

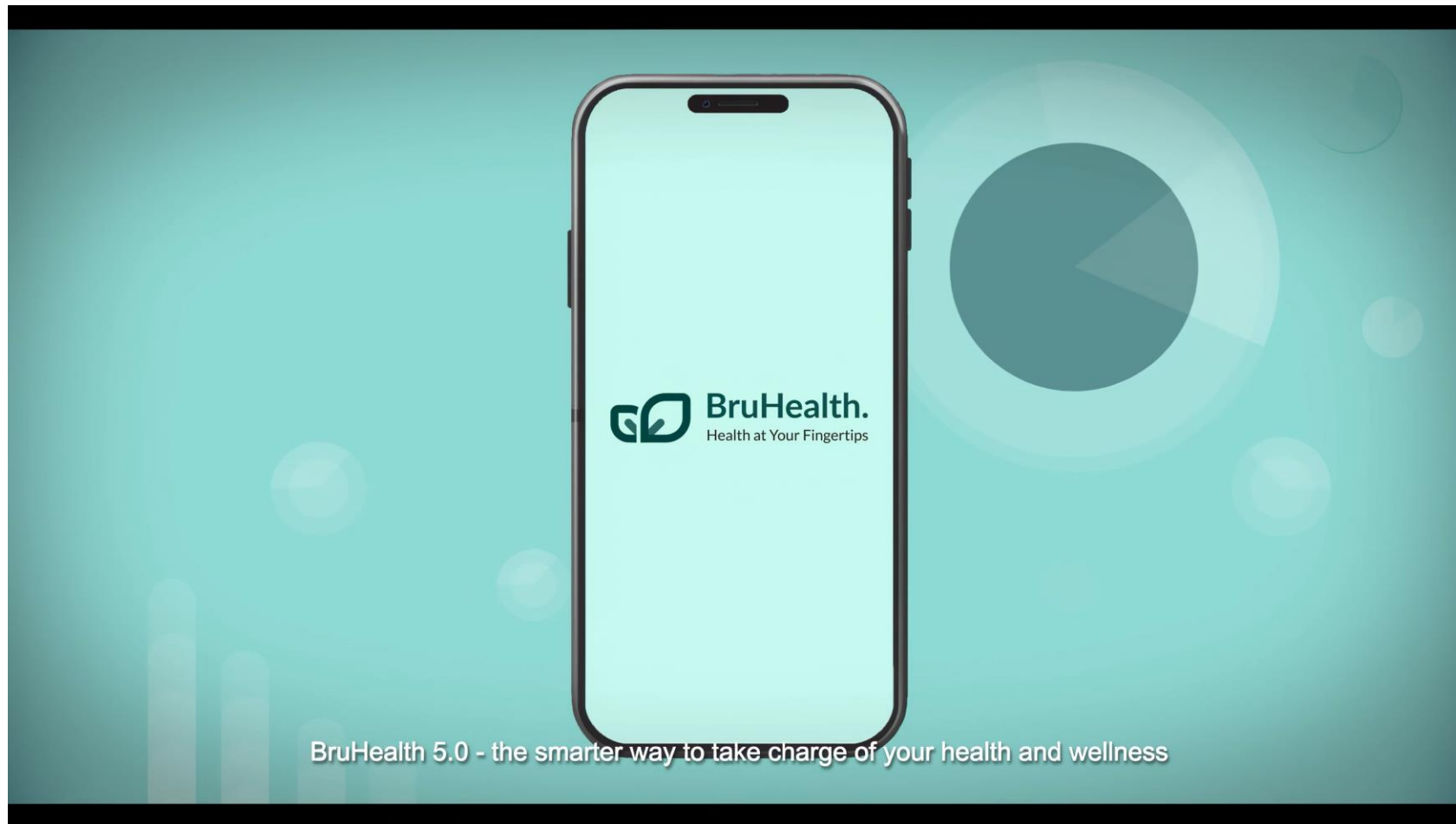


Abby Tan

Harnessing Technology to Tackle the Challenges of Ageing

Delivering the Future, You Deserve

EVYD – Driving Brunei's Digital Health Future





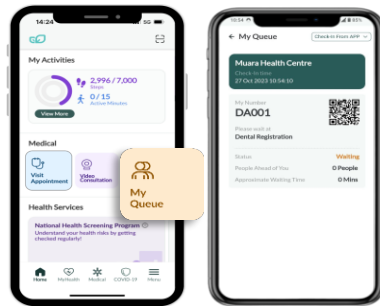
LEADING BIG DATA AND AI MEDICAL COMPANY

EVYD offers AI healthcare solutions powered by intelligent algorithms and deep insights into diseases, serving and partnering with key healthcare industry participants.

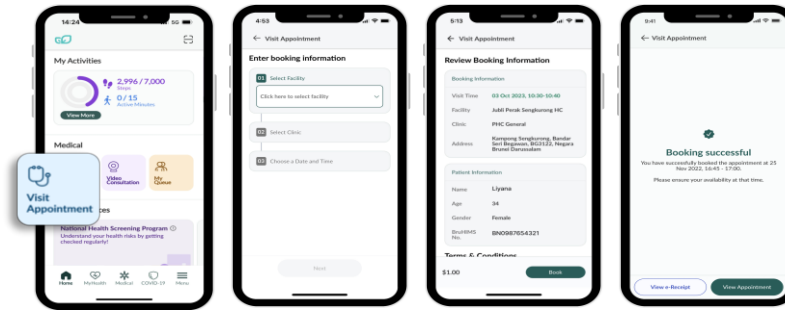
Our goal is to make value-based precision healthcare accessible to everyone

500+ Global partners	~ 1000 workforce 47% medical background, 38% AI background	10+ years industry expertise	International Business spans across 4 regions
>7 billion health records analysed			

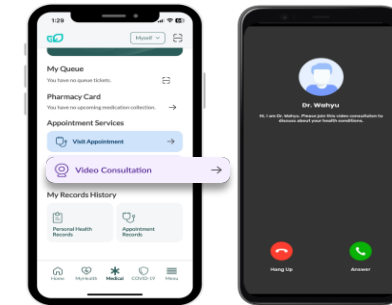
Bringing Healthcare to You



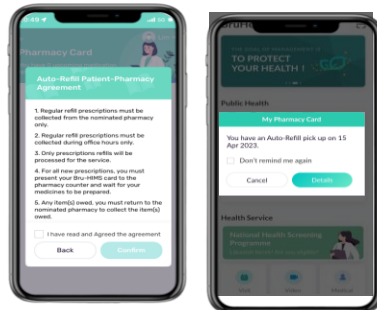
Queue Management System
Self-service check-in at desired queues and monitor queue status.



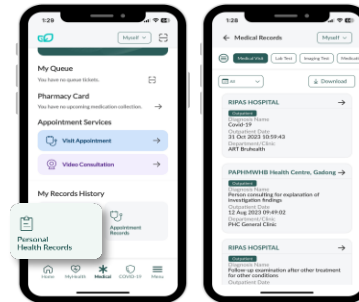
Online Visit Appointment
Allows patients to book appointment online directly on BruHealth



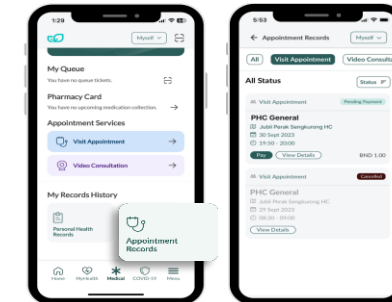
Video Consultation
Online consultation between clinicians and patients via video call



Pharmacy Card
Reminder function for upcoming medication refills collection.



Personal Health Records
Encompass information related to an individual's health and medical history.



Appointment Records
Detailed records of all medical visits including both scheduled appointments and walk-in.

Why Ageing is a Growing National Challenge

Rapid Demographic Shift

- By 2030, nearly **1 in 5 Bruneians** will be aged 60 and above.
- Fewer working adults supporting more elderly citizens

Rising Healthcare Demand

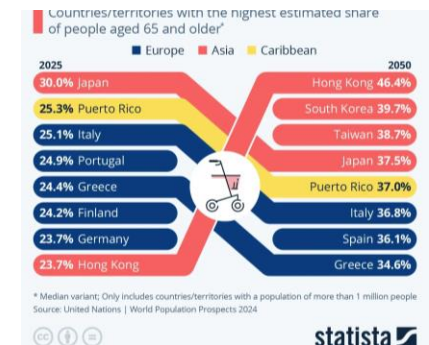
- Increase in chronic diseases (CVD, diabetes, dementia).
- Greater strain on hospitals, caregivers, and national budgets.

Need for Whole-of-Nation Response

- Ageing is not just a health issue — it affects housing, mobility, and social inclusion.
- Requires **integrated digital and community solutions**.

Socio-Economic Impact

- Shrinking workforce and productivity loss.
- Families face higher caregiving and financial pressure



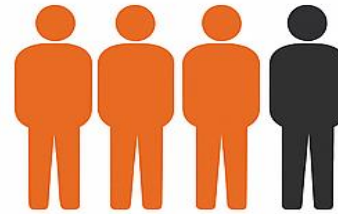
ASEAN's Rapidly Ageing Population



125m people
aged 60+ by
2035 – 2×
increase from
today (*ASEAN*
Secretariat)



Older adults will
make up
22% of
ASEAN's
population by
2050 (*WHO*)



1 in 5
seniors likely
to suffer from
chronic or
neurocognitive
diseases such as
diabetes, CVD, or
dementia



Dementia cases
in Southeast Asia
expected to exceed
10 million by 2050

How Can Technology Help

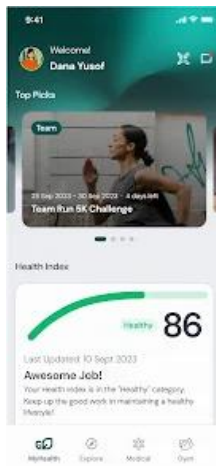


Proactive Health Monitoring

Longitudinal Records: Use BruHealth PHR to track seniors' vitals (BP, glucose, BMI, meds) over time.

Wearable Integration: Connect smart devices to monitor heart rate, sleep, and activity — detect risks early.

AI Risk Scoring: Apply predictive analytics to flag seniors at risk of chronic disease or hospital readmission.



Remote Care & Home-Based Support

Teleconsultation & Rehab at Home: Use Dr Buddy for geriatric follow-ups and rehab — fewer hospital visits.

Family Dashboard: Let family members view reminders, alerts, and health data of elderly dependents.

Community Health Workers: Equip nurses/ volunteers with the BruHealth Community App to monitor homebound seniors.



Healthy Ageing Engagement

Gamified Challenges: Encourage walking, stretching, or Tai Chi with AI-personalized goals and rewards.

Nutrition & Lifestyle Coaching: Offer dietary advice and daily wellness tips from health data.

Mental Wellbeing Support: Screen for depression/ loneliness and link to counsellors or support groups via BruHealth



BNOTM Championship 2025

Scope & Value

- Enhance national health awareness and build a Healthy Nation
- Foster sustainable brand perception and drive health awareness through BNOTM
- Leveraging feedbacks from Focus Group to build highly demanded features and enhance user experience
- Cultivate nationwide exercise habits and expand sports participation



Actions & New Features

Strengthen **social features**, enabling users to easily add friends and initiate interactions

Friends Management
& Virtual Stickers

Activity Feed

Introduce **diverse exercise modes** beyond walking, expand sport/workout options, and **utilize existing routines and check in features** in BruHealth.

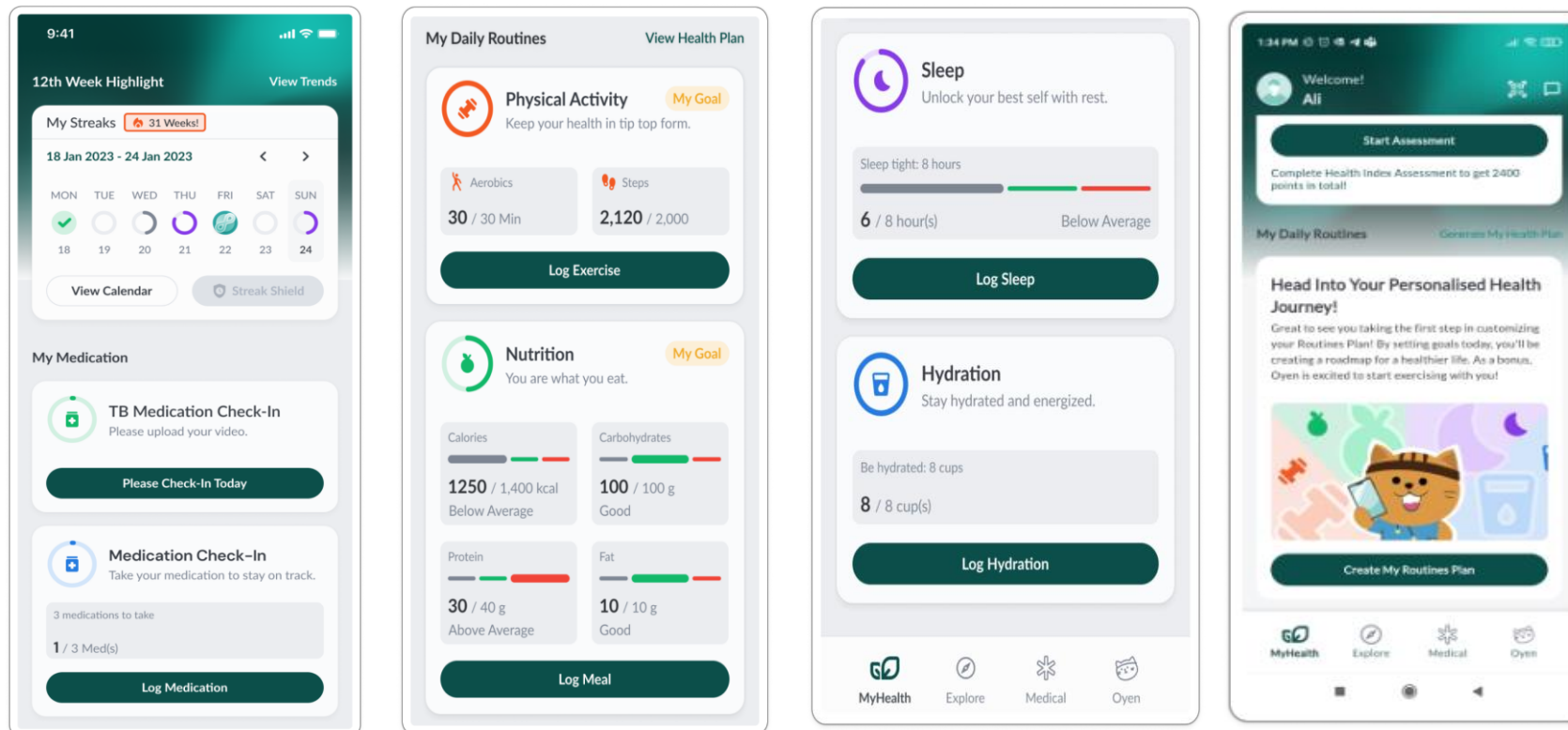
BNOTM Monthly Challenge

Incentives Ecosystems



Daily Routines

The **Routines module** is a digital health tool that creates **personalised lifestyle plans**- covering physical activity, nutrition, mental health, and hydration- based on user data. Progress is tracked via integrated devices, helping users build healthier habits and improve overall well-being.



DMDTx in Brunei



National Health Application

Our pilot clinical trial of DM DTx in Brunei has shown improvement in DM disease control with reduction in HbA1c (marker of DM control) and weight loss. This is an integration of structured diabetes digital intervention programme into BruHealth application for rollout. The data will be plugged into the national data platform linked with other patient's data attribute to create a patient 360 which powers analytics for policy and research use.

Pilot 1

16-week single-arm, non-randomized clinical

 **122** patients recruited

Of those who completed the study,

 **1.3%** average reduction in HbA1c, with largest reduction of 3.5% in one patient

 **2%** average reduction in weight

Pilot 2 (Ongoing)

16-week single-arm, non-randomized clinical

 **450** patients recruited

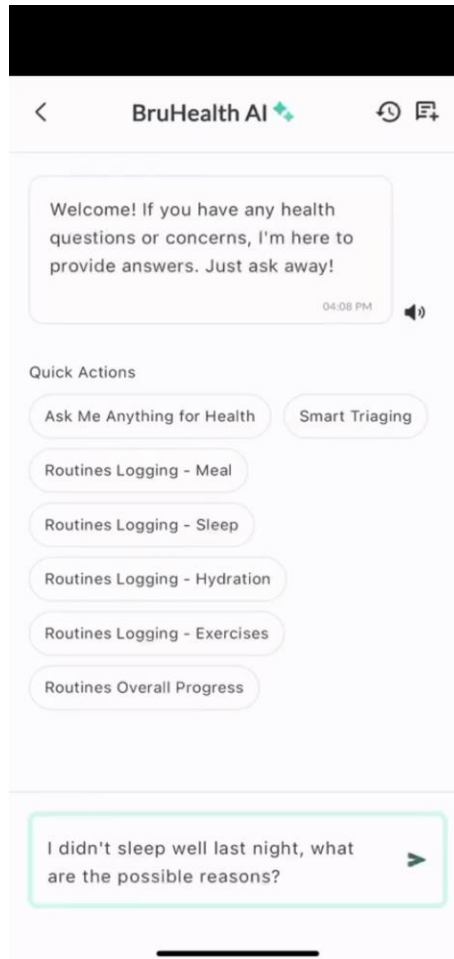
Of those who completed the study,

 **1.3%** average reduction in HbA1c, with largest reduction of 6.8% in one patient

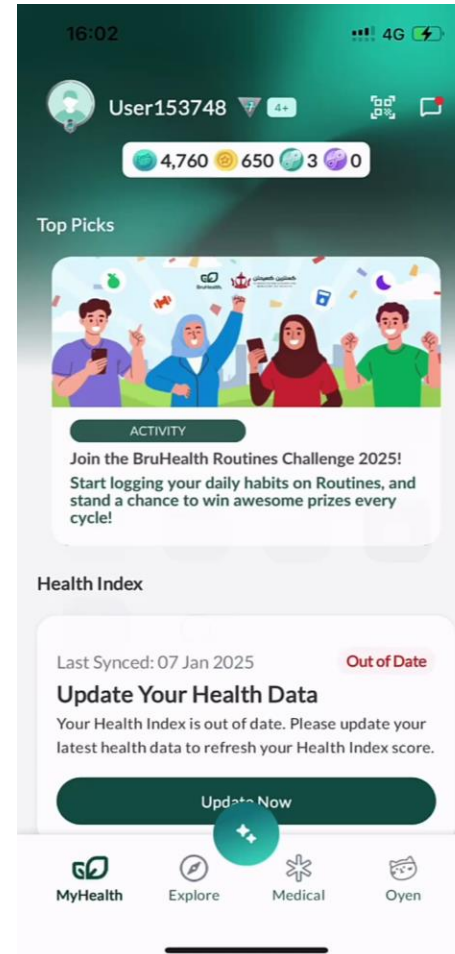
 **2.3%** average reduction in weight

BruHealth Patient Assistant

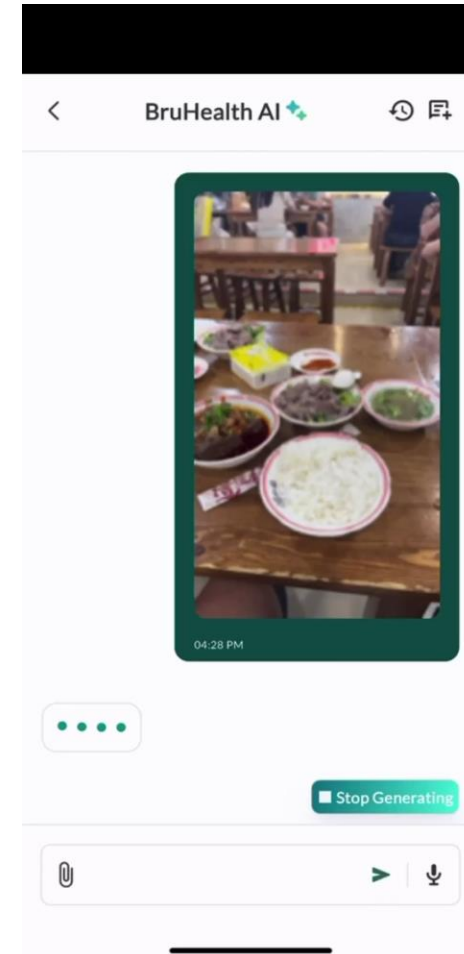
Medical guidance, Lifestyle, Medicine
General Consultancy



Pre-diagnosis, Resource recommendation
Smart Triage



Sleep, Nutrition, Exercise, Hydration
Lifestyle Management



Potential: Health Programme for Elderly

Understanding the issues faced by the elderly population can help to create a programme that offers them an accessible way to manage their health, enhance their quality of life, and maintain independence through recommendations tailored to their specific needs.

FACTORS AFFECTING THE ELDERLY

Immobility

Frailty

Incontinence

Anorexia of Aging

Instability

Sarcopenia

Impaired Memory

Cognitive Impairment

DATA COLLECTION

- Integration to EHRs, biobanks, etc
- Self-reported data via questionnaires
- Location/movement data
- IoT or monitoring device data

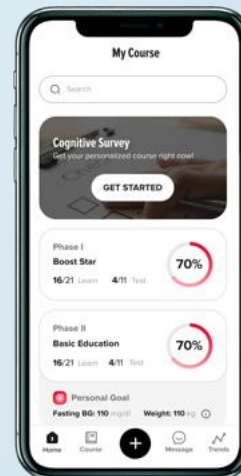
Personalised Recommendations and Care

- Physical Activity – Progressive increase
- Nutrition - Recommendations based on individual needs
- Educational Material – Self-management of diseases
- Self-monitoring – Individual targets and plan
- Screening – Recommends screening for co-morbidities
- Health Coach Services
- Personalised Reports for tracking progress

Other Functionalities

- Risk Prediction
- Appointment Bookings and Follow-Ups
- Medication Management
- Reminders and Notifications
- Location Tracking
- Cognitive Exercises (Reading, memory games, etc)

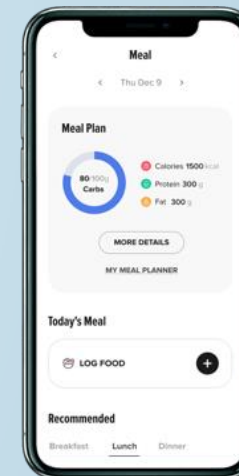
4-MONTH SELF-MANAGEMENT PROGRAMME



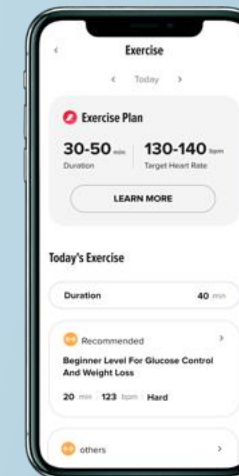
Fingertips Knowledge



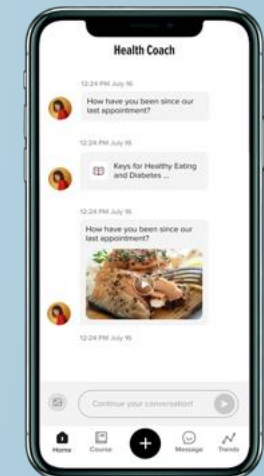
Weekly Reports



Food Journal

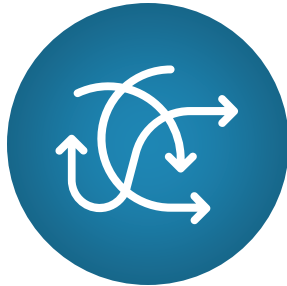


Exercise Journal



Health Coach

Location Tracking on BruHealth



SAFETY

Quickly locate elderly with cognitive conditions when they wander and get lost



EMERGENCY

Pinpoint location of elderly in need of medical assistance if a fall or emergency is detected



MONITORING

Monitor movement and physical activity of elderly for improved recommendations



BEHAVIOR

Understand the preferences and habits of elderly by tracking frequently visited places



SOCIAL

Monitor social interactions by detecting others close by for emotional wellbeing of elderly

Predictive Analytics

Data From

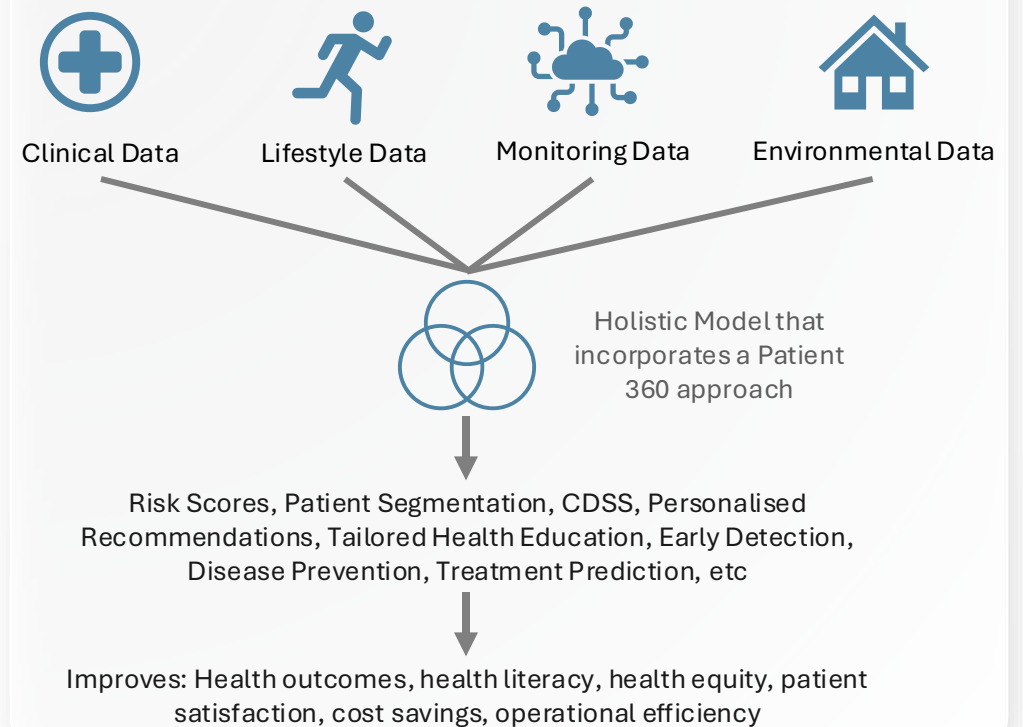
Hospital EHRs, wearables/IOT devices, monitoring devices, biobanks, self-reported data, app behavioral data and more

Output

Models that can help with risk score generation, tailoring interventions to individuals, understanding health-seeking behavior of patients, predicting healthcare utilisation and more

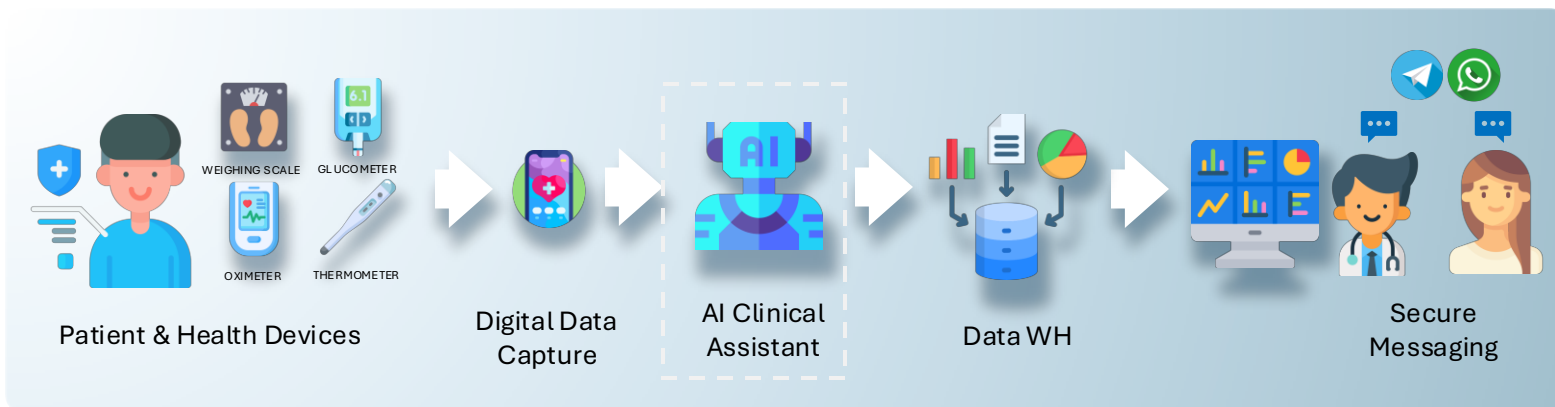
Use Case: In patients with osteoporosis and a history of strokes, The fall risk model can identify patients with osteoporosis and a history of strokes as high risk, prompting a personalised follow-up schedule with bone density tests, neurological evaluations, and balance therapy to prevent falls.

DATA MODEL



REMOTE PATIENT MONITORING SYSTEM

HOW IT WORKS



COVERAGE AREAS

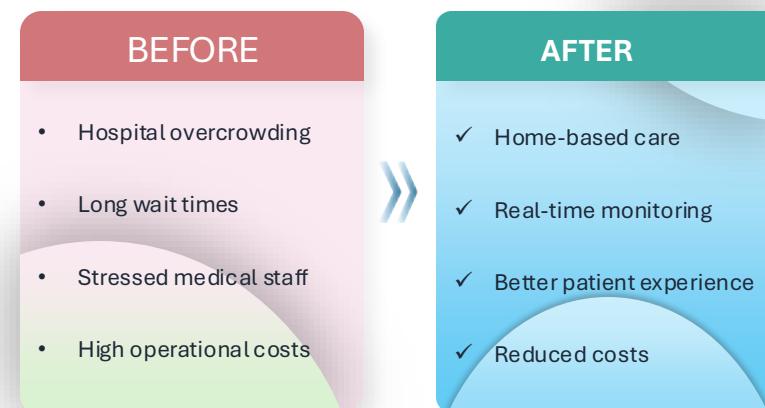
- Dengue fever & bacterial infections
- Neonates, pediatric and obstetric patients
- Post-surgery patients eligible for home recovery

BENEFITS

-  Reduced Hospital Bed-Days
-  Boosted Clinical Workforce Efficiency
-  Enhanced Patient Experience

-  Millions Saved in Inpatient Costs
-  Intelligence with LLM & AI Enabled

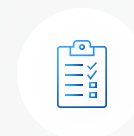
CASE STUDY: REMOTE PATIENT MONITORING SYSTEM



UPCOMING RPM 2.0



Intelligent AI Chatbot



Pre-Checkup Assistant



AI Professional Diseases Consultation

The Future We Are Building: Smarter, Healthier and More Connected

Empowering

Empowering every generation through digital health and data-driven care

Making

Making ageing active, fun and dignified- from hospital to home, from care to independence

Strengthening

Strengthening families and communities through connected platforms like BruHealth

Building

Building national resilience with AI, innovation, and inclusive digital transformation

Realizing

Realising Wawasan 2035- a smarter and healthier nation