



## **Babylon's AI Healthcheck: helping people better understand their physical and mental health**

- *Healthcheck is a free and easy to complete AI-powered digital check-up tool designed by doctors and scientists.*
- *Answer a series of health-related questions, build your own Digital Twin, and see your 5-year disease risk across 20 key diseases.*

Babylon is launching Healthcheck, empowering people to make more informed lifestyle choices to achieve both their current and future health goals. Available free through the Babylon app, Healthcheck enables users to understand how their physical and mental health may be affected by current and past lifestyle choices, as well as medical and family history.

People's lifestyles have a major impact on life expectancy and disability. A study by Harvard School of Public Health into data over roughly 30 years indicates a difference of 12-14 years of lifespan between those adopting five lifestyle measures, and those who did not<sup>1</sup>.

Healthcheck makes use of the information provided to build a condition risk profile and shows how each risk factor (e.g. alcohol intake, smoking) can statistically influence the chances of different diseases developing. Extensive epidemiological research has been used to quantify disease risk factors by demographic, and their effect on disease risk.

There are initially three Healthcheck assessments people can choose from: activity, nutrition and mood. These can be completed separately or all at once. Once each is completed, the user can view a 3D interactive picture of the health information entered broken down by organ, called the Digital Twin. Initially, Healthcheck covers 20 diseases selected based on UK disease burden, as defined by the WHO, as well as relevance to target demographic. A Further 80+ diseases will be introduced over coming months.

### **Contact Details**

For further information, please contact the Babylon Press team [press@babylonhealth.com](mailto:press@babylonhealth.com) or visit the website: [www.babylonhealth.com](http://www.babylonhealth.com)



### **About Babylon**

Babylon's Mission is to put an accessible and affordable health service in the hands of every person on Earth. Babylon uses a combination of cutting-edge technology and the best available medical expertise to deliver 24- hours-a-day, 7-days-a-week access to digital health tools (including health assessment, triage and health tools), to people across Europe, North America, Asia, the Middle East and Africa, as well as video doctor consultations. Babylon is also now embedded into Samsung Health, which is available on millions of Samsung mobile devices in the UK and US, and has recently signed major partnership agreements with Tencent, Bupa and Prudential.