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

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

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

Possible intervention

Advice 1

Advice 2

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)
Part 1.
Physical Domain
The size of the petals (normally 100%) represents your personal results.

Your results will be more detailed at the end of the game.
Part 2.
Mental Domain

Next
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.
Excellent, let's check out your score!
40 y.o. woman manager with three children (2, 5, 7 y.o.)

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6/10

Quality of Life

Stress & Emotions

Memory

Visual Retention

Flexibility

Balance

Robustness

Smoking

+++
Your global results

Share your results

Would you like sharing this APP and/or 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
AgeAdvisor

“Prime of life” scientific game: self assessment of your physical, mental & cognitive functions

Interpretation Advice 1
40 y.o. woman manager with three children (2, 5, 7 y.o.)

Risky habit favouring cardio-, neuro-vascular disturbances & respiratory disorders
64 y.o. manual worker

11/10 - Quality of Life

- Robustness
- Balance
- Flexibility
- Stress & Emotions
- Memory
- Visual Retention

No Smoking

No
79 y.o. Professor of University

Quality of Life: 7/10

Robustness

Balance

Flexibility

Stress & Emotions

Memory

Visual Retention

No

Smoking
80 y.o. woman living with her daughter

Quality of Life: 7/10

Robustness

Balance

Flexibility

Stress & Emotions

Memory

Visual Retention

No

Smoking
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«Prime of life» scientific game: self assessment of your physical, mental & cognitive functions

Personal questions + Validated MEASUREMENTS of your physical, cognitive & sensory abilities
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)*
Excellent, let's check out your score!
Multiple ALGORITHMS based on the results by age, gender, personal answers

Health and functional domains

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

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

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

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

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

Long term follow up

Possible intervention
Current situation: age-related functional decline

Prime of Life + Age Advisor

AGING in HARMONY

With AgeAdvisor APP: maintain of physical/cognitive abilities
I do thank you for your interest

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AgeAdvisor

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AgeAdvisor APP was already patented