 max)

How fatigued are you at the moment?
Selected Value: 4 (0 min / 10 max)

How would you describe your fatigue?
Physical fatigue

IP Address
xxxxxxxxxxxxx
Name
xxxxxxxxxxxx
Email Address
xxxxxxxxxxxxx

User ID
229

Fatigue monitor

Where are you at the moment? *
- ○ At Home
- ● Out of Home

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Legal stuff
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- Contact
- FAQ's

Fatigue monitor

What were you mainly doing in the last 10 minutes? *
- ○ Travelling (driving or as a passenger)
- ○ Visiting a museum/ gallery/ concert
- ○ Exercising
- ○ Working or studying
- ○ Socialising with friends or family
- ○ Shopping

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Fatigue monitor

How much did you enjoy this activity?

Selected Value: 0

0= Not enjoyable 10= very enjoyable

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Fatigue monitor

How effortful was this activity mentally?

Selected Value: 8

0= No effort 10= very effortful

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Company
Activpoints UK Ltd

Fatigue monitor

How much energy do you have at the moment?

Selected Value: 0

0= No energy 10= Full of energy
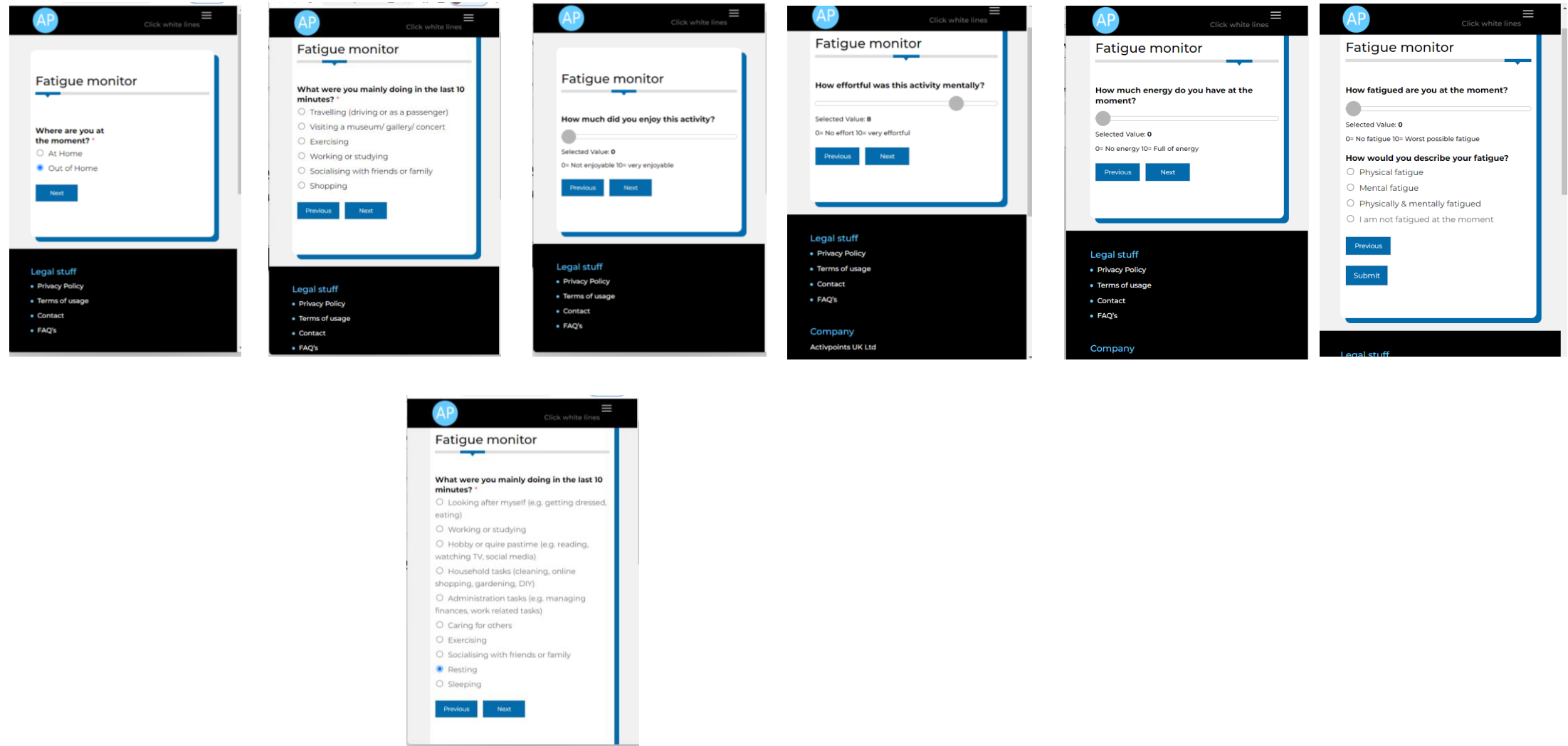
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Company

Fatigue monitor

How fatigued are you at the moment?

Selected Value: 0

0= No fatigue 10= Worst possible fatigue

How would you describe your fatigue?
- ○ Physical fatigue
- ○ Mental fatigue
- ○ Physically & mentally fatigued
- ○ I am not fatigued at the moment

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[Submit]

Legal stuff

Fatigue monitor

What were you mainly doing in the last 10 minutes? *
- ○ Looking after myself (e.g. getting dressed, eating)
- ○ Working or studying
- ○ Hobby or quire pastime (e.g. reading, watching TV, social media)
- ○ Household tasks (cleaning, online shopping, gardening, DIY)
- ○ Administration tasks (e.g. managing finances, work related tasks)
- ○ Caring for others
- ○ Exercising
- ○ Socialising with friends or family
- ● Resting
- ○ Sleeping

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Survey Application

Thank you

AP

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