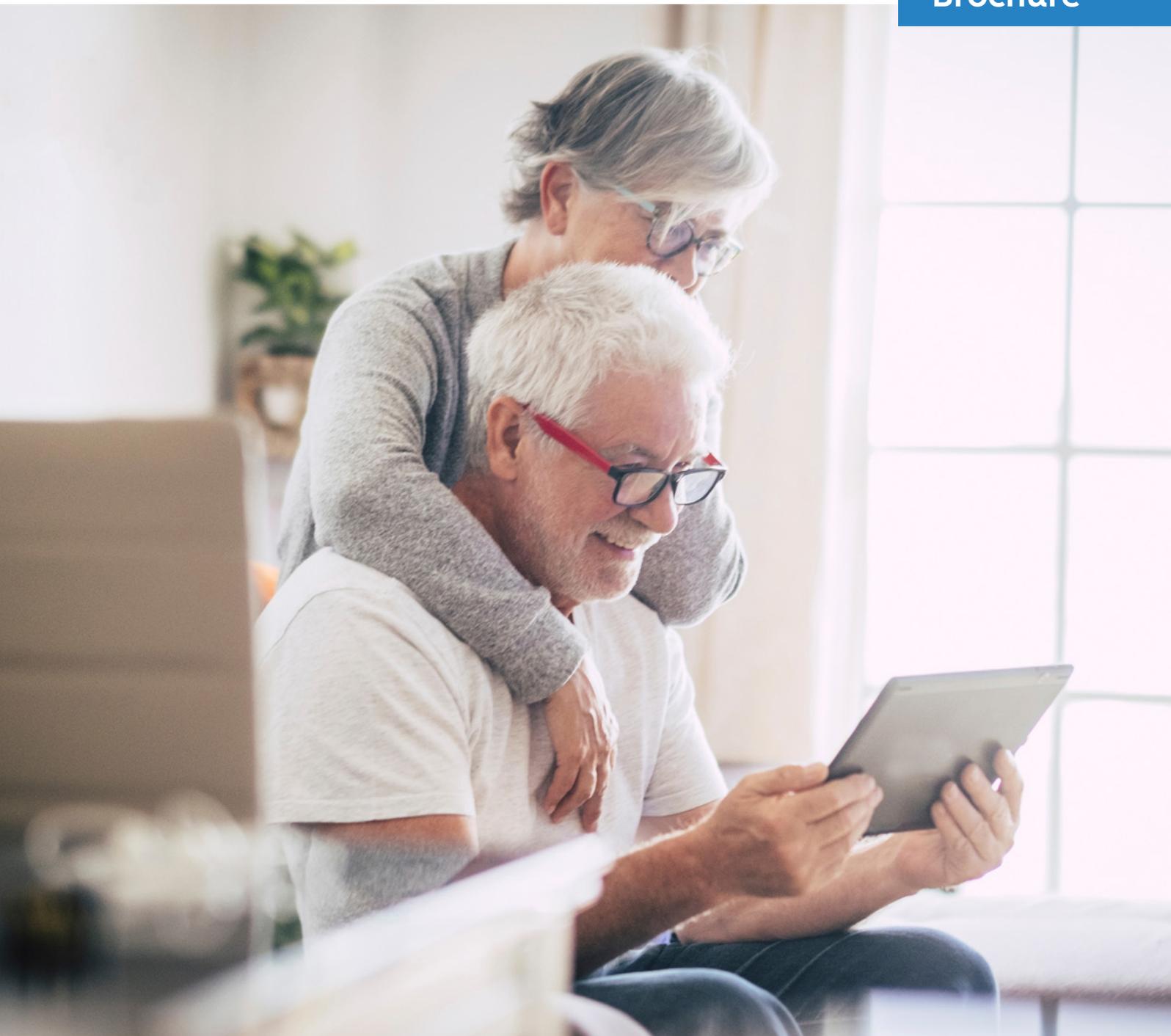


# SmartAL

Smart Assisted Living

Brochure



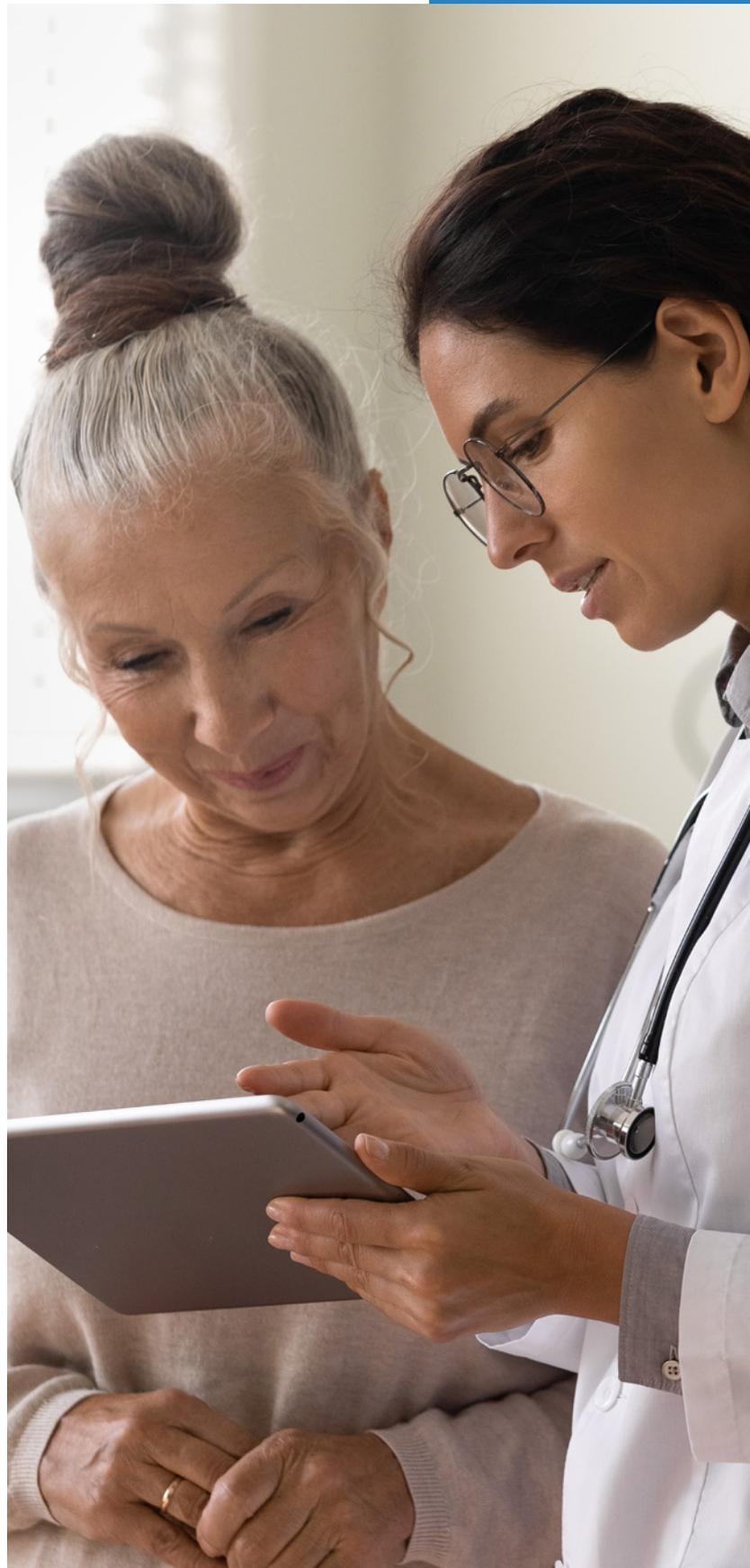
## ICT platform for Smart Assisted Living

**SmartAL is a technological ecosystem that simplifies daily life from both health and social perspectives.**

The SmartAL solution consists of various services supported by different technologies, designed to be user-friendly for everyone. The SmartAL architecture accommodates a wide range of commercial use-case scenarios, with multilingual and personalized user interfaces that can be customized to meet each client's specific needs.

At home, the TV solution enables end-users to access data monitored by health sensors and receive alerts and reminders. Similarly, a mobile application allows users to acquire and process data from the same health sensors, transmit it to a central server, and execute pre-assigned tasks. It also triggers alerts if the monitored values exceed pre-established limits.

A comprehensive web application is also available for multiple user profiles, including caregivers, providing real-time access to monitored data, configuration of data thresholds, daily tasks, alerts, and other health and social information. This solution enhances the end-user's independence, autonomy, and dignity, ensuring they feel safe both at home and outside. Additionally, ICT-friendly tools assist in managing daily life and preventing and controlling chronic diseases and other critical health conditions.



## SmartAL: taking care of your health

SmartAL was designed to be a flexible solution addressing various Assisted Living business cases. From seniors to children, this product supports individuals with care needs in their daily lives, as well as their families, professionals, and health and social care organizations.



# SMARTAL

SMART ASSISTED LIVING



### Social

**Continuous professional monitoring;**  
remotely, and in real time



### Clinical

**Anticipate risks in the users' health status;**  
allow for prompt corrective and  
preventive actions



### Human

**Keep end-users in their comfortable  
environment longer;** improve their  
autonomy, empowerment, mobility,  
and confidence



### Economic

**More efficient resource management;**  
allow a wider range of people to be  
monitored, free up hospital resources  
and reduce emergency episodes

# benefits

## SmartAL quality attributes



Flexible business models, ranging from self-monitoring to accommodating multiple caregivers



Platform and data supported on the Altice cloud provider



Multi-screen and multilingual device interfaces



Friendly and dynamically personalized graphical interfaces



Highly secure data transmission from the producer to the authorized consumer(s)



Daily tasks and agenda management for all ecosystem users (end-users and caregivers)



Automatic lifecycle management of all devices' software



Real-time healthcare data collection and visualization



Patients, seniors, those with chronic conditions, their families and friends



Healthcare providers and social institutions



Enterprises, small and mid-size businesses, and other healthcare professional services



Schools, universities, homebound students, and educational institutions

# who is it for

## Discover SmartAL



Teleconsultations,  
chat and file  
transfers



Daily activity  
management



Vital signals  
monitoring



Location and safe  
area monitoring



Video tutorials  
and PDFs



Health & social  
survey evaluation



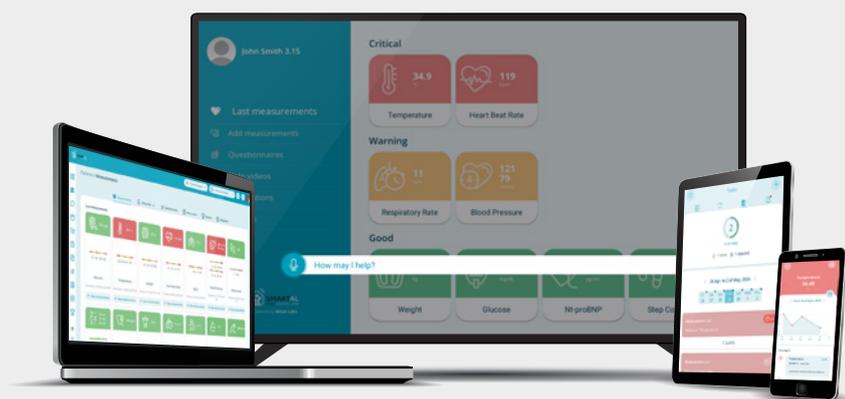
Key indicators  
and reports



Alerts, notifications  
and reminders



Personal data  
protection and  
informed consent



# main features

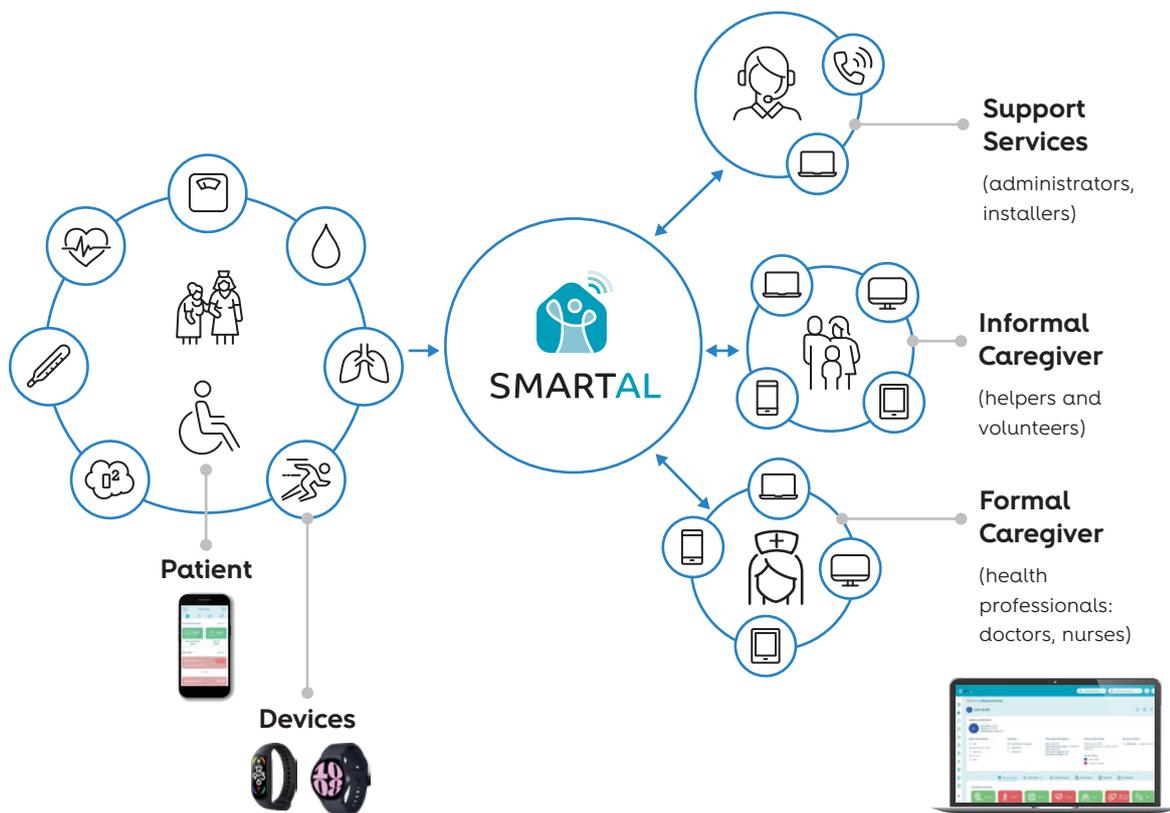
SmartAL empowers end-users to achieve a high level of independence, autonomy, and dignity, instilling a sense of safety both at home and beyond. To facilitate their daily activities, end-users have access to the **SmartAL Web Portal** and a user-friendly **Mobile App**, available on both Android and iOS platforms. Through this app, users can manually or automatically collect measurements from Bluetooth devices and wearables, transmitting them remotely to their caregivers. Furthermore, our **Android TV solution** offers similar functionality, along with a speech recognition interface, providing added convenience and accessibility within the home environment.

Caregivers can efficiently manage the end-users' daily routines by creating various tasks to remind patients of their responsibilities, such as measuring vital signs or taking medication. Additionally, they can create and assign different types of surveys (standard or new) to assess the overall well-being status of the end-users, as well as videos or PDF files to instruct or educate the end-users.

# SmartAL in healthcare

SmartAL is an integrated ICT solution for social and health support, encompassing vital signs telemonitoring such as temperature, pulse, blood pressure, respiratory rate and oxygen saturation. Using SmartAL, other useful data can be manually or automatically collected from: a) sensors, such as weight, glucose, ECG; b) surveys, such as pain, level of anxiety or consciousness or c) files, such as the level of cholesterol. All this information is easily accessible through various channels, including Android TV, smartphones, or web browsers. Caregivers and professionals accessing SmartAL via PC or tablet can utilize a front-office interface. The platform is equipped with multiple user profiles, enabling configuration at different levels and management of various activities. These activities include creating accounts and devices, setting up tasks, surveys, and tutorials, configuring and personalizing measurement thresholds, and choosing notification channels such as Push, SMS, and email. With these configurations in place, SmartAL efficiently manages the routines of each end-user, generating automatic reminders, alerts, and notifications for both end-users and caregivers.

## ecosystem





## Wearables

APIs Health Connect, Google Fit and Apple HealthKit

## Bluetooth devices

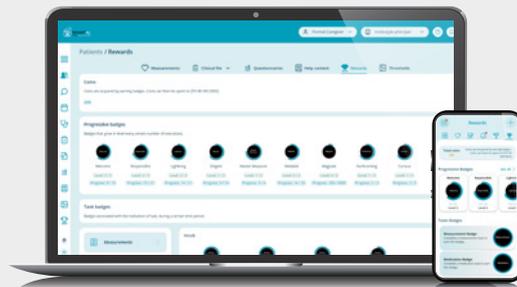
Oximeter, Tensiometer, Pedometer, Scale, Thermometer, Electrocardiograph, Glucometer



## Gamification

SmartAL offers the option of gamification based on the overall activity of the end-users. The concept of rewards, badges, and challenges is implemented in SmartAL to encourage patient involvement and engagement in their health management. Patients can earn rewards, badges or points for achieving specific health goals, consistently measuring vital signs, completing tasks, or adhering to treatment plans. Challenges can be set up to motivate patients to reach certain milestones or engage in healthy behaviors.

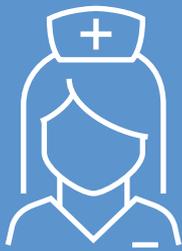
These gamification elements serve to make health management more interactive and enjoyable for patients, fostering a sense of accomplishment and motivation to continue their efforts towards better health outcomes. Additionally, rewards and challenges can be tailored to individual patient preferences and health goals, further personalizing the experience and increasing engagement.



## Application areas

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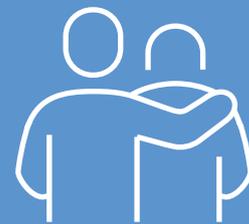
# use case



**Healthcare professionals and institutions**  
(e.g. hospitals, clinics)

- Improve communication with clients, fostering stronger relationships and service delivery;
- Rapid response to abnormal situations, facilitating health prevention rather than correction;
- Increased ability to involve more clients in their own healthcare management, leading to higher profits;
- Real-time secure access to medical records from anywhere, stored in an anonymous and encrypted database.

# Use case



- Enhance daily activity management to improve service quality;
- Management and reporting of healthcare and social services (e.g., home care support);
- Prevention of social isolation among customers and promotion of healthier lifestyles to enhance their quality of life;
- Expand support capabilities.

**Social Care facilities**  
(e.g. nursing homes)



## **Tele-education** (e.g. schools, universities)

- Enable homebound clients/students to access interactive educational content;
- Facilitate live interaction through video, audio, and chat features;
- Enable file transfer and sharing;
- Allow for session recording to track offline attendance.

# SmartAL operating in Portugal





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Learn more about  
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