

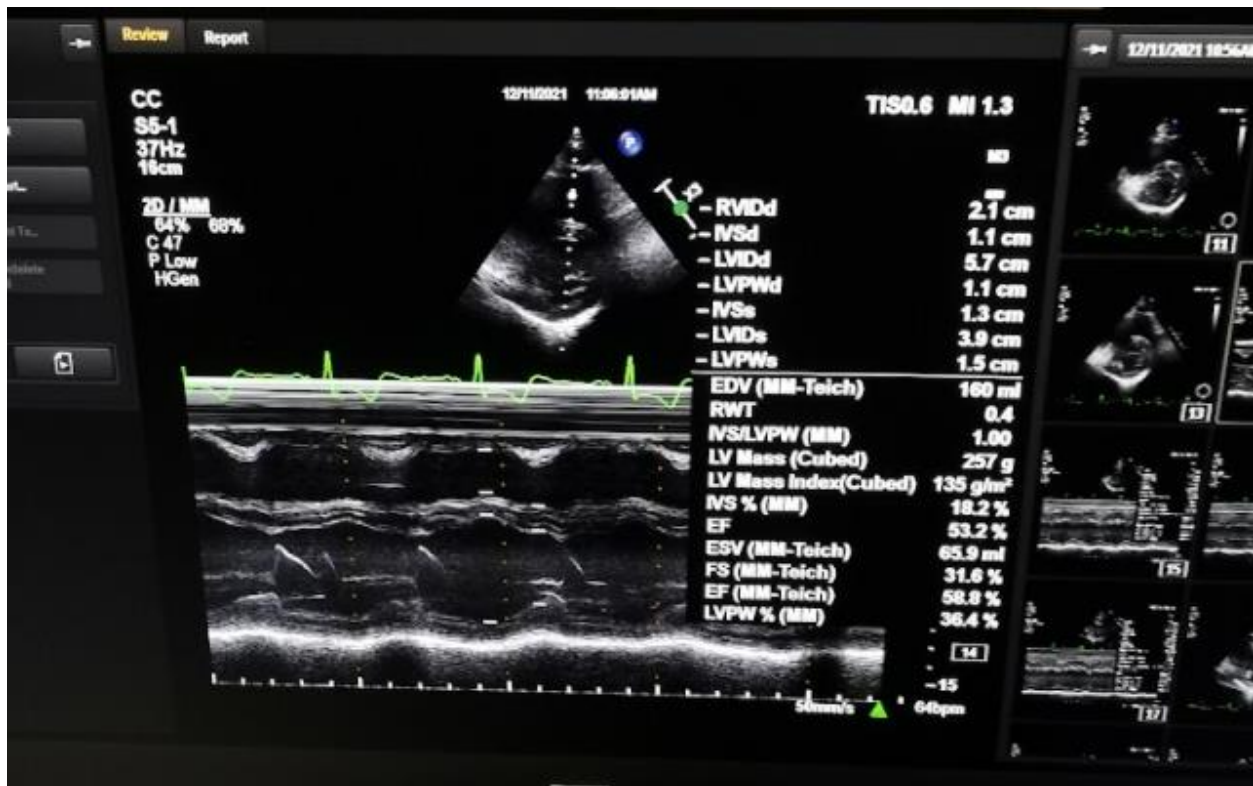


- MATION WELLNESS PLATFORM

MATION Wellness Brings Data-Driven Wellness to Your Health

FOUNDER STORY

The picture below is the actual echocardiogram result of the founder of MATION after he has stage 4 of heart failure(cardiomyopathy). His heart ejection fraction or EF is only at 15%. (Normal reading should be between 55~75%)



MATION Wellness Platform uses your personal data gathered from devices to coach you regarding your well-being through incorporating continuous health monitoring.

“It was always difficult to really grab the sense of vitality by any individual” recalls Michael. “There is a lot going on in the society and governments organisations promoting healthy lifestyles, from full-on fitness programs to fruit on tables, but we really want and need to see a data-driven approach”. As this approach is wake-up call for many individuals as they realign and take action to move forward with their wellness.

Pioneering Data-driven Personal Wellness Inspired by M▲TION

Despite a well-established career, Michael decided to take a hand on approach to technology and using it to design and develop solutions that focus on data-driven for personal continuous health monitoring, innovation and change within society and organizations. During his personal journey, he was hit with cardiomyopathy (a general term for **diseases of the heart muscle, where the walls of the heart chambers have become stretched, thickened or stiff**. This affects the heart's ability to pump blood around the body., a heart muscle) and that has made him even more determined to introduce objectivity into the subjective nature of data driven approach to continuous health monitoring that has assisted and prompted him to seek early consultation and admission into the hospital. Like any health issues, early detection is always key to damage control and the road to recovery as well.

“During my recovery journey, I learned that there is totally no system in place to continuously monitor any individuals especially after their discharged from hospital regardless of what the condition or illness. In short, the respective individuals are “out” of the healthcare ecosystem

until you have your first appointment. This can be two or more months away. Despite my condition is very serious, my first appointment is more than two months away and several doctors informed me that I could die anytime. In preparation for my first appointment, they sent me for my blood tests and the echocardiogram two weeks prior to it. As such, besides, these two sets of data the doctor spend another 10~15 minutes of consultation. There is no recovery support system driven by technology and data that assist the patient on their recovery journey. In addition, a platform to connect new patients with existing patients who would like to share their experience and assist them in the recovery journey as well.

In MATION's wellness ecosystem approach, a personal range of the individual is created from the data collected and thereafter, it is a continuous process of fine-tuning that assist and watch over the individual health status. This information can also be accessed by the healthcare professional with the permission from individuals. This data driven approach provides a much needed insight of the individuals and not just the visual signs and symptoms when they consult the healthcare professionals. In short, the overall wellness of the individuals is taking into consideration and helping individuals to be healthy and energetic and raising the level of the care provided without additional stress to the healthcare professionals.

"I see us as a pioneer with this approach," emphasizes Michael. "Everything we do is new. We don't have existing data of any individual except mine that tells us with certainty that if we do this, then we will achieve that. Many companies talk about how to approach individual well-being, but the data-driven coaching is per individual, and that makes it an iterative process." I am fortunate to have collated such data of more than 12 months before I was affected by myocardopathy

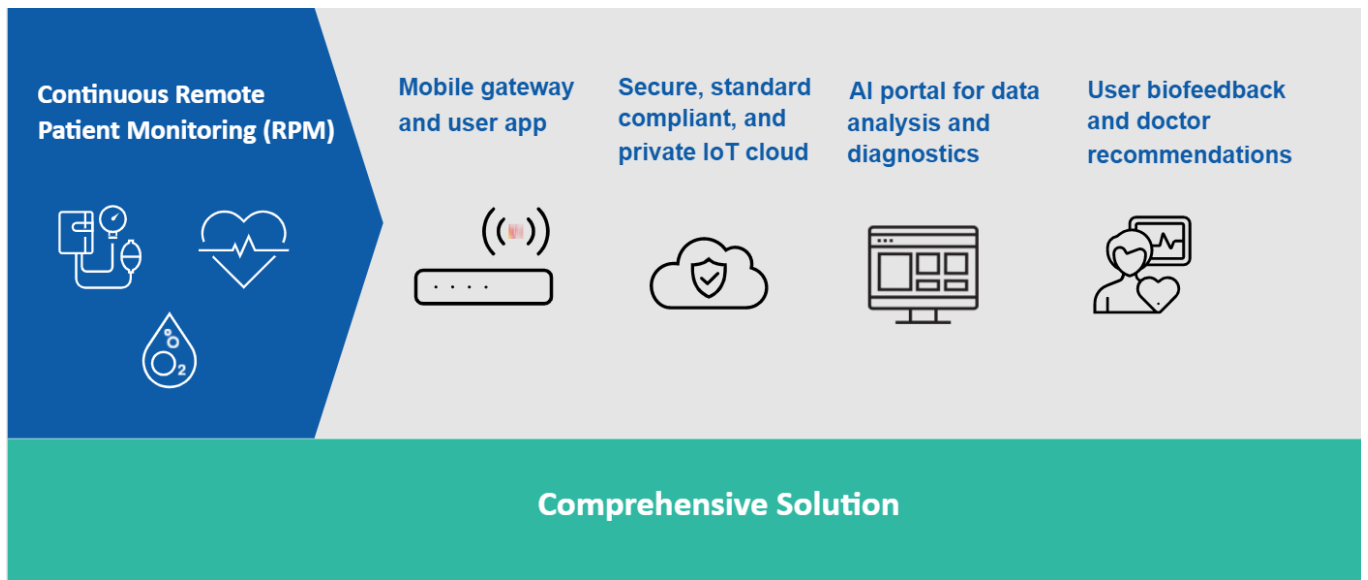
Long-Term Change Begins with Awareness

"Our goal is to help individuals go from unconscious wellness incompetence to wellness competence," explains Michael. "Living a

healthy lifestyle should be easy through data driven healthy decisions that are informed (competence) and automatic (unconscious).”

It can be difficult to give lifestyle the attention it needs. Many know they need to change their lifestyle, but facing that with facts might be hard. “People are aware that they often have too much stress,” says Michael. “How to deal with it and properly recover is the hard part. “ Finding those moments for recovery on a daily basis is one of the key areas we work on with individual. Having been through the whole recovery process of a serious illness definitely gives Michael the right tool and knowledge to develop and provide this solution to assist others and hopefully prevent others from falling ill as well.

“MATION wellness measurements offer a tremendous amount of insights, but for most, they don’t know what the data means. That’s the most important part of my work so far, helping people understand what data is telling them.”



MATION Wellness Platform recently kicked off a year-long program covering a group of 10 people. The first three months focuses on gaining awareness of daily life choices, using monthly 3-day measurement periods (at minimum).

“It is hard for people to change their behavior without seeing the impact of changes they make,” notes Michael. “With MATION Wellness Platform, they get that needed feedback, even on small adjustments in daily activities. Weekends, for example, are typically quite busy times for people. Even though they are not working, weekends are often stressful, and MATION Wellness shows them that. It’s a real eye-opener for many to see the impact of weekends on their body engine.”



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Precise Data for Individual Impact

MATION Wellness Platform emphasizes the need for customization. “Every individual has a different personal range in terms of their personal data, like blood pressure, Heart Rate Variability, Resting Heart Rate, Breathing rate, etc.” adds Michael. “We always start by collecting data using MATION Wellness platform. Then we use that data to plan together with the respective individual regarding their personal management wellness and other initiatives.”

“It can be something as simple as encouraging individuals taking a proper lunch break. The majority of individuals I work with don’t. They either don’t break at all, or continue to work while they eat.”

Sometimes the changes involve lifestyle, like eating, drinking, resting, sleeping, and exercising. “I advise individuals to listen to their body through the use of data especially during exercise to avoid overstraining thus affecting their recovery process and when done on a prolong basis can lead to potential health issues as well.”

Working with small, yet significant changes is common, but coaching can also be life changing. “I recently completed an assessment with an patient who has suffered a similar condition to mine and strangely, his heart Ejection Fraction is at 15 % as well. His situation started earlier than mine and for more than a year there was no sign of recovery and the doctor keep reminding him that there is no recovery in sight and they are just prolonging his life. However, after he contacted me through the discussion with a Traditional Chinese Medicine practitioner. Within a month after guiding him regarding what need to be done and continuous monitoring, he has started to manage tasks that were previously almost impossible including something simple like sleeping. This is because of the water retention in his lungs due to his heart condition and he feel like drowning when he tried to sleep.”

We are making the necessary preparation in obtaining the appropriate FDA and CE compliance for our platform as well.

Are you interested in incorporating MATION WELLNESS into your health? Join us as we seek to empower ourselves to include ourselves within the healthcare ecosystem that existed to take care of us but did not treat us as one. The runaway healthcare costs as declared in the annual budget of all governments year on year also mean that it is time for change. The current status cannot sustain and the younger generation will face the brunt of this problem.