

## What is Habilis®?

Habilis is a software platform, based on web technology, allowing doctors and therapists to create clinical protocols for home rehabilitation.

With Habilis, patients can carry out the rehabilitative treatment either at home or in the rehabilitative “kiosks” present on the territory. The exercises performed by the patient are recorded and automatically sent to the health team.

Habilis provides tools for synchronous and asynchronous communication (video conference, chat, messages) allowing the patient to interact efficiently and safely with the health personnel, avoiding tiring transfers and long waits in hospital.

The module for the analysis of the results allows either to assign or adapt a therapy previously allocated on the bases of the new data collected.

Habilis staff also offers support services, assistance and personalization of the platform to adapt it to the specific needs of the rehabilitative centres.

### Why does Habilis improve patients' quality of life?

Patients completing the hospital rehabilitative therapy cycle risk to lose the benefits gained and to undergo a slow but inevitable process of regression.

With Habilis patients can exercise more frequently and with longer rehabilitative cycles, reinforcing the already gained results and even improving the results reached at the time of discharge from the hospital.

In a patient centric vision it is easier and comfortable to follow a rehabilitation at home or using the kiosk.

Furthermore the patient's “user-friendly” interface makes rehabilitation more attractive than the traditional one.

### How does Habilis contribute to optimize the resources?

The therapists use libraries of exercises. Each exercise has all the necessary information to carry it out; it is not needed to repeat the instructions for each patient.

The therapist can access the exercises recorded by the patient at any time and can rapidly identify the relevant exercises to be checked. It is possible to visualize the exercises executed at increased speed, to reduce time to evaluate patients' activities.

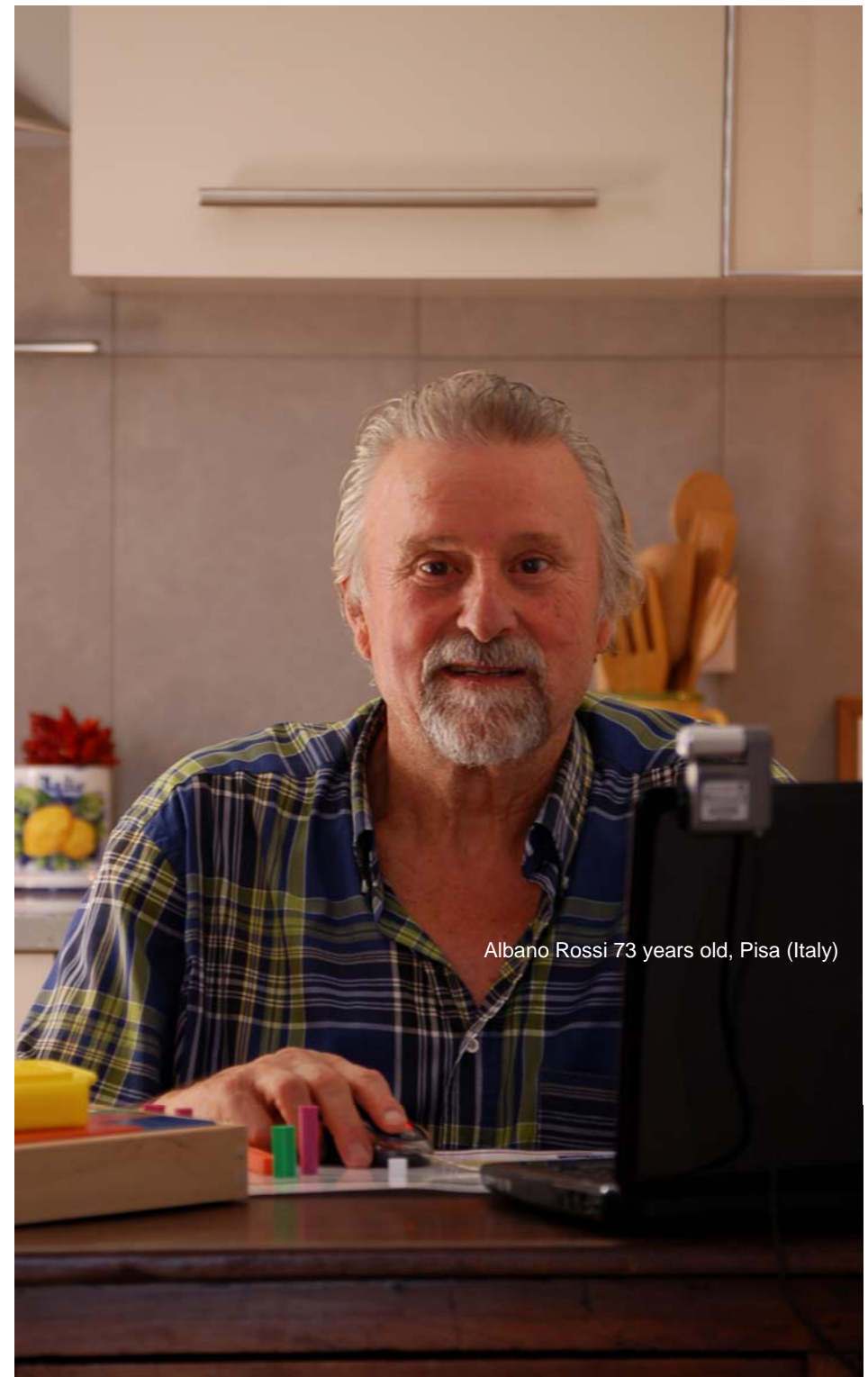
### What is the impact on the Health system?

Tele-rehabilitation allows the optimization and exploitation of the resources.

The service fits the patients needs in a way they are satisfied with the remote supervision, are more compliant to the rehabilitation exercises scheduled and show a positive clinical outcome.

Tele-rehabilitation allows more intensive, and thus more effective, treatment at low or no additional cost for the whole health system, treating patients for a longer period with a more complete recovery.

*“Exercises carried out with Habilis are fun: this rehabilitation is good for the body and soul!”*



Albano Rossi 73 years old, Pisa (Italy)

# How is Habilis<sup>®</sup> used?

The first treatment cycle is foreseen in the hospital. Thanks to Habilis, rehabilitation can be partially moved or greatly extended at the patient's own home to either maintain or improve his/her psychomotor abilities.

Where possible, the patient can also use a rehabilitative kiosk located in either a voluntary or district centre in which the Habilis platform is available.

The patient receives the assigned exercises, visualizes and executes them guided by the instructions provided by the system. Once the session is completed the results become available and will be subsequently visualized and analyzed by the clinical team.

The therapist can communicate with the patient through videoconference. This module allows clinicians to assign tests or make the patients execute a series of exercises to evaluate the progress directly on-line.

The patient carries out the assigned maintenance and recovery exercises, under the remote physiotherapist supervision.

The therapist uses indicators and statistics both to monitor the state of the treatment and to verify the frequency with which the patient executes the exercises.

Habilis also provides statistics on the time spent by the therapists for each patient.

Contact us to know more about Habilis!



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## Habilis<sup>®</sup> : rehabilitation with you

Allowing patients to exercise outside the hospital environment enables to expand the time of rehabilitation guaranteeing a higher possibility better recovery and quality of life.



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