In the near future, the introduction of autonomous cars will transform the typical commute. What if we could leverage the time spent in autonomous vehicles by capturing health snapshots through vital signs and other health indicators? According to a 2014 Withings study, 82% of Americans believe tracking vital signs outside of the doctor's office is important, however most Americans are not actively monitoring their health. So, we asked: how can autonomous vehicles alert and inform people of changes in their health status?

**MONITOR**

From our research, we found that nine out of 14 participants tracked their health, while only four visited their doctor for an annual checkup. Current health monitoring devices today solely focus on the user's weight and fitness goals. Maia, however, has the technology to track vital signs and other health indicators that can identify when a change could be a symptom of a more serious condition.

**Mental Well-Being**

- Fatigue
- Eye Tracking
- Facial Recognition
- Stress
- Facial Recognition
- Heart Rate
- Respiratory Rate

**Cardiovascular Fitness**

- Resting Heart Rate
  - RGB Camera
- Respiratory Rate
  - RGB Camera

**Body Measurements**

- Posture
  - Infrared Camera
  - Infrared Projector
- Body Temperature
  - Infrared Camera
- Weight
  - Scale in car seat

**ALERT**

Users have the ability to be notified when there is a change in their health. They can control and customize the alerts they receive. Our user interviews revealed that privacy is a concern to most users, so Maia alerts can be hidden when another passenger is detected in the car.

**INFORM**

User testing revealed that most adults don't know how to interpret health monitoring results. We implemented an intuitive color-coded graph to allow for easy understanding. Upon visiting the detail page, users can also take steps to contact their physician or change settings within Maia to encourage health and fitness.

**ADVISE**

Unlike most health trackers, Maia does more than inform. She provides ways in which users can improve their health and fitness levels from within the car. Users can enable features such as, Park and Walk, Healthy Eating Options, and take advantage of stress relief exercises.