Professional wearables

Activinsights

Lifestyle measurement and insight for better health and performance

Activinsights deliver patient lifestyle insight to healthcare professionals using validated wearables.

The global challenges of heart and respiratory diseases, obesity, diabetes and ageing populations are pushing all countries to develop new models of healthcare provision. Lifestyle has a predominant impact across all these areas and is critical to any preventative healthcare strategy.

We work directly with researchers and practitioners, managing and analysing complex behavioural data to improve health and performance.

GENEActiv™

The original wrist-worn, raw data accelerometer for research

Professional wearables have a beneficial role in a wide range of applications from behaviour change to sports science.

We have deployed devices in numerous research studies, interventions and large international cohorts with over 10,000 subjects.

Lifestyle measurement is fundamental in understanding the intricacies of people's daily lives and how behaviours impact health.

Our professional wearables are fully waterproof, robust, well accepted by patients and achieve excellent wear compliance. They provide objective behavioural monitoring solutions for healthcare professionals, academic institutions, professional sports clubs, sleep centres and researchers all over the world.

Deploying devices

Activinsights Band

GENEActiv measures movement, light and temperature as unfiltered raw data and is uniquely suited for research and algorithm development.
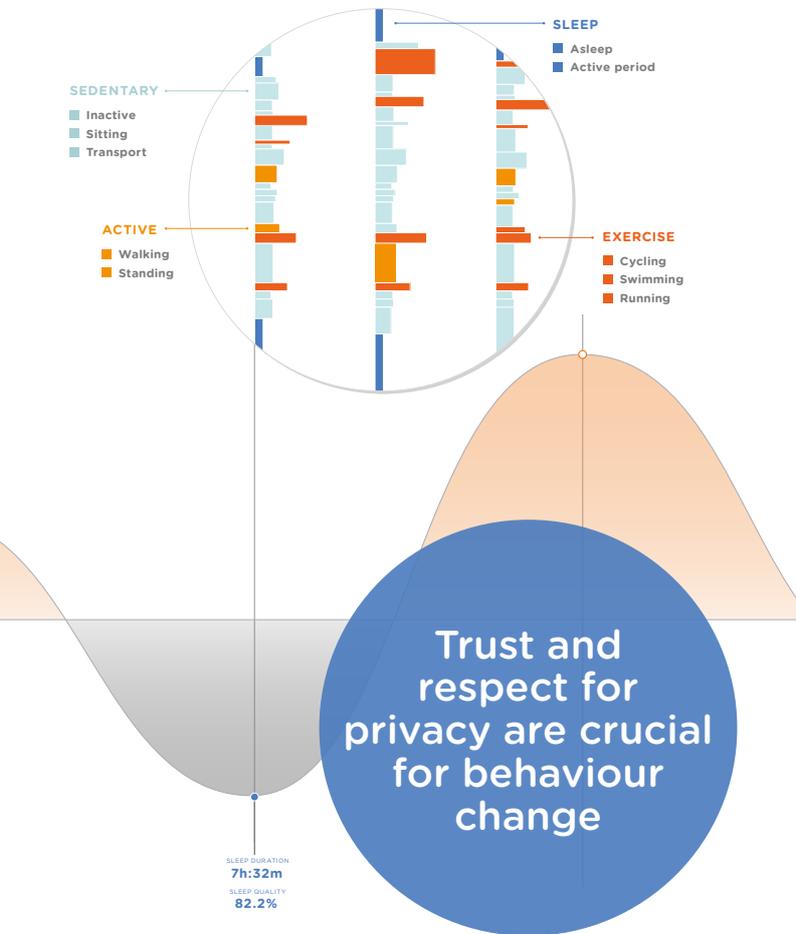
It has the capability to detect any motion-based outcome or symptom, for example, general activity, tremor or posture. It will record for up to a month, depending on selected measurement frequency, and is managed via a dedicated USB cradle.

The Activinsights Band is designed as a convenient lifestyle analysis tool and for longer-term interventions. It has wireless communications and runs for up to a year with no charging. The device embodies techniques based on established research to determine a wide range of everyday behaviours.

A low risk, cost effective diagnostic and management intervention tool

SLEEP
- Asleep
- Active period

SEDENTARY
- Inactive
- Sitting
- Transport

ACTIVE
- Walking
- Standing

EXERCISE
- Cycling
- Swimming
- Running

Trust and respect for privacy are crucial for behaviour change

SLEEP DURATION
7h:32m
SLEEP QUALITY
82.2%

Managing data

We use transparent, open data protocols in all our products and services.

The raw data output in SI units of GENEActiv gives complete flexibility and choice over data analysis. This is essential for data set compatibility and future-proofing of longitudinal studies. We support the research community with open analysis tools and SDKs.

The Activinsights Band uses the Coelition global standard to give confidence and security to both patients and practitioners. The system is based on behavioural event coding for interoperability with any measurement system or connected device.

Coelition

Lifestyle insight is central to the provision of personalised medicine

ESTIMATE CALORIE EXPENDITURE
933

STEPS TODAY
12655

Number of sessions of moderate activity lasting 30 minutes or more

34

📅 Previous month   ⊙ Target
27   **30+**

0   10   20   30   40

Number of sessions of vigorous activity lasting 10 minutes or more in period (1 week)

3

📅 Previous month   ⊙ Target
1   **3+**

0   1   2   3   4

Manage, Educate & Motivate

Delivering insight

Activinsights provide the tools to measure patient behaviours accurately in a wide range of applications.

Our in-depth knowledge of lifestyle analysis enables us to deliver reports and visualisations to healthcare professionals. This new layer of insight supports the management of conditions such as obesity, diabetes, COPD, cardiac rehabilitation and sleep disorders.

Scientifically validated, professional wearables deliver greater insight into sedentary behaviours and physical activity. These are important elements in driving behaviour change and ultimately having a positive impact on global health. Objective measurement will help to empower healthcare professionals to educate patients and improve health – delivering a preventative healthcare strategy for the future.

Since 2008, Activinsights have used lifestyle insight from wearables and connected devices to support healthcare services in over 50 countries around the world. Our technologies and data analysis approaches are supported by over 100 peer-reviewed scientific papers. Activinsights manufacture in England and is a privately held company based in Cambridgeshire, UK.