



## 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.



## Step-prediction

Predicting walkable numbers from life logs.



## 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  
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