

# Reliable decision support

## Profile



**Fred**  
Man  
63 years old  
179 cm  
103 kg  
BMI: 28,7



**Exercise**  
Barely active



**Stress**  
Slightly increased  
resting heart rate



**Diet**  
Too much fat  
and sugar



**Exposure**  
Average fine  
particle exposure



**Residence**  
Nijmegen



**Work**  
Working from home,  
self-employed in  
financial services



## Advice for trend change

Monday

14:30

August 5th

### Personal overview



### Advice



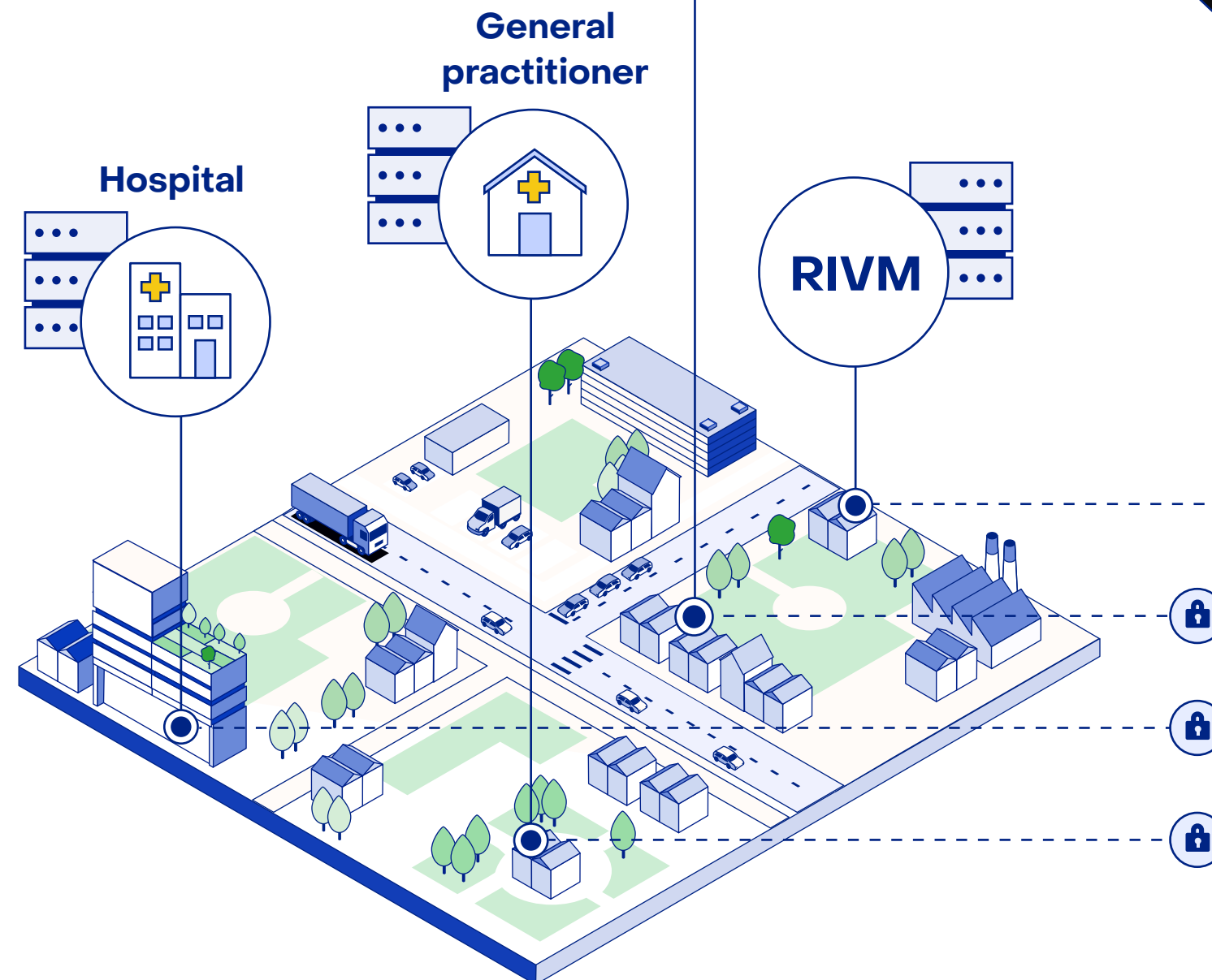
Take a break and  
go grocery  
shopping by foot  
or bicycle.

Don't eat any  
snacks after 2 PM.

### Effect



## Database population



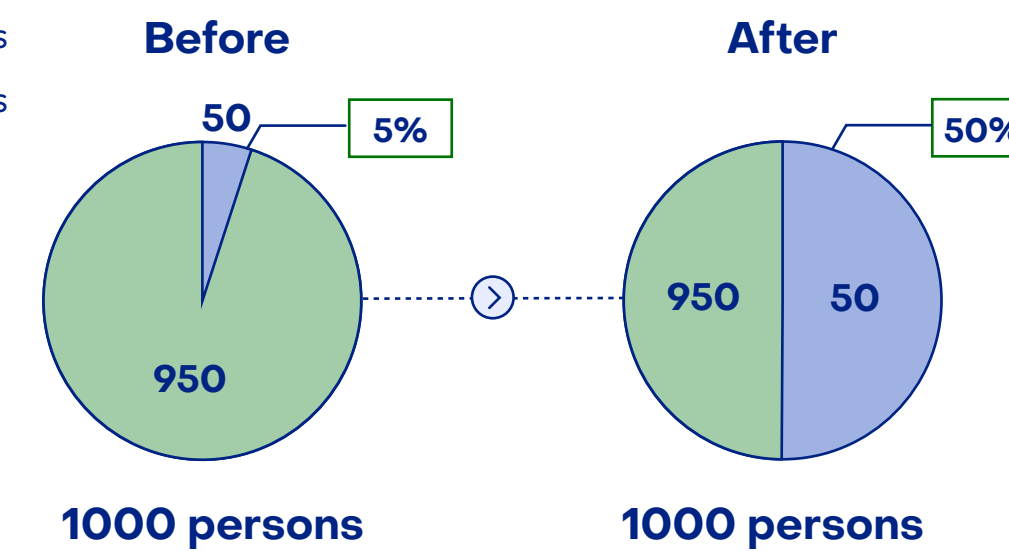
## AI-model

### Anonymisation



### Bias mitigation

- <50 years
- >50 years
- Interest



### Risk



Increased risk