

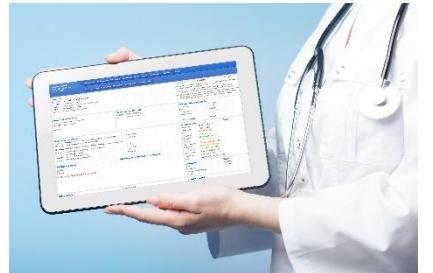


# ProWellness

## Innovatiivisiä teknologiaratkaisuja kroonisten sairauksien hoitoon

- web site: [www.prowellness.com](http://www.prowellness.com)
- Balansio-tuote web site: [www.balansio.com](http://www.balansio.com)
- Kontakti:

Mika Sipila, CEO  
[mika.sipila@prowellness.com](mailto:mika.sipila@prowellness.com)





# ProWellness Health Solutions

## INNOVATIIVISIA TEKNOLOGIARATKAISUJA KROONISIIN SAIRAUKSIIN

- **YRITYS:**

- ProWellness Health Solutions, Finland
- ProWellness UK Ltd, England

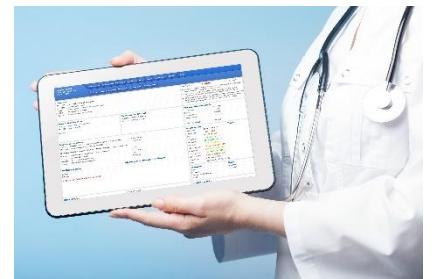
- **TUOTTEET**, e.g.

- **CDMS**, kroonisten sairauksien hoitojärjestelmä
- **BALANSIO™**, älykäs mobiili 24/7 automatisoitu omanhoidon tuki

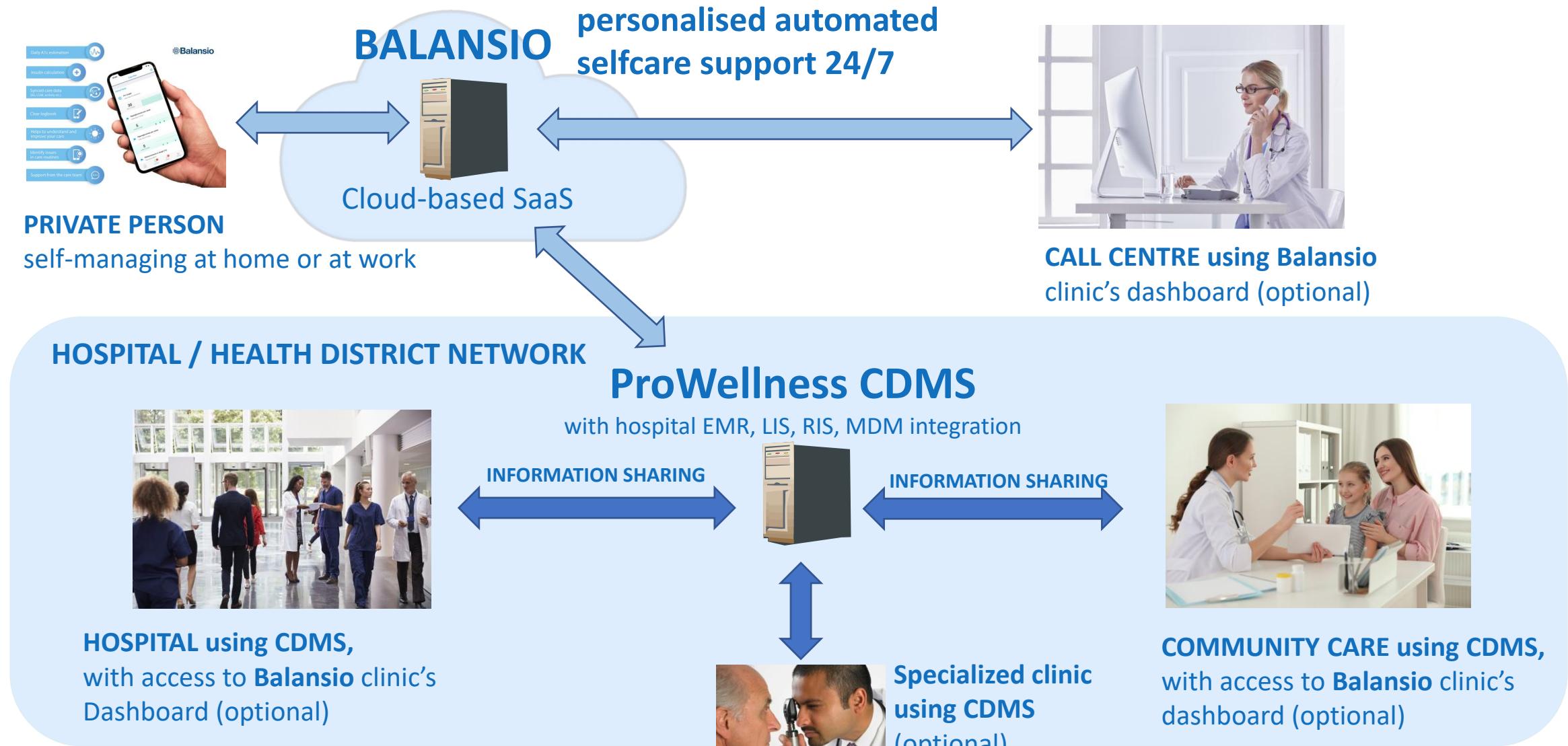
- **ASIAKKAAT:**

- Sairaalat ja terveydenhuollon klinikat: Suomi, Englanti, Irlanti, Yhdistyneet Arabiemiraatit

**ISO 13485** sertifioitu lääkinnällisten ohjelmitojen valmistaja



# Holistic integrated chronic care



# Balansio - Smart 24/7 Chronic Care Automation



The image displays the Balansio app interface across three devices: a tablet, a smartphone, and a smartwatch, set against a background of a laptop, a potted plant, and a coffee cup.

**Tablet Screen (CARE PLAN):**

- Header:** Michael Power
- Left Sidebar:** Michael Power, 030863-163E/ Male, 55 years, T1 Diabetes. Review due 5 days ago, Last review: 20.2.2018. Buttons: RESCHEDULE, OPEN REVIEW.
- Top Bar:** CARE PLAN (selected), DATA, SETTINGS. Sub-tabs: Summary, Clinical Goals, Lifestyle Goals, Health Insights, Balansio Tools, Medication.
- Written description:** 55 year old male, type 1 diabetes.
- Clinical Goals:**
  - Lower your weight: Below 90 kg. Value: 89.3 kg. Trend: -1.2 kg from last month.
  - eA1c: Below 53 mmol/mol. Value: 69 mmol/mol. Trend: +1.2 % from last month.
  - Hypos / week: Below 3. Value: 7 Hits. Trend: +5 from last week.
- Lifestyle Goals:**
  - Balance your carbohydrate intake: 4 measurements / day. Value: 16 Days in target. Trend: +1 > last month.
  - Increase physical activity: 3 times / 7 days. Value: 2 Weeks in target. Trend: -1 < last month.
- Health Insights:** (partially visible)

**Smartphone Screen (Care Plan):**

- Care Plan:** Clinical Goals, eA1c target (Less than 53 mmol/mol), 30 days at target. Hypoglycemias per week (Less than 2 times), 5 weeks at target. Hyperglycemias per week (Less than 5 times), 5 weeks at target.
- Graphs:** Measurements in target (%), More than 60 %.
- Buttons:** Care Plan, Home, Help, Sync, Settings.

**Smartwatch Screen:**

- Home Screen:** Balansio, Monday 15.01., 2 min ago, 8.0 mmol/l.

**Bar Chart (Hypoglycemia risk):**

Category	Start (%)	End (%)
Very high risk	6.7%	36.7%
High risk	16.7%	26.7%
Moderate risk	30.0%	6.7%
Low risk	13.3%	6.7%
Too low risk	6.7%	6.7%
Excluded	0%	0%

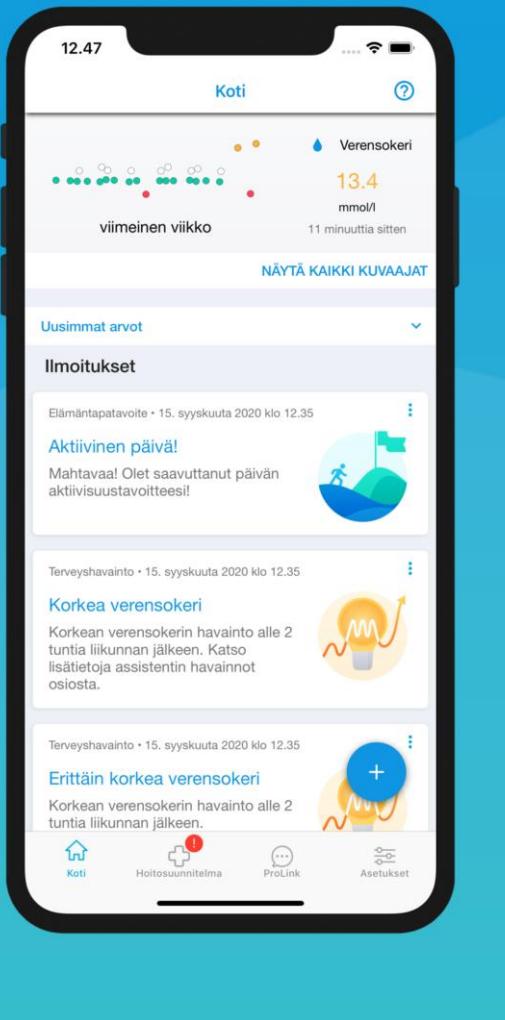
**Logos:** ProWellness (blue and yellow stylized flower logo) and Balansio (blue and yellow flower logo).



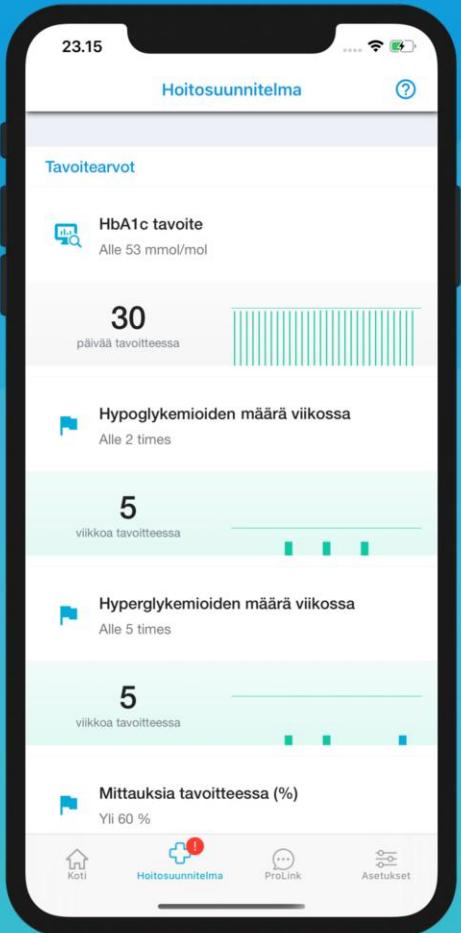
## BALANSIO key drivers:

- Mobile Centric, digitalized, **automated** Holistic Chronic Care solution
- 99,8% of time patients manage diabetes and other chronic conditions by themselves at home, at work, at school, at hobbies
- **Smart automated real-time 24/7 digital Assistants and ‘nurse-bots’ provide patients with personalized guidance on their smart phones, independent of time and place**
- Patients can reach professional services of a medical center (anytime, anywhere)

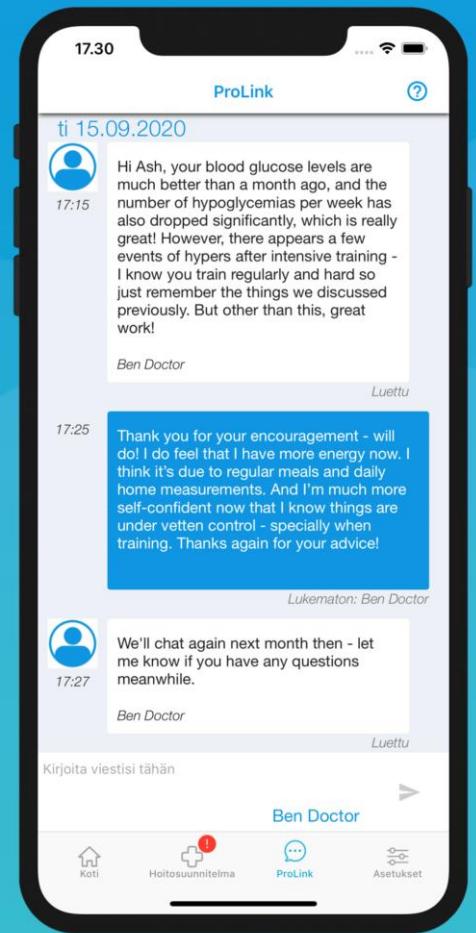
Älykästä tukea ja palautetta  
automatisoidusti 24/7



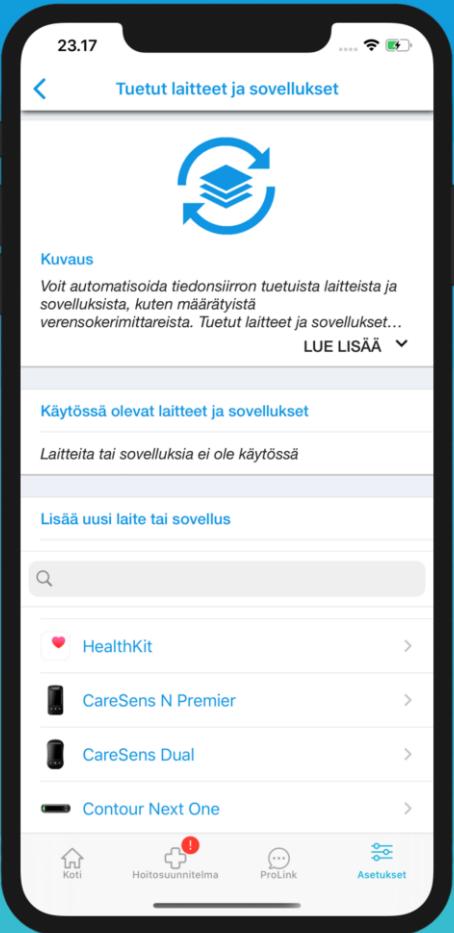
Motivaatiota  
kokonaisvaltaisesta  
hoitosuunnitelmastä



Hoidon tukea ammattilaisilta  
tarpeesi mukaan



Automaattinen tiedonsiirto  
laitteistasi



23.35



## Balansio

▼ Näytä vähemmän
X


**Otettu pikainsuliiniannos vs. eh...** 49 min sitten  
Otettu insuliiniannos oli eri kuin pikainsuliiniannoslaskurin ehdottama annos.



**Hienoa!** 49 min sitten  
Tämän päivän hiilihydraattitavoite saavutettu.



**Ateriatavoite saavutettu!** 49 min sitten  
Hienoa, olet muistanut pitää tasaisen ateriarytmin!



**Hyvin toimittu!** 49 min sitten  
Olet tänään mitannut verensokerisi riittävän monta kertaa.



**Hyperglykemia havaittu aterian...** 53 min sitten  
Tässä on mahdollisuus oppia! Katso huomioita asistentin havainnot osiosta.



**Hyperglykemia havaittu aterian jälk...** 1 h sitten  
Tässä on mahdollisuus oppia! Katso huomioita asistentin havainnot osiosta.

0.51



## Koti



Elämäntapatavoite • 21. tammikuuta 2026 klo 22.45



## Ateriatavoite saavutettu!

Hienoa, olet muistanut pitää tasaisen ateriarytmin!



## Hyvin toimittu!

Olet tänään mitannut verensokerisi riittävän monta kertaa.

Terveyshavainto • 21. tammikuuta 2026 klo 22.45



## Otettu pikainsuliiniannos vs. ehdotus

Otettu insuliiniannos oli eri kuin pikainsuliiniannoslaskurin ehdottama annos.

Terveyshavainto • 19. tammikuuta 2026 klo 14.20



## Hyperglykemia havaittu aterian jälkeen

Tässä on mahdollisuus oppia! Katso huomioita asistentin havainnot osiosta.

Terveyshavainto • 13. tammikuuta 2026 klo 14.10



## Hyperglykemia havaittu aterian jälkeen

Tässä on mahdollisuus oppia! Katso



Koti



Hoitoosuunnitelma



ProLink



Asetukset

0.51

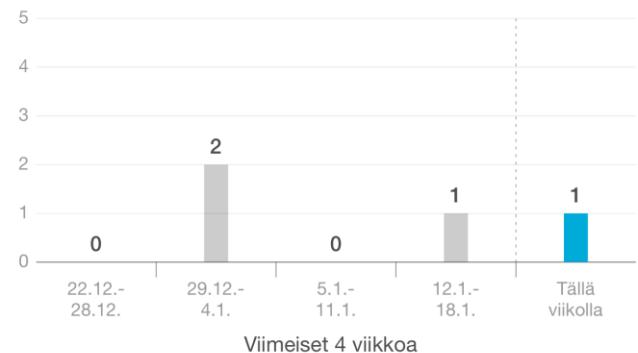


## &lt; Hyperglykemia 2 tuntia aterian jälkeen (T1D)

**Hyperglykemia 2 tuntia aterian jälkeen (T1D)**

4

osumaa



## Kuvaus

Tämä asistentti havaitsee hyperglykemiat 1,5-2,5 tuntia aterian jälkeen.

## Huomiot

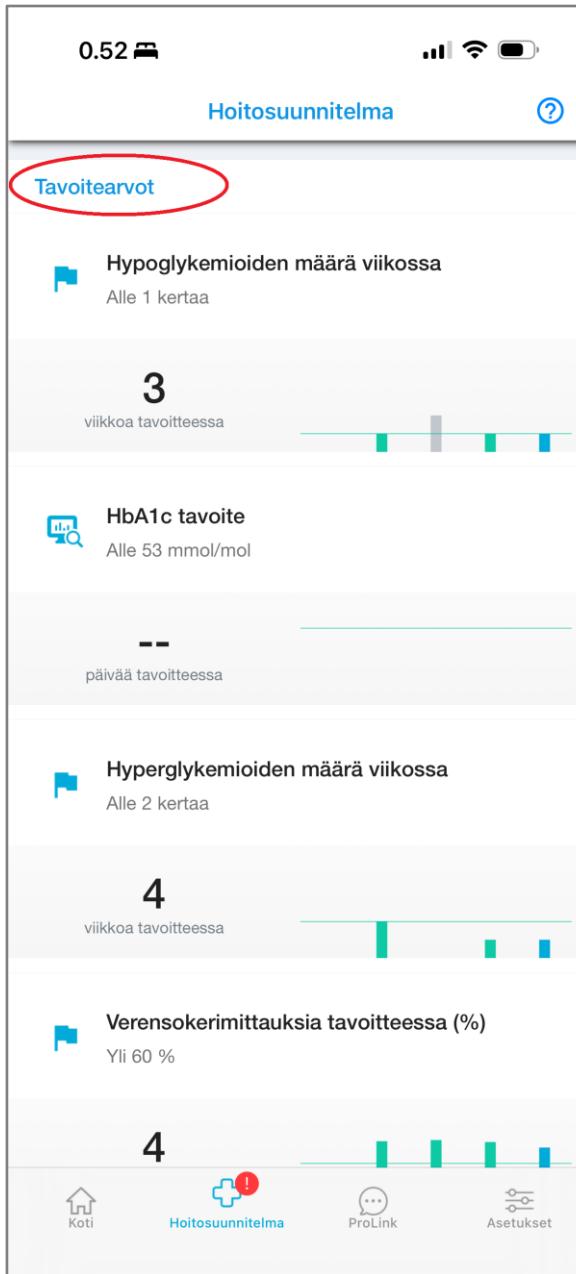
Mahdollisia hyperglykemiaan vaikuttavia tekijöitä:

- vuorokauden aika (insuliinin tarpeen vaihtelut)
- hiilihydraattien arvioitu määrä aterialla
- pistosajankohta suhteessa aterian alkamiseen
- pistetyn ateriainsuliinin riittävyys

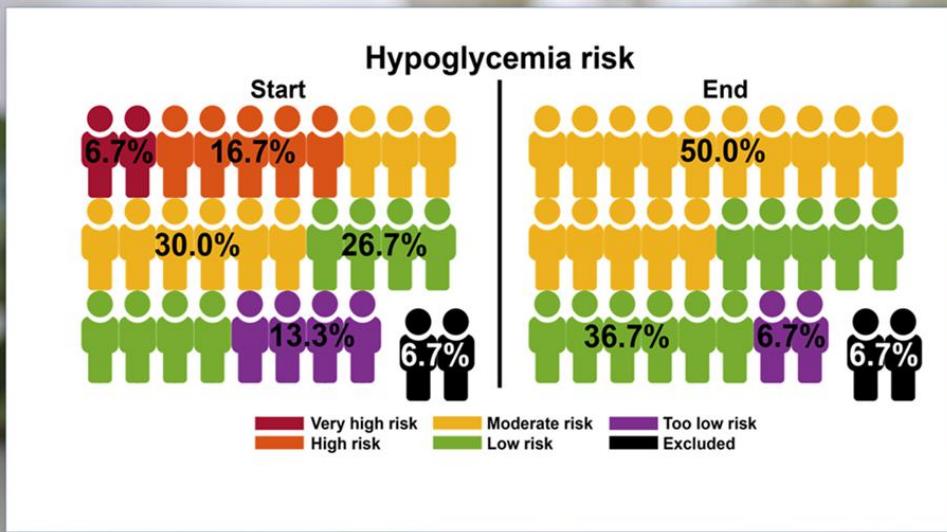
Keskustele hoitohenkilökuntasi kanssa, jos tarvitset apua insuliinianostelussa. Myös insuliiniannostelusta voi olla apua, ellei jo sitä käytä.

## Ilmoitusasetukset

Ilmoitukset + Järjestelmäilmoitukset



# Remote Review Reports Directly to Patient Phone



Daily A1c estimation



Insulin calculation



Synced care data  
(BG, CGM, activity etc.)



Clear logbook



Helps to understand and  
improve your care



Identify issues  
in care routines

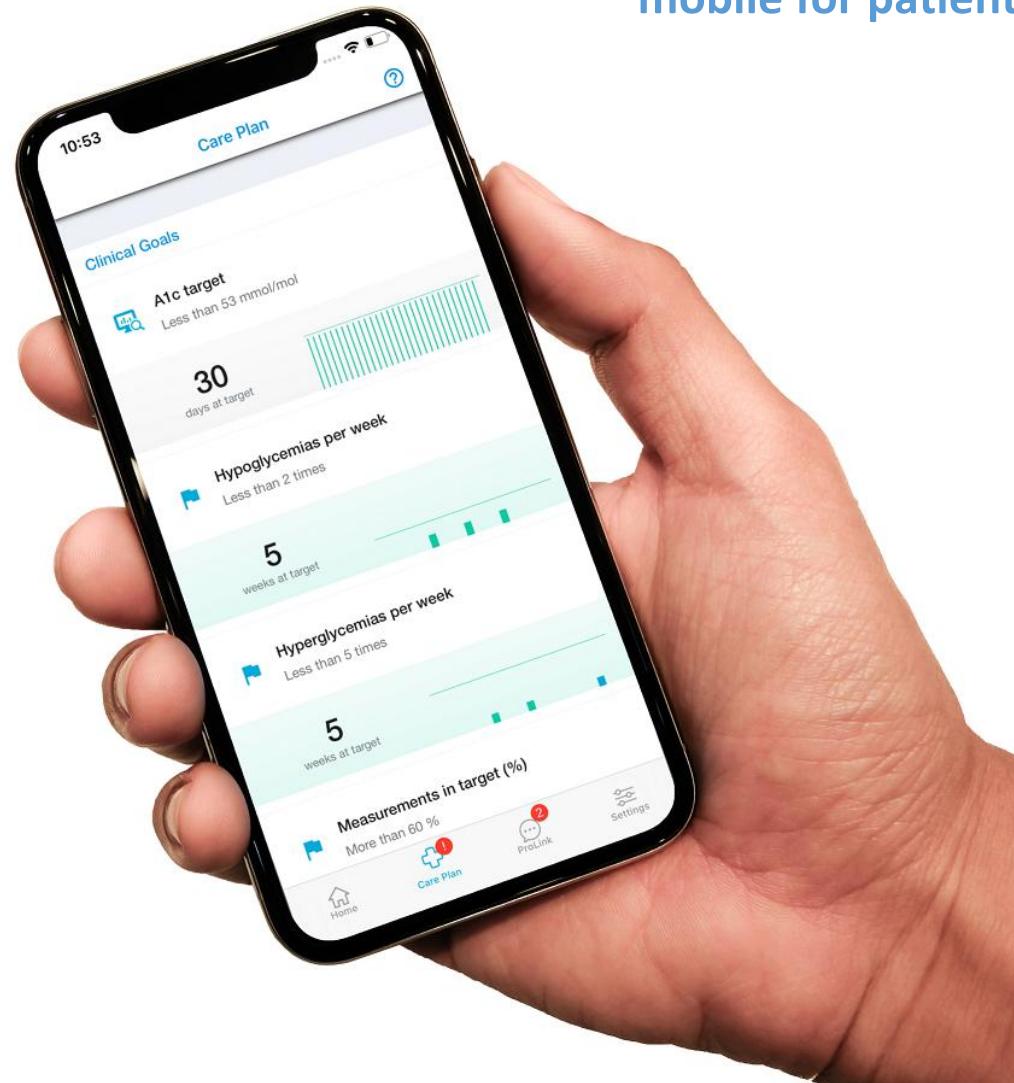


Support from the care team



 **Balansio**

mobile for patients



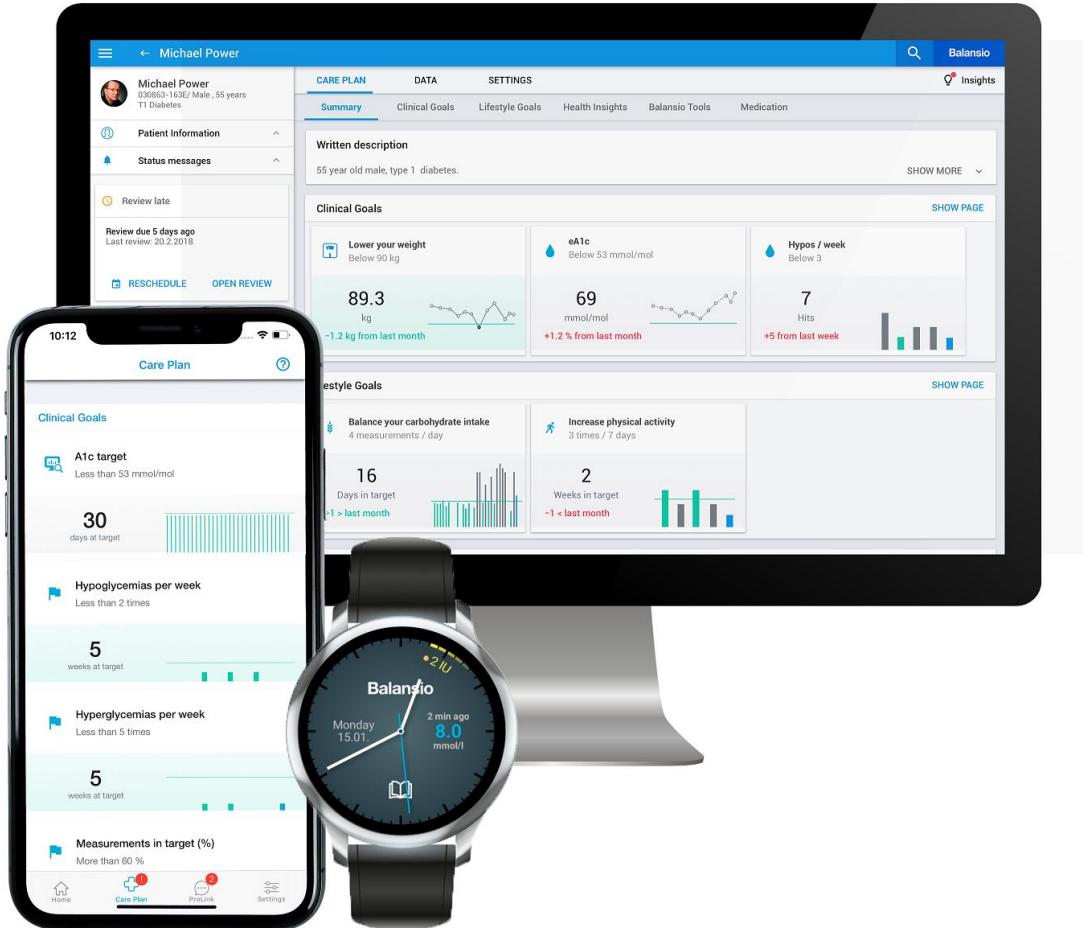
 **Balansio** ®

2025 © ProWellness Health Solutions Ltd



**ProWellness**

# Balansio dashboard for clinics



# Augmented Clinical Intelligence

enables 24/7 care automation and patients & professionals to cooperate efficiently

1



Self-care data to Balansio

2



Balansio analyses the data (real-time)

3



Balansio helps patient directly real-time

4

- Later
- Tomorrow
- Today
- NOW

Patients are prioritised for professionals

5



Detected issues shown to professionals

6



Direct communication with patient

# Patient Population Management

Patient lists

List

Type 1 Diabetes

Filter list

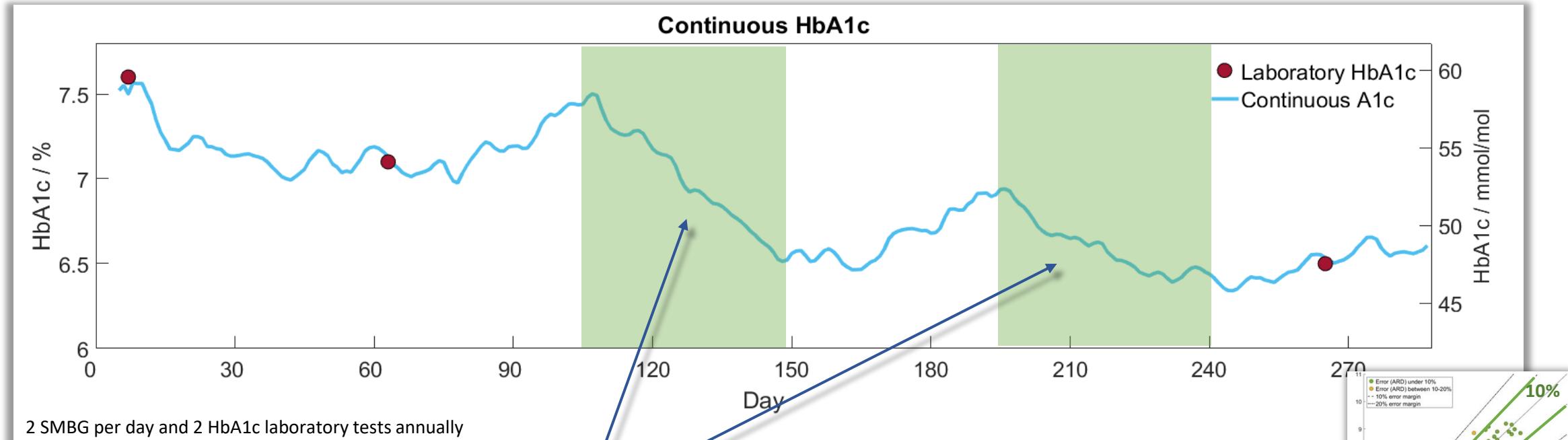
Scale: Last Month

Name	Prolink	Review	Clinical Goals, Highlighted	Lifestyle Goals, Highlighted	Health Insights, Highlighted	Last BG input
Denise Young	3	5 Days late				1h ago
Kathy Gibson	3	4 Days late		5	1	3 min ago
Larry Gomez	3	1 Day late		1	2	4 days ago
Justin Reed	1	5 Days late	2 Clinical Goals, Highlighted	1 Lifestyle Goals, Highlighted	2 Health Insights, Highlighted	2h ago
	SSN	181178-8264	96 kg Lose weight	27% Measure BG at least 3 times a day	9 Fasting Hypo	
	Age & Sex	Male, 60 years	8.4 % eA1c		8 Hyper - Bolus Calculator not used	
	Phone	040 13456750				
	Condition	Type 1 Diabetes				
	Treatment type	Multiple Injections				
<a href="#">OPEN PATIENT</a>						
Ashley Burke	1	3 Days	5	5	5	1h ago
Russell Graham		Onboarding	1	5	1	1h ago
Richard Garrett		2 Days	2	1	2	1h ago
Harold Williams		2 Days late		2		1h ago
Sean Patel		2 Days	1			1h ago

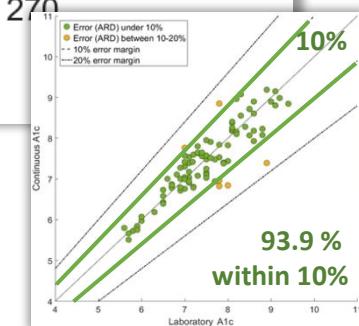
Rows per page: 50 1-50 of 100

# Balansio shows daily A1c estimation

1%-unit decrease in HbA1c% level reduces patient probability risk for complications up to 40% (International DCCT study \*)



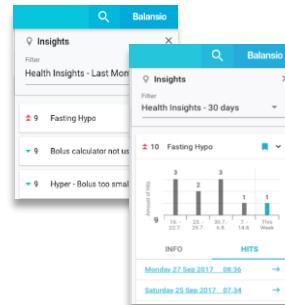
Quattro Folia study  
(21 subjects, 10k SMBG, 98 HbA1c labs)



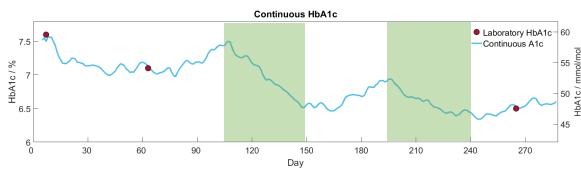
\*) H.Shamoon et al. (DCCT study group), 1993 – The New England Journal of Medicine - The effects of intensive treatment of diabetes on the development and progression of long-term complications in insulin-dependent diabetes mellitus

# 24/7 care automation helping patients

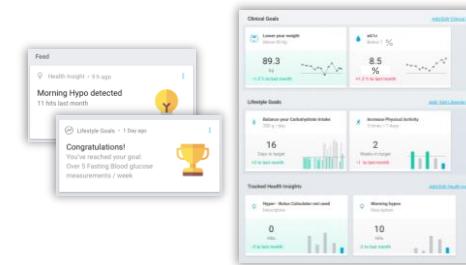
## Real-time observations and automated guidance



## Daily HbA1c estimation



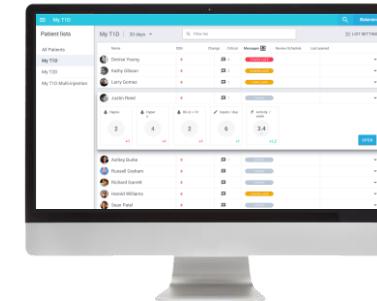
## Care goals & coaching



## BG pair measurement analysis



## Patients prioritised for HCPs



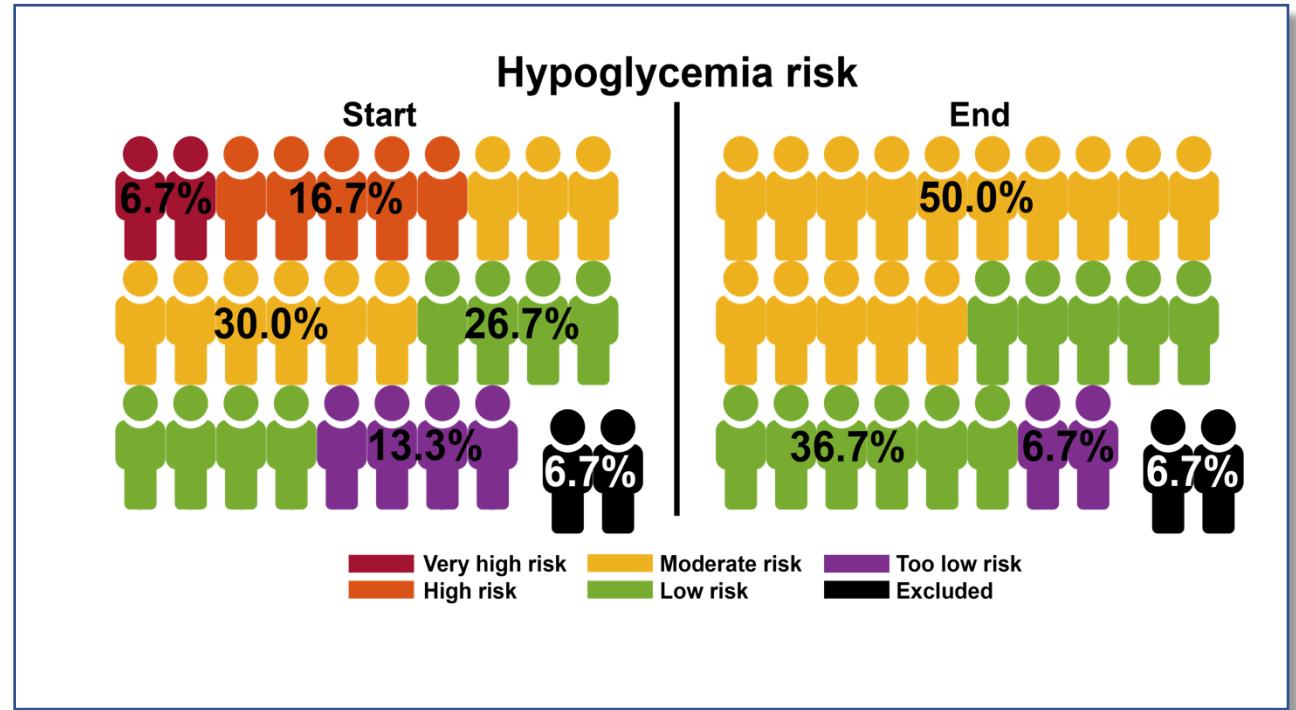
## Bolus Insulin Calculator



# Reduction of Hypoglycemia risk

- Pilot users' average HbA1c was lowered while reducing their hypoglycemia risk significantly
  - Average HbA1c reduction 0.35 %-units (For some HbA1c level was raised to reduce hypoglycemia risk)
  - No very high or high hypoglycemia risk patients at the end of the study
  - Average glycemic variability reduction 1,67 mmol/l

(N = 30, during 1 year, method: Hypo risk estimated using 25% of lowest BG values in a sliding 14 day window based on mean and standard deviation of the lowest SMBG values, thresholds: high risk: BG < 4mmol/l, very high risk: BG < 3 mmol/l)



# Personalized care map (diabetes example)

These are the goals for a patient to progress from intermediate to advanced

	Beginner	Intermediate	Next TARGET	Advanced	Expert
Clinical goals (outcomes)	<ul style="list-style-type: none"> <li>✓ HbA1c between 8 and 8,5%</li> <li>✓ Max 5 hypers per week</li> <li>✓ Max 5 hypos per week</li> </ul>	<ul style="list-style-type: none"> <li>✓ HbA1c between 7,5 and 8%</li> <li>✓ Max 4 hypers per week</li> <li>✓ Max 2 hypos per week</li> </ul>		<ul style="list-style-type: none"> <li>• HbA1c between 7 and 7,5%</li> <li>• Max 2 hypers per week</li> <li>• Bef. and aft. meal BG targets</li> </ul>	<ul style="list-style-type: none"> <li>• HbA1c betw. 6,5 and 7%</li> <li>• Max 1 hyper per week</li> </ul>
Medication routines	<ul style="list-style-type: none"> <li>✓ Take and log daily medications</li> </ul>	<ul style="list-style-type: none"> <li>✓ Schedule reminders for all medications in to Balansio for better adherence</li> </ul>		<ul style="list-style-type: none"> <li>• Adjust oral medication based on the meal size</li> </ul>	<ul style="list-style-type: none"> <li>• Fine-tune basal insulin dosage based on physical activity</li> </ul>
Care routine & lifestyle goals	<ul style="list-style-type: none"> <li>✓ Basal titration</li> <li>✓ Measure BG every morning</li> <li>✓ Log the size of the main meals</li> </ul>	<ul style="list-style-type: none"> <li>✓ Measure morning and night BG pairs</li> <li>✓ Log activity</li> <li>✓ Max. 3 meals and two snacks per day</li> <li>✓ Follow pier group discussions</li> </ul>		<ul style="list-style-type: none"> <li>• Log sleep and stress data</li> <li>• Meal size and ingredient follow-up</li> <li>• Min. 30 min physical activity per day</li> <li>• Participate in pier groups monthly</li> </ul>	<ul style="list-style-type: none"> <li>• Weekly routine for physical activity</li> <li>• Meal (carb, fat, protein, calories) estimation</li> <li>• Provide coaching in pier group</li> </ul>
Learning and knowledge Future option	<ul style="list-style-type: none"> <li>✓ Diabetes basics (3 videos)</li> <li>✓ Diabetes Quiz for beginners</li> </ul>	<ul style="list-style-type: none"> <li>✓ Next steps in diabetes (2 videos)</li> <li>✓ Diabetes Quiz level 2</li> </ul>		<ul style="list-style-type: none"> <li>• Diabetes and sports (2 videos)</li> <li>• Study BG pair report to understand oral medication dosage sizing</li> <li>• Diabetes Quiz for Advanced diabetics</li> </ul>	<ul style="list-style-type: none"> <li>• How to fine-tune your basal amount (video &amp; e-learning)</li> <li>• Diabetes Quiz for expert diabetics</li> </ul>

PATIENT HAS ALREADY ACHIEVED THESE GOALS!

EXAMPLE CONTENT

Concrete, actionable and measurable goals for the patient to work on. Patient is automatically coached towards the new goals.



# ProWellness

## Thank you!

[www.balansio.com](http://www.balansio.com)

short 1.5 minute video:

[https://youtu.be/Jb7\\_fgENXew](https://youtu.be/Jb7_fgENXew)