

The Silvie Pillar

A health wearable that measures the promise, not the body.

THE PROBLEM

"Ik vind dat ik tijd voor mezelf mag nemen, maar ik doe het niet."

"I think I am allowed to take time for myself, but I do not do it."

These women know what a healthy week looks like. The gap this project focuses on sits between deciding and doing.



INSIDE THE OBJECT

A squeezable outer shell

A gold plated titanium shell bends less than half a micrometre when she squeezes. A capacitive sensor reads this, and the device marks it as a confirmation of having achieved the thing she promised herself.

One vibration motor

A single pulse felt on the breastbone. No sound, no light, no screen.

A 15 mAh cell

Replaced by a jeweller, working from a specifically designed service sheet.

A retaining plate and two seals

One screw holds the whole inner assembly in place, so the cell can be changed in minutes and the seals still close the pendant against water.

No biometric sensor

Nothing in here measures her body. The squeeze is the only thing it records.

HOW IT WORKS

- 1 She sets one promise, in her own words (a walk for example)
- 2 A gentle pulse, at a moment she chose.
- 3 She does what she promised herself (the walk)
- 4 One squeeze confirms it happened.
- 5 At the end of the week, a reflection of what she achieved.
- 6 A milestone engraved once she kept her promise consistently

13 suppliers priced it and confirmed feasibility

12 women participated in the study

1 jeweller (and two women) replaced the cell from the service sheet alone, unbriefed

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A Salutogenic Design Approach to Healthy Ageing
and the Promises We Keep
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Integrated Product Design (MSc)

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