

## Customized wellness solutions using health technological platforms: An exploratory research protocol

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### Abstract

Rapid transformations in demographic and socioeconomic shifts are leading to a growing global demand for health and beauty products and services that demands holistic concepts of well-being. In addition, technological breakthroughs such as internet of things make it convenient and offer innovative solutions for well-being and engage consumers to track their own health conditions and fitness goals. This new health economy encompasses three key concepts: Well-being, well-conditioned and well-shaped; which are shaped by wellness segments and goals that influence purchasing decisions of consumers. The research protocol aims to examine the feasibility, challenges and capabilities in provision for each customer with an ecosystem or platform that organizes data and insights to create an individual health and fitness, nutrition and beauty profile. Convenience sampling of 100 consumers residing in private housing within five major districts in Singapore will be selected to participate in the study. Statistical package for social science 25 will be used to conduct descriptive statistics for quantitative data while qualitative data results using focus interviews, will be translated and transcribed to identify improvements in provision of these services. Rising income in emerging global markets is fueling the demand for these general wellbeing products and services. Combined with technological advances, it is imperative to understand how these highly personalized services with integrated technology can be designed better to support consumer preferences, provide greater flexibility and high-quality service and generate better health awareness among consumers.

### Biography:

Elaine Wong Yee-Sing first started working at the Health Promotion Centre in Curtin University as a Health Promotion Assistant and is currently the Executive Director of Red Element

Health International (REHI). She is an active Member of Singapore Nutrition & Dietetics Association, Curtin University of Technology Singapore Alumni Member.