We aim to maintain and improve your health by reviewing your lifestyle without strain

Behavior change support by counter-intervention and steps prediction

# IOWN Evolution Well-being · Lifelong Health Support



### Background

It's not easy to change daily behaviors and habits on your own, and we need support to continue without strain. This technology is intended for people who are interested in improving their lifestyle, as well as those who are already taking action.

### Summary

Behavior change assistive technology can understand an individual's condition based on life logs and provide interventions to promote behavior change. There are techniques to develop intervention strategies from the lifelog and to present predictive values for the number of steps taken.

### **Counter-intervention**

Reinforcement learning to plan actions in reverse.



Analyze life patterns on the basis of goals and life logs.

Advice on working backwards from the goal.

### **Step-prediction**

Predicting walkable numbers from life logs.



Predicting number of steps Presenting a walk that from lifelog.

exceeded expectations.

#### Behavioral change through intrinsic motivation and achieving sustainable well-being

Maintenance and improvement of health

**Treatment of diseases** 

Therapeutic application of smart phones (digital therapeutics)

#### **Features**

- Counter-intervention (habit change based on planning) Create highly acceptable plans by learning from the user's goals and lifelog as input
- Steps prediction (habit change based on predictive presentation of steps) Build self-efficacy by presenting predictions once a morning that could be implemented

### Future benefits

We help people improve their lifestyle habits and achieve sustainable well-being that keeps them healthy throughout their lives.

## Exhibiting Company

NIPPON TELEGRAPH AND TELEPHONE CORPORATION, NTT DOCOMO, INC.

rdforum-exhibition@ml.ntt.com