

# Creation of "humane service" industries

## Development of information technology for personal life care

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## Summary :

While our modern society is flooded with general information on health care such as healthy diets and exercises, we have not yet established a technology for providing individual health care information (both physical and mental), by which one can know his/her health conditions on daily-basis and what is necessary to keep him/herself in good health. In this research, we study on early detections of health troubles of individuals who have not become ill yet and identifying the best practices for each to maintain his/her health conditions, where we use Nagano Prefecture as an innovation model. Finally, this personal health monitoring service will expand not only our average lifetime but also our healthy life expectancy that will result in realizing "Pinpin-korori (living in good health just before you die)" Society in Nagano Pref.

<http://www.shinshu-u.ac.jp/faculty/engineering/cafi/news/>

