## **DIGITAL SYSTEM FOR CV-PREVENTION PROGRAMS**

ENHANCING SELF-MANAGEMENT WITH TAILORED NUDGING

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**Cardiovascular diseases** (CVD) are the leading cause of death worldwide. While metabolic factors such as age and gender affect greatly, most of the CV events can be prevented by addressing behavioural risk factors such as physical inactivity, smoking or bad diet.

**CV prevention programs** aim to reduce the burden of these conditions by providing guidance to individuals and predict negative outcomes, but adherence to these programs rely heavily on individual capabilities and intrinsic drivers.

The proposed product-service system enables self-management of risk prevention programs by tracking progress



and adapting to interactions with the app.

### Self-assessment

The product enables personalization and strategies for each individual risk factor.

## Connectivity

Follow-up reports for future appointments and Electronic Health Record (EHR) updates.

### Adaptability

Based on different personality types, the system tailors the tone of information presented to the user.



Steps left

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SolutionSolutio		80 kg 1st measure	Last measure	<b>75 kg</b> <sub>Goal</sub>
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Design of a multidimensional digital system to enhance self-management

in cardiovascular risk prevention programs

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