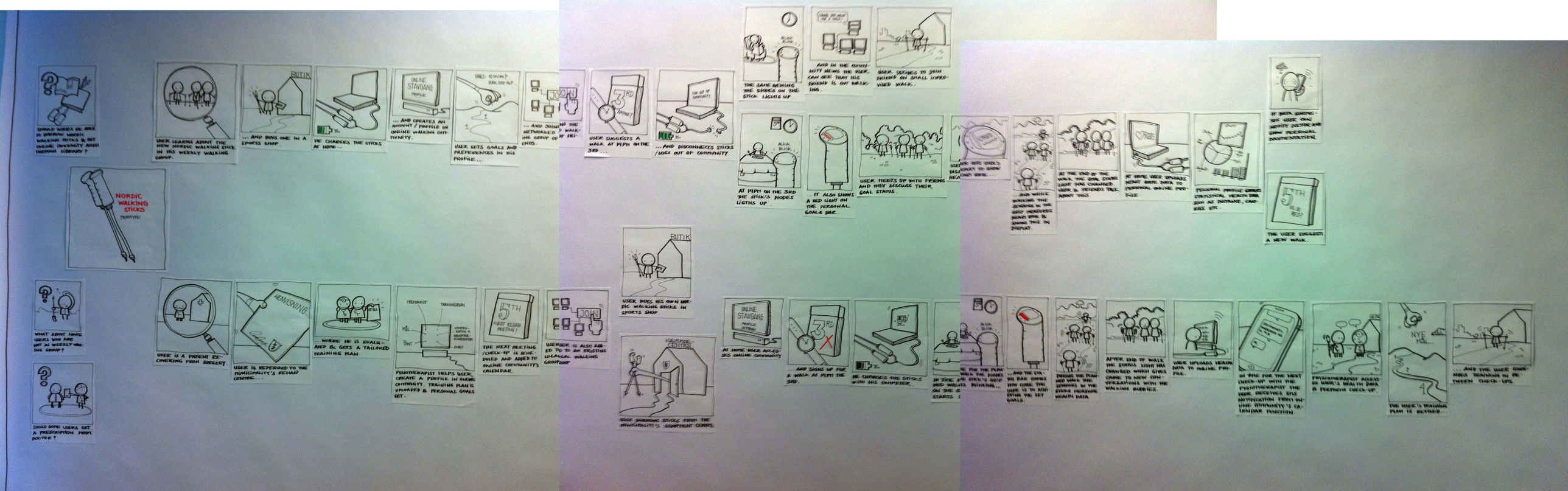
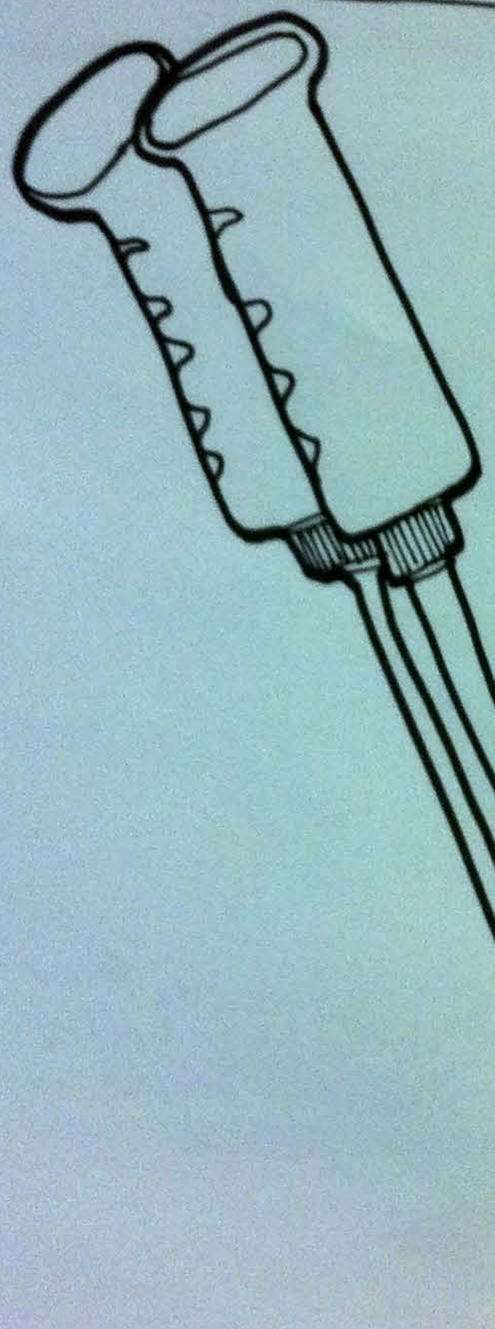

SHOULD USERS BE ABLE TO BORROW NORDIC WALKING STICKS & GET ONLINE OPPORTUNITY WHEN THROUGH LIBRARY ?
NORDIC WALKING STICKS
PROFILE
USER LEARNS ABOUT THE NEW NORDIC WALKING STICK IN HIS WEEKLY WALKING GROUP.
BUTIK
... AND BUYS ONE IN A SPORTS SHOP.
HE CHARGES THE STICKS AT HOME...
ONLINE STAVGANG
PROFILE
... AND CREATES AN ACCOUNT / PROFILE IN ONLINE WALKING COMMUNITY.
USER SETS GOALS AND PREFERENCES IN HIS PROFILE...
JOIN
... AND JOINS NETWORKING GROUP OF USERS.
USER SUGGESTS A WALK AT MIPIM ON THE 3RD ...
... AND DISCONNECTS STICKS /LOGS OUT OF COMMUNITY
THE SAME MORNING THE DIODES ON THE STICK LIGHTS UP.
AND IN THE COMMUNITY NEWS THE USER CAN SEE THAT HIS FRIEND IS OUT WALKING.
USER DECIDES TO JOIN FRIEND ON SMALL HIRE-USED WALK.
AT MIPIM ON THE 3RD THE STICK'S DIODES LIGHTS UP...
IT ALSO SHOWS A RED LIGHT ON THE PERSONAL GOALS BAR.
USER MEETS UP WITH FRIENDS AND THEY DISCUSS THEIR GOAL STATUS.
AND WHILE WALKING THE SENSORS IN THE STICK MEASURES HEART RATE & SYNKS THIS IN PROFILE.
AT THE END OF THE WALK THE GOAL STATUS HAS CHANGED USER & FRIENDS TALK ABOUT THIS
AT HOME USER UPLOADS HEART RATE DATA TO PERSONAL ONLINE PROFILE
PERSONAL PROFILE SHOWS STATISTICAL HEALTH DATA SUCH AS DISTANCE, CALORIES ECT.
IF DATA SHOWS SIGN USER CAN NOTIFY DOCTOR AND SHOW PERSONAL DOCUMENTATION.
5TH
THE USER SUGGESTS A NEW WALK.
WHAT ABOUT NNOR USERS WHO ARE NOT AN WEEKLY WALKING GROUP ?
SHOULD SOME USERS GET A PRESCRIPTION FROM DOCTOR ?
USER IS A PATIENT RECOVERING FROM SURGERY.
ÄNVISNING
USER IS REFERRED TO THE MUNICIPALITY'S REHAB CENTRE...
...WHERE HE IS EVALUATED & GETS A TAILORED TRAINING PLAN
FRESHSKOT
TRÄNINGSPASS
PSYSIOTHERAPIST HELPS USER CREATE A PROFILE IN ONLINE COMMUNITY. TRAINING PLAN IS UPLOADED & PERSONAL GOALS SET.
5TH
THE NEXT MEETING /CHECK-UP IS SCHEDULED AND ADDED TO ONLINE COMMUNITY'S CALENDAR.
JOIN
USER IS ALSO ADDED TO AN EXISTING LOCAL WALKING GROUP
BUTIK
USER BUYS HIS OWN NORDIC WALKING STICKS IN SPORTS SHOP
HÄLSOFRÄMJANDE CENTRUM
USER BORROWS STICKS FROM THE MUNICIPALITY'S SOMETHING SERVICE.
ONLINE STAVGANG
PROFILE SETTINGS
AS MORE USER ACCESSES ONLINE COMMUNITY
... AND SIGNS UP FOR A WALK AT MIPIM THE 3RD.
HE CHARGES THE STICKS WITH HIS CHARGESTEER.
IN TIME FOR THE PLAN WALK THE PHONE & STICK'S HRM PAIRING...
... AND THE EXTRA BAR SHOWS HOW CLOSE THE USER IS TO ACHIEVING THE SET GOALS.
DURING THE PLAN AND WALK THE SENSORS IN THE STICKS MEASURE HEALTH DATA
AFTER END OF WALK THE STICKS LIGHT HAS CHANGED WHICH GIVES CAUSE TO NEW CONVERSATIONS WITH THE WALKING BUDDIES.
USER UPLOADS HEARTH DATA TO ONLINE PROFILE.
IN TIME FOR THE NEXT CHECK-UP WITH THE PSYSIOTHERAPIST THE USER RECEIVES SITE NOTIFICATION FROM ONLINE COMMUNITY'S CALENDAR FUNCTION
PSYSIOTHERAPIST ACCESS HE USER'S HEALTH DATA AS A PATIENT CHECK-UP.
NYE MÅL
THE USER'S TRAINING PLAN IS REVISED...
... AND THE USER CONTINUES TRAINING IN BETWEEN CHECK-UPS.

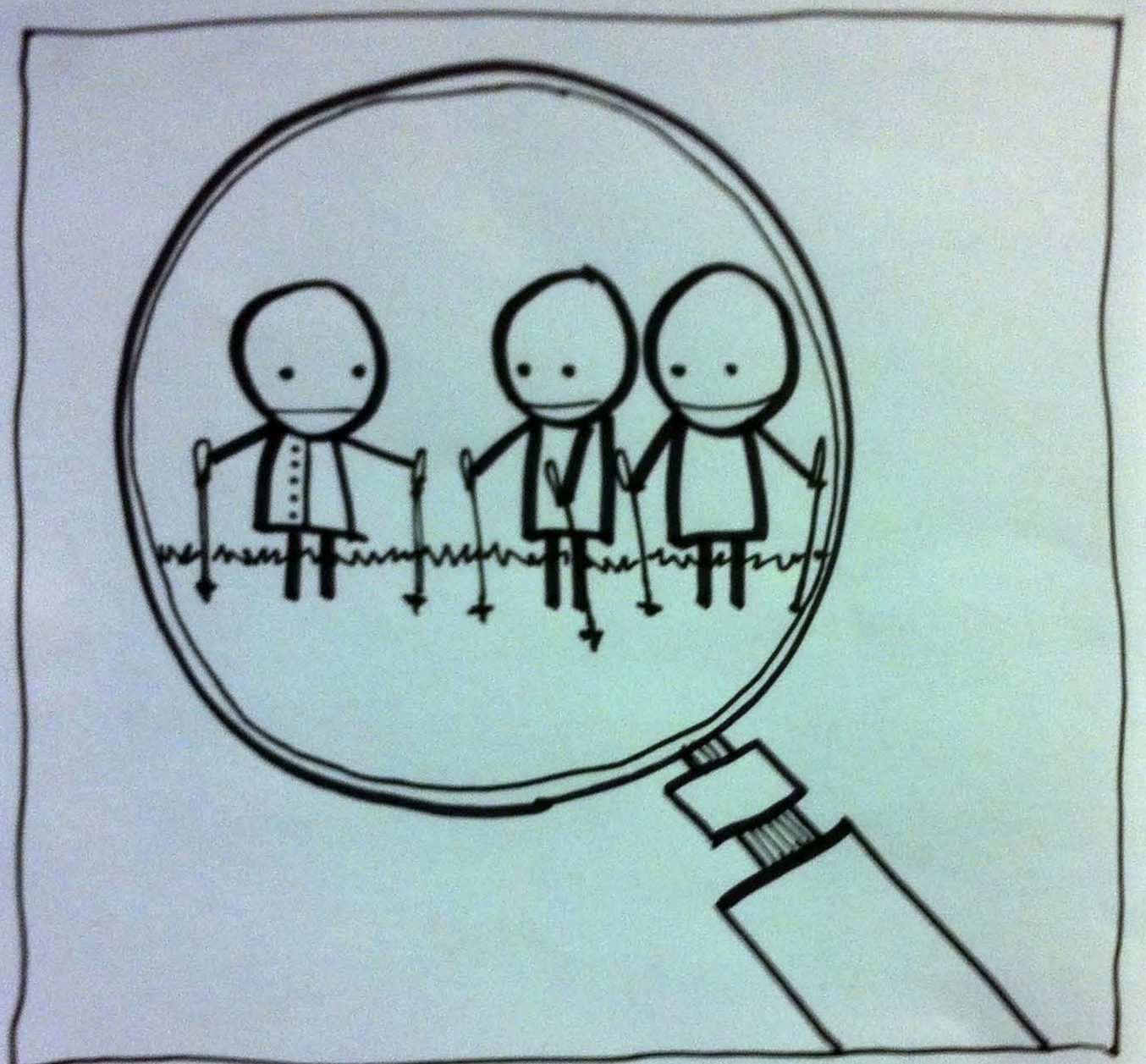
ONLINE COMMUNITY ACCESS
THROUGH LIBRARY?

NEW NORDIC WALKING
IN HIS WEEKLY WALK
GROUP.



NORDIC
WALKING
STICKS

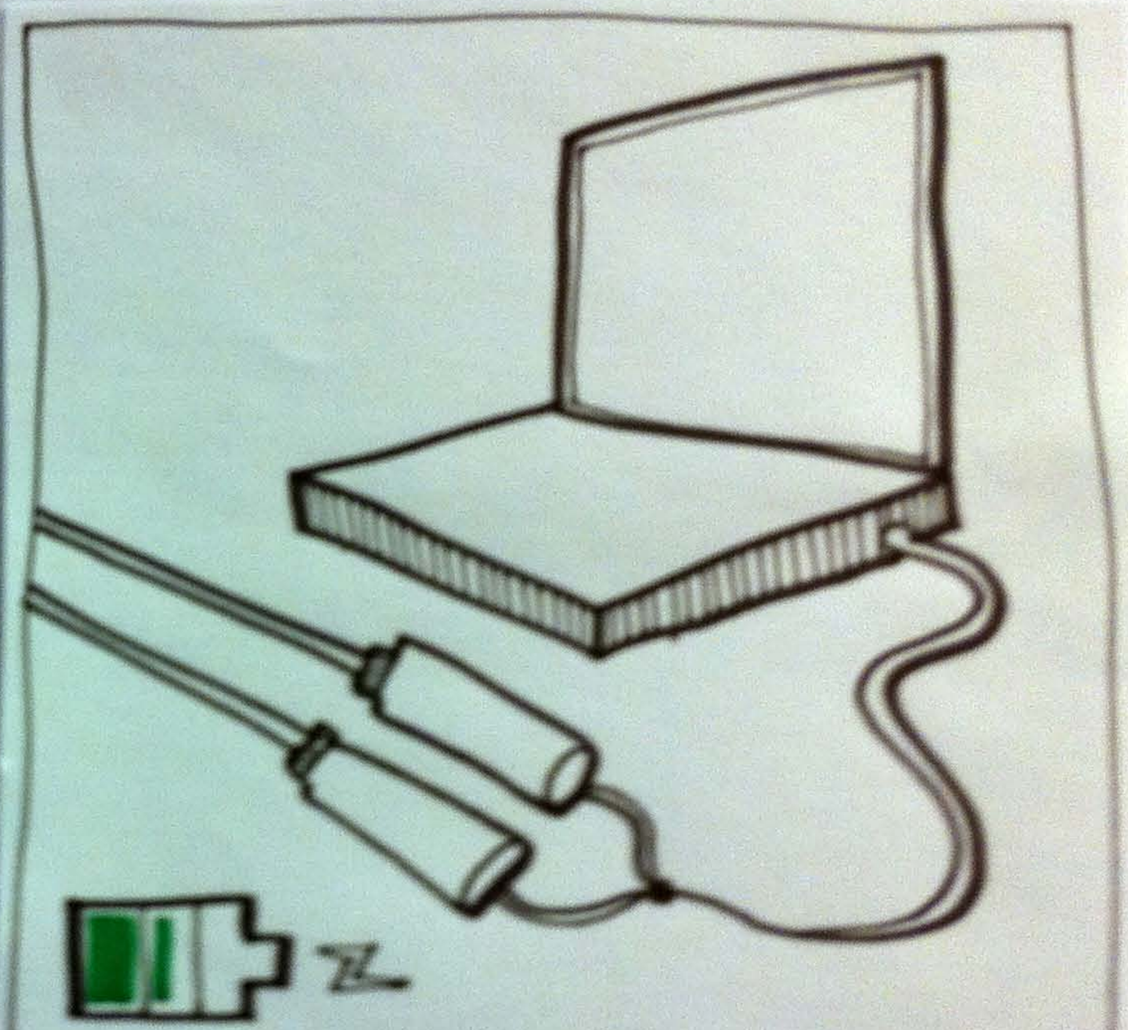
PROTOTYPE



USER LEARNS ABOUT THE NEW NORDIC WALKING STICK IN HIS WEEKLY WALKING GROUP.

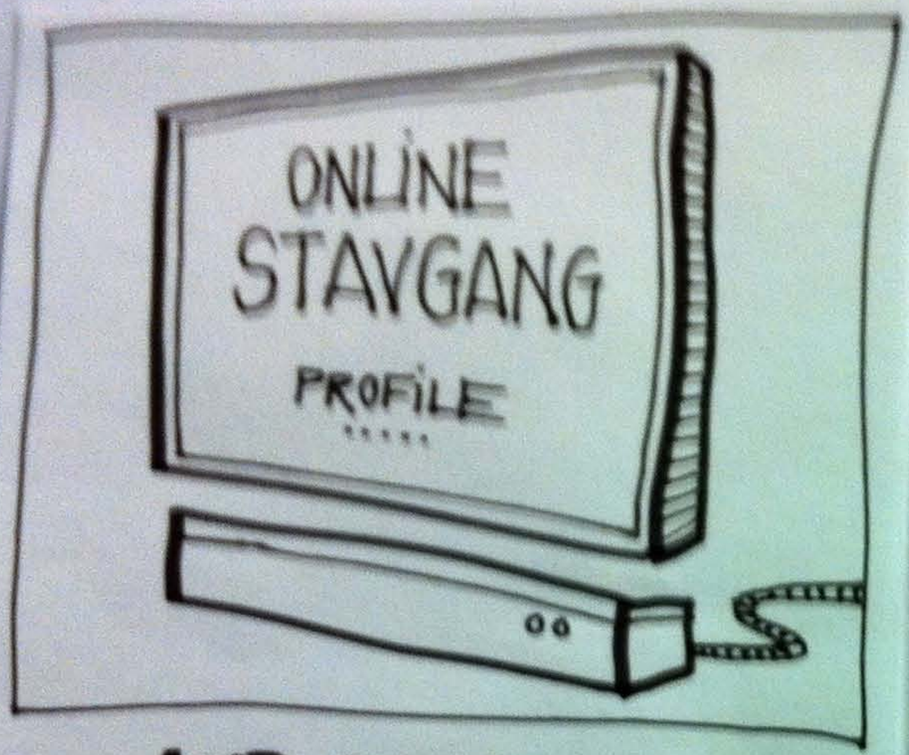
... AND BUYS O
SPORTS SHOP.

... AND BUYS ONE IN A SPORTS SHOP.



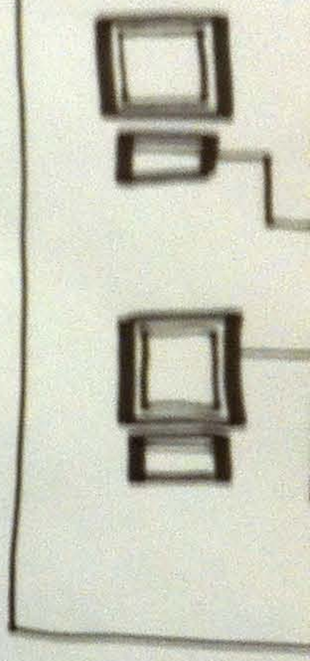
HE CHARGES THE STICKS AT HOME...

ICKS



... AND CREATES AN ACCOUNT / PROFILE IN ONLINE WALKING COMMUNITY.

USER SETS GOALS AND PREFERENCES IN HIS PROFILE...



... AND
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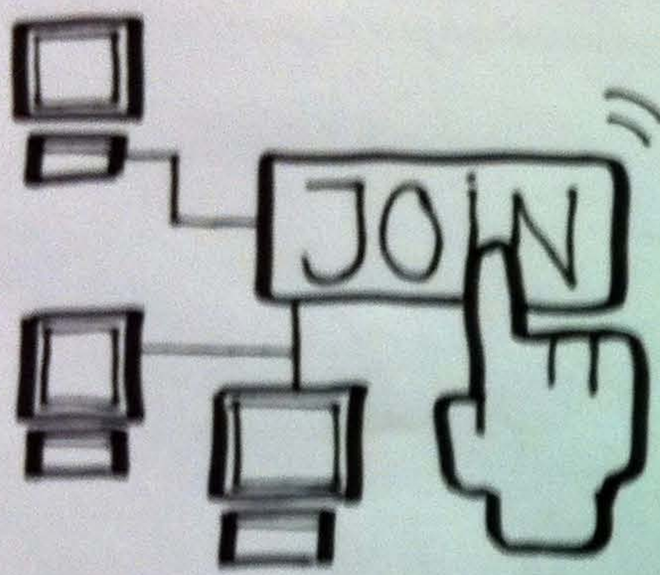
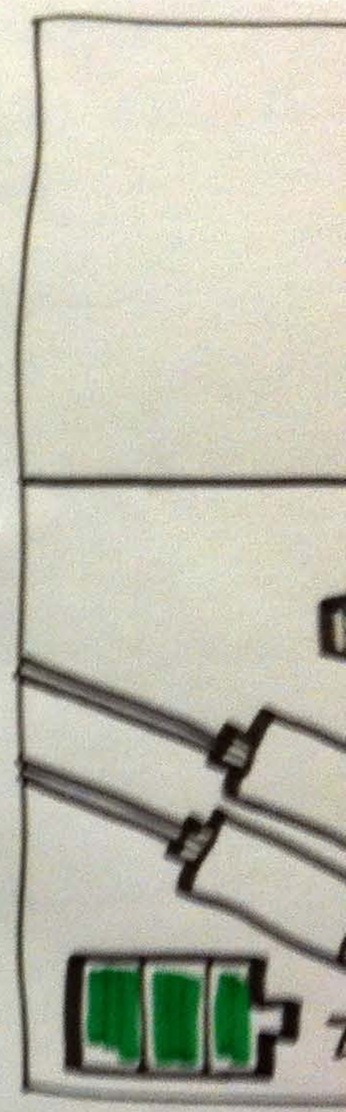
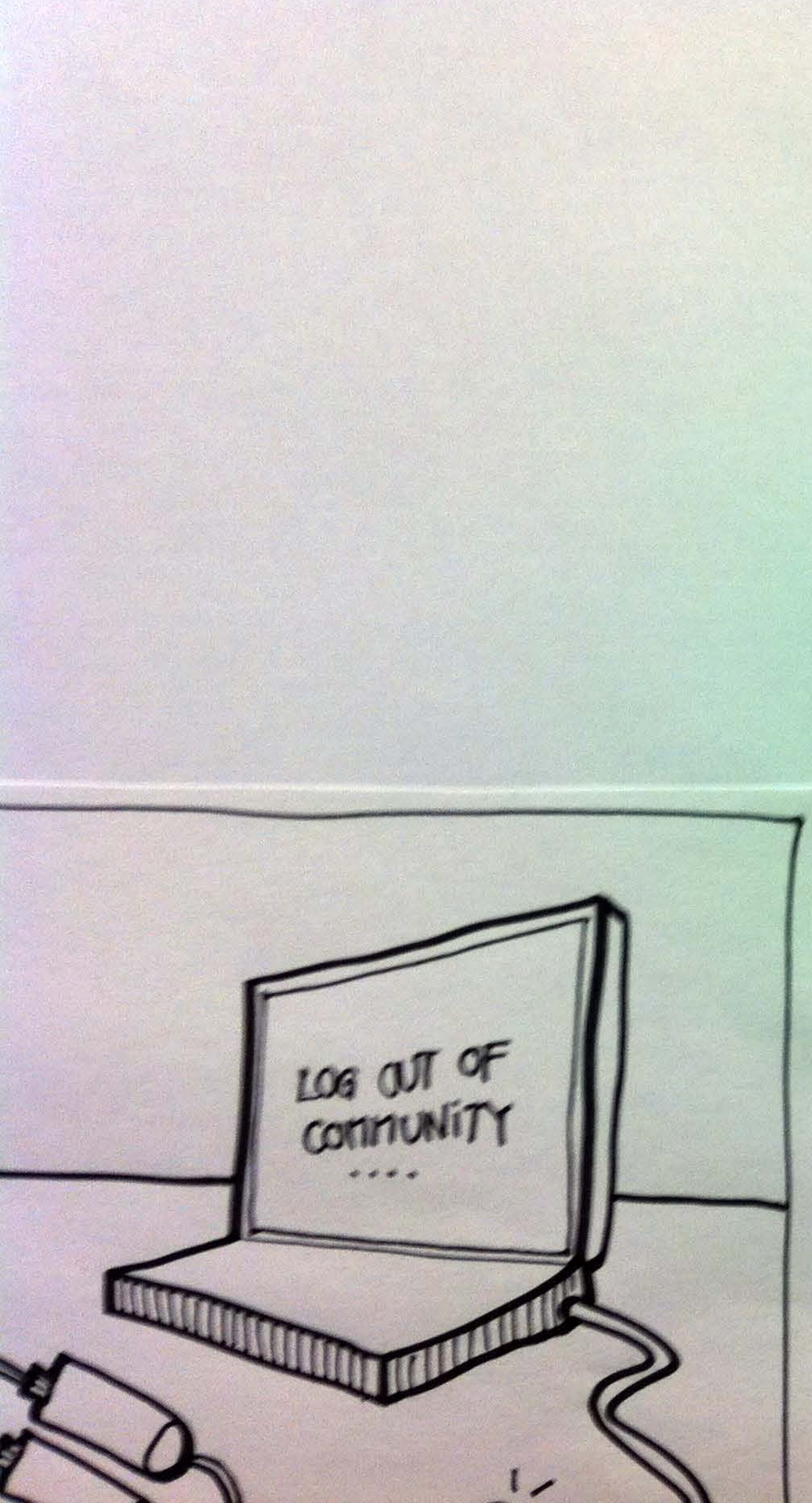


... AND JOINS THE NETWORKED WALK-ING GROUP OF FRI-ENDS.

USER SUGGESTS A WALK AT 14PH ON THE 3RD ...

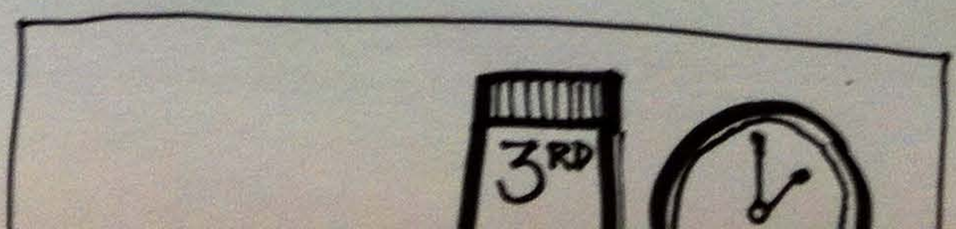


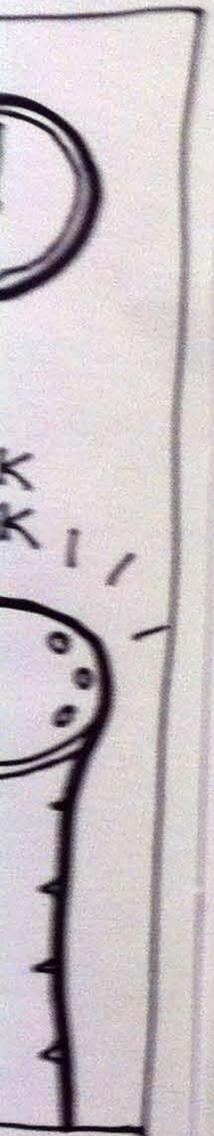
... AND
/LOGS

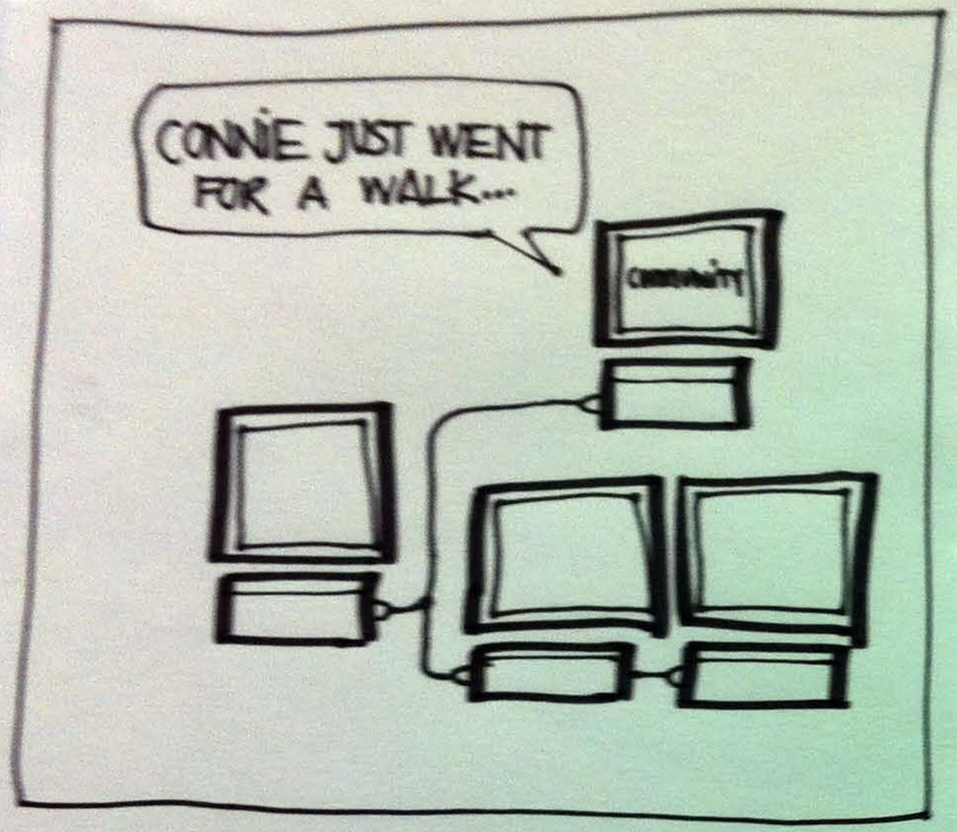


THE SAME EVENING THE DIODES ON THE STICK LIGHTS UP...

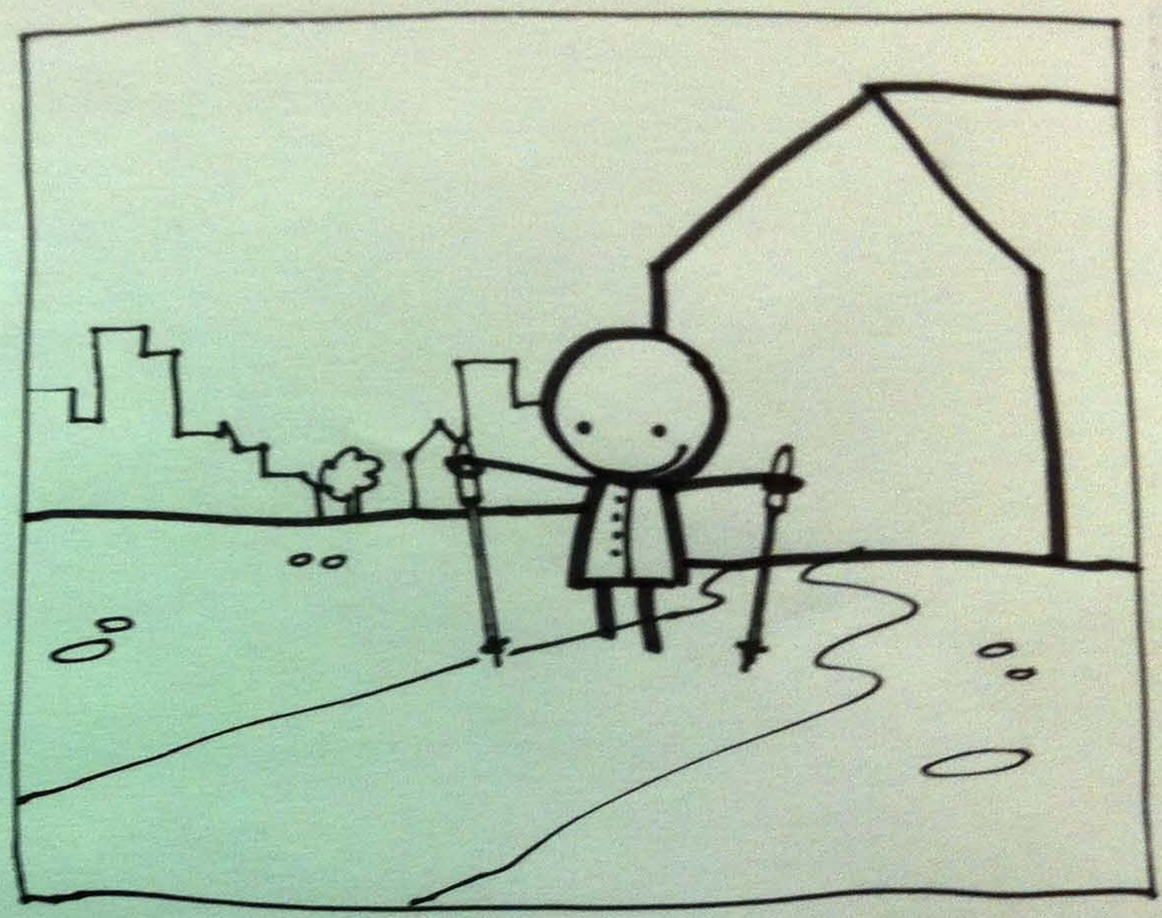
... AND IN
NITY NEWS
CAN SEE TH
FRIEND IS
ING.







... AND IN THE COMMUNITY NEWS THE USER CAN SEE THAT HIS FRIEND IS OUT WALKING.



USER DECIDES TO JOIN FRIEND ON SMALL IMPROVISED WALK.

LOG OUT OF COMMUNITY ....

..AND DISCONNECTS STICKS
'LOGS OUT OF COMMUNITY.

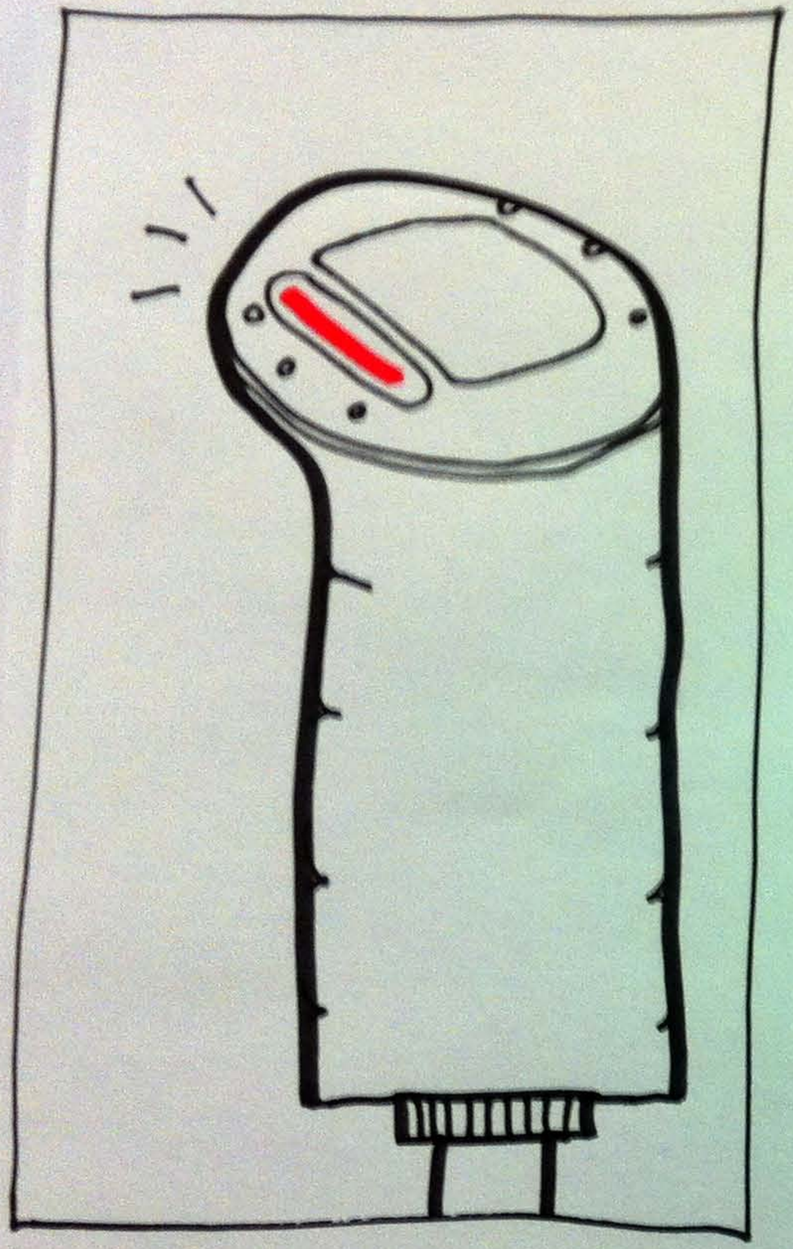
STICK LIGHTS UP...

3RD

BLINK BLINK

AT 4PM ON THE 3RD THE STICK'S DIODES LIGHTS UP...

... IT
A RED
THE
GOALS



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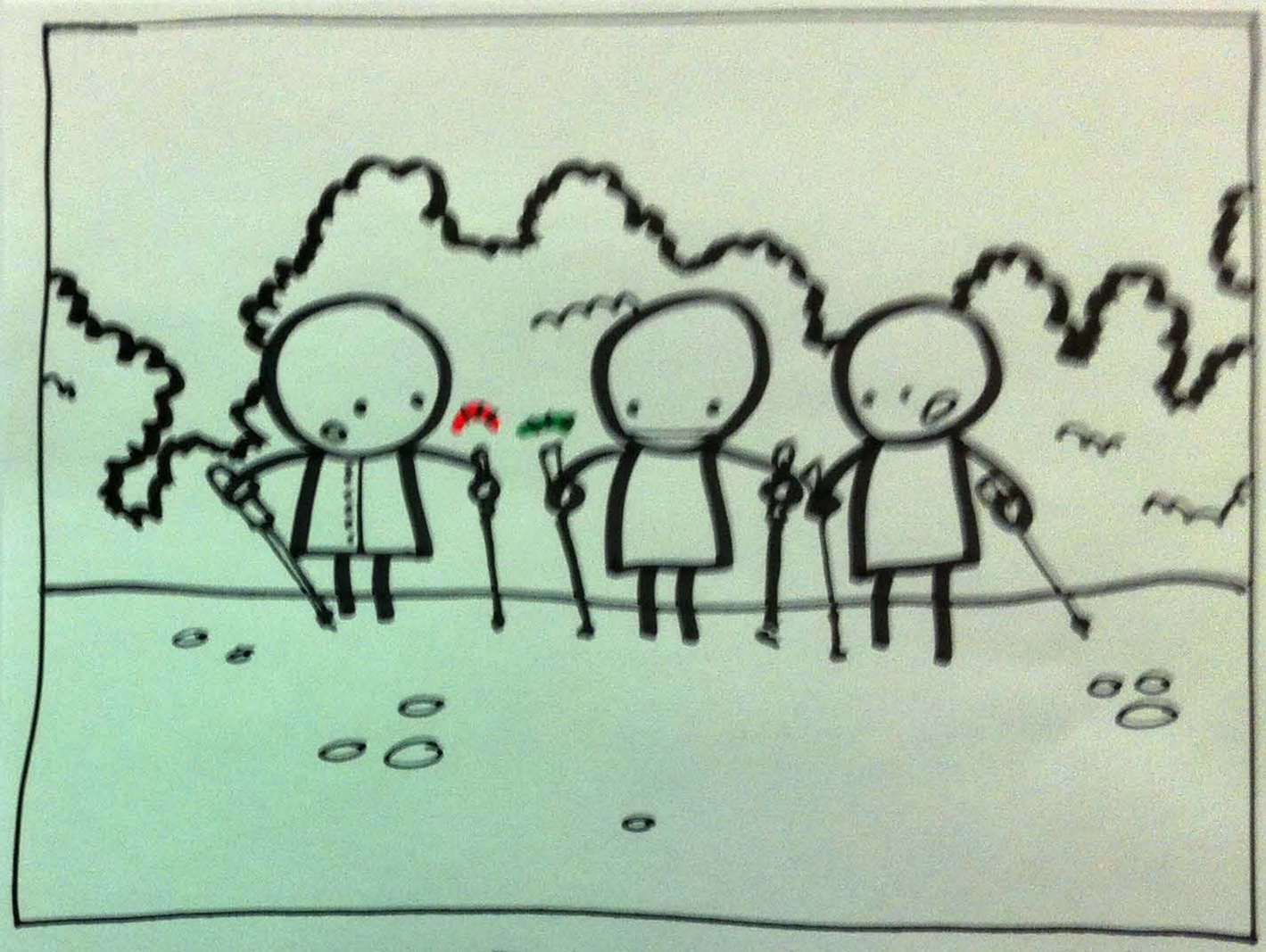
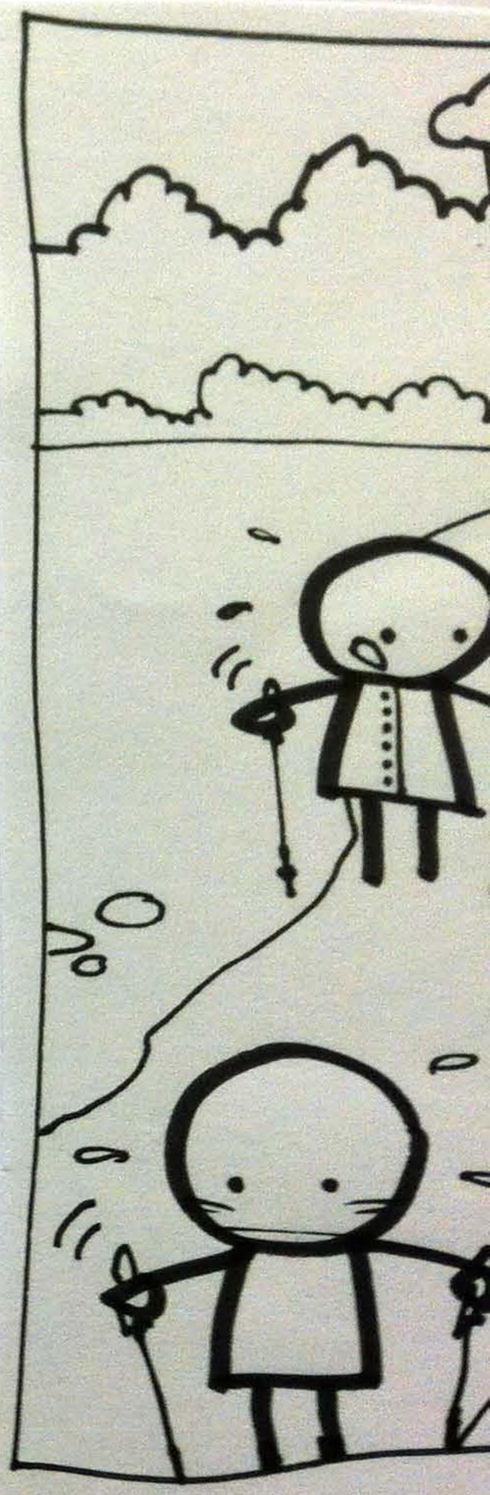


USER MEETS UP WITH FRIENDS AND THEY DISCUSS THEIR GOAL STATUS.

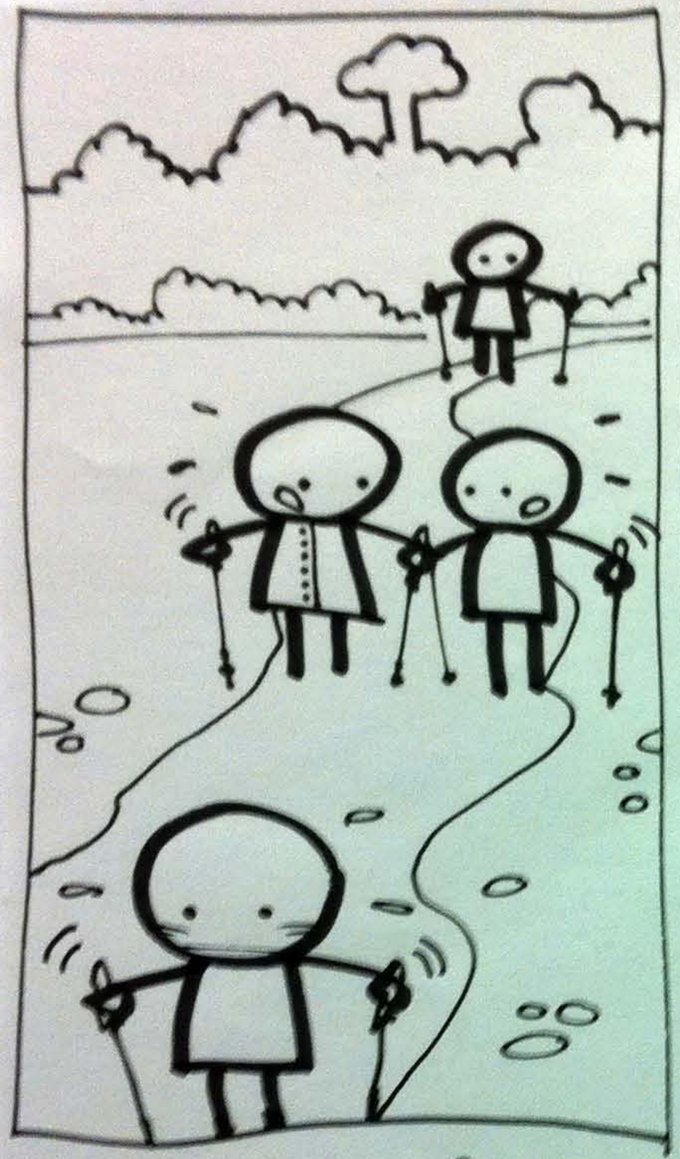
...P WITH FRIENDS
...USS THEIR

USER SETS STICK'S DISPLAY TO SHOW HEART RATE...



...AND WH
WALKING

STICK'S SHOW E...



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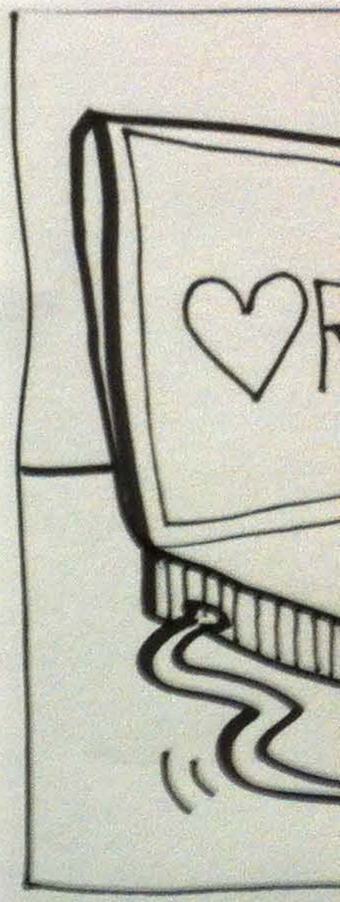
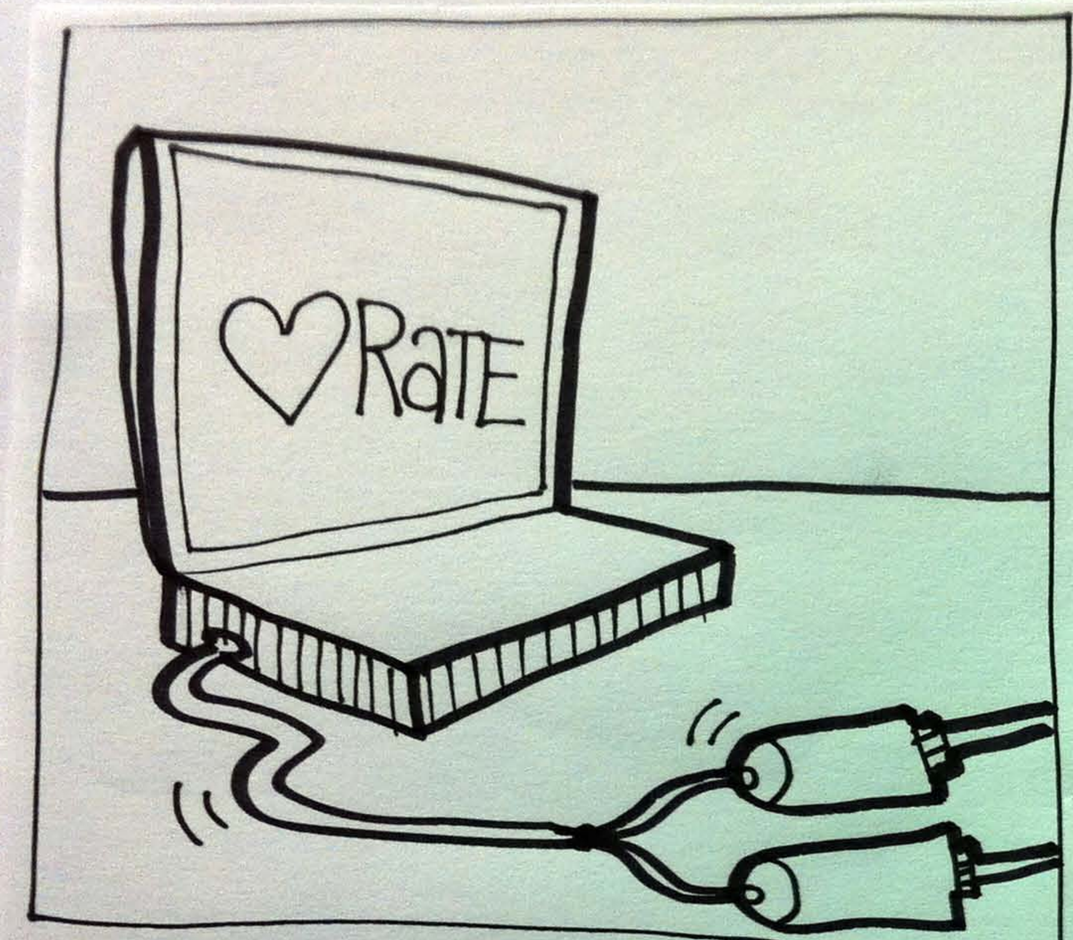
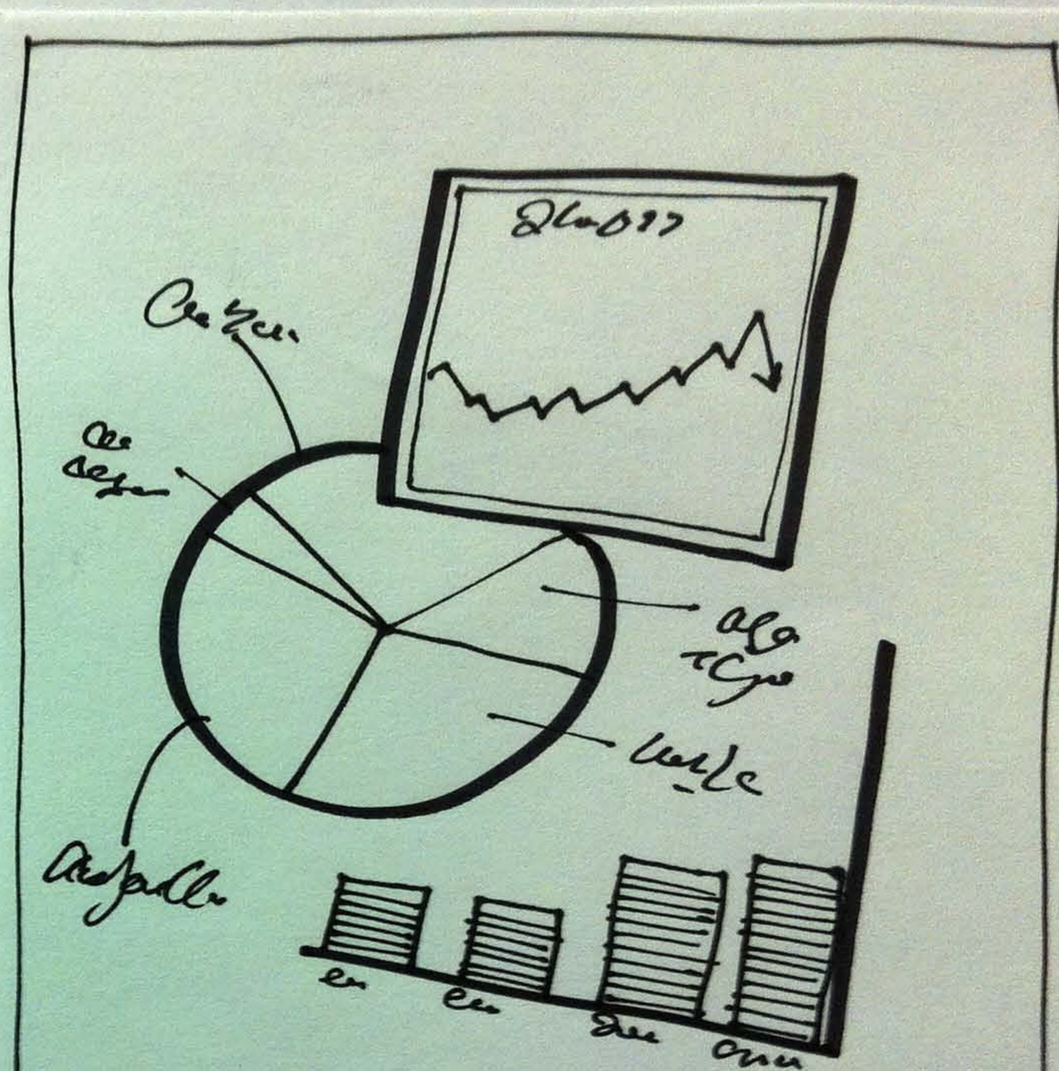
AT THE END OF THE WALK THE GOAL STATUS LIGHT HAS CHANGED. USER & FRIENDS TALK ABOUT THIS.



AT HOME HEART PERSONA FILE.

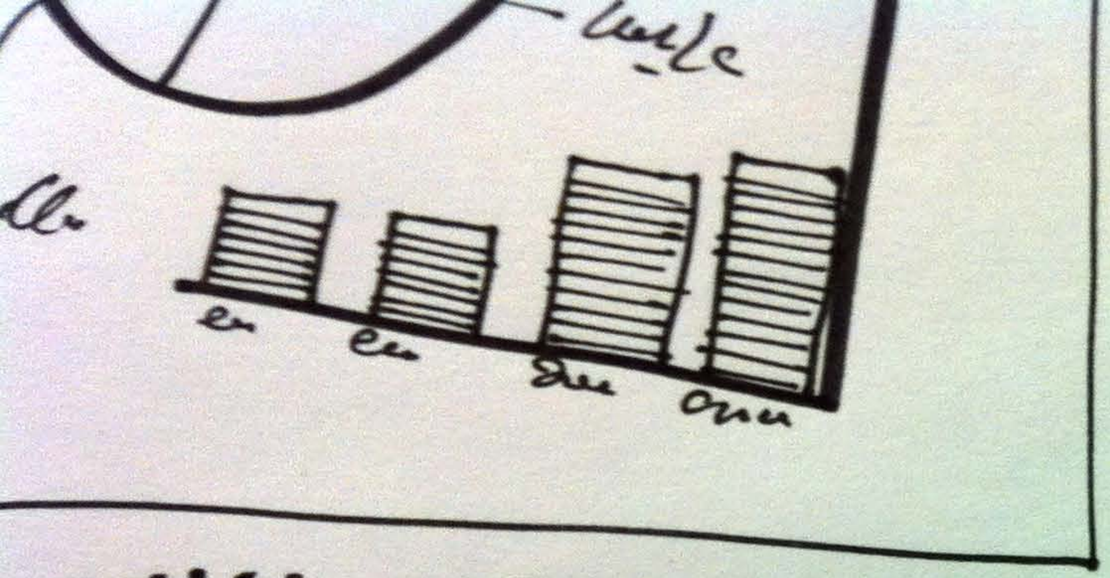


AT HOME USER UPLOADS HEART RATE DATA TO PERSONAL ONLINE PRO-FILE.



PERSONAL PROFILE GATHERS STATISTICAL HEALTH DATA SUCH AS DISTANCE, CALO-RIES ETC.

IF DATA SURPRI-
SES USER CAN
NOTIFY DOCTOR AND
SHOW PERSONAL
DOCUMENTATION.



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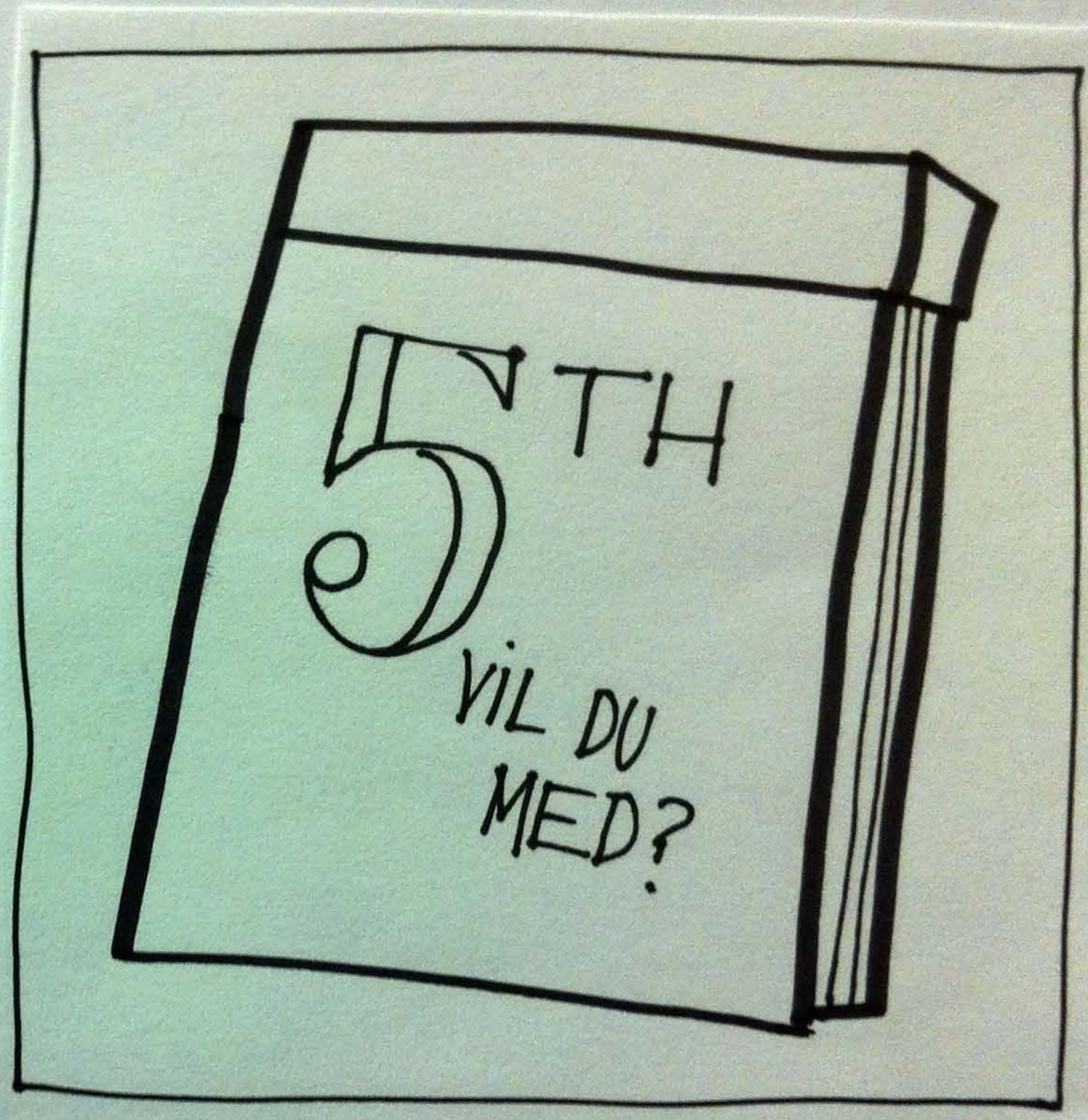
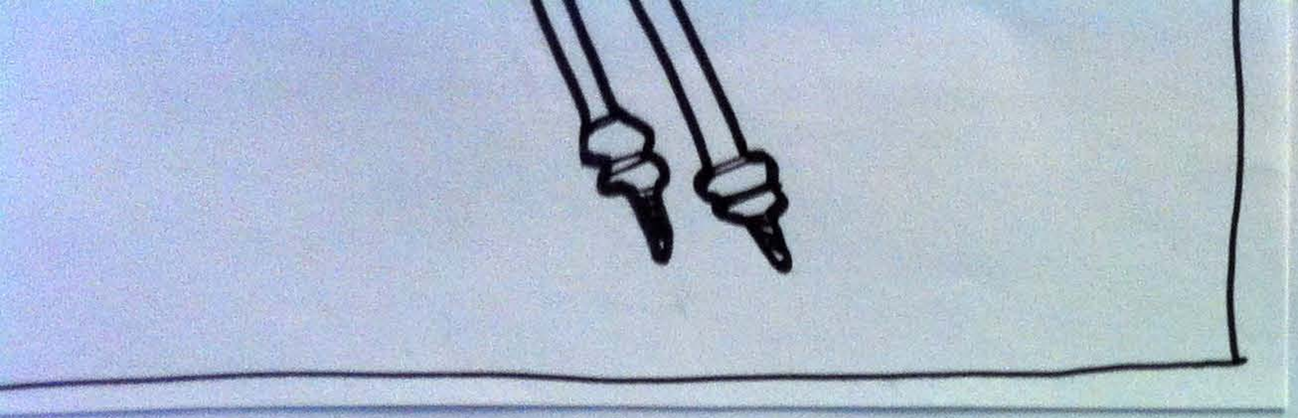
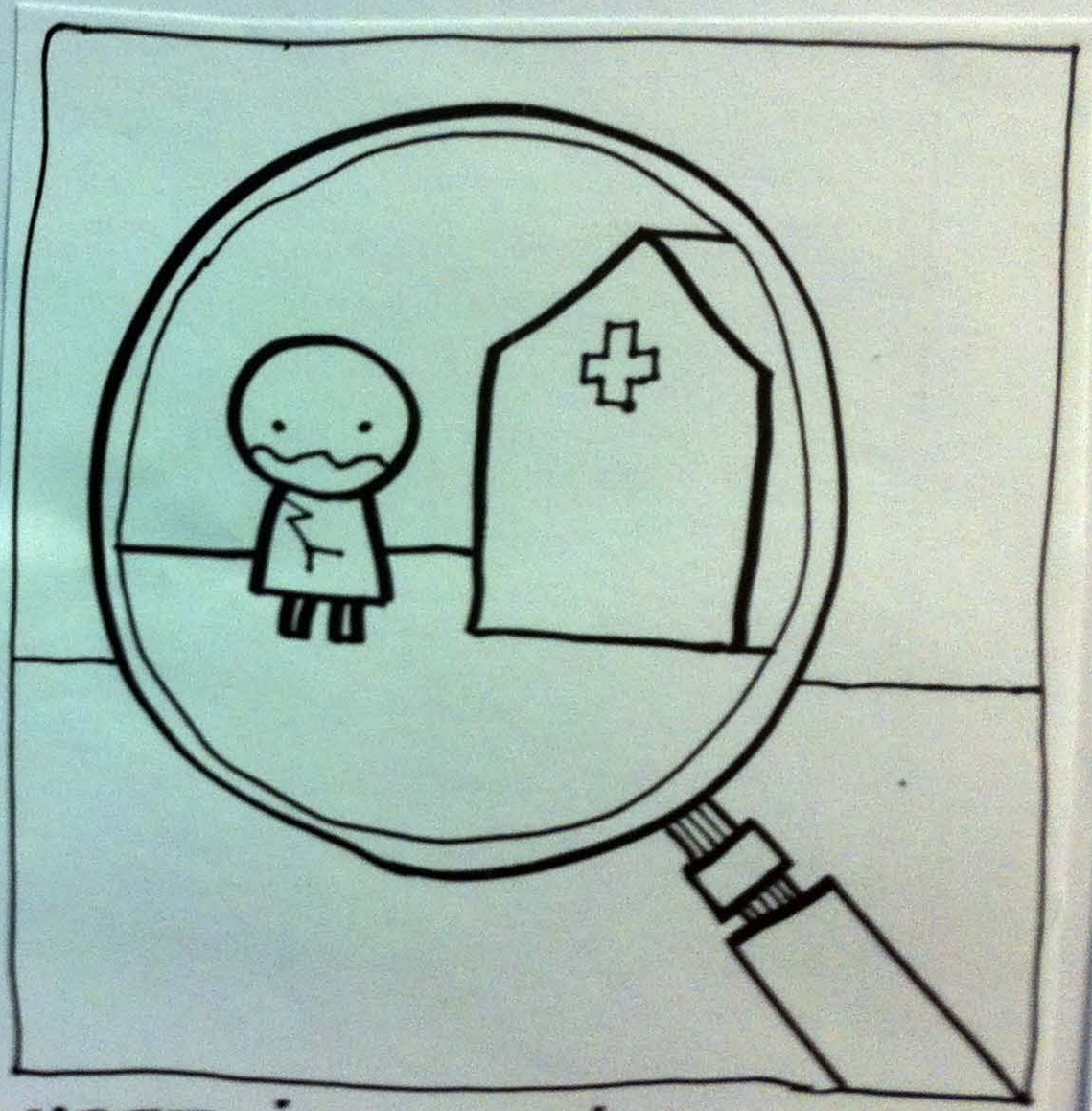
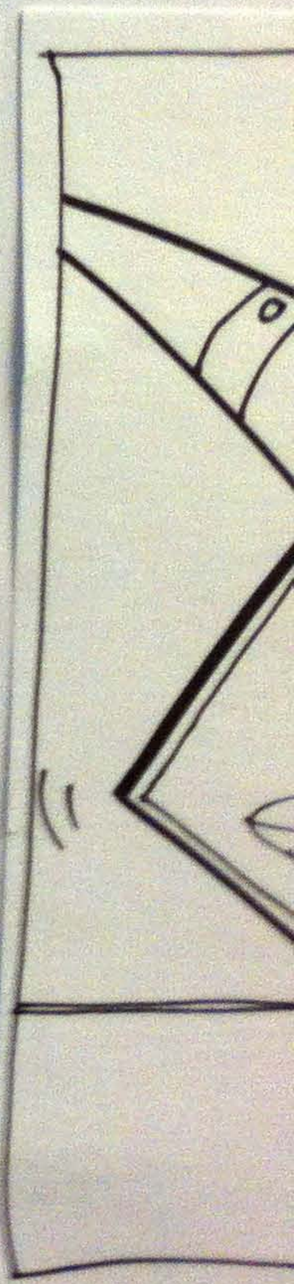


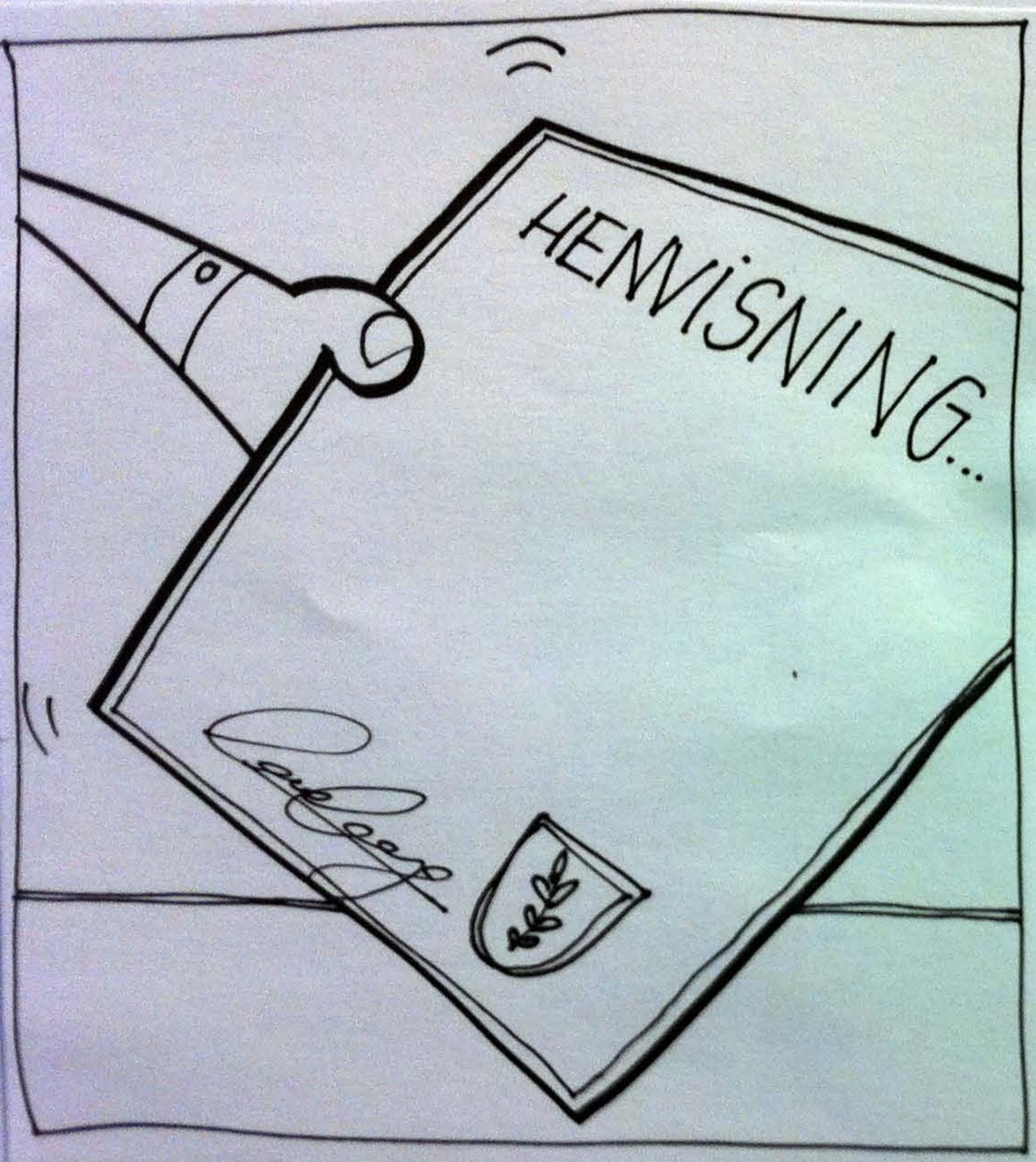
THE USER SUGGESTS
A NEW WALK.





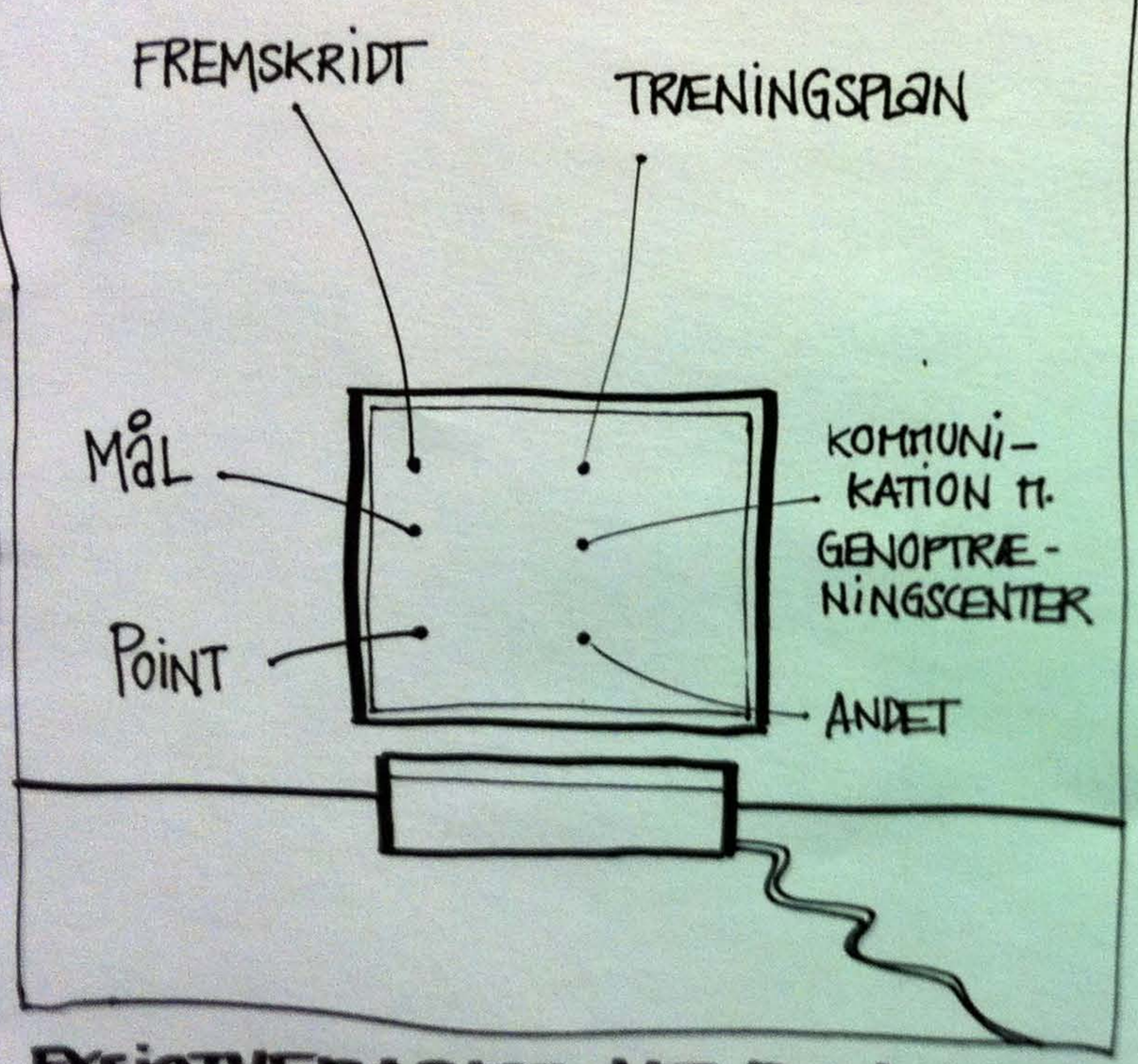
USER IS A PATIENT RE-
COVERING FROM SURGERY.





USER IS REFERRED TO THE MUNICIPALITY'S REHAB CENTRE...

...WHERE HE IS EVALUATED & GETS A TAILORED TRAINING PLAN.



FYSIOTHERAPIST HELPS USER CREATE A PROFILE IN ONLINE COMMUNITY. TRAINING PLAN IS UPLOADED & PERSONAL GOALS SET.

THE NEXT MEETING /CHECK-UP IS SCHE-DULED AND ADDED TO ONLINE COMMUNITY'S CALENDAR.

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MEETING
IS SCHE-
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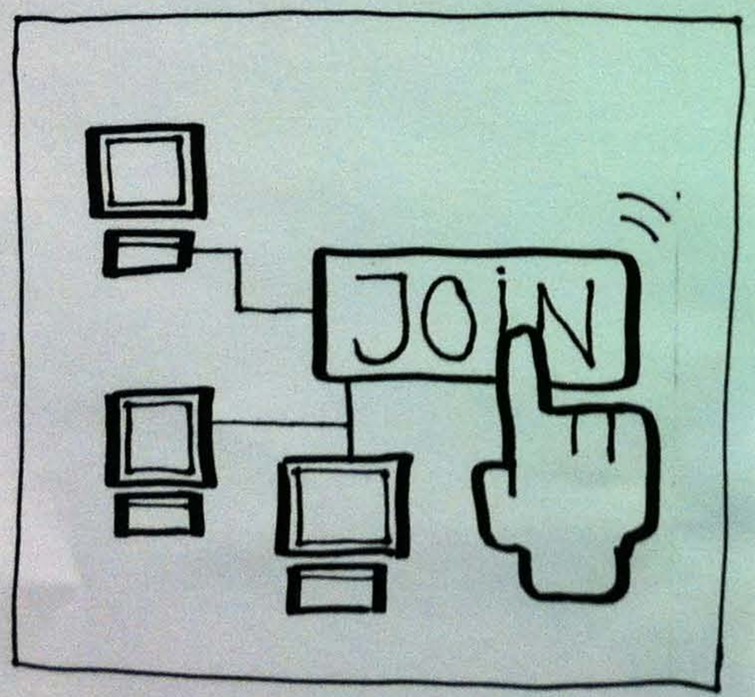

USER IS ALSO ADD-
ED TO AN EXISTING
LOCAL WALKING
GROUP.

USER BUYS HIS OWN NOR-
DIC WALKING STICKS IN
SPORTS SHOP

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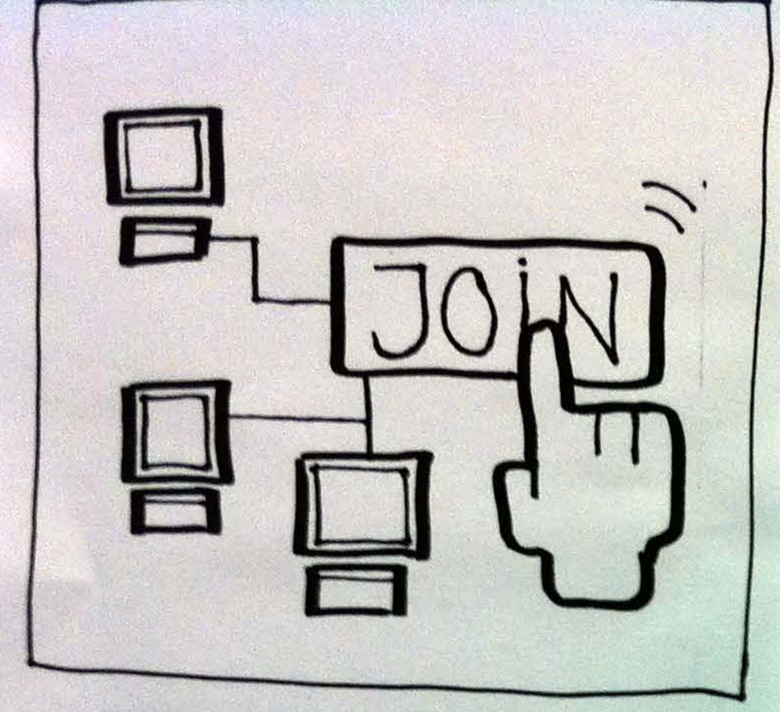

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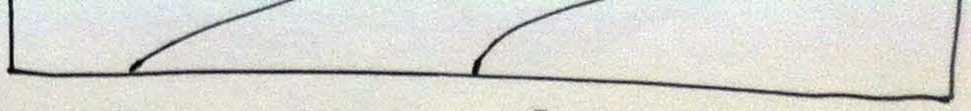

USER BUYS HIS OWN NOR-
DIC WALKING STICKS IN
SPORTS SHOP

USER BORROWS STICKS FROM THE
MUNICIPALITY'S EQUIPMENT CENTRE

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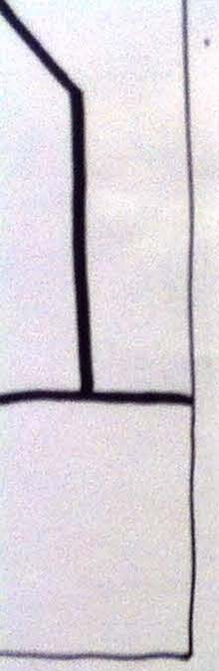
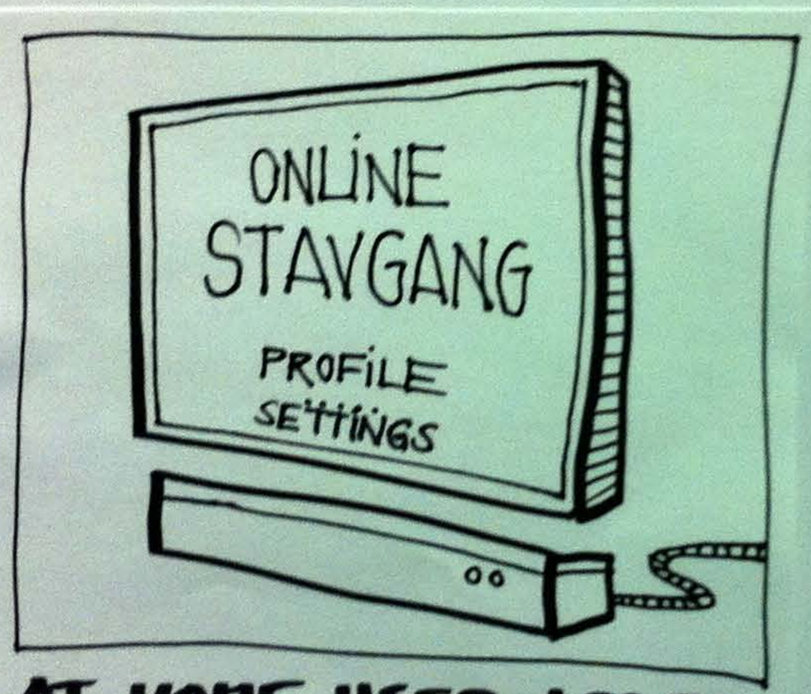
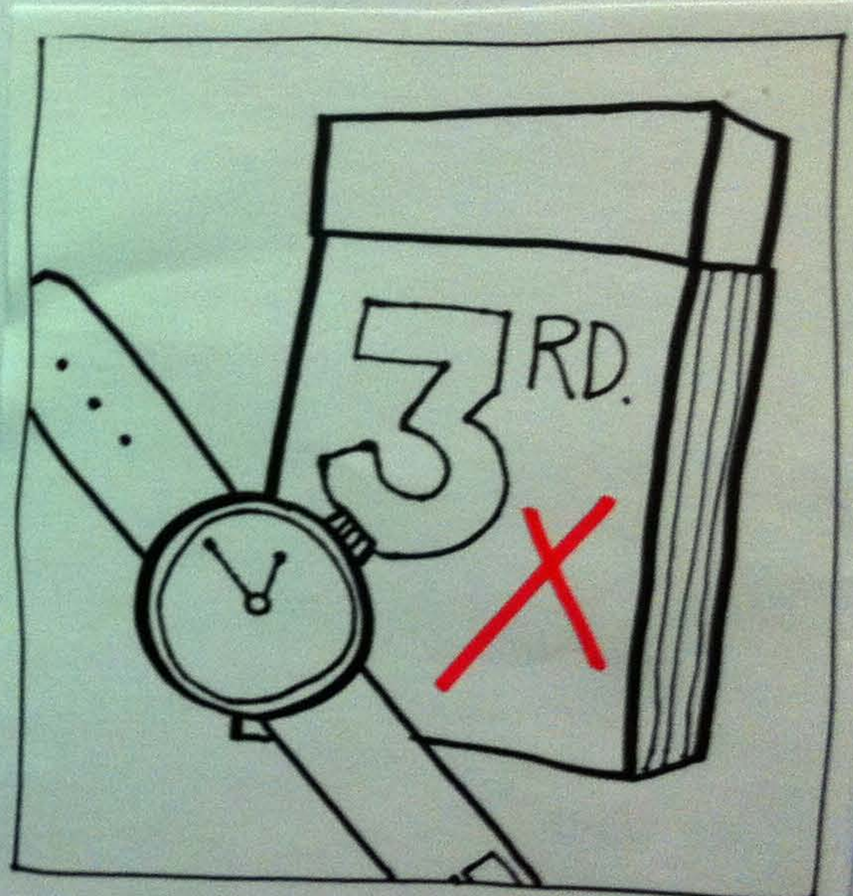
S IN





AT HOME USER ACCES-
SES ONLINE COMMUNITY



... AND SIGNS UP FOR
A WALK AT 14PM THE
3RD.

HE CHA
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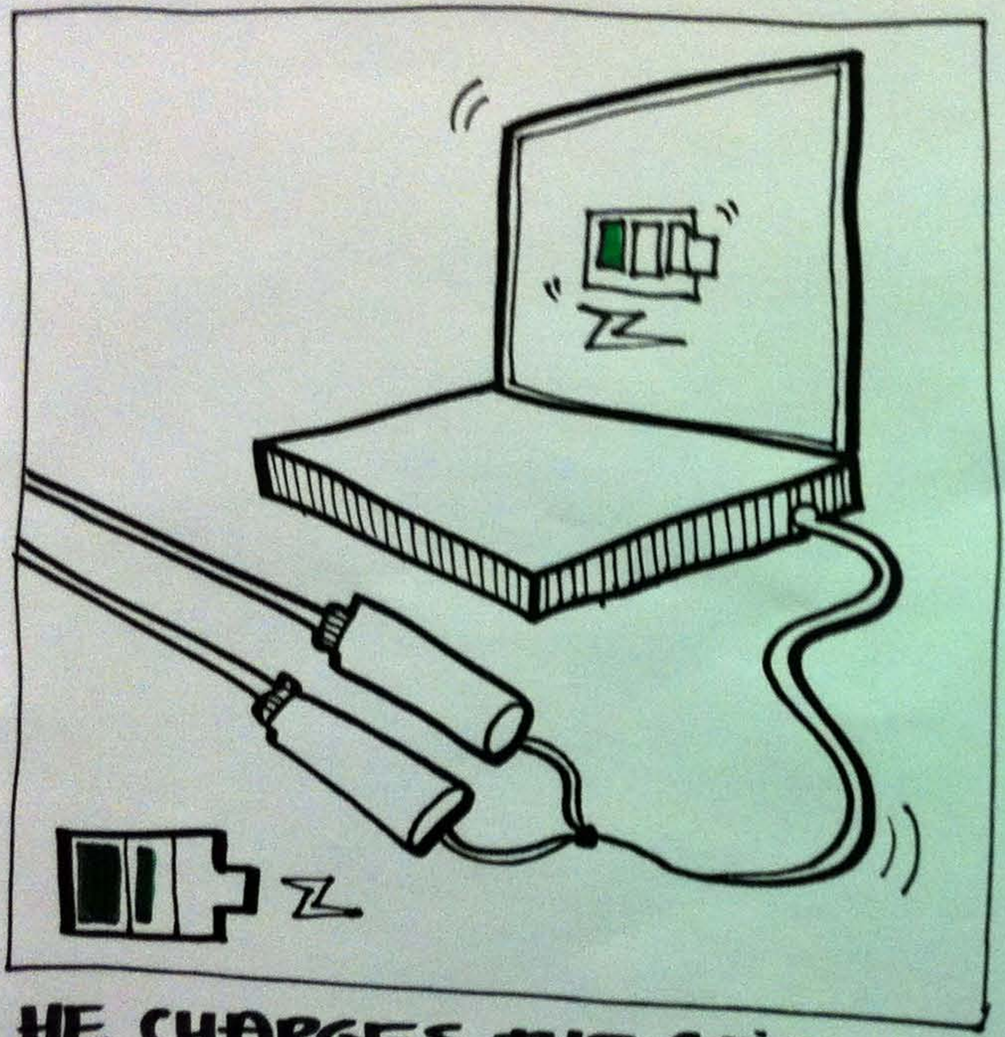
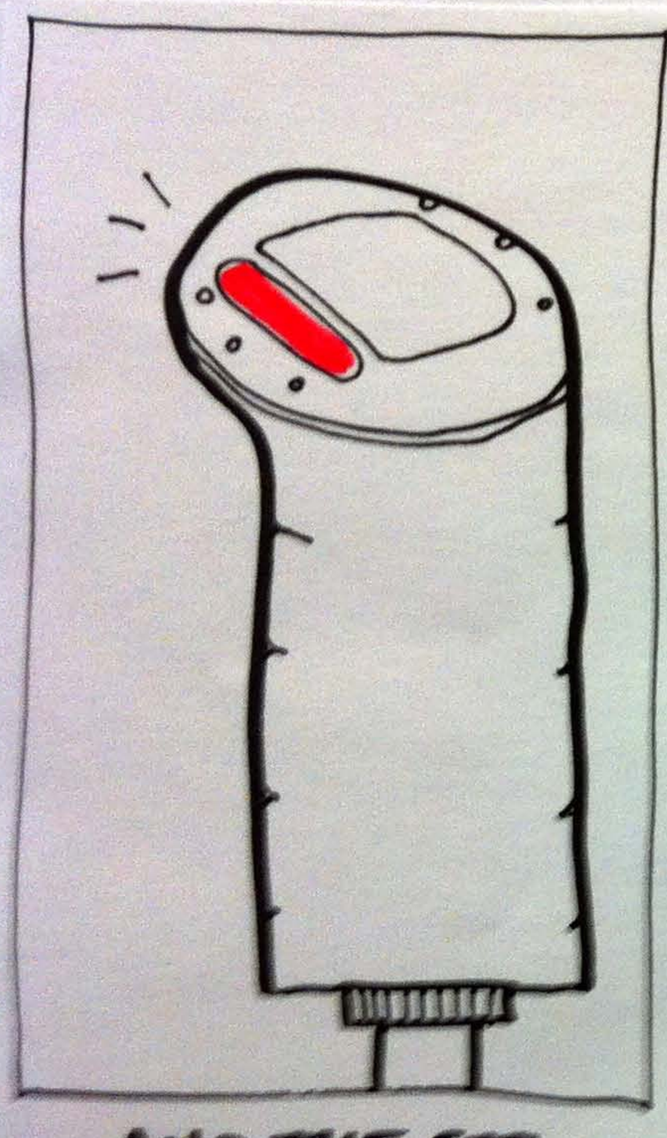
PM THE



HE CHARGES THE STICKS
WITH HIS COMPUTER.

IN TIME FOR THE PLAN-
NED WALK THE DIODES
ON THE STICK'S GRIP
STARTS BLINKING...

...AND T
TUS BAR
HOW CLO
USER IS
EVING TH
GOALS.



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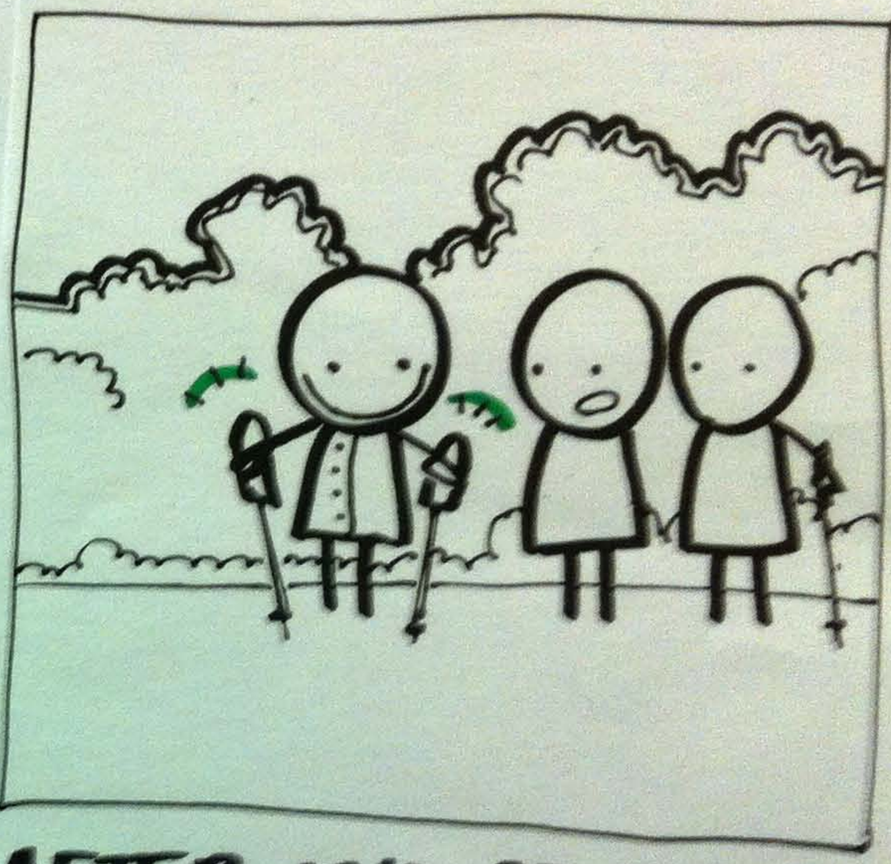

AFTER END OF WALK
THE STATUS LIGHT HAS
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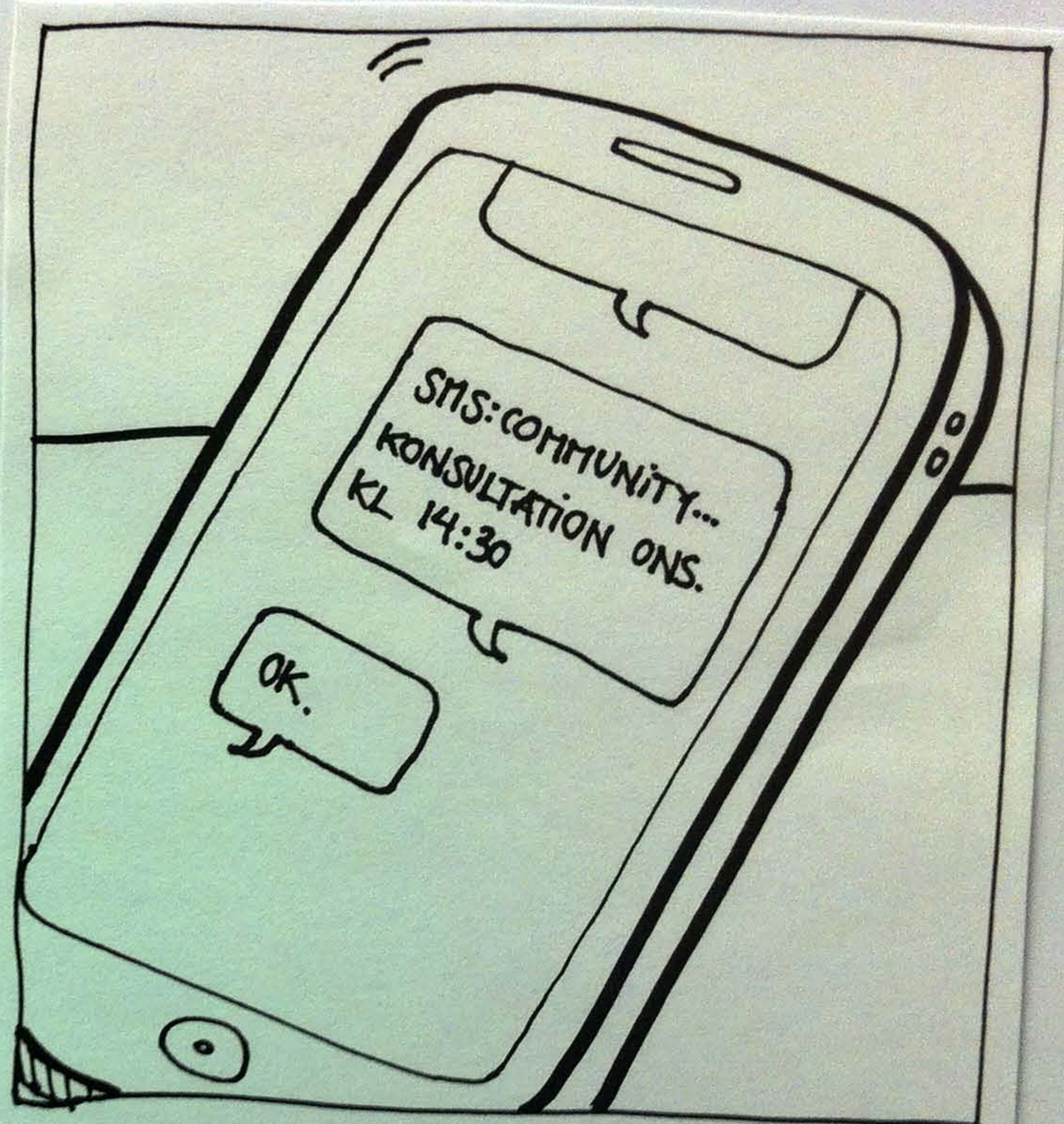
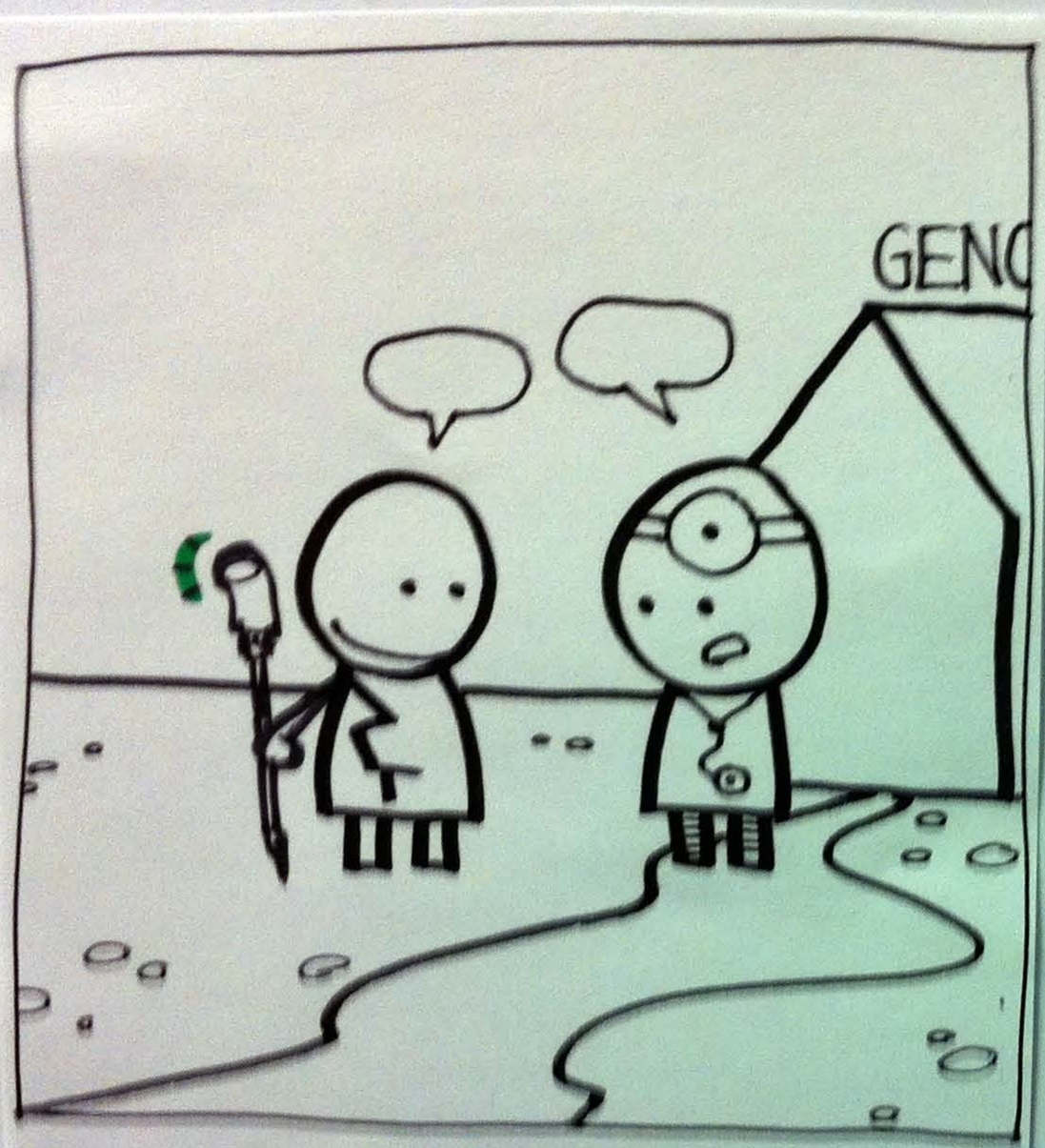
USER UPLOADS HEALTH DATA TO ONLINE PRO-FILE.



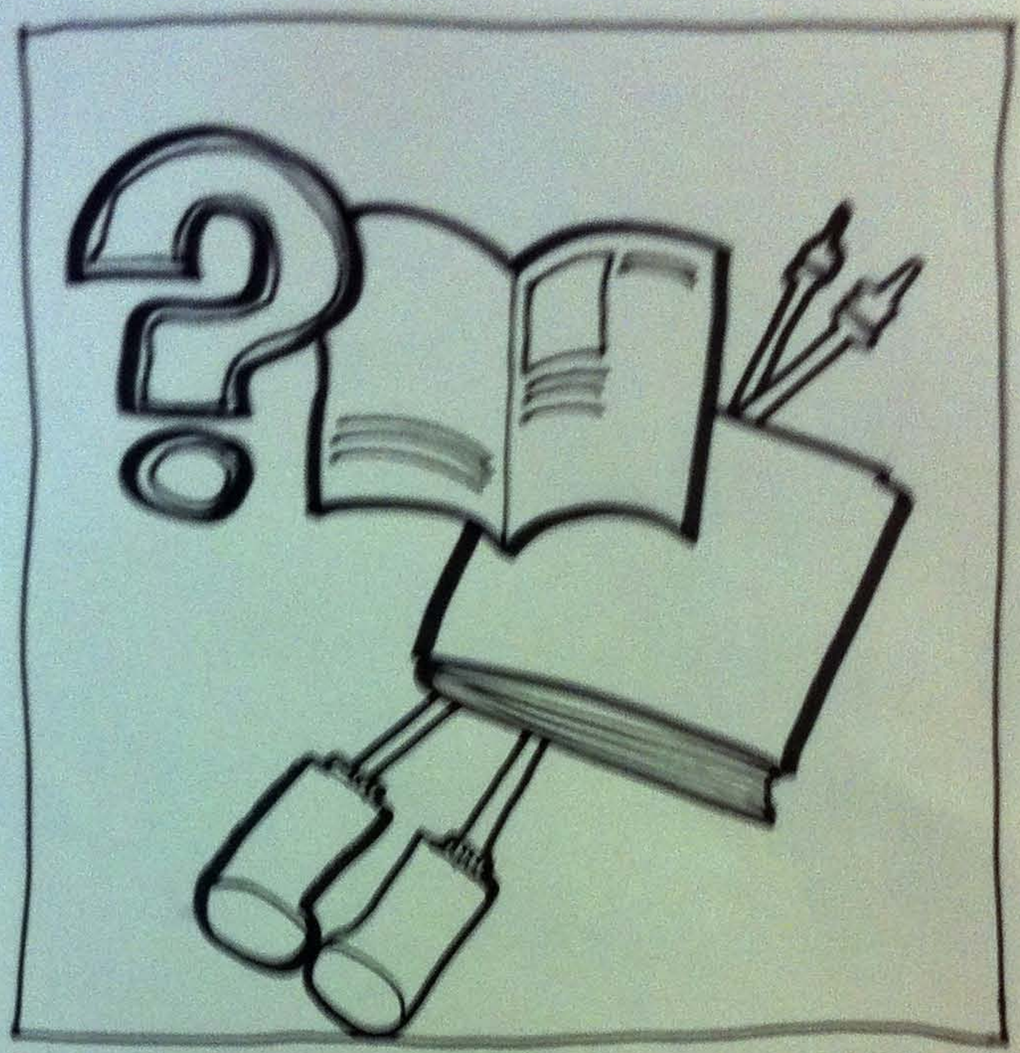
IN TIME FOR THE NEXT CHECK-UP WITH THE PYSIOTHERAPIST THE USER RECEIVES SMS NOTIFICATION FROM ON-LINE COMMUNITY'S CA-LENDAR FUNCTION.



PHYSIOTHERAPIST ACCESSES USER'S HEALTH DATA & PERFORMS CHECK-UP.

THE USER'S TRAINING PLAN IS REVISED...

... AND THE USER CONTI-
NUES TRAINING IN BE-
TWEEN CHECK-UPS.



SHOULD USERS BE ABLE TO BORROW NORDIC WALKING STICKS & GET ONLINE COMMUNITY ACCESS THROUGH LIBRARY?

WHAT ABOUT NOVICE USERS WHO ARE NOT IN WEEKLY WALK-ING GROUP?

SHOULD SOME USERS GET A PRESCRIPTION FROM DOCTOR ?