

Reliable decision support

Profile

Christine
Woman
45 years old
171 cm
72 kg
BMI: 24.9

Exercise
Active

Residence
The Hague

Stress
Elevated resting heart rate

Work
Logistics employee on night shifts

Diet
Healthy

Exposure
Normal exposure to fine particles



Advice for trend change

Monday 14:30 August 5th

Personal overview

Steps 11.542 goal: 10.000 steps

Calories 2420 kcal goal: 2500 kcal

Heart frequency 106 bpm limit: 100 bpm

Glucose 6.5 mmol/L limit: 6 mmol/L

Fine particles 24 µg/m3 limit: 40 µg/m3

Advice

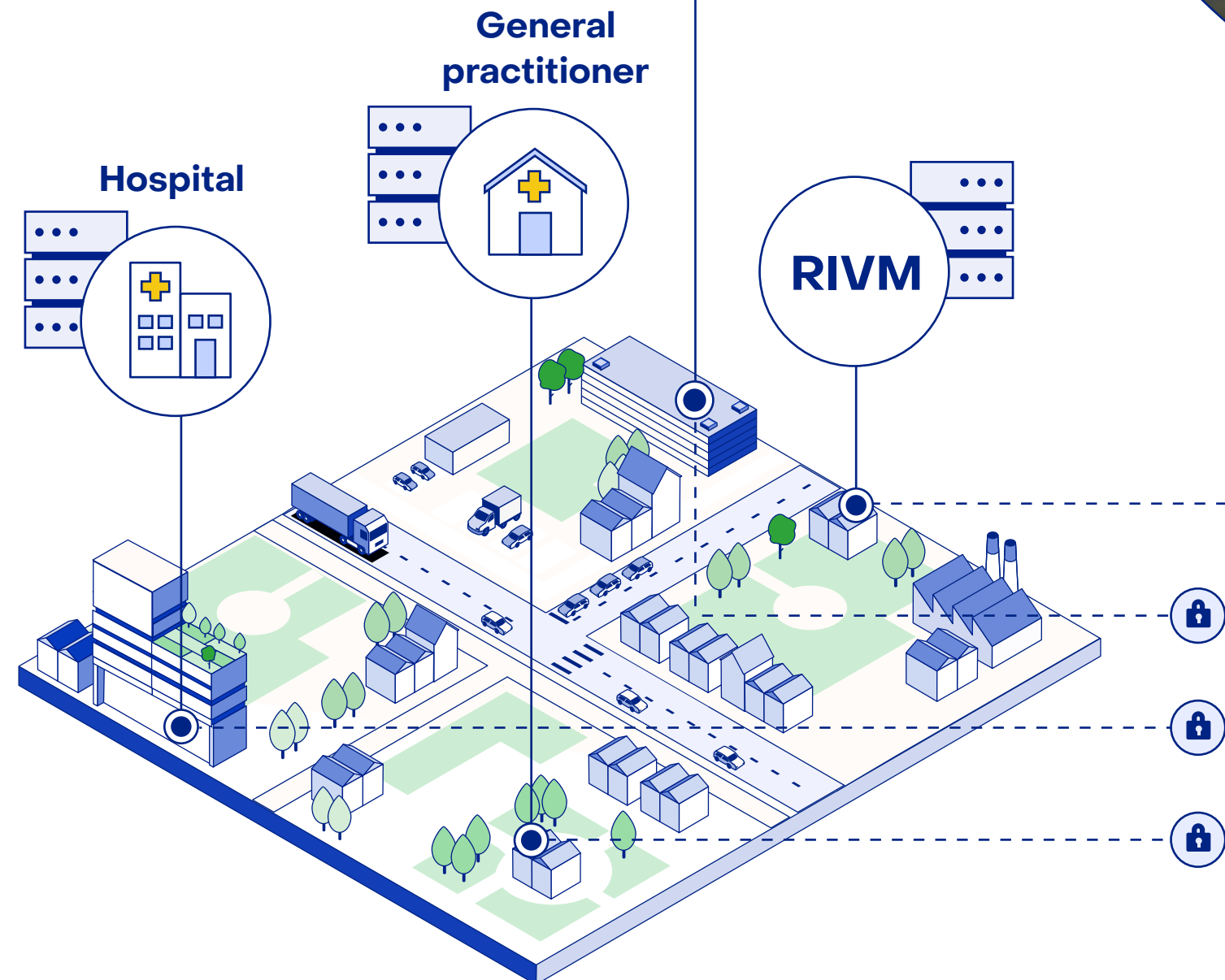
Eat carbohydrates in the morning, as your body can best digest them then.

Eat as little as possible during your night shift.

Effect

— Trend
— Goal

Database population



AI-model

Anonymisation

Bias mitigation

Legend: Woman (blue), Man (yellow), Interest (green)

Before

1000 persons

After

1000 persons

Risk

Diabetes type 2

Increased risk