



PROMISING

Les Lundis
de l'Innovation



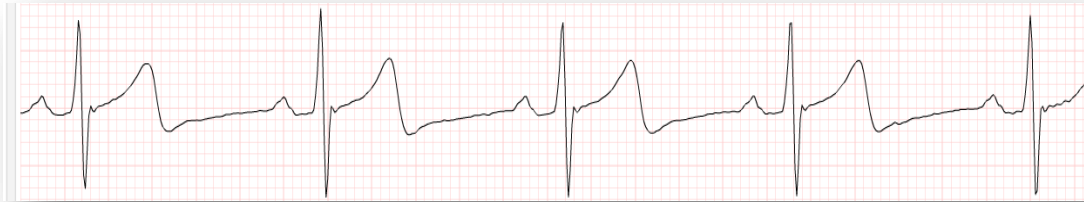
UNIVERSITÉ
Grenoble
Alpes

Le cycle de conférences sur les stratégies d'innovation



PULS@CARE

Smart Data for Health & Performance



Opportunisme, vertu de l'innovateur



SPORT – HEALTH – LIFESTYLE

● Performance Optimization

● Improve Concentration

● Recovery Acceleration

● Improvement of movements

● Decrease Risk of Injuries





PERFORMANCE

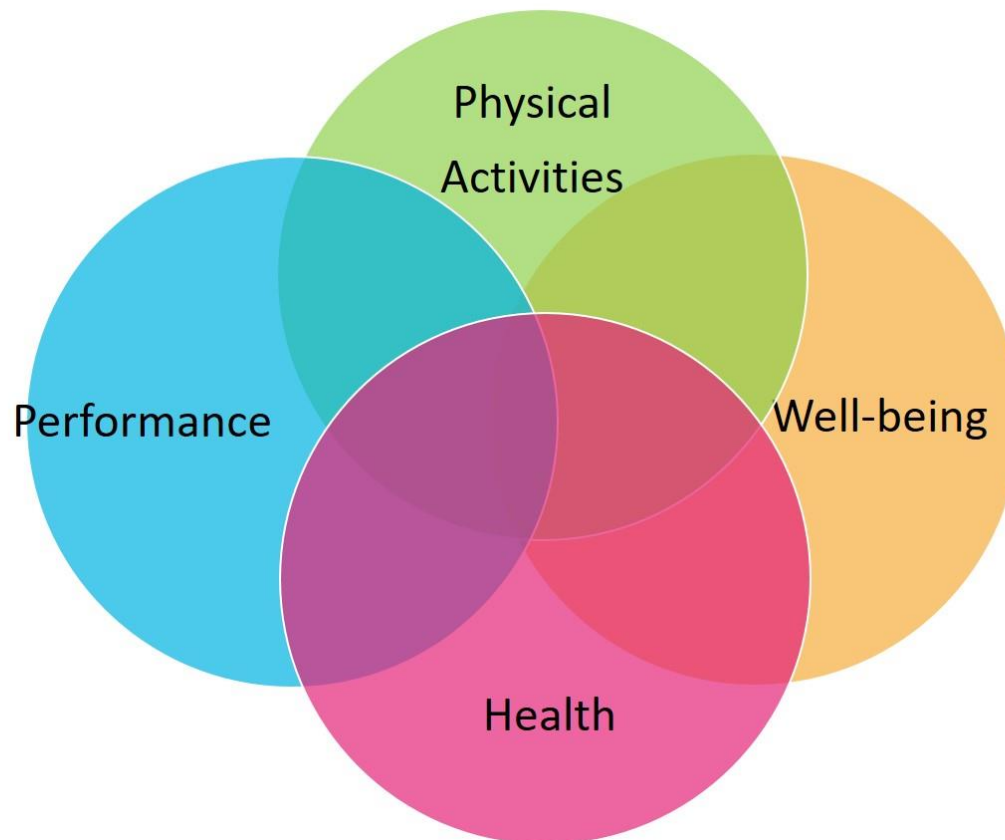
- Increase VO2max
- Reduce injuries
- Avoid overtraining

Physical Activities

- Losing weight
- Refine its silhouette

Well-being

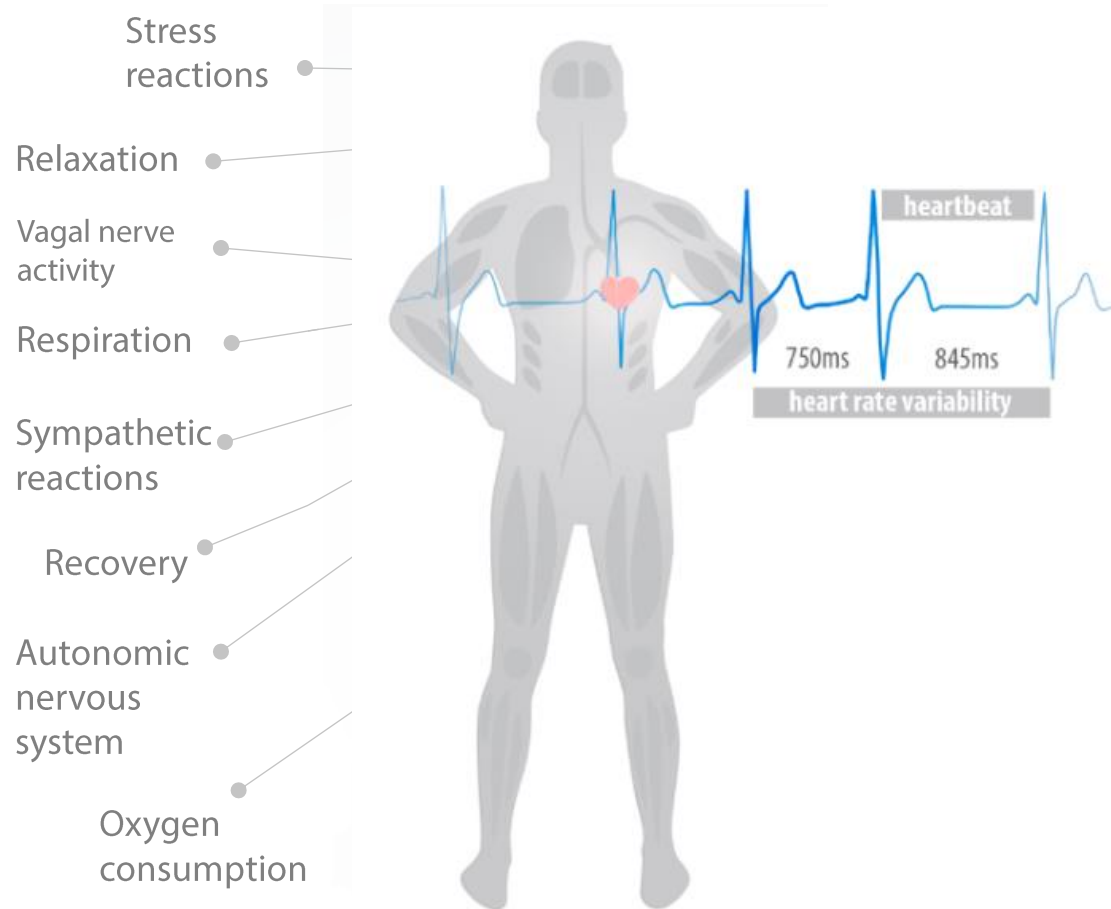
- Pleasure
- Improving recovery
- Stress management



Health

- Improve Health
- Sport after injuries
- Sport after diseases

Example of analysis



MOTIVATION FOR FITNESS (VO₂MAX)

Health improvement

Well-being and life quality

Athletes,
performance

Increase VO₂max by 10%
→ Reduce mortality risk
by 15%.

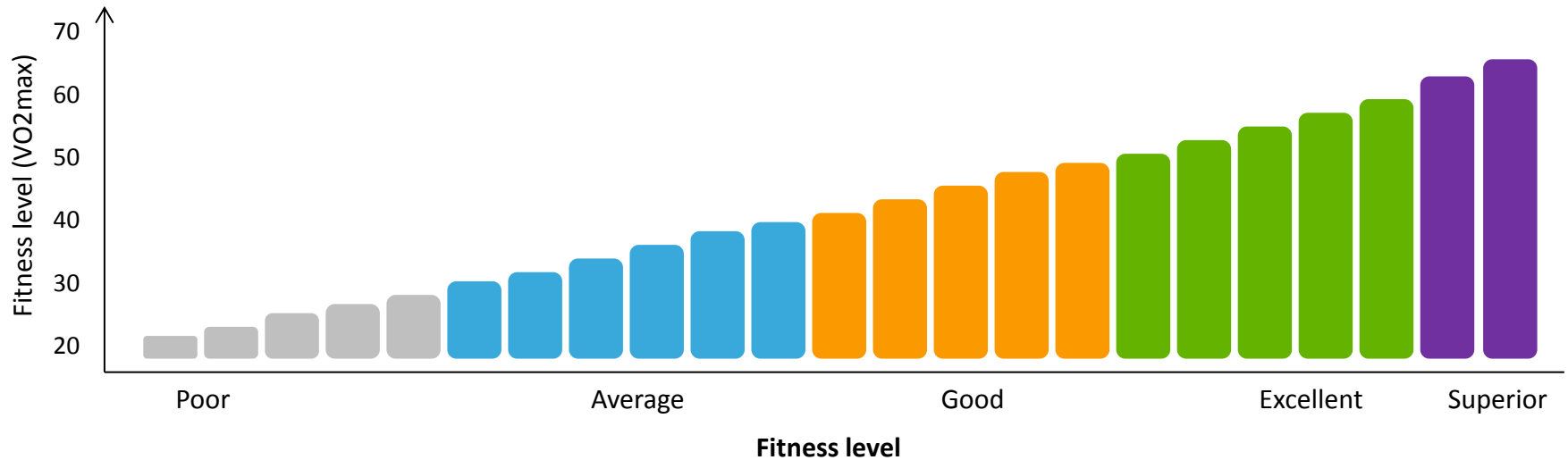
Increase VO₂max by 10%
→ 10 more years of good
quality life.

Increase VO₂max by 5%
→ Run 10km 5minutes faster.

Increase VO₂max by 2%
→ Win a gold medal instead of 10th
place.



Fitness and Motivation Follow-up



Scale 0-3 4-6 7-8 8.5 9-10

COMPATIBILITY SYNCHRONISATION

ACQUISITION

Sensors

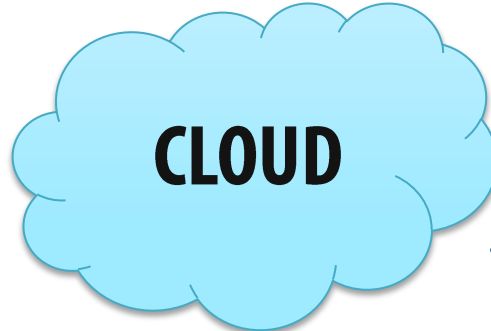


DATA PROCESSING

Real Time



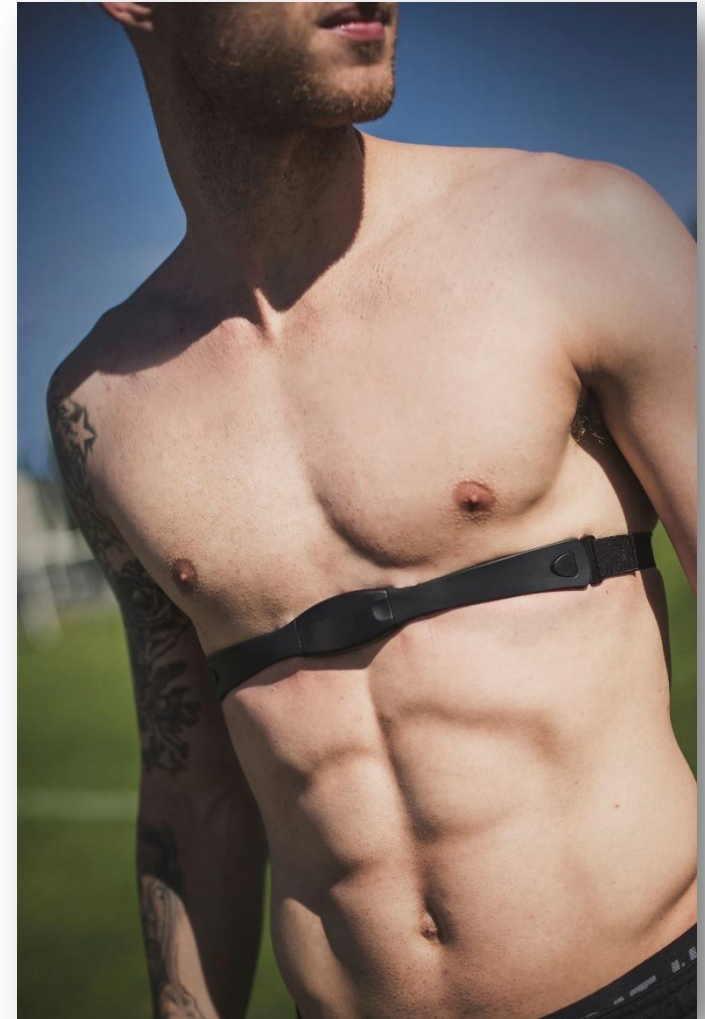
or



SHARING

Athlete – Fan - Staff

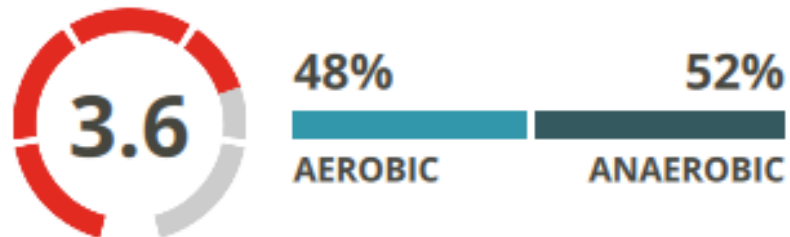




Groupe system
Maximum 80 athletes
Range 400 m

SUMMARY WEDNESDAY 03.06.2015


TRAINING EFFECT



		Training effect		
7 ATHLETES		3.6 IMPROVING		
	ALEXANDRE RODRIQUES DA SILVA	4.6 HIGHLY IMPROVING		
	PH GANSO	4.5 HIGHLY IMPROVING		
	MICHEL BASTOS	4.1 HIGHLY IMPROVING		
	JONATHAN DOIN	3.7 IMPROVING		
	MATHEUS DÓRIA MACEDO	3 IMPROVING		
	LUIS FABIANO CLEMENTE	2.6 MAINTAINING		
	DENILSON PEREIRA NEVES	2.5 MAINTAINING		

TEST 5 MIN.



63% 

Easy informations



Groupe system
Maximum 80 athletes
Range 400 m



RACING METRO 92
LE CLUB DES HAUTS-DE-SEINE



+ 700 Pro Team use our Technology

- Optimization of potentials
- Fatigue Reduction
- Improve Concentration
- Enhance Recovery



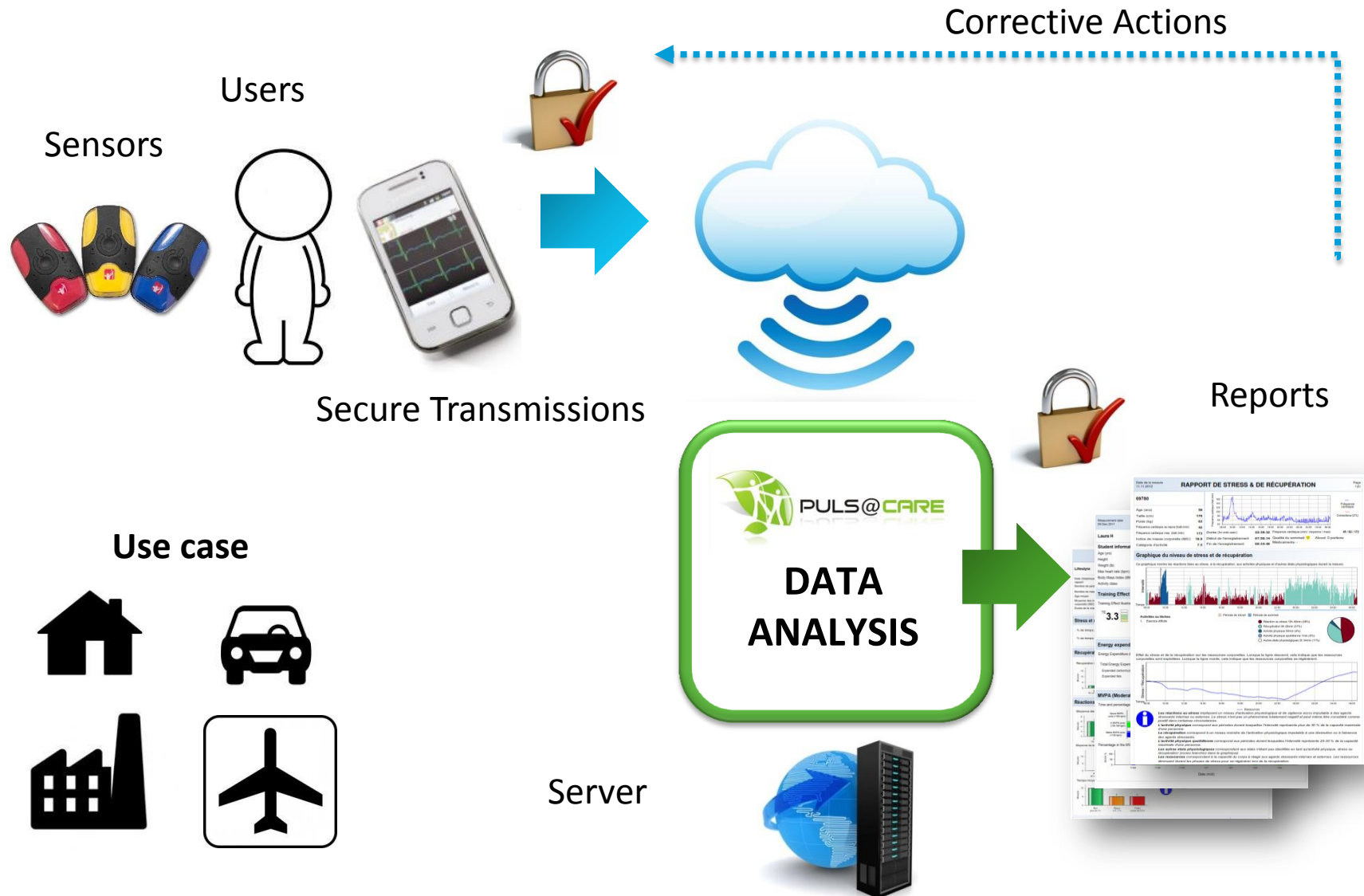
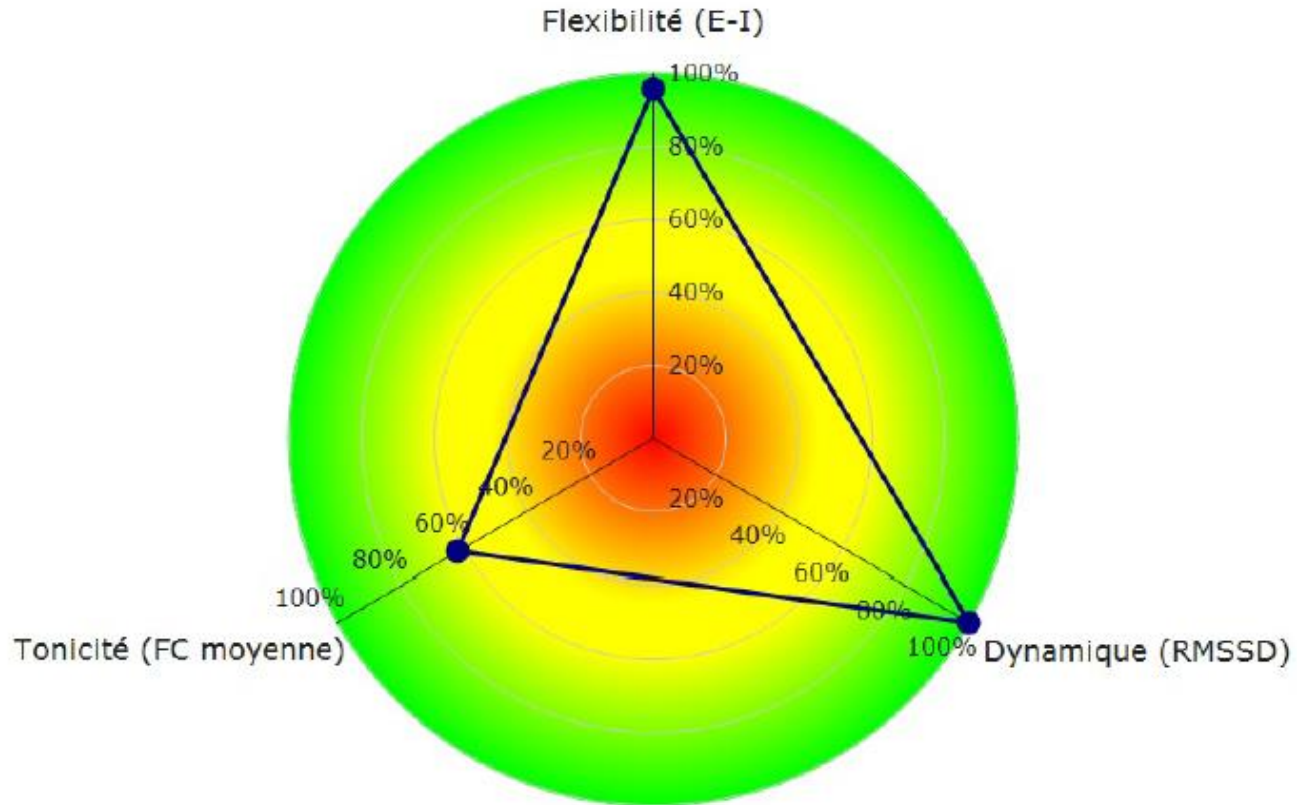


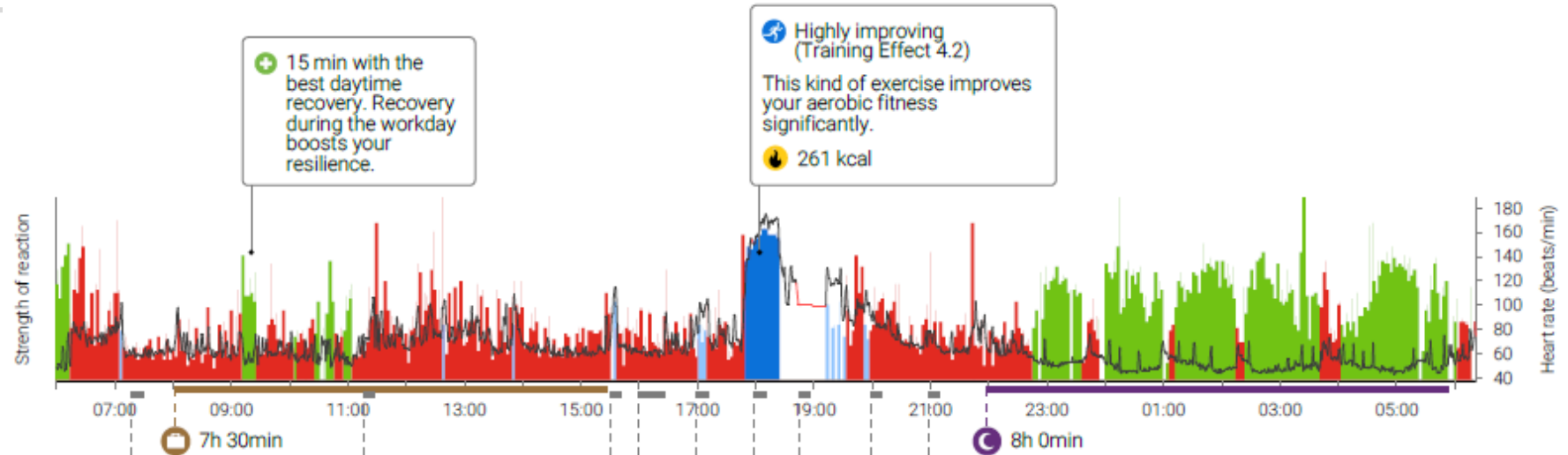
Diagramme D'évaluation



Individual system
Range 5 m

Stress & recovery

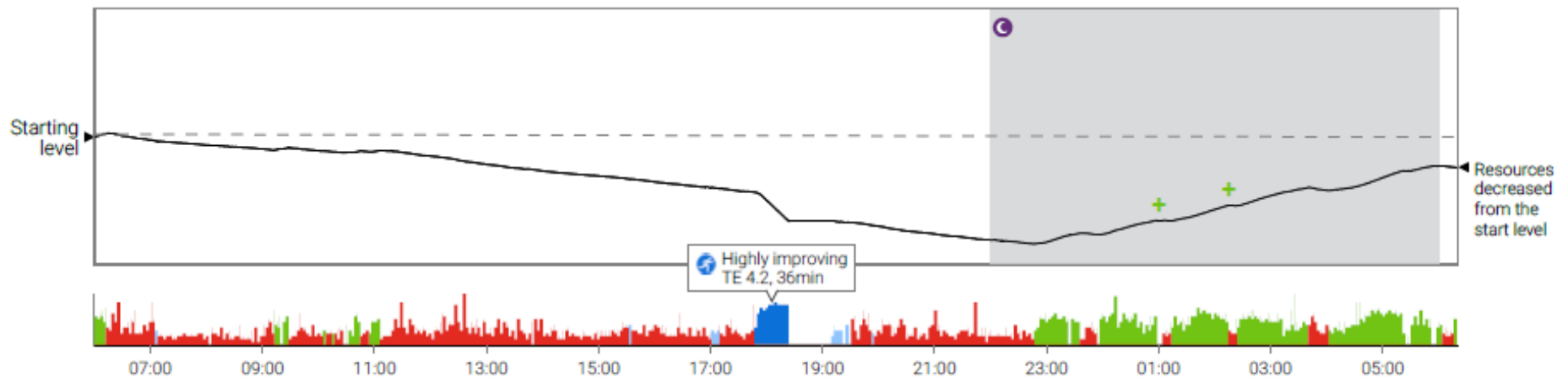
● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity ~ Heart rate ~ Missing heart rate 4%



BODY RESOURCES

↗ Resources increase ↘ Resources decrease + Significant recovery period ● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity

Tue 2nd



STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE

60 - 100p Good

30 - 59p Moderate

0 - 29p Low



Stress and recovery balance was moderate.

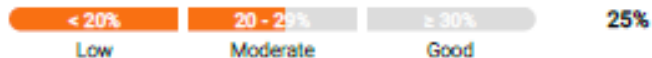
AMOUNT OF STRESS REACTIONS

13h 17min



AMOUNT OF RECOVERY (day & night)

6h 8min



➕ A moderate amount of recovery during the daytime (44min).

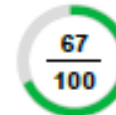
SLEEP

RESTORATIVE EFFECT OF SLEEP

60 - 100p Good

30 - 59p Moderate

0 - 29p Low



The sleep period was long enough and recovery was good.

LENGTH OF SLEEP

8h 0min (Good)

AMOUNT OF RECOVERY DURING SLEEP

5h 24min



QUALITY OF RECOVERY (Heart rate variability)



SELF-REPORTED SLEEP QUALITY



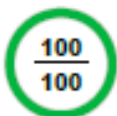
PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

60 - 100p Good

30 - 59p Moderate

0 - 29p Low



Good health effects

DURATION OF PHYSICAL ACTIVITY

Light	Moderate	Vigorous
36min	4min	31min

ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE



- Vigorous & moderate physical activity 257 kcal
- Light physical activity 94 kcal
- Other 1341 kcal

PARTICIPANT FEEDBACK



79%

Made at least one lifestyle change to support their well-being!

81%

Felt that the Lifestyle Assessment helped them advance their well-being.

I gained valuable information about...



86%

My personal stress factors



98%

My recovery



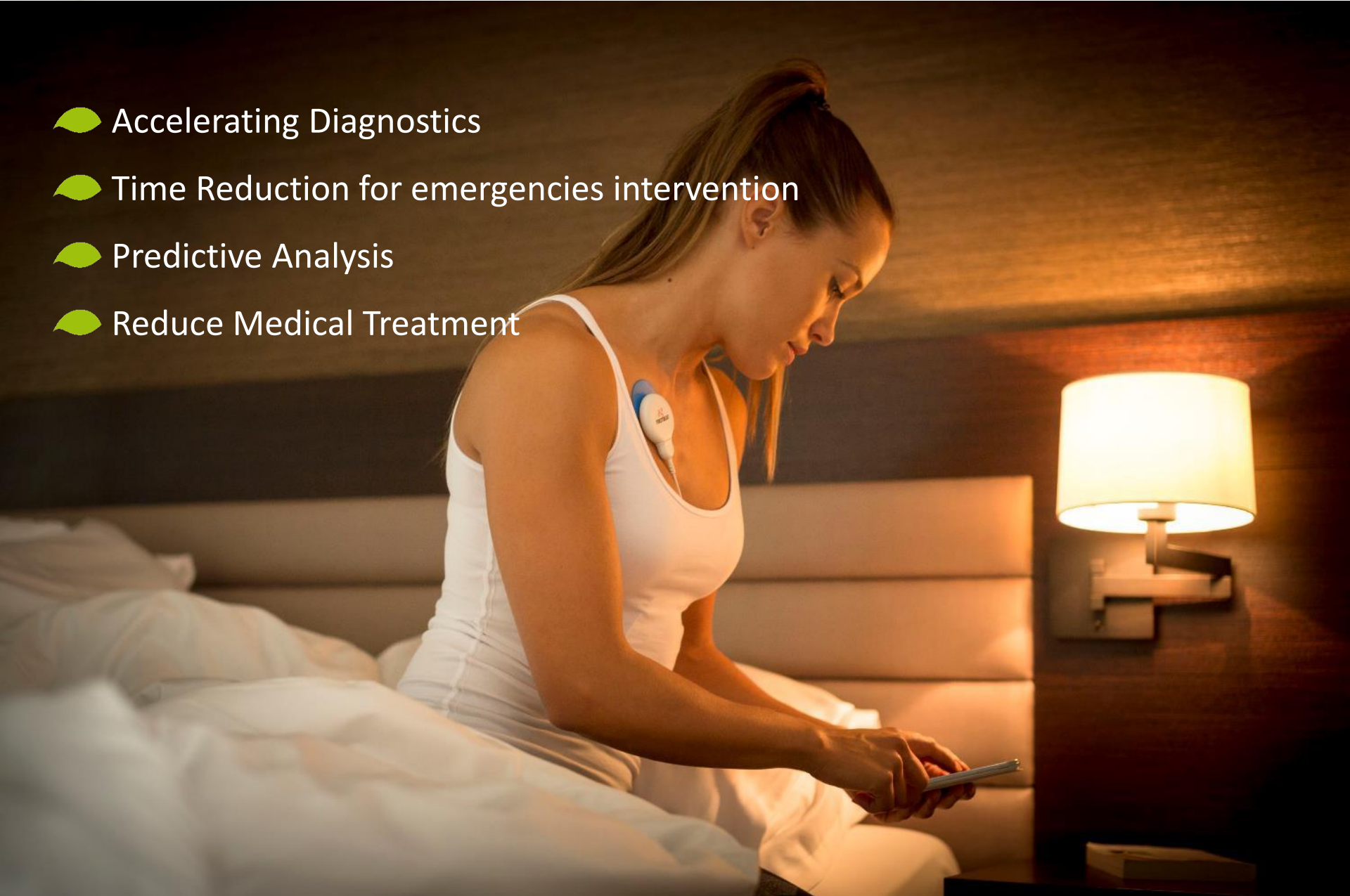
75%

My physical activity habits

95% would like to participate in the service again.

95% would recommend the service to others.

- Accelerating Diagnostics
- Time Reduction for emergencies intervention
- Predictive Analysis
- Reduce Medical Treatment



After



Today



- ASME PVHO-1, Section 2 (viewports)
- ASME PVHO-1 (Code Case pending approval)



- Germanischer Lloyd approved (97/23/EEC - EC type examination)

Certified to:

- ANSI/AAMI ES 60601-1
- CAN/CSA-C22.2 No. 60601-1:08
- IEC 60601-1-1, 3rd Ed. (2005)
- EN 60601-1-1, 3rd Ed. (2006)
- IEC 60601-1-2:2007, 3rd Ed.
- EN 60601-1-2:2007 COR2011

CE 0473

- Conforms to 93/42/EEC - MDD (Class IIB Medical Device)

Merci pour votre participation



www.pulscare.com

Sport
En savoir +

Bien-être
En savoir +

Santé
En savoir +