



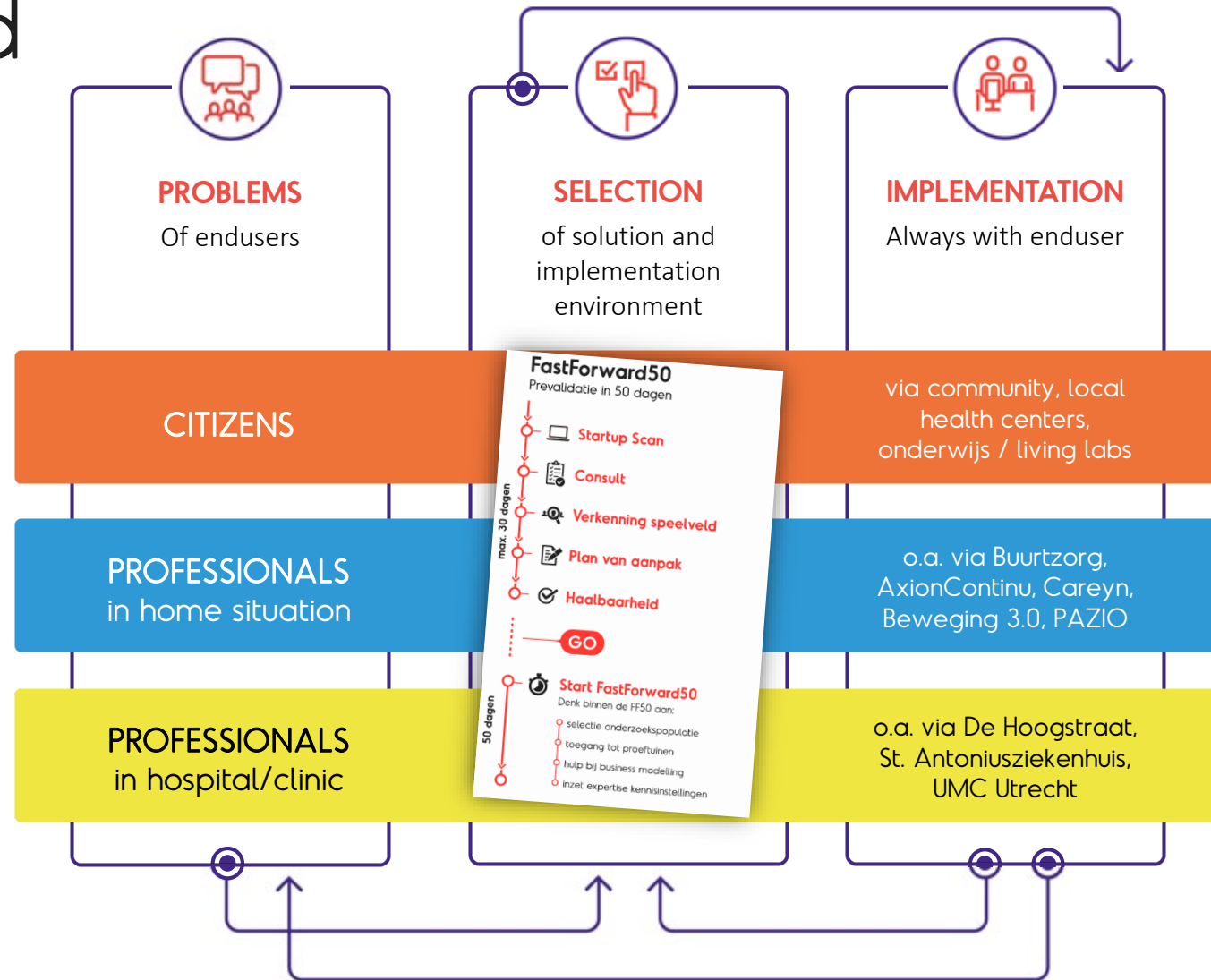
Uzelf is a network organization.

Funded until at least december 2019

Main partners:

UMC Utrecht, Hogeschool Utrecht, U CREATE, Economic Board Utrecht,
Gemeente Utrecht, Raedelijs, Rabobank, ZorgInnovatie, PAZIO

Method



Tool: FastForward50

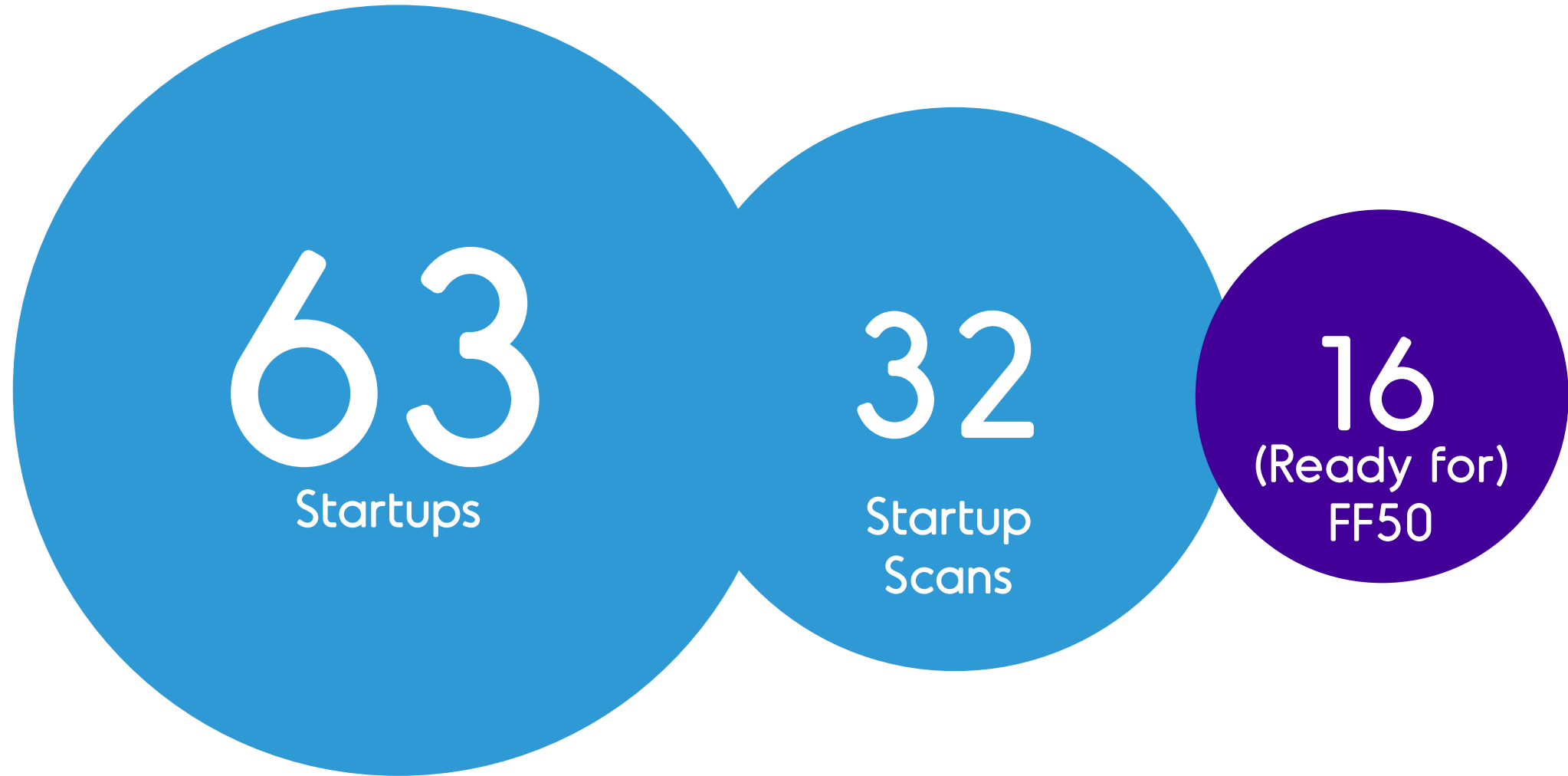
Prevalidation
in 50 days with 50 people

Is the solution:

- interesting
- relevant and
- feasible



First year



First year: the startups

1Minuut/Genzo

ABDate

Babymoon

BDOlife

BeterDichtbij

Beterschappen

MeetUzelf

Blogboek

CardioVitaal

Care&CultureKoor

Carezzo

CloudCuddle

Cloudgarden

COPD app

Dayclocks

DigestInn

Docly

FitfortheFloor

Fuelling

Genzo

Gight

GoClinic

Hatobito

Healthcoin

Healthcoin

Improve

Innomoves

It FitsKarify

Lifeguard

Lyla Coach

MedAngel

MedInReal

Millow

MinDoktor

Oryx Movement

Solutions

Pacmed

Pckt

PDSapp

Physitrack

Poeppaleis

Project Ipsilon

Psynet

Qoca

RenalTracker

Shleep

Sidekick Mattie

Sleep.ai

Sleepcare

SociaalVitaal

Somnox

Tinybots

Tovertafel

Verbonden.nu

Vindi

Vitaliteitsscan

Wellmo

Winkler BV

YoSperm

Zoutmeter

Utrecht
De Bilt
Driebergen-Zeist,
Nieuwegein
Woerden
Stichtse Vecht
Vianen
Bunnik
IJsselstein
Houten

Utrecht Science Park
Economic Board Utrecht
RIVM
TNO
Universiteit Utrecht
Hogeschool Utrecht
Hogeschool voor de
Kunsten
ROC Midden Nederland
MBO Utrecht
UMC Utrecht
Sint Antonius
Ziekenhuis
Diakonessenhuis
Saltro

Altrecht
Nivel
Utrechtzorg
Raedelijs
Huisartsen Utrecht Stad
GGD Regio Utrecht
RAVU
U CREATE
Pazio
MBO Utrecht
Incluzio
Reinaerde
Hoogstraat
Pazio
Wilhelmina Kinderziekenhuis

Unicum huisartsenzorg
Lokalis
Lister
Axion Continu
Harten voor Sport
Design Innovation Group
IJSfontein
Ideate
Uzelf



FF50: Exercise

solution: Tovertafel

Playful, interactive light games that entice children, adults, and older people to get moving and have fun together.

FF50 SETUP

Develop new games for children

PROJECT PARTNERS

WKZ, ActiveCues, De Hoogstraat,
Hogeschool Utrecht



FF50: Exercise

solution: Tinybots

Tinybots provide friendly, spoken reminders, suggest activities, and play personal music.

FF50 SETUP

Testing Tessa in the homecare
environment

PROJECT PARTNERS

Incluzio, Wijkteams, Careyn, Buurtzorg
en Hogeschool Utrecht



FF50: Exercise

solution: Oryx Movement Solutions

Mobile laboratory to screen and
analyze the way you move

FF50 SETUP

Exploring fall prevention

PROJECT PARTNERS

FysioFutureLab, De Hoogstraat



FF50: Exercise

solution: Healthcoin

Rewards activity in Healthcoins
which can be spend in the
Healthcoinshop.

FF50 SETUP

Running tests with 4 highschoools

PROJECT PARTNERS

4 schools, Harten voor Sport,
Hogeschool Utrecht



FF50: Monitoring

Solution: Magnea



Core	Advanced machine learning that classifies data into activities, calories, dangerous situations etc.
Cloud	Platform architecture with data processing & storage.
API	Connecting third part sensors to the platform.
Sensor	Collecting data from patients and seniors.
Care	Web application for caregivers to customize your care and give you the optimal health experience.
Motivate	Mobile application with a motivational toolbox designed together with top motivational psychologists to give you the essential motivation and information you need in order to be active and stay healthy.

www.magnea.com



Pelvic training

Solution: FitfortheFloor

Easy exercise modules, at your own pace in your own environment.

Goal:
get in shape after giving birth

www.fitforthefloor.com

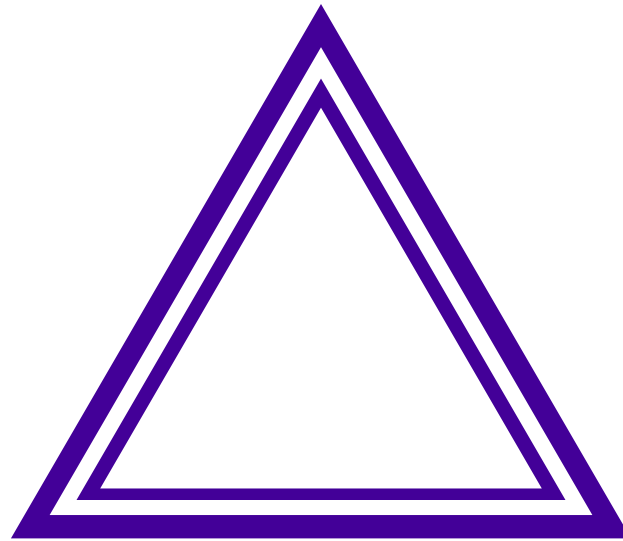
Strategy (2019)

Our primary target group:
the citizens of Utrecht Region

focus on daily activities / prevention

Strategy (2019)

nutrition



sleep

exercise

Nutrition

examples

Beterschappen

DigestInn

Renaltracker

Carezzo

Poeppaleis

MeetUzelf

Sleep

examples

CloudCuddle

Lyla Coach

Somnox

Millow

Stressproject Saltro

Slaapstraat

Hugsy

Shleep

SmartSleep

Exercise

examples

Healthcoin

Fitforthefloor

Tovertafel

Hatobito

HoloMoves

Magnea

Tinybots

COPD app

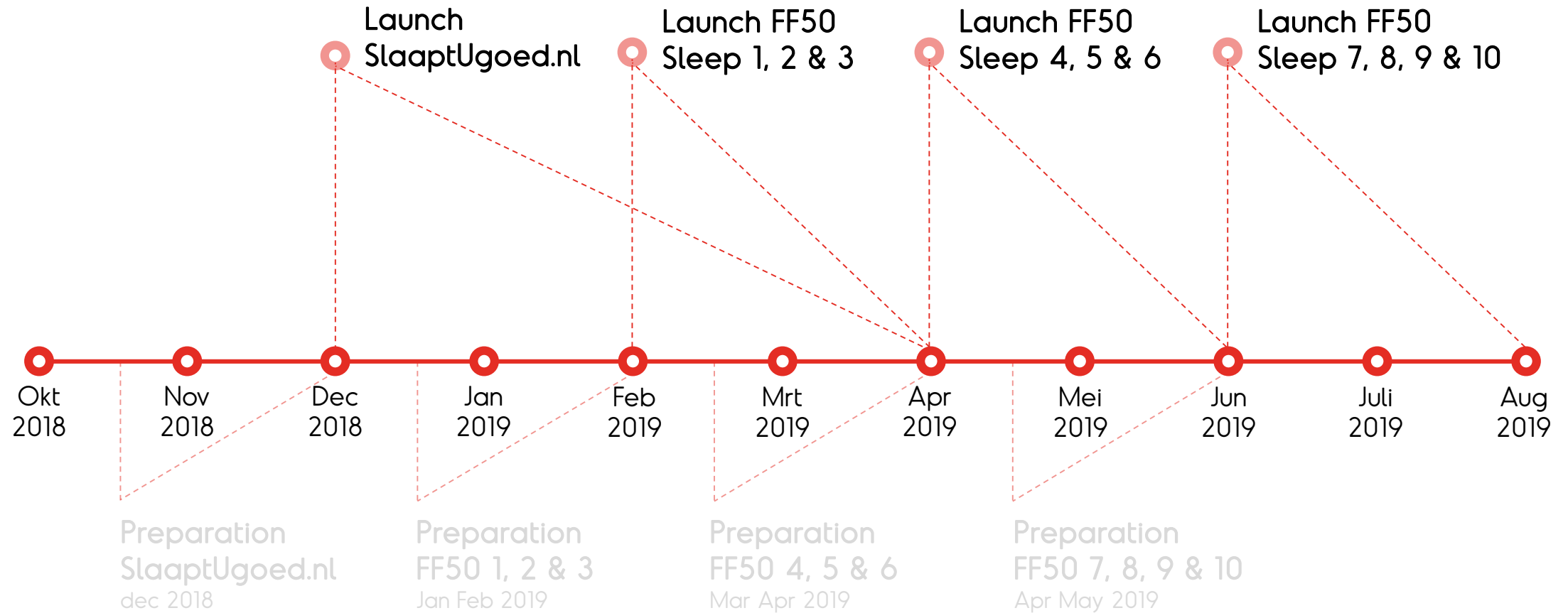
ORYX

Strategy (2019)



- 500 citizens in experiment
- 10 FastForward50's
- 5 employers (Rabobank, Vodafone)
- QSi in Utrecht

Strategy (planning)



Planning

First 6 months of 2019:

Knowledge, Problems & Solutions

Exploring best available partners

Examples of projects we would like
to see landing in Utrecht Region

FF50: Sleeping

solution: CloudCuddle

A mobile and safe sleeping environment for disabled children.



FF50 SETUP

Develop a version for grown-ups

PROJECT PARTNERS

Reinaerde



Een zorgprogramma dat huisartsen faciliteert bij de
aanpak van slaapproblemen

investeer in slaap ▼

FF50: Sleeping

solution: Slaapstraat

Transfer knowledge from
specialists to primary care
+ Making sleepdiagnostics
accessible for GP's

FF50 SETUP
Exploring

PROJECT PARTNERS

Hersenstichting



ZIEKENHUIS
ST ANTONIUS

gezondheidscentrum oog in al

Centrum voor Slaapgeneeskunde

TOPZORGVoorU

STICHTING UO Utrecht Oost
GEZOND



Kanaleneiland
GEZOND!

ZHUS
MAAKT MEER MOGELIJK



FF50: Sleeping

solution: Somnox

The Somnox Sleep Robot helps you sleep faster, longer and wake up refreshed by slowing down your breathing, focussing your attention and playing soothing sounds.

PROJECT PARTNERS
exploring



FF50: Sleeping

solution: SmartSleep

Wearable sleep headband and mobile app clinically proven to improve the quality of your sleep. Increases your energy in the same sleep time. Developed with doctors and researchers. For people who typically sleep < 7 hours per night. Drug-free sleep enhancement technology



FF50: Sleeping

solution: Maya & Bedhoodie

Sleeping in hospitals is a nightmare. Maya & Bedhoodie create your own microcosmos.





FF50: Eating

solution: Beterschappen

Events, strong community and
recipy + grocery delivery

FF50 SETUP
planning

PROJECT PARTNERS
None yet