


Actualize a Healthy Life by Establishing a "Lifespan PHR"

Personalized suggestions from the smart **behavior change AI (health mentor in cyberspace)** within the Health care digital twin, **Enjoyable, optimal pathways to health** through a game-like setting = **"Route to health/compass (health journey)"**

- Seamless support starting in maternity

Early Childhood (0-4 yrs)



Parents' lifestyle habits have a big impact on growth and development.

AI


Lifestyle habit improvements benefit children.

"Thank you"

[AI Health Mentor]

- Establishment of proper lifestyle habits

Childhood (5-14 yrs)




Period of rapid increase in cavities

AI

Proper brushing habits can last a lifetime.

- Preservation/increase of mental and physical health

Prime years (25-44 yrs)




Increase in lifestyle disease from improper lifestyle habits, or the onset of depression stemming from stress

I can cook easy and well-balanced meals by myself!

AI

Lifespan can be predicted by eating habits.

Young adulthood (15-24 yrs)



Lifestyle habit issues arising from student life or living alone.

Establishment of proper lifestyle habits

Dad, you brush wrong!

Health Journey


<The path to a happy and healthy future>

You are showing dangerous indicators. You need your health to do your job.

AI

There are some things I need to prioritize even if I'm busy.

Middle age (45-64 yrs)



Physical functions slowly decline. Increase in physical disability.

Preservation of physical and mental health

Aging is unavoidable, but to continue being healthy...

AI

Happy Life Happy Wellness

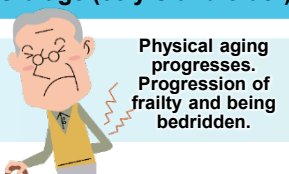


I am so happy I led a life where I can do what I want to do until the end!

The most effective behavior habits for you are...

AI

Old age (65 yrs and older)



Physical aging progresses. Progression of frailty and being bedridden.

Preservation of QOL (Quality of Life)

I keep my bones and muscles strong and a body that can walk well!