

# Self-Monitoring Style “QOL Checkups”

Anyone. Anytime. Anywhere.  
 <Self-monitoring style QOL Checkups>

## [Measure]

- \* **Continual self-monitoring** (from home/work, etc.)
- \* **Metabolic syndrome and locomotive syndrome countermeasures** for those applicable (diet, exercise habits, lifestyle, etc.)

## [Behavioral Change]

- \* **Optimal health recommendations** from AI health mentor
- \* **Health level/visual representation of relative risk**
- \* **Development of real and cyber communities**

