

BROWNBAG LUNCHTIME TALK

LvL UP; A Holistic mHealth Lifestyle Intervention

DATE AND TIME30 May 2024,
1 - 2 pm**DR JACQUELINE MAIR**Senior Scientist,
Future Health Technologies Programme,
Singapore-ETH Centre**VENUE**Think Tank 22
Building 2, Level 3 (2.311)

SYNOPSIS - Non-communicable diseases (NCDs) such as cardiovascular disease, diabetes, cancer, and depression are the leading causes of death and disability worldwide. Smartphone-delivered interventions may offer effective, low-cost, and scalable solutions to prevent these conditions. In this talk, Dr Jacqueline Mair will present LvL UP; a holistic lifestyle coaching intervention developed by her team at the Singapore-ETH Centre to help people eat well, stress less and move more. LvL UP combines an automated conversational agent to deliver motivational interviewing-inspired health literacy content, a suite of behavioural tools, habit forming lifehacks, gamification, and just-in-time adaptive interventions, to support behaviour change and disease prevention.

**DR JACQUELINE MAIR**Senior Scientist,
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DR JACQUELINE MAIR is a Senior Scientist in mobile health interventions with the Future Health Technologies Programme at the Singapore-ETH Centre and Core Director for Behavioural Health and Disease Prevention at the Centre for Digital Health Interventions at ETH Zurich, Switzerland. She has over 10 years of experience in designing, optimising, and evaluating scalable digital health interventions that use sensor data and AI to help people lead a healthy lifestyle and prevent chronic diseases. She has a PhD in Exercise Science from University College Dublin and is a previous scholar of the prestigious mHealth Training Institute at UCLA.



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