

# Pave the Path to Wellness with Binah.ai's Software-Based Health and Wellness Checks

**Wellness Score**  
7/10  
Medium

The measured indicators are not intended for medical use.

**Vital Signs** | Blood | Mental | Energy | Heart Rate Variability

**My Vital Signs**

- Heart Rate**  
74 bpm  
**Your Heart Rate is Normal**  
The number of your heart beats per minute. Normal resting rate 60 to 100 beats.  
Learn more
- Breathing Rate**  
120 bpm  
**Your Breathing Rate is Low**  
The number of breaths you take per minute. Normal resting rate 12 to 20 breaths.  
Learn more
- PRQ**  
7  
**Your PRQ is High**  
Pulse-Respiration Quotient captures the states of cardiorespiratory activity. Normal range is 4 to 5.  
Learn more
- Blood - Medium**
- Oxygen Saturation**  
74%  
**Your Oxygen Saturation is Normal**  
Pulse-Respiration Quotient captures the states of cardiorespiratory activity. Normal range is 4 to 5.  
Learn more

Click Here For Your Abnormal Results

**binah.ai**

68 bpm

Stay still during the measurement.

45%

**Introducing: Continuous Checks!**

**Binah Connect**

Status: **CONNECTED**  
Device Id: B32A45234F  
Battery Level: 75%

**Server connectivity status**  
Connected  
Last check: 12-Jan-2023 19:32 UTC

**Powered by Polar**

CHECK

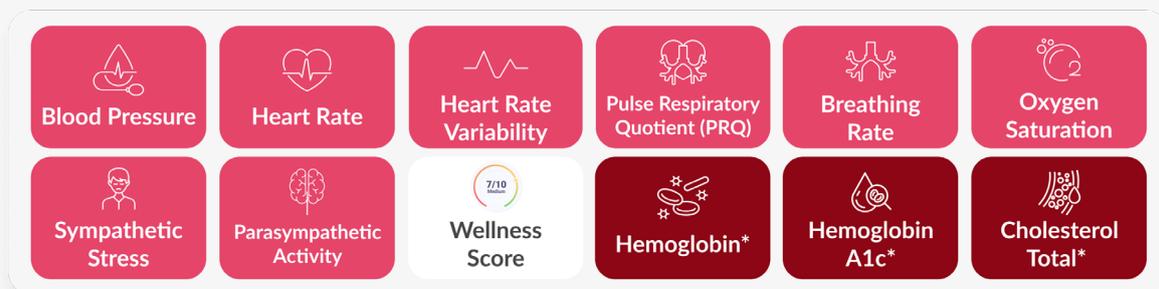
## Overcoming Barriers to Wellness Engagement

Industry surveys reveal that [over half of the employees](#) are willing to consider a lower-paying job if it comes with superior benefits. Furthermore, [half of employees](#) find employers offering wellness benefits and programs more appealing than their counterparts. Yet despite the acknowledged importance of wellness initiatives, employers and wellness providers grapple with the challenge of sustaining participant engagement.

Barriers, such as concerns about program credibility, limited access, time constraints, and a lack of incentives, get in the way of individuals on their health and wellness journeys. In today's dynamic landscape, people seek incremental changes seamlessly woven into their busy schedules, facilitating visible progress. They crave personalized services that will guide them through a transformative path that suits their unique needs.

## Power Your Offering with the #1 Software for Health and Wellness Checks

Binah.ai's award-winning Health Data Platform offers wellness service providers an unparalleled advantage in enhancing accessibility, personalization, and efficacy of wellness programs by transforming smartphones and tablets into health and wellness check tools. Using Binah.ai's AI-powered solution, wellness service providers can empower clients to measure a comprehensive range of health and wellness indicators including vital signs, mental stress levels, and revolutionary bloodless blood tests, through spot or continuous checks.



\*Under research

### Binah Wellness Score

Enable clients to stay engaged and motivated on their wellness journeys with a personal, real time wellness score. In just 60 seconds, end users can get a score that reflects their general wellness and use it to guide their program adjustments and activities. The Binah.ai Wellness Score is based on the health and wellness indicators measured by Binah.ai.

### Create Personalized Wellness Journeys

Let real-time data provide you with insights on your end-users needs, and use this data to craft a personalized experience for them. Provide them with personalized suggestions, incentives and rewards based on their real-time needs.

### Demonstrate Data Driven-Credibility

Easily prove your program's efficacy with objective data, allowing the numbers to articulate the progress of your clients and success of your program. Facilitate progress for end users with clear, measurable goals, and empower clients to stay committed to their wellness journey by seeing the fruits of their success and feeling motivated to achieve new goals.

### Empower Effective Stress Management

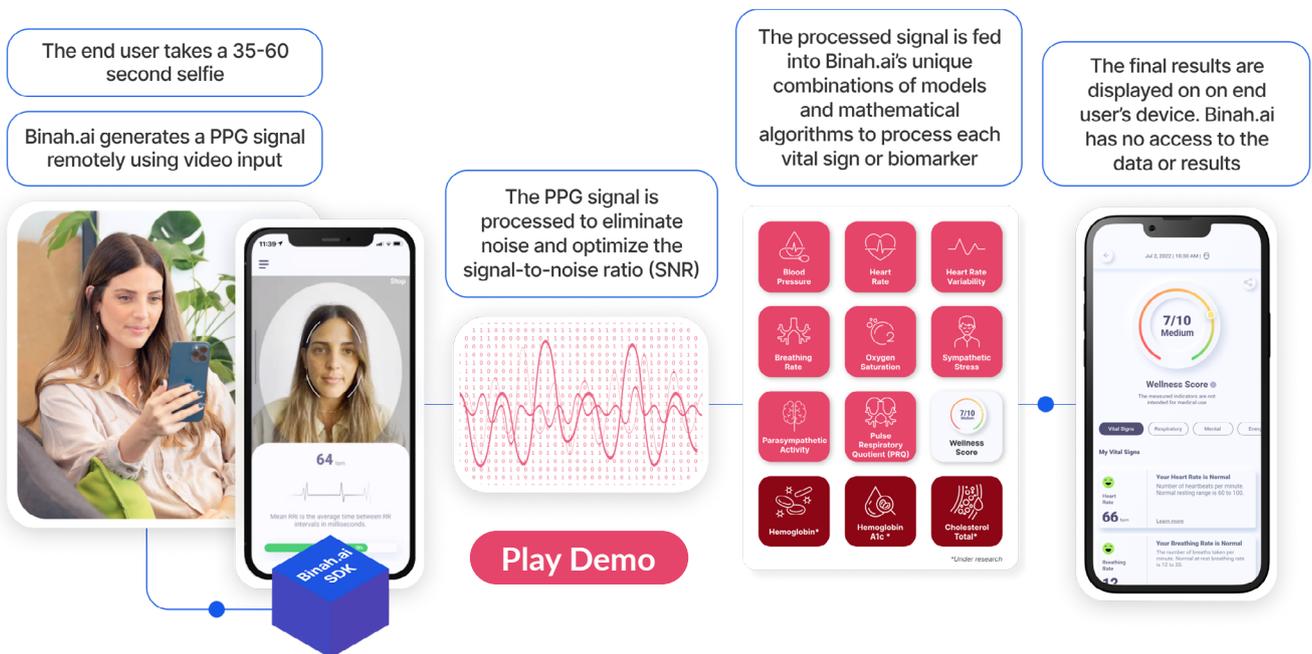
While stress can be beneficial, chronic stress can take a toll on the body and lead to several health issues. Continuous strain on the body due to stress can contribute to serious health problems and mental disorders, including heart disease, high blood pressure, diabetes, depression and anxiety. Learning to regulate stress is a critical component of wellness and preventive medicine. With Binah.ai's mental stress monitoring feature, calculated based on the Baevsky Stress Index, users and care providers can gain insights into stress and recovery patterns and use the provided data trends and history to make the lifestyle changes necessary to minimize and cope with stress.

## How Binah.ai's Technology Works

Binah.ai harnesses a unique technological mix of signal processing, advanced AI, and a proprietary set of algorithms developed and perfected in-house over nearly a decade to conduct health and wellness checks. The health and wellness indicators are measured using photoplethysmography (PPG), a well-established, non-invasive optical technique used for measuring physiological health parameters. Stress levels are calculated using the Baevsky Stress Index. Delivering consistent, high-quality results in under a minute, Binah.ai's technology supports all Fitzpatrick scale skin tones and is agnostic to sex.

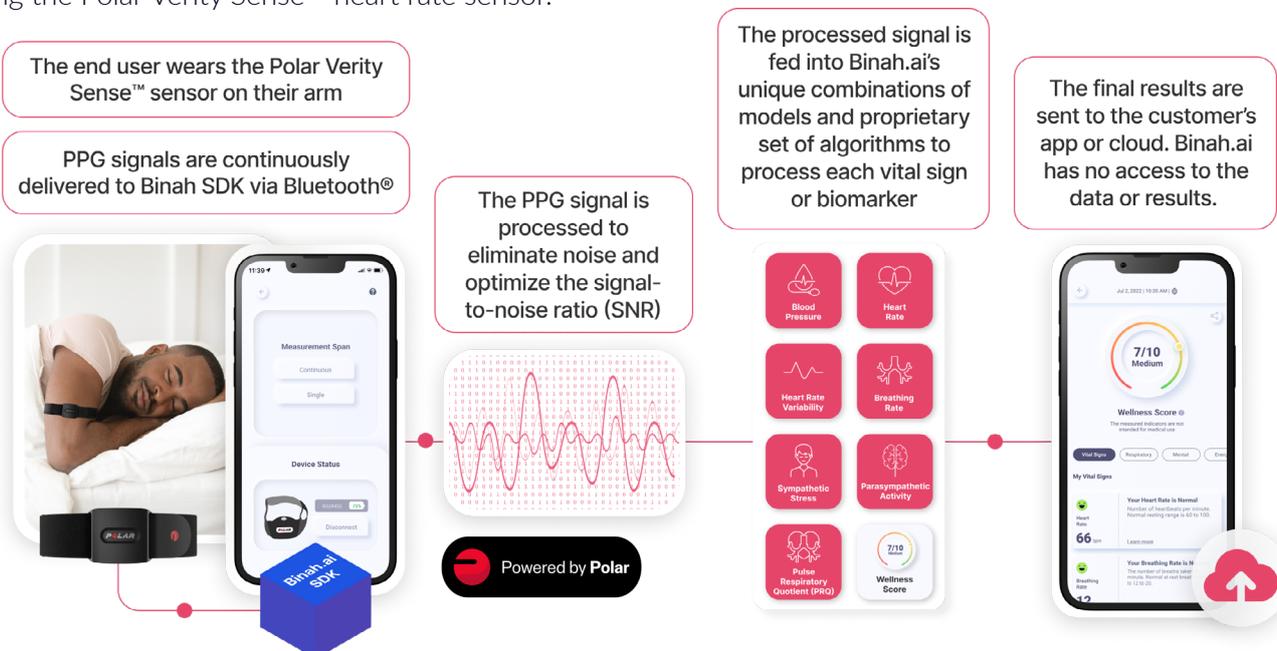
### Video-Based Spot Checks Using Remote PPG (rPPG)

With Binah.ai's video-based software technology, delivered as Binah SDK (Software Development Kit), organizations can empower anyone to take a health check in 35 to 60 seconds by simply looking at the camera of their personal mobile device.



### PPG-Sensor Based Continuous Checks, Powered by Polar

For situations where continuous measurements are needed, such as chronic disease management, employee wellness, or home hospitals, organizations can enable end users to measure and share continuous health data using the Polar Verity Sense™ heart rate sensor.



## Why Binah.ai?

### Robust Scientific Foundation

Developed by a team of experts and PhDs in fields such as medicine, engineering, deep learning, mathematics, physics, and biotechnology, Binah.ai's technology has been rigorously tested both in labs and by independent third parties.

### Unique Edge Architecture

Leveraging edge computing, Binah.ai's solution operates directly on devices, eliminating cloud dependencies and costs, and delivering stable performance without the need for internet connectivity.

### No Privacy Concerns

Thanks to our distinctive edge architecture, data ownership remains entirely with you, enhancing end-user data privacy and simplifying GDPR/HIPAA compliance.

**Binah.ai does not have access to end user data.**

### Flexible Health Checks

As the sole provider of both spot and continuous monitoring options, our health and wellness checks are designed to adapt to your organization's specific needs.

### Consistent High-Quality Performance

Our technology consistently delivers high-quality results, bolstered by our confidence level feature that ensures reliability. Binah.ai is currently in the Software as a Medical Device (SaaMd) regulatory approval process through the FDA (USA) and additional bodies.

### Universal Accessibility

Our technology is designed to be inclusive, unaffected by sex, skin tone, or location, ensuring equal access to all and empowering insurers to reach wider populations, including those in remote locations.

### Broad Compatibility

Binah.ai's solutions are compatible with smartphones and tablets, allowing your customers to conveniently access health and wellness checks using devices they already possess.

### Proven Technology

Deployed across the insurance, healthcare and wellness industries, Binah.ai's technology is already benefitting tens of millions of end users worldwide.

## Optimal Delivery for Seamless Integration

Our technology is provided as an easy-to-integrate SDK, complete with comprehensive documentation, reference applications, and continuous support from our customer success team, available to assist with your needs at any time

### Binah SDK (Software Development Kit)

- Supports: iPhone 8 and up and iPad 6th Gen and all iPad models released afterward with iOS 14 and up; Android 8.1 mobile devices
- Web Application Support: compatible with Safari and Google Chrome on iOS, and Google Chrome on android - no app needed
- Support for landscape and portrait orientations
- Available through web application clients - no app download needed

### Binah Connect - PPG Sensor Support

- Polar Verity Sense™

## Support Wellness Journeys with Binah.ai

### Wellness Program Path

### Binah.ai's Support at Every Step

Initial screening and questionnaire	Benchmark starting point using real-time health data
Progress	Monitor biomarkers regularly to track progress
Follow up + intensity adjustment	Adjust intensity and re-align goals using data trends
<b>Goal</b>	Increase participant confidence and engagement with specific, measurable goals and subject's achievements
Maintenance	Maintain healthy lifestyle through consistent monitoring and remote follow-up

## Wellness Use Cases We Empower

Numerous industries can help clients, customers, and employees improve their health and wellbeing through spot or continuous health and wellness checks.



### Personal Wellness Program Providers

- Track progress using real-time health data
- Increase engagement by setting measurable goals, enabling participants to monitor results and receive rewards for improvement
- Reduce customer churn by demonstrating the efficacy of your wellness programs on the customer's overall health with comprehensive vital signs measurements, including blood pressure, heart rate, and stress levels



### Insurance Wellness Programs

- Boost engagement in wellness programs with gamified, measurable tasks and wellness goals
- Reduce operational costs by minimizing in-person evaluations and health assessments
- Enhance risk assessment with real-time, objective health data
- Extend outreach of wellness programs to any location
- Enable clients to measure and track their wellness during various activities, including sleep, work, and travel



### Employee Wellness

- Create a resilient and invigorating work culture by empowering employees to achieve long-term wellbeing
- Reduce absenteeism and stimulate productivity by supporting wellness efforts and stress management
- Alleviate stress for remote or home-based employees
- Lower employer health insurance costs
- Enable employees to continuously measure wellbeing at work so you can better understand and support their need for health and safety



### Consumer Wellness (Retail, Consumer Electronics, Automotive and more)

- Reward your consumers with a wellness monitoring solution
- Improve customer satisfaction and personalize user experience with added benefits
- Allow customers to scan vital signs before accessing your facilities
- Enhance wellness partnerships to generate customer loyalty



### Wellness Monitoring for the Elderly

- Support independence of elderly patients with remote wellness monitoring
- Provide caretakers with tools for at-home spot checks or continuous wellness measurements
- Keep elderly patients and family members informed and at ease with real-time updates
- Minimize unnecessary travel to health clinics



### Wellness Monitoring for Healthcare

- Augment telehealth and preventive care with remote wellness monitoring
- Remotely monitor chronic illness and allow patients to recover from home
- Integrate patient wellness data into EMRs
- Enhance patient triage with 35-60 second health and wellness checks
- Track patient welfare data over time
- Decrease healthcare costs associated with equipment and work hours

## Health Checks Anywhere

Binah.ai's video-based Health Data Platform is the # 1 software for health and wellness checks. Reducing the need for dedicated hardware, it transforms smartphones and other camera-equipped devices into health and wellness monitoring tools. Binah.ai empowers industries, including wellness, insurance, and healthcare by offering a tool for end users worldwide to measure and share a wide range of vital signs and take bloodless blood tests. Binah.ai makes access to user-provided health data fast, simple and affordable and empowers organizations to provide preventive and personalized care and services at lower costs - to everyone, anywhere, regardless of ethnicity, sex or location.

For more information on Binah.ai, please visit: [www.binah.ai](http://www.binah.ai) or write to us at [info@binah.ai](mailto:info@binah.ai)

### Industries We Empower



### Selected Partners



### Selected Customers



### Certifications



### Selected Market Recognition

