



## THE USE OF A CELLPHONE APPLICATION TO MONITOR “ME-BYO”

### JAPAN

*Kanagawa Prefecture, including 33 municipalities*

#### What data are collected

Kanagawa Prefecture has proposed “ME-BYO”<sup>61</sup> to develop its innovative policy towards self-care and optimizing health for a future era when people live to be 100 years old. ME-BYO is a concept that considers people’s physical and mental conditions on a dynamic continuum, rather than a sharp line between health and sickness. Based on this concept, the prefecture launched the “ME-BYO Index” in March 2020. It quantifies the current state of “ME-BYO” in four areas: lifestyle choices, cognitive capacities, daily living functions, and mental health, including stress.

Individual monitoring and management of “ME-BYO” is done through a free smartphone app “My ME-BYO Record” that includes voice recognition. The app allows people to calculate their own ME-BYO Index and monitor their scores through 15 items such as sex, age, height, weight, blood pressure, Mini-Cognitive assessment, Locomo Five checklist, gait speed and mental status, the latter based on an analysis of the person’s voice. The approach aligns with the five domains of intrinsic capacity.

#### How data are used

The index aims to provide timely and relevant information directly to adults in order to catalyze change and enable people to better manage and promote ME-BYO, including the early detection and self-management of declines in intrinsic capacity. Evaluation can be done by individuals without additional assistance as the app provides advice based on the ME-BYO index results through an algorithm that is aligned with the tools of WHO’s Integrated Care for Older People (ICOPE).



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#### What is planned

Kanagawa will also utilize ME-BYO Index to develop related business products or services to optimize physical and mental health, and overall well-being. The prefecture plans to add a forecasting function to show possible future health scenarios given different lifestyle and behaviour patterns. As a real-time monitoring system, the ME-BYO Index will support evaluation of impact at the individual and community levels.