What is Healthmov Score?

The Healthmov score© is the first in the market to encapsulate 6 separate scores measuring metrics of key dimensions of health and lifestyle in just one application. Our innovative 30s face scan using any phone and harnesses the power of data and AI. We capture 20 measures of health and track hundreds of key elements of lifestyle through voice, face recognition and empowerment tools.

Metric 1**: Health** measures heart rate, blood pressure -diastolic & systolic, cardiac workload, vascular capacity, diabetes, hypercholestoremia, heart attack, stroke and hypertension and cardiovascular risks.

Metric 2: **Mindfulness** measures a stress index, breathing rate, Heart Rate Variability.

Metric 3**: Appearance** measures body mass index (BMI), body shape index, waist to height ratio and facial skin age.

Metric 4: **Nutrition** measures macro and micro nutrients levels such as Kcal, Carbs, fat, proteins and others from your food logging results.

Metric 5: **Fitness** measures steps, Kilo calories (Kcal) burned and any fitness activities tracked by a connected wearable.

Metric 6: **Sleep** measures duration of sleep and REM, Deep and light sleep when tracked by a connected wearable.