Empowering Healthy Living: 
eHealth Collaboratory at Calit2

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Technology’s role in health care

Technology should **empower** health

The patient
The care provider
The community
Currently recruited 14 students to help develop content, animations, templates, and code for aging-related projects.
Things to do as we get older...
Rock and roll is good for you!
Live Long and Prosper: Play Video Games
Music stimulates neurological repair

Music promotes socialization
Music stimulates movement

Music benefit requires *participation*.

Musical instruments not suited to disabled or untrained people.
Textile-based sensors can be made any shape, any size, and incorporated into almost any tangible form. In clothing, on furniture, in stuffed animals, etc. These are converted into music using embedded computers.
Students playing music together, using traditional and tech-enabled musical instruments
Video games are good for you!

Brain Tune-Up from Game Play

Shooting zombies and repelling aliens can lead to greater cognitive benefits.

Games for Better

Action video games in which players can lead to greater cognitive benefits.
Benefits to interactive computer games

- Games are fun and diversionary
- Games promote movement
- Games can provide mental challenges
- Games can be very social
- Games can stimulate emotions
- Games are quantitative
- Games provide short-term and long-term goals
- Games can go at each person’s pace
- Games can adapt to individual needs
Games must be designed properly to be healthy

Two biggest mistakes:
1. Focusing on building an “awesome game.”
2. Attempting to duplicate an existing healthy activity.

Best practices
1. Focusing on accomplishing the health goals!!!
2. Look for non-obvious ways to accomplish user activity.
3. Build in something to invest in (story, social benefit, etc.).
4. Build in lots of short-term goals and rewards.
See you in the “not too distant future”!
Contact Information

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