MOVIDA.*polis*

Physical Activity *m*Health Based Platform

Rui Fonseca-Pinto

DMAT/ESTG – **Mathematics Department /ESTG**

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Outlook

- **MOVIDA platform overview**

- **MOVIDA.*polis***

- **Web Backoffice overview**

- **Mobile App main features**

- **Conclusion**

MOVIDA Platform Overview

Activity Monitoring

PREVENTIVE | INTERVENTIVE

OPEN | RESTRICTED

Social Network | **Social Network**

MOVIDA POLIS | MOVIDA CRONOS

MOVIDA DOMUS | MOVIDA EROS

OPEN | RESTRICTED

PREVENTIVE | INTERVENTIVE

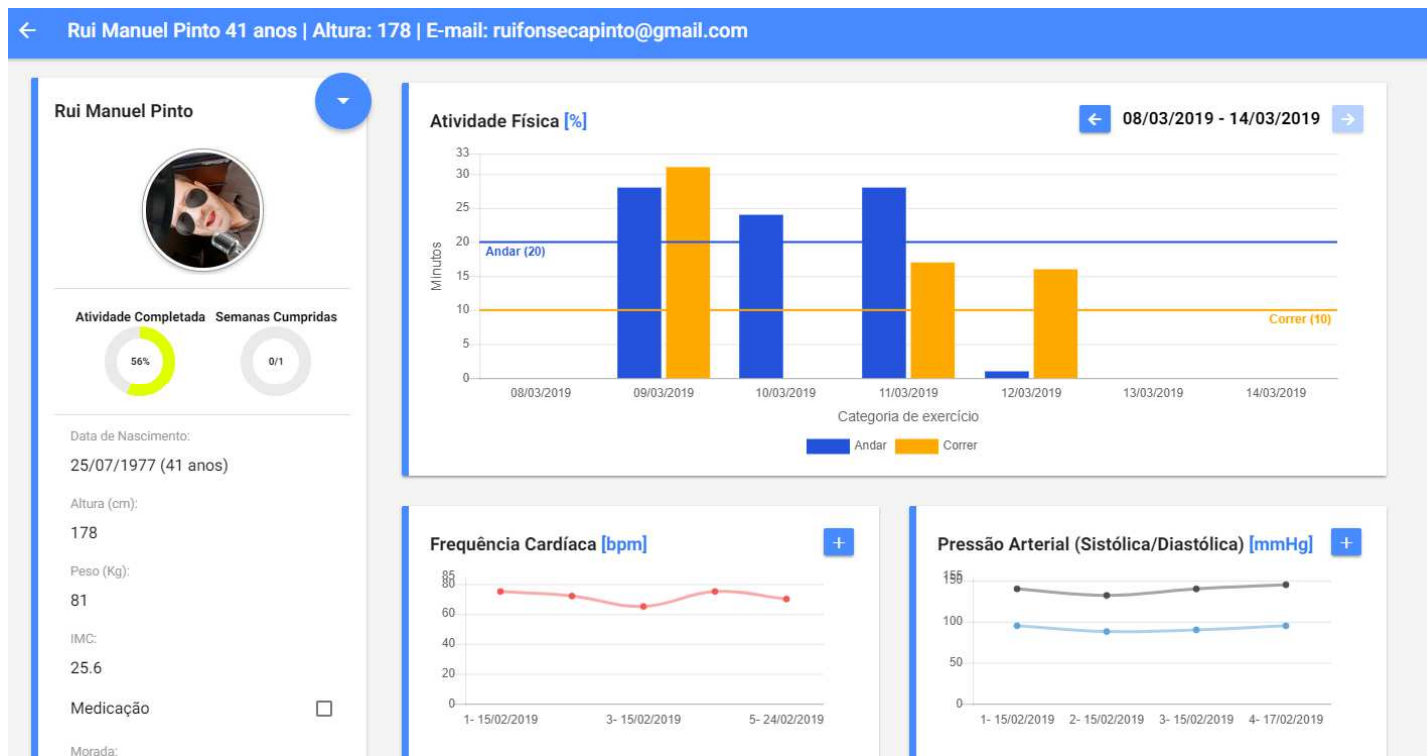**Activity Monitoring**
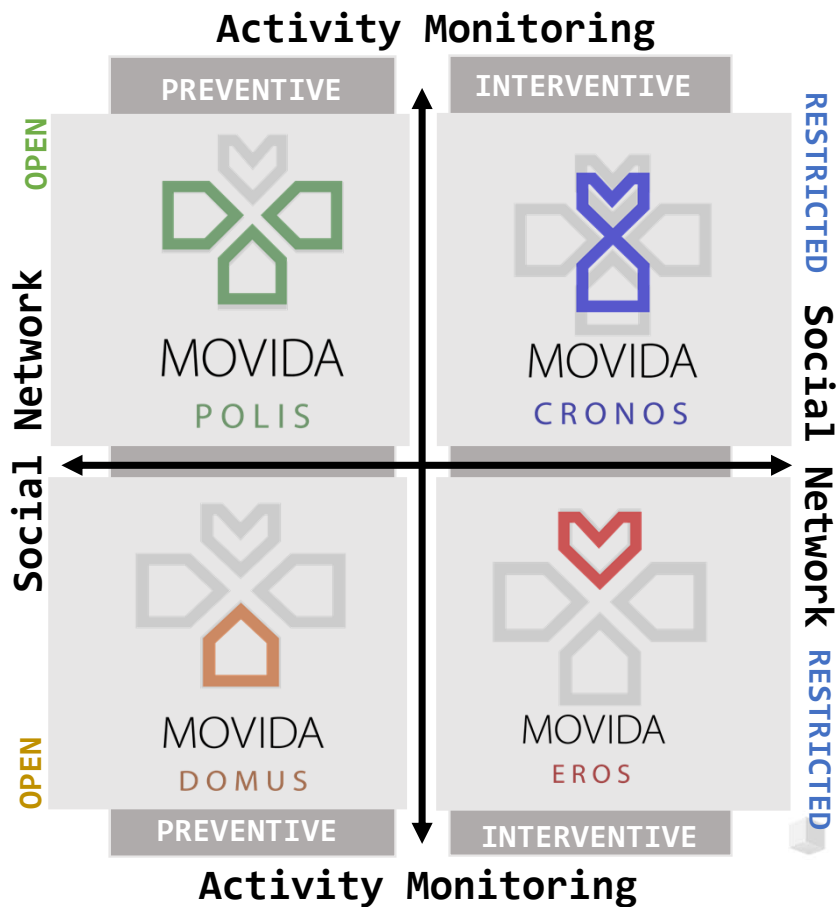
MOVIDA Platform Overview
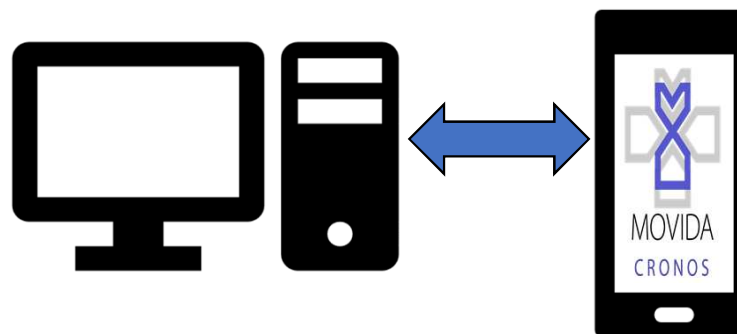
- **Primary care | Health professional intervention**

- **Chronic Diseases**

- **Prescribe and Monitor PA**

- **App** *(user)*+ **backoffice** *(health professional)*

MOVIDA Platform Overview
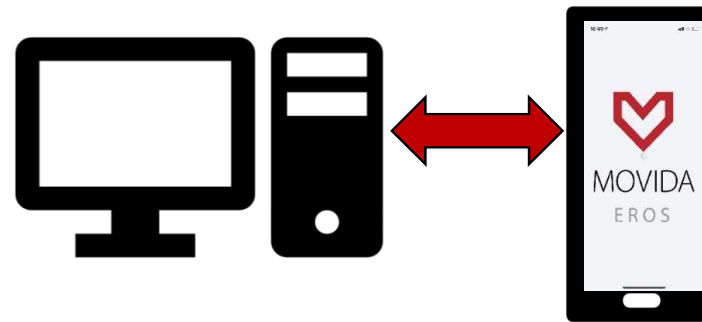
MOVIDA Platform Overview

- **Cardiac Rehabilitation Program (CRP)**

- **Prescribe and Monitor Exercise in II and III CRP**

- **Health Professional intervention**

- **After CRP (phase III) MOVIDA.cronos**

Cofinanciado por:

MOVIDA Platform Overview

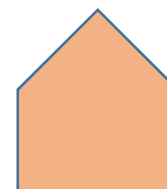# MOVIDA Platform Overview

- **For elderly and people who live alone**

- **Identify daily patterns**

- **To create alarms when a change in patterns is identified**

- **A caregiver is associated to each user**

MOVIDA

DOMUS

Cofinanciado por:

MOVIDA Polis

MOVIDA Polis

Customized Artificial Intelligence Training Program

Goals

- **Provide a supervised training program, tailored to individual physical performance and open to the entire community;**

- **Develop versatile training stations with QRcode interaction;**

- **Customized recommendations guided by individual performance levels;**

Target Audience

- **All persons capable of performing physical activity;**

MOVIDA Polis

MOVIDA Polis

Customized Artificial Intelligence Training Program

Initial Fitness Level - IFL

- **IPAQ / Resting HR / BMI**

Fitness Level

- *IFL / HR /Borg*

  - *Training station vs Workout*

- **User main goal**
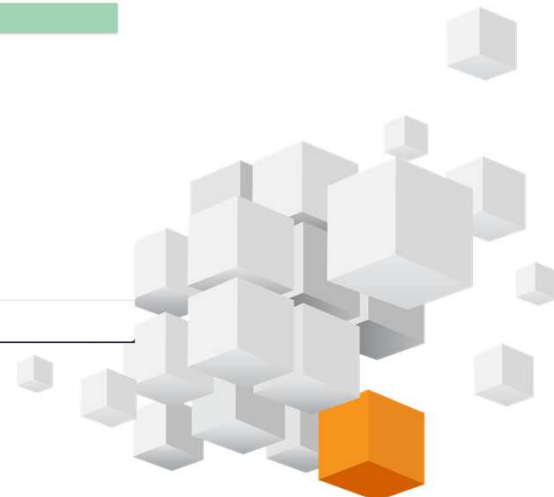
Web Backoffice overview

Login

MOVIDA
POLIS

Email
Inserir email...

Palavra-passe
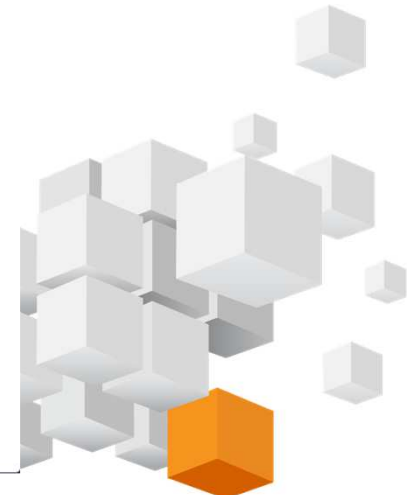Inserir palavra-passe...

LOGIN

ESQUECEU-SE DA PALAVRA-PASSE?

Web Backoffice overview

Web Backoffice overview

Web Backoffice overview

Web Backoffice overview

Mobile App main features

- **App Login**

- **User Profile**

- **Main MENU**

Mobile App main features
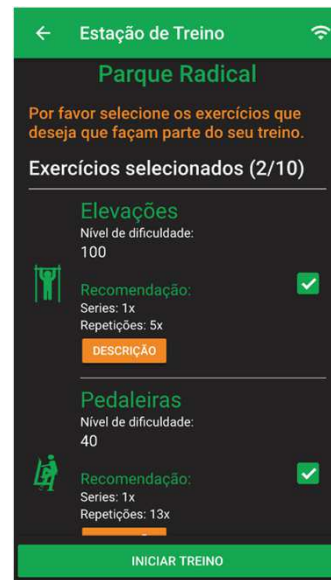
- **Workout selection**

- **Training station Identification**

- **Selection of Exercises**

- **Exercises Info**

Mobile App main features
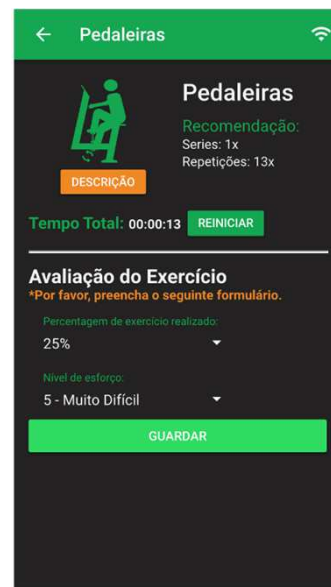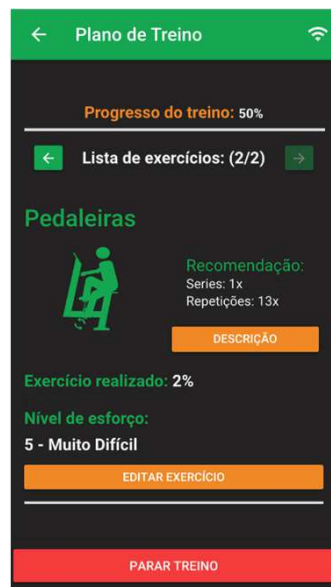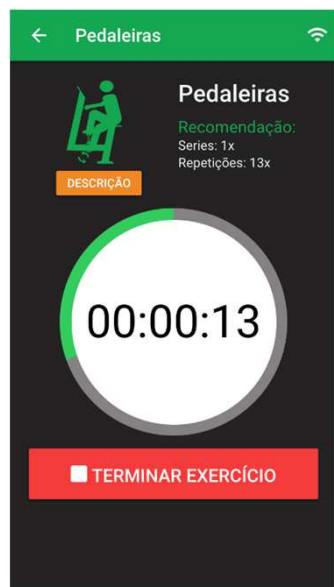
- **Start / End exercise**

- **Effort Level**

- **HR**

- **% accomplished**

Mobile App main features
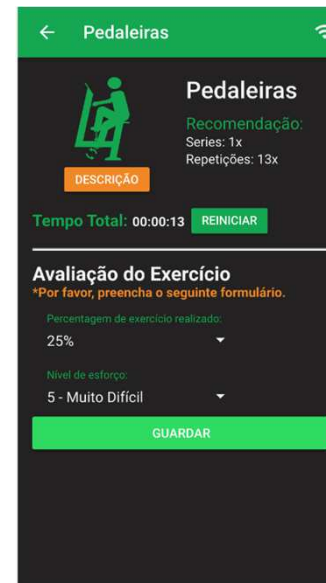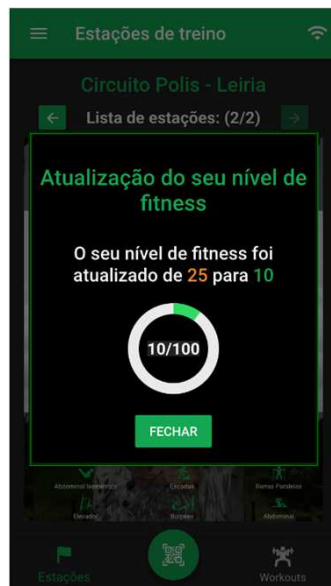
- **Fitness Level update**

- **Workout historic**

- **Edit Information**

Conclusion

- MOVIDA is a Community Health Program based on M
  Technology, interdisciplinarity and interoperability of h
  services

- Aplies the technology that people already have and take
  advantage of technological literacy (empowerment)

- Uses Artificial Intelligence methodologies to handle large
  amounts of data that users create themselves

- Encourages the practice of targeted and customized physic
  activity, giving safety to the user.

NEXT STEPS

- Wearable integration with smartphones;
- More time with real users to test the AI algorithms in real data;
- Extract new features
- Test in other cities and new circuits

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