

Selvmåling. Våre data kan
revolusjonere helsevesenet

Hvem er sympho.me?

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Hva skal vi snakke om?

Quantified Self

Helsevesenet + Quantified Self = ?



Quantified Self
self knowledge through numbers

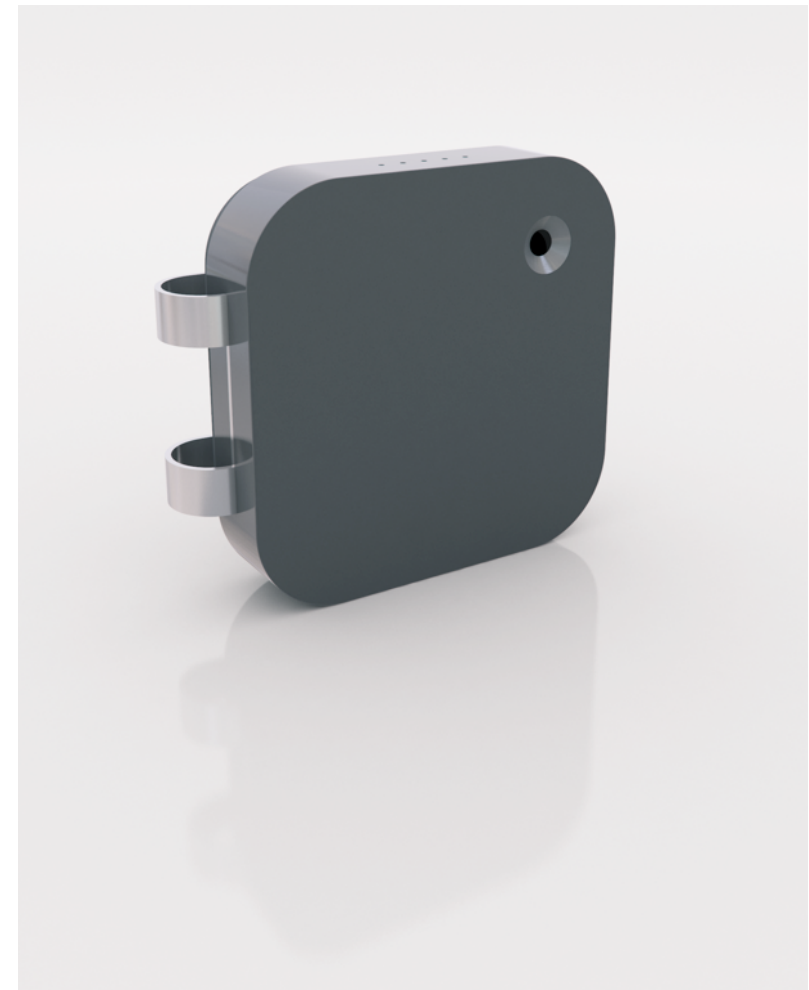
What gets measured gets managed
- Peter Drucker

Tracking

Tools



Tools





Helsevesenet + QS = sant

Helsevesenet + QS = bedre hjelp for
eldre og uføre

Helsevesenet + QS = bedre
oppfølging

Helsevesenet + QS = bedre
oppfølging



Helsevesenet + QS =

Basic Information

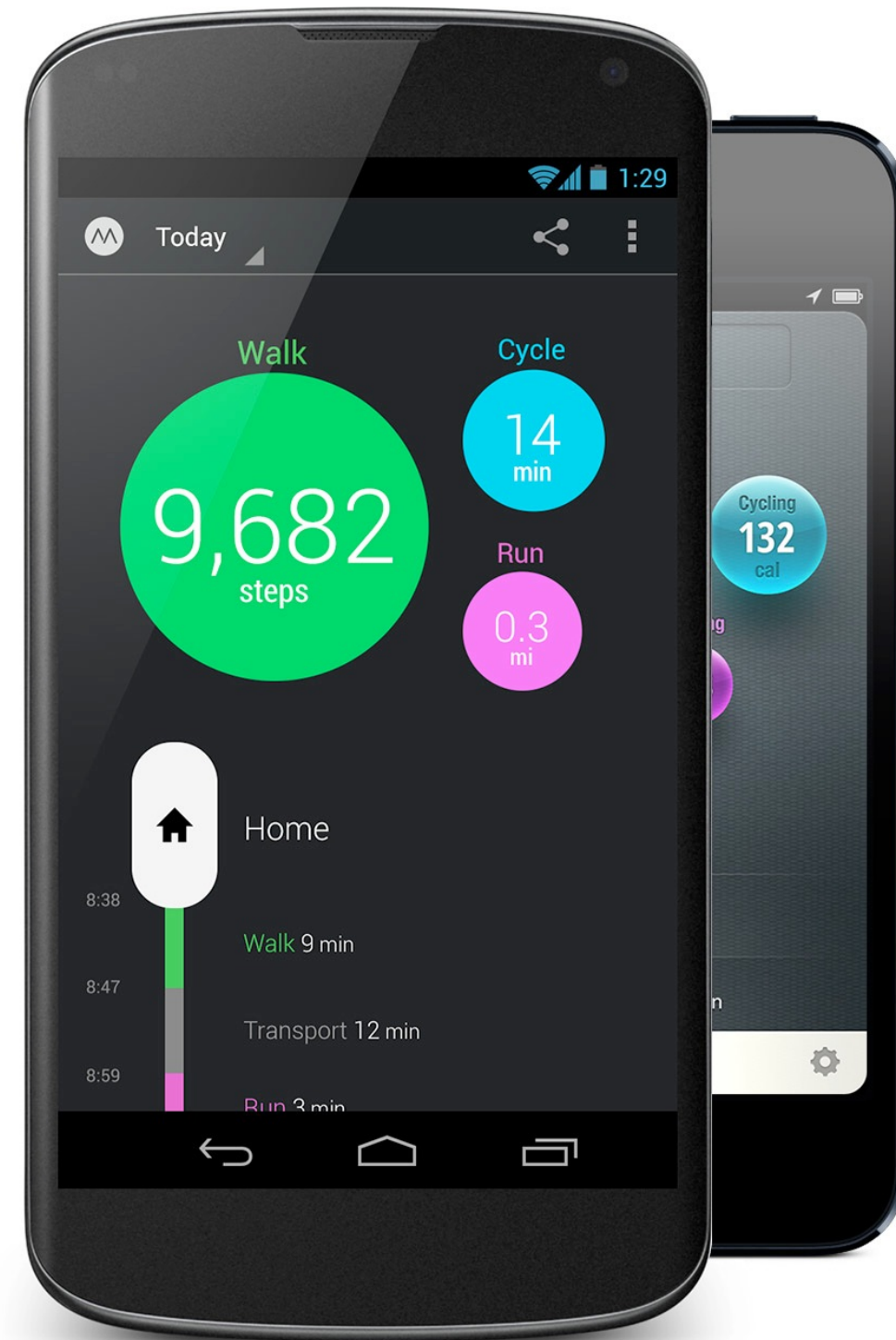
**Relationship
Status**

It's complicated

sympho.me

	Thursday 14th	Friday 15th	Saturday 16th	Sunday 17th
06:00				
07:00	Cycled 4.3km Sunny and 24°C Good mood	Walked 6844 steps Good mood 1943 calories in	56 bpm resting heart rate 2031 calories out Sunny and 31°C	50 bpm resting heart rate Weight 74kg
08:00				
09:00	Woke up	Woke up		
10:00	Breakfast	Breakfast		Woke up
11:00	Cycling	Walking	Woke up	Breakfast
12:00	@ Work	@ Work	Breakfast	
13:00		Lunch Check in at Café	Check in at Art Galeri	10.63km Run
14:00	Lunch	@ Work	Lunch with Lisa	Lunch
15:00			Bike ride in Green Park	@ Parents
16:00				
17:00		5.2km Run		

Moves



Takk for oss

Spørsmål?

hello@sympho.me

Twitter: @sympho_me