

## Gaining Deeper Insights with High-Frequency Data

Growing bodies of research continue to demonstrate the impact that being active throughout the day and raising one's heart rate regularly has on total health. Data that demonstrates a more detailed view of an individual's daily lifestyle is paramount to driving healthier behaviors through personalized recommendations. With high-frequency data demonstrating activity, heart rate, and blood glucose on a minute-by-minute basis, healthcare and wellness organizations are able to make a shift toward more real-time, individualized interventions and coaching to improve health outcomes.

### How does it work?

High-frequency data captures events at a rate up to one reading per minute. Rather than summary data typically delivered by devices, showing the number of steps taken over a 15-minute window for example, high-frequency data is delivered up to a minute-by-minute basis. These insights enable organizations to understand a person's lifestyle on a more granular level.

### What Data Is Available?

Organizations can gain access to a variety of high-frequency data points from Apple, Fitbit, Garmin, and Dexcom devices, including:

- » Distance
- » Steps
- » Heart rate
- » Elevation
- » Blood glucose

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### How is it used?

- » **Create activity programs.** Organizations can create a fitness program to incentivize members to get up five times a day and take a walk. Validic can build push notifications to remind members to get up and walk.
- » **Measure the intensity of activity.** Programs using high-frequency data can measure how intense certain workouts are and how frequently those intense workouts happen throughout the day. Similarly, these data can also help track patients post-discharge to ensure an individual refrains from intense physical activity.
- » **Gain granular diabetes insights.** In order to treat the diabetes population, utilize continuous glucose monitoring to measure a participant's glucose multiple times throughout a single day. Use this information to better understand pre-meal and post-meal readings to identify any challenges and intervene accordingly.
- » **Track heart rate during activity.** Studies have shown that increasing one's heart rate multiple times a day can be more important than total step count in its impact on health. Create a program to measure if a member gets their heart rate above a certain threshold three times a day.

To learn more about how high-frequency data can add value for your organization, please contact us at [hello@validic.com](mailto:hello@validic.com).