

New Behavior Change Program “QOL Checkup”

Features of QOL Checkup

- (1) Checks for the 4 main themes, **metabolic syndrome**, **oral health**, **locomotive syndrome**, **depression/dementia** in an integrated manner (whole body).
- (2) Finishes in **half a day** (checkup itself is 2 hours) → Exam results are provided **immediately** with same day feedback.
- (3) Emphasizes not only health levels (checkups), but also **health education**.

Anybody. Easily. Quickly (same day).
These are the biggest features (strengths).

Examinee

Make healthy people healthier



<Interview>

- (1) Medical history/family history,
- (2) Diet,
- (3) Exercise habits,
- (4) Smoking,
- (5) Drinking,
- (6) Sleep/rest,
- (7) Bowel movements/urinary habits,
- (8) Medication, etc.

<Metabolic syndrome>



- (1) **Obesity**: Body composition
- (2) **High Blood Pressure**: Blood pressure measurement
- (3) **Dyslipidemia**: Cholesterol, etc.
- (4) **Diabetes**: HbA1c, blood sugar, etc.
- (5) **Arteriosclerosis**: PWV, ABI measurement

<Oral Health>



Periodontal disease/dental caries (cavities): Dental/oral exam

<Locomotive Syndrome>



- (1) **Osteoporosis**: Bone density
- (2) **Myopenia**: Physical fitness exam

<Depression/Dementia>



- (1) **Level of Depression**: CES-D
- (2) **Cognitive functions**: MMSE

Rapid test results (Detailed results given in **2 hrs**)

Using checkup data, provides on the spot “**health education**”

→ links to subsequent **effective follow-ups**

* By **introducing** and advancing **DX**, this program enables checkups and follow-ups from home.

Sustainable behavioral changes with high **motivation** and **enjoyment** stemming from self awareness