Biohacker

Overview

In the evolving landscape of healthcare and wellness, the need for personalized approaches to understanding individual health is growing. With increasing access to digital tools and health data, individuals are becoming more involved in exploring their own health and testing hypotheses regarding lifestyle interventions, treatments, or environmental impacts. Recognizing this trend, we embarked on the development of an innovative platform designed to empower users to set up and participate in personalized health trials.

Problem Statement

- Despite the growing availability of health monitoring tools and wearable devices, individuals lack a comprehensive platform to personalize health investigations, analyze data effectively, and share findings within a community.
- Current tools do not allow users to easily design non-clinical health trials, statistically analyze the impact of interventions over time, or collaborate with others to build collective knowledge.

Solution

- This innovative platform allows to setup non-clinical trials with the help of new set of tools to gather health data and investigate health using statistical correlation charts and test for difference between time.
- User can set up personalized trials to investigate the hypotheses, share the trials and participate in others to improve the common knowledge about individual's health and interventions.

Core Features

★ **User Mobile Application**

- Individual users that can set up own studies or join others
- Statistics module to perform explorations by comparing variables (health parameters) to create co-relation, box plot and own graphs.
- Wearable device integration (Fitbit, Oura rings) to import data in order to perform the trials activities.

★ **Admin portal:**

- User management to view the list of users and trials
- Manage trial related category, goals, health variables and interventions dynamically.
- Through studies module view Studies/results of individual users.

Challenges

- Encouraging users to consistently participate in trials and log accurate data.
- Ensuring seamless integration with Google Fit and Oura ring wearable devices.
- Protecting sensitive health information while enabling data sharing for collaborative insights.

Solution

- Developed a user-friendly interface with guided non-clinical trial setup and visualization tools to ensure ease of use.
- Integrated APIs for popular wearable devices and apps, ensuring seamless data collection.
- Designed a secure architecture with encryption for data storage and transmission.

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Screenshots