

## Introducing the Enhanced BodyMedia® SenseWear® System

The SenseWear System is an affordable way to collect and analyze continuous and accurate physiological and lifestyle data – anytime... anywhere. The system is comprised of 3 components: the SenseWear Armband, the optional SenseWear Display and the SenseWear Software. Our hardware and software are highly accurate, easy-to-use, and cost efficient alternatives for continuously monitoring energy expenditure, sleep, and other physiological data for basic and applied medical research.

Regular exercise and physical activity continue to be a key factor in preventing serious medical conditions like obesity, cardiovascular disease, diabetes, and other chronic illnesses. The SenseWear Armband bridges the gap between a clinician's recommendations and the ability of the patient to understand, self-monitor, and ultimately adhere to their doctor's treatment. Easy-to-use and comfortable to wear, the SenseWear Armband provides an objective measure, allowing you to get a clearer, more accurate view of your patient's life and behavioral patterns.

With the SenseWear Armband, you now have a window into the lifestyles of your patients. Monitor your patients' activity and help set personalized short and long term goals to increase their physical activity and activity goals.



**1 Assess** – Patients wear the Armband, allowing you to accurately and confidently assess their lifestyle patterns and sleep efficiency. What areas are they excelling and faltering in? Are they getting enough sleep or taking enough steps?

**2 Interact** – Upload data, view results, and create reports to share face-to-face with your patients. Set realistic goals for each individual. Not everyone likes the gym, so encourage others to walk to the dog an extra mile or take the stairs instead of the elevator. Analyze data with the SenseWear Software to view detailed minute-by-minute values and then export to Excel or .csv for further statistical analysis for research purposes.

**3 Set Goals** – Work with patients to set short term and long term goals. The optional, real-time Display offers immediate feedback to patients on when they have reached their daily goals. Monitor your patients' physical activity levels, sleep, and steps to see if they follow your recommendations. Check progress – the better patients feel, the more active they become.

## The Hardware

### SenseWear Armband

- Smaller, thinner, and more comfortable to wear
- Can be worn 23 hours of the day
- Memory capacity: about 28 days under steady use
- Battery power: about 5-7 days under steady use
- Allows for specific events to be time stamped and annotated
- Collects physiological data at a rate of 32 times/second from the following sensors:
  - Heat Flux
  - Galvanic Skin response (GSR)
  - 3-axis accelerometer
  - Skin temperature

### SenseWear Display (optional)

- Provides immediate, up-to-the-minute data on steps taken, amount of moderate and vigorous activity, calories burned, and time
- Allows for patients to monitor their progress throughout the day and indicates in real time when goals have been met
- Helps motivate patients towards activity goals allowing them to have a clearer picture of their lifestyles

## The Software

### SenseWear Software

- PC based software application
- Easily upload, annotate, analyze and share data recorded from the SenseWear Armband
- Print or view reports in pdf
- Review user event markers via the Time Stamp feature

### SenseWear Professional Software advanced features:

- Graph the raw data for specified time periods
- Export data in XLS or CSV format
- Customize the collection rate of each sensor channel
- Specify 2-4 activity levels and set their thresholds (sedentary, moderate, vigorous, very vigorous)

## Clinically Validated

Used by clinical and research groups, the SenseWear System is scientifically validated and featured in over a hundred of peer reviewed papers. An extensive bibliography is available online at [www.senswear.com](http://www.senswear.com).



#### Galvanic Skin Response

When you sweat, your skin becomes more electrically conductive. This measurement helps to see how active you are.



#### Skin Temperature

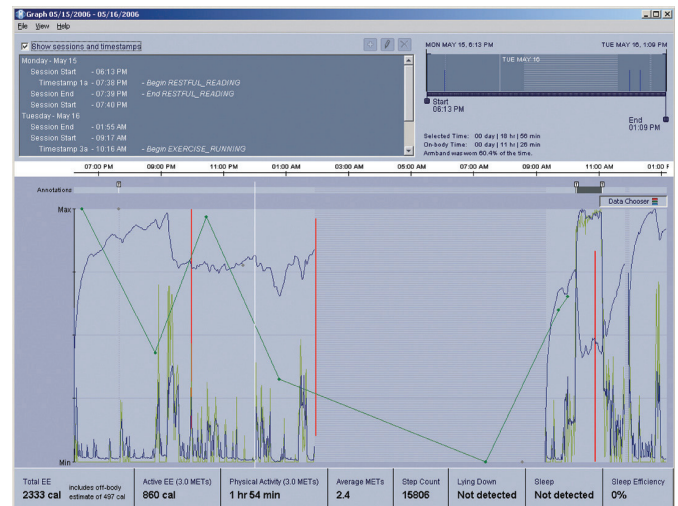
Measures the surface temperature of your body.

#### Heat Flux

Measures the rate at which heat is dissipating from your body.

#### 3-axis Accelerometer

Measures your motion and steps taken.



Advanced graph of data collected

