Wellness Grid

The grid allows users to efficiently self-report energy levels and emotions that capture an effective snapshot of their wellness throughout their day.

Data from the grid is used to make inferences about fatigue triggers based on biometric, behavioral, and environmental data collected by a wearable device.

• Sleep Duration
  Knowing how long they’ve slept helps users identify whether tiredness is due to loss of sleep or an MS fatigue episode.

• Weather Forecast
  The forecast allows the user to plan their level of activity and dress to limit heat exposure that can lead to fatigue episodes.

• Wellness Goal
  Providing a goal gives users a gentle nudge. Activities like meditation, deep breathing, and yoga help manage fatigue symptoms.

• Scheduled Tasks
  Tasks from their existing calendars may be reviewed, deferred, or delegated to another person directly from within the app.

My Day

The My Day screen provides a snapshot of the day. Key information is presented that gives users the ability to address factors that may influence fatigue levels.

My Data

Wellness Factors

Fatigue triggers are ranked by probability of impact based on correlation between biometric, environmental, and behavioral data and wellness grid data.

Wellness Report

A simple summary of the findings gives users an easy way to understand the data and make adjustments to behaviors implicated in fatigue episodes.

Data Details

Data is shown over time to highlight trends. The wellness grid filters the time series chart to show how reported wellness correlates with measured data.

FAMS identifies symptom patterns with minimal effort and gives people living with multiple sclerosis better control over their wellness.

Multiple sclerosis is a neurological disease that affects an estimated 2.3 million people worldwide.

Debilitating fatigue symptoms occur in up to 95% of people living with multiple sclerosis.

Symptoms can be unpredictable making patterns difficult to identify, but doing so can improve wellness.

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