

# AgeAdvisor



## **AGING in HARMONY**

**A scientifically based  
life course modifying device**



# AgeAdvisor

«PRIME OF LIFE» serious game:  
self assessment of your  
physical, mental & cognitive  
functions

**Advice 1**

Personalized questions +  
Validated MEASUREMENTS  
of your physical, cognitive  
& sensory abilities

**Advice 2**

The best and closest  
Health Care Workers  
to help you aging  
in harmony

**Possible  
intervention**

Long  
term  
follow up



# AgeAdvisor

To which range of age do you belong?

45 - 54

55 - 64

65 - 74

75+

Are you smoker?

no

yes

Please look at carefully at the 3 shapes below  
(5 seconds)



# AgeAdvisor



**Part 1.**

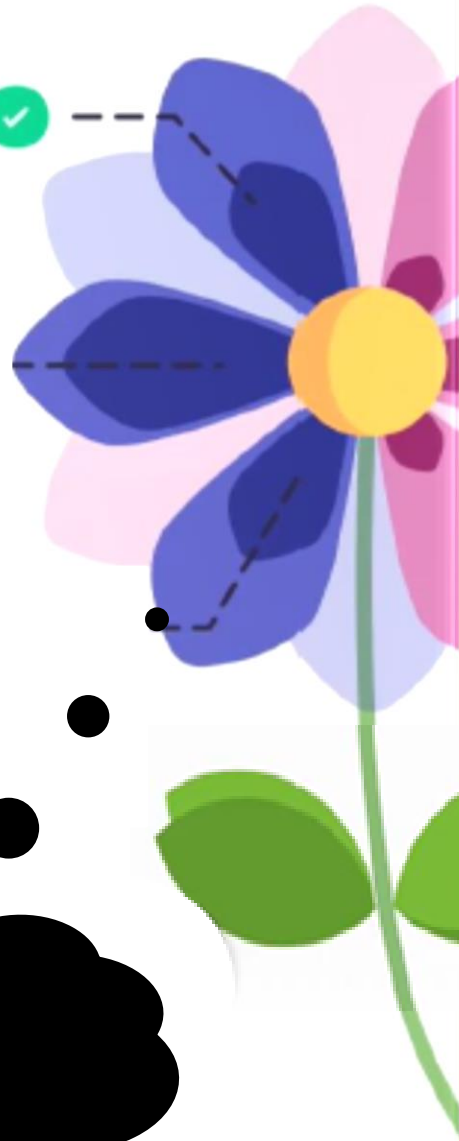
**Physical  
Domain**

**Next**

# AgeAdvisor

Robustness 

Fried's questionnaire



The size of the  
petals *(normally 100%)*  
represents your  
personal results

*Your results will be more detailed  
at the end of the game.*

# AgeAdvisor

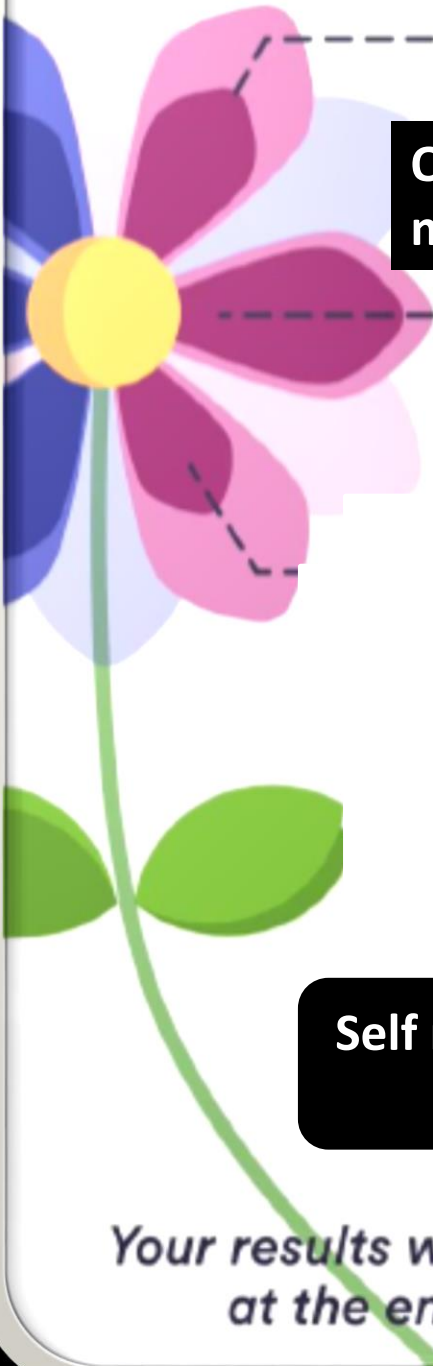


**Part 2.**

**Mental  
Domain**

**Next**

# AgeAdvisor



## Stress & Emotions

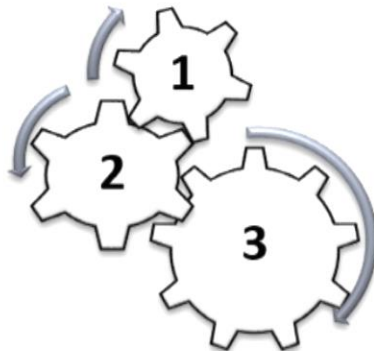
Questions on anxiety, mood, memory complaints

Self report on Quality of Life  
(1 to 10)

*Your results will be more detailed  
at the end of the game.*

# AgeAdvisor

**Excellent,  
let's check out  
your score !**

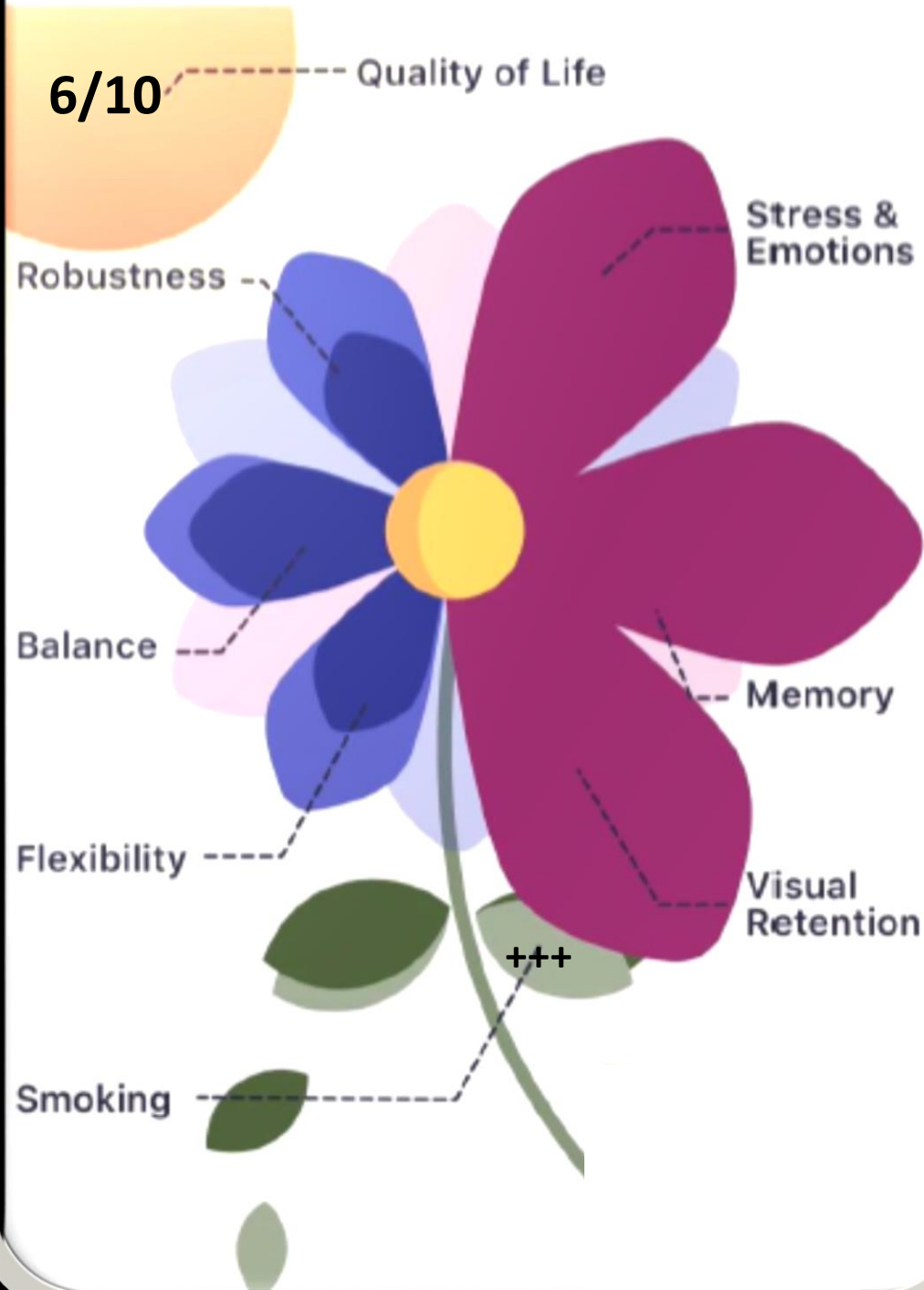


**Algorithms**



# AgeAdvisor

40 y.o. woman manager  
with three children (2, 5, 7 y.o.)



# AgeAdvisor

## Your global results

Share your results

Would you like sharing this APP and/your results with your family or friends? If so, please give us their email address

Email@here.com

If you like sharing your results with your physician, please give us HIS/HER email address:

Email@physician

**See our personalized advice**



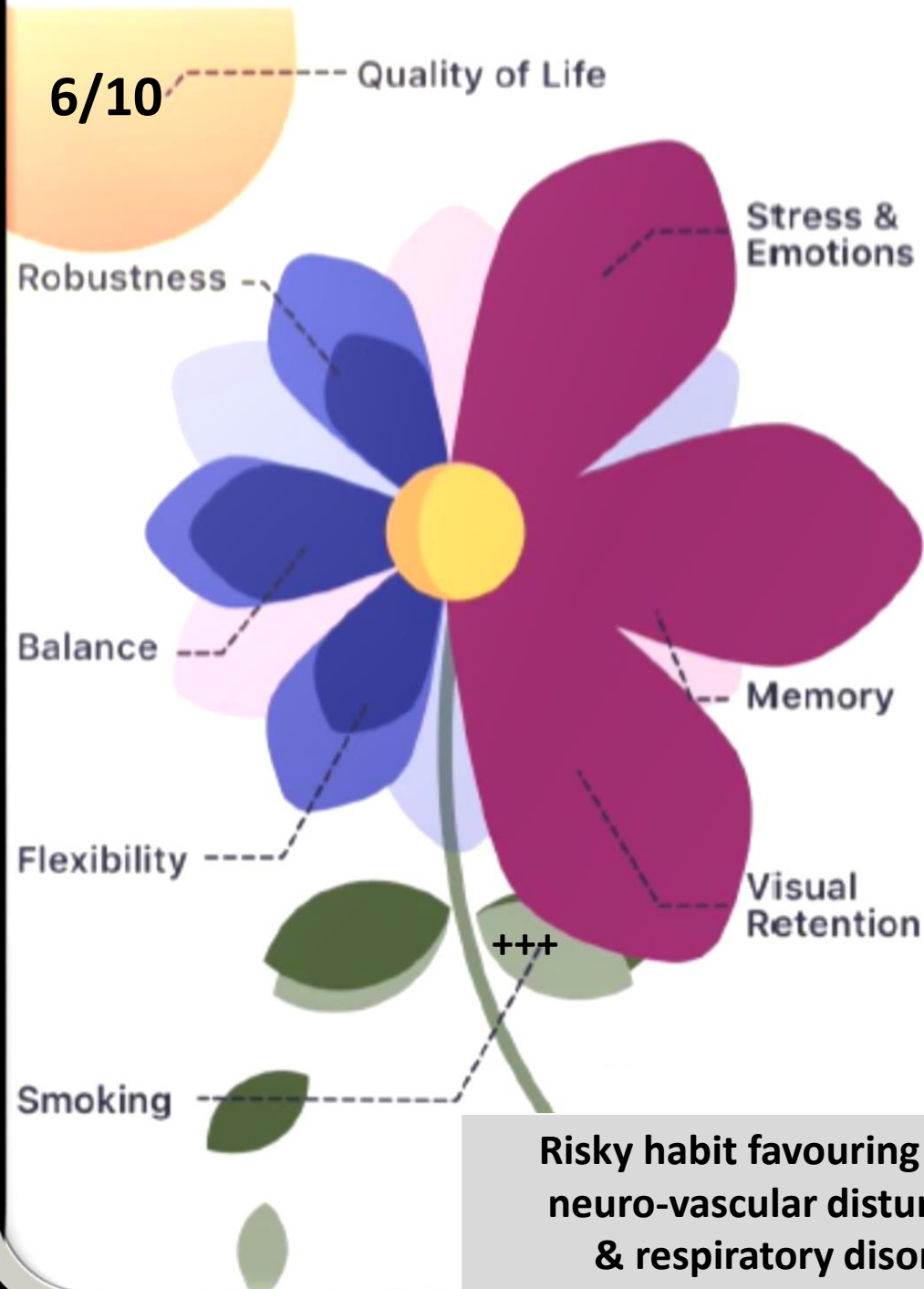
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**Interpretation  
Advice 1**

# AgeAdvisor

40 y.o. woman manager  
with three children (2, 5, 7 y.o.)



# AgeAdvisor

64 y.o. manual worker

11/10

----- Quality of Life

Robustness

----- Stress & Emotions

Balance

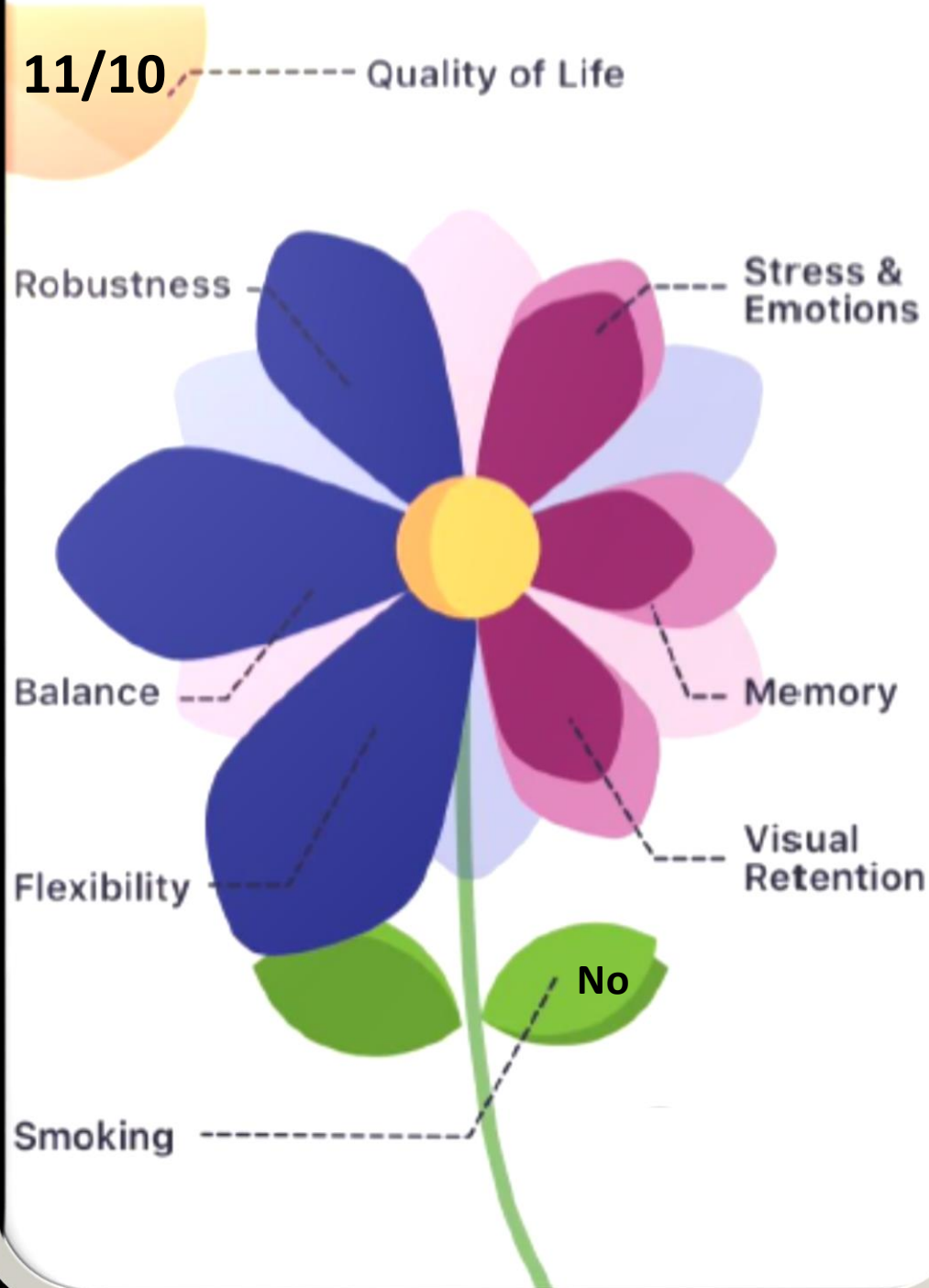
----- Memory

Flexibility

----- Visual Retention

No

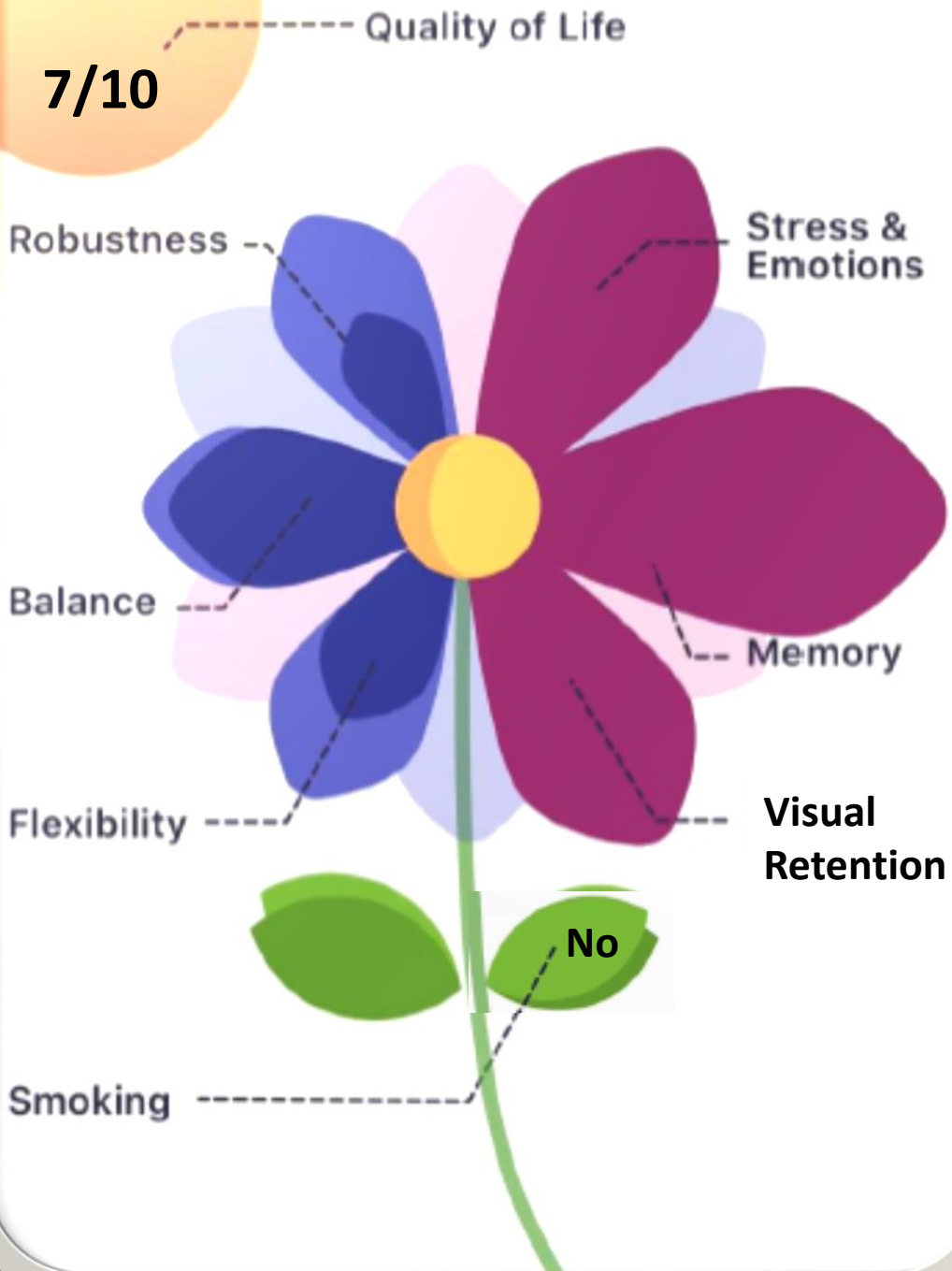
Smoking



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79 y.o. Professor of University

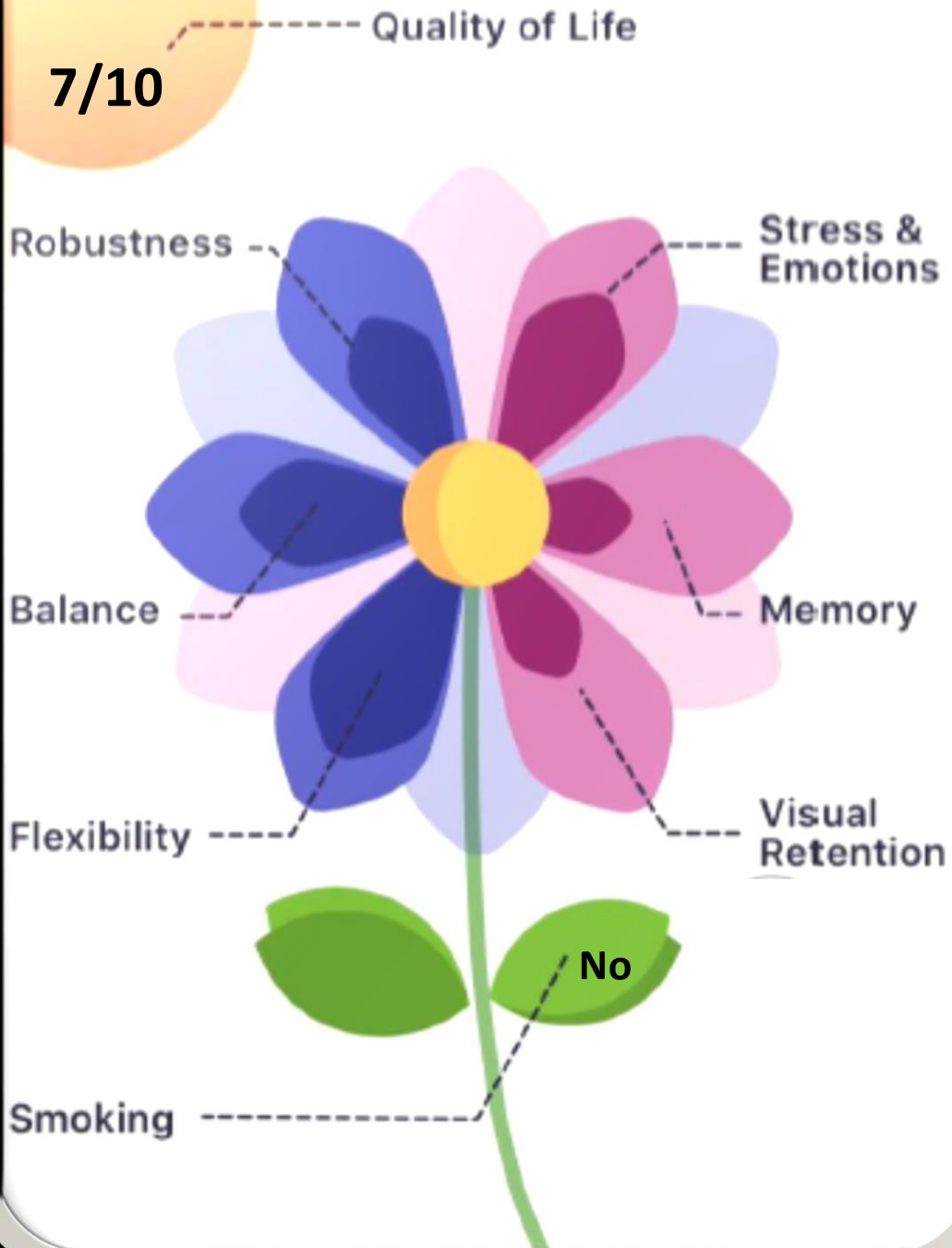
7/10



# AgeAdvisor

80 y.o. woman  
living with her daughter

7/10





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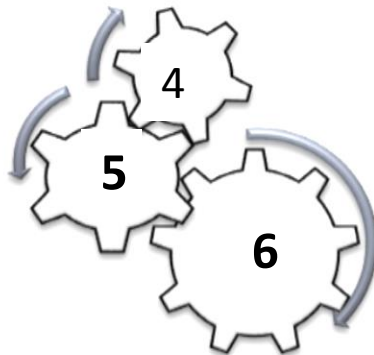
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## 4 measurements

1. Measure of the circumference of your left calf
2. Isaacs test to evaluate your semantic memory (60 sec)
3. Normal gait speed (60 sec)  
*(outside or in a long corridor)*
4. Functional reserve - 6 minute fast gait speed test  
*(outside)*

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**Excellent,  
let's check out  
your score !**



**Algorithms**

# AgeAdvisor



**Multiple ALGORITHMS based  
on the results by age, gender, personal answers**

## Health and functional domains

- |                       |                    |
|-----------------------|--------------------|
| 1. Nutritional status | 7. Semantic memory |
| 2. Sarcopenia         | 8. Visual memory   |
| 3. Frailty            |                    |
| 4. Balance            | 9. Hearing ability |
|                       | 10. Vision testing |
| 5. Gait speed         |                    |
| 6. Functional reserve | 11. Smoking        |

**Self-report of health status  
Self-report of quality of life**



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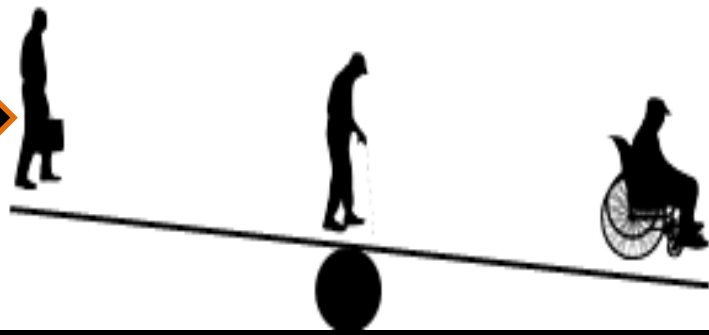
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**Possible  
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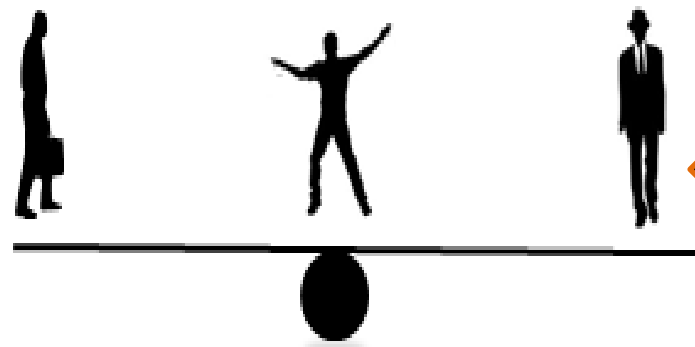
Long  
term  
follow up

**Current situation:  
age-related  
functional decline**



**Prime  
of Life  
+  
Age  
Advisor**

**AGING  
in HARMONY**



**With AgeAdvisor APP:  
maintain of  
physical/cognitive abilities**

# AgeAdvisor



**I do thank you  
for your  
interest**

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# AgeAdvisor



Dr Jean-Pierre MICHEL

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AgeAdvisor APP was already patented