Quantified Heart
– a complete picture of heart health.

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Agenda

• Get to know yourself better
• The basics of quantified heart
• The technology and potential
• Heart performance data and Information
• Heart health & prevention
STARTED MY FIRST JOB AS A DOCTOR

- Cure sometimes, treat often, comfort always.

I HAVE A GOOD HANDWRITING

PATIENTS DON'T BELIEVE I'M A REAL DOCTOR
THE FUTURE OF MEDICINE -
Empowering Patients as Partners in Health Care.
QUANTIFIED SELF - Data tells everything

• Data tells everything about you.
• More insights & knowledge
• Better decisions
• Apple watch made over $5 billion in the first year
• Fitbit 2016 revenue $2.17 billion
THE NEW ERA OF QUANTIFIED HEART
– a complete picture of heart health.

Cardiovascular diseases (CVDs) are the #1 cause of death worldwide*

- Heart muscle performance analysis
- Quick snapshot of your heart health
- Low barrier
- Insightful

17.3 million people die from CVDs each year
23.6 million people expected to die from CVDs by 2030

* 2015 Heart Disease and Stroke Statistics Update, American Heart Association, Centers for Disease Control and Prevention, the National Institutes of Health, et al.
YOUR HEART IS ALWAYS ‘TALKING TO YOU’

- Heart sound reflects the physical activities of your heart.
- Heart burden /Burnout prevention
- Functional changes
- Pathological changes
- Data provides awareness & insights
Over 100 years of medical research & knowledge. Cardiologist’s essential clinical skill is in decline.
Welbean - World’s First Heart Muscle Performance Monitor

- Heart Contractility
- Heart Motility
- Stress
- Heart Rate
HEART CONTRACTILITY

- measures the strength & workload of your heart muscle.

• Prevent heart muscle fatigue
• Don’t put too much pressure on your heart
• Avoid burnout
• Heart disease risk management
DON’T OVERUSE THE ENGINE INSIDE YOUR BODY.
DON'T PUT TOO MUCH BURDEN ON YOUR HEART.
HEART MOTILITY
– measures the flexibility of your heart muscles.

• Bellwether of your heart health
• Heart Aging
• Heart reserve
• Important for heart diseases detection & prevention
YOUR HEART NEVER SLEEPS. ACTIVITY PATTERN REFLECTS OVERALL HEALTH CONDITIONS.
IT’S EASY TO SEE THE WRINKLES ON YOUR FACE, BUT NOT ON YOUR HEART.
PROMOTE HEART-HEALTHY LIFESTYLE

- Visible impact of daily activities on heart
- Help choose heart-smart workout plan
- Measurable results
- Accumulative effects of smoking, drinking, and overweight etc.
- Trending variation is the key
Real-Life Examples

HEART MOTILITY - Over exercising can make heart muscle stiff.

“I'm still surprised you were able to determine that I’m a distance runner by using the Welbean Heartscope!”
HEART CONTRACTILITY – High blood pressure may increase heart workload.
COFFEE BOOSTS YOUR ENERGY LEVEL

by pushing your heart to work harder.

- Heart contractility shoot-up
- Stress level up
THE 5 MINUTES TEST –

Your heart contractility should come back within 5 minutes after exercises.

• The sooner, the better

• A scientific workout guidance
BUILD YOUR BASE LINE –
Check your heart performance every morning.

• A good night sleep may help your heart recharge
• Everyone is unique
• Trend is important
HEALTH DATA CLOUD PLATFORM

- Health knowledge accumulation
- Personalized health trend analysis
- Prediction and prevention
QUANTIFIED HEALTH - MORE TO COME.

• A easy way to transfer knowledge & empower patients
• Quantified respiratory system health
• Quantified digestive system health
• And more
THE FUTURE IS COMING –
A pocket doctor is in your hand.

THE DIGITAL HEALTH REVOLUTION
Infographic by Paul Sonnier

DIGITAL REVOLUTION
+ GENOMIC REVOLUTION

wireless sensors & devices
mobile connectivity
social networking
genomics
internet
imaging
data universe
health info systems
prevention
prediction
management
diagnosis
disease
2010 2020

storyofdigitalhealth.com
Thank You!

For more information, please visit us at www.welbean.com.