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Scope



- Background
- What
- Why
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Background



What

- Integrate physical activity (PA) as a “prescription” for chronic conditions
- Collect PA data through a network of qualified trainers and devices
- Track, manage and quantify data for healthcare providers, employers and communities



Why

- Fewer than half the U.S. population meet the CDC PA guidelines, with only 18% getting the amount recommended for good health and 36% getting none at all.
- Poor health cost employers alone almost \$600bn each year through medical bills, lost productivity and wage replacement
- 7 of the 10 biggest killers in the States are linked to a poor lifestyle: PA and diet



How

- Establish PA as a standard for healthcare providers to help prevent, manage and treat chronic diseases
- Work with employers and communities to increase access to PA
- Use the Move I.T. software platform to track the PA of users so that their physicians and employers may manage them more effectively



Questions?