

A&D Connect: Great Tool Motivates You to Be Active in Daily Health Management



Figure 1

The second screen shot on (Figure 2) shows how far I have gone in relation to my daily



Figure 2

5,000 steps today, which indicates I had already taken quite a reasonable walk as of 10 o'clock this morning.

I am testing the new “A&D Connect” Platform developed under the “WellnessConneted” concept which we launched in the US market last year for Apple iOS devices, such as iPhones or iPads. (<http://www.wellnessconnected.com/>) I have found it truly motivates me to monitor my blood pressure and become more active in my daily routine, as it shows various data and trends of my daily activities in an easy-to-understand fashion. The first screen shot (Figure 1) is the dash board which shows the latest biometric data on one screen. It shows the last data uploaded from my activity monitor, my blood pressure reading from the Continua-certified UA-651BLE, and the glucose data I

manually entered. Figure 1 The second screen shot on (Figure 2) shows how far I have gone in relation to my daily activity goals. This really motivates me to take a walk at every opportunity, and ever since I began wearing this device I have been prompted to walk to the office instead of having my wife drive me there, which had become a routine for quite a while recently. Looking at the weekly chart of steps taken (the bar graph Figure 3), I realize how sloppy I had been last Saturday and made me regret my hesitation in going outdoors because of the cold weather. The latest data I checked today shows I have already taken close to

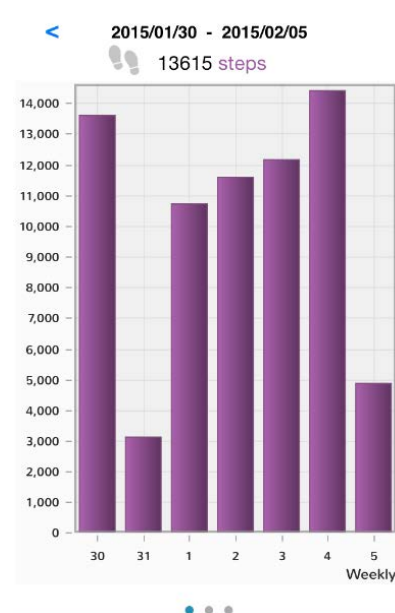


Figure 3

You can send this graphic data along with numerical data to your Facebook account or any email address you use. If you want to store data so that you can see it via your PC or other IT device, you can upload the data to a cloud server as well.

For those who are concerned about blood pressure readings, you can have the raw data printed out as shown in Figure 4 and bring it with you to the doctor. As

Date/Time	Systolic BP	Diastolic BP	Heart Rate
2015/2/4 17:40	124	84	62
2015/2/3 11:46	126	74	63
2015/1/30 19:14	143	89	64
2015/1/30 19:12	143	89	66
2015/1/30 19:11	148	88	69
2015/1/27 12:42	118	79	65
2015/1/27 12:41	119	79	66
2015/1/26 11:55	132	81	64
2015/1/26 9:34	124	77	70
2015/1/26 9:31	136	78	74
2015/1/23 12:49	121	77	72
2015/1/23 12:48	124	78	72
2015/1/21 18:08	131	82	64
2015/1/21 8:59	138	80	74
2015/1/19 9:35	119	78	71
2015/1/19 9:33	123	75	74
2015/1/16 17:06	128	85	71
2015/1/15 13:11	115	78	68
2015/1/14 13:43	124	77	66
2015/1/13 18:12	125	78	61
2015/1/13 18:10	124	80	61
2015/1/13 13:13	126	73	74
2015/1/13 8:01	118	80	71
2015/1/12 12:35	132	73	67
2015/1/10 19:41	114	76	66
2015/1/10 19:39	124	79	68
2015/1/10 18:45	114	79	71
2015/1/10 18:43	116	81	71

Figure 4

Sorry if you do not have access to the benefits of the A&D Connect Platform at present and cannot experience the excitement I am presently enjoying with it, but we will be making it globally available shortly.

self-measurement of blood pressure at home is becoming vital for cardiovascular disease diagnostic and management, this kind of easy-to-handle data will offer great advantages for one’s personal health management. If you want to have a glance at trends in your blood pressure readings, you can do so easily by looking at the graph shown in Figure 5.

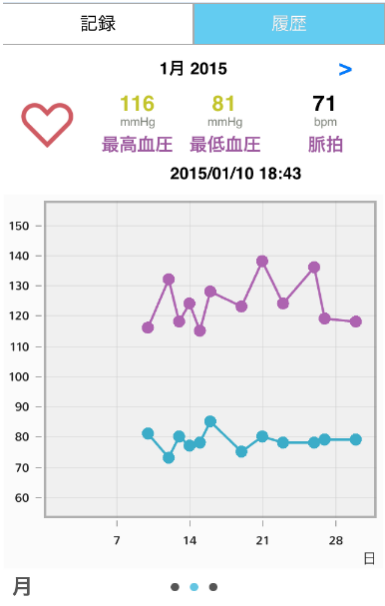


Figure 5