



8sense

understand yourself.

Company
Founder
Company portrait
Problem
Solution



COMPANY



Foundation

2016

Founder &
Management

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Location

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COMPANY- PORTRAIT



THE IDEA BEHIND 8SENSE

Because of their own experience and suffering from pain, the two industrial engineers and sportsmen Ralf Seeland and Christoph Tischner decided in fall 2016 to develop a technical approach to face the widespread disease of back-pain.

Ralf used to face back pain caused by long-time sitting again and again. Driven by the reduction of his quality of life, he developed his own prototype in the shape of a holster. This one assisted him to sit upright. He instantly decided to test the functionality of the device and he received stunning results.

OUR MISSION: "UNDERSTAND YOURSELF"

We, the people of 8sense, are convinced that people only change their long term habits in life, when they actively decide to do so. Based on the motto "If I won't change anything then..." Another important point is to understand how to implement the changes.

8sense gives people the possibility to understand the reason of their back pain caused by the position and movement of their back. Feedback and presentation, in combination with interactive exercises motivate the user and lead them to observable process and results. 8sense assists people to change their habits by conscious decisions.



PROBLEM

BACK-PAIN

8 of 10 people in the US will suffer from back-pain at one point in their life. The main reason is mainly that there is mostly pressure on one side of the back. A person working at an office has to sit at the desk for many hours. A montage worker makes the same recurring movements every day. The consequences are that some muscle groups are overburdened and others are under burdened. In addition, a lack of movement supports the development of back pain. A lot of people do not walk 1000 steps a day.

SITTING ANYWHERE

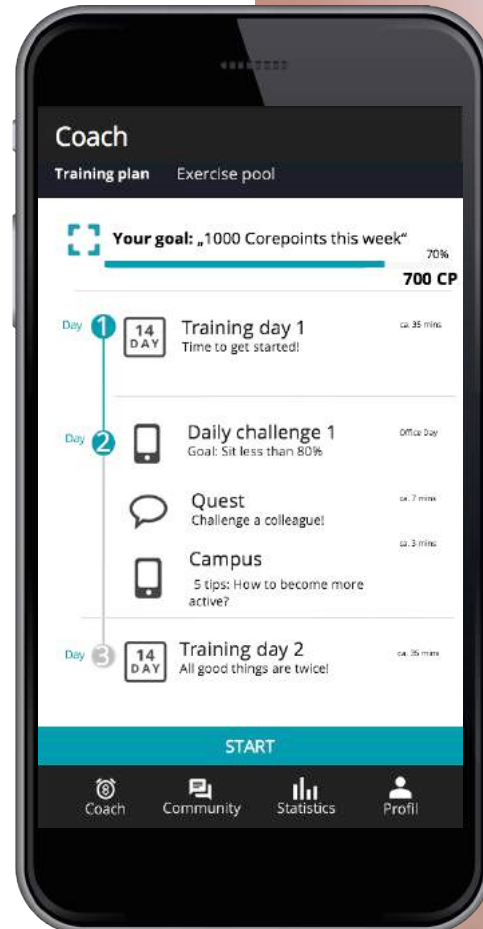
The average person working in an office is sitting at least 8 hours a day at his job. On the way to work most of them also sit in a car or a bus. Breaks are mostly spent sitting, too. And in the evening...

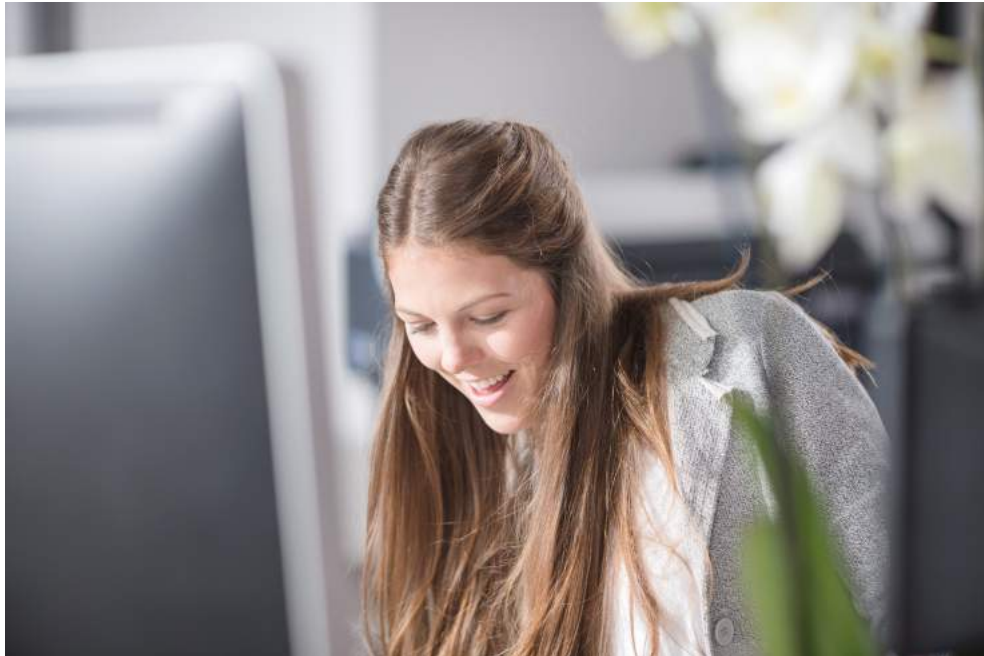
SOLUTION

HOLISTIC COACH

8sense is a smart health-coach consisting of a sensor to put on your collar - similar to a billfold – and a mobile app. The special feature: The sensor determines position, analyzes movements and lifts coaching to a whole new level this way.

Back pain normally does not result in a single reason. All of them have to be faced holistic. That is the reason why the 8sense coach consists of a daily module and an exercising module.





DAILY- CHALLENGE

DYNAMIC SITTING

In your daily life the 8sense smart device gives you direct feedback by vibrating softly if you sit in the same position for too long. This helps the user to change its position and to sit more dynamically.

The coach visualizes the daily habits and assists the user by changing them. It shows you when it is time to walk or to take a break.

INCREASE YOUR MOVEMENTS IN A FUN WAY

8sense offers a variety of games which are controlled through different movements. The user is able to connect with friends and colleagues to play together or against each other. This way the energy level increases while you are having fun and the lack of movement is gone.

TRAINING

ASSISTED BY A PERSONAL COACH

The workout coach, which is bookable in addition, activates the complete power of 8sense. Based on the daily habits, the coach personalizes individual exercises on the needs of the user. By putting on the 8sense smart device, the user receives feedback while doing an exercise, for example if the speed is correct, this would prevent injuries and increase the efficiency of the workout.

COOPERATION WITH EXPERTS

If the customer is under treatment, the physical therapist is able to create individual workout plans in the smart phone application of the customer by scanning a QR-Code. Besides that he can modify the coach with different options and he can place his own exercises via video function to the customers disposal.

NEW LEVEL OF INTELLIGENCE

In comparison to other apps, the coach adapts not only to the feedback of the user. It also implements the recordings of the workout and of the daily life determined by the 8sense smart device. In addition it learns from the input of the experts and the habits of all other users. That is why it is possible to develop an individual workout plan to the maximum.





Understand
yourself.

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