



WITH-ME

The European platform to promote healthy lifestyle and improve care through a personal persuasive assistant

EXECUTIVE summary

The With-Me project will work to deliver the evidence that people's adherence to healthier behaviours will be improved by using persuasive electronic services that constitute the With-Me ecosystem: a collection of embedded devices including **multi-purpose consumer electronics, dedicated health equipment and external information sources**, as well as the required computational environment supporting services and applications.

RELEVANCE CALL objectives

With-Me contributes to the ASP2 subprogramme, "Embedded Systems for Healthcare and Wellbeing" by creating the With-ME ecosystem of nomadic and wearable sensors to get the physiological and biomechanical information of the user ubiquitously. This ecosystem will follow the interoperable standards (for instance IEEE 11073) to ease integration and information exchange.

MARKET innovation

With-Me will provide consumers with a product suite that covers both health care as well as healthy lifestyle support. With-Me ecosystem ensures continuity of personalised assistance from lifestyle improvement to primary, secondary and tertiary prevention and care.

TECHNICAL innovation

With-Me aims at providing a health prevention platform and personalized services in order to improve the general health condition and to prevent occurrence from a range of diseases. For that purpose With-Me is designed around three pillars:

- > Embedded platform for multivendor nomadic sensors
- > Interoperable intelligent sensors for wellbeing monitoring
- > Open architecture for persuasive electronic services.

The result of the With-Me project will be a customizable, adaptive, assistive and yet secure training/ supporting solution according to user preferences and needs. This personalized assistant is an interoperable ICT-based application that provides, mainly, seamless guidance and promotion of physical activity both indoors (in-home, gym club) and outdoors (joy parks, open-air exercising, children's playground, nature reserves, etc.) as well as a healthy life (weight, diet, sleeping habits, and stress management).

With-Me offers a complete (from sensors to end users) and open (standardized interface) solution.



PROJECT COORDINATOR Manuel M. Perez	START June 2013
INSTITUTION Atos Spain	DURATION 36 months
EMAIL manuel.perez@atos.net	TOTAL INVESTMENT €9.62M
WEBSITE www.with-me-project.eu	PARTICIPATING ORGANISATIONS 20
	NUMBER OF COUNTRIES 5

