

Health Technology Innovator PAI Health Joins ACLM Lifestyle Medicine Corporate Roundtable with First Evidence-based Metric to Quantify Personal Exercise Prescription

Summary: The American College of Lifestyle Medicine today announced that health technology pioneer PAI Health, formerly known as Mio Global, has become the newest member of ACLM's Lifestyle Medicine Corporate Roundtable. PAI (Personal Activity Intelligence) is a scientifically validated metric based on heart rate that empowers people with personalized insights on how much exercise they need to reduce the risk of lifestyle diseases and live a longer, healthier life.

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The American College of Lifestyle Medicine has announced the addition of health technology leader PAI Health to its Corporate Roundtable, a group of individuals and organizations whose collective vision is sustainable human health, a sustainable healthcare system and a sustainable world.

PAI Health (formerly Mio Global) is a Vancouver-based health technology company with proprietary science-based algorithms including PAI (Personal Activity Intelligence), the first evidence-based activity metric for personalized exercise guidance that is scientifically proven to extend lives by an average of five years. The PAI algorithm has been validated by researchers from the Nobel Prize-winning medical faculty of the Norwegian University of Science and Technology using data from the HUNT study, a unique database containing personal and family medical histories of more than 45,000 people over 25 years.

PAI translates heart rate data into a simple, meaningful score that guides people on how much activity they need to live a longer, healthier life. A PAI score is calculated based on a person's profile data as well as their heart rate data from the past seven days and it assigns a value to their physical activity based on the health effect. Research showed that those who maintain a PAI score of 100 or above can reduce the risk of cardiovascular disease and other lifestyle-related disease by up to 25 percent. The PAI study has been published in [The American Journal of Medicine](#).

PAI provides insurers, employers and health care providers with behavioral data and health insights on population trends so they can better assess risk, monitor progress, guide their people and manage costs. PAI has received recognition within the industry as being a groundbreaking metric that can give wearables greater purpose by providing meaning to heart rate data.

PAI Health is a new cloud-based software company under the same management as Mio Global, continuing to leverage its expertise in biometric sensing and algorithm development for the health and wellness industry, but with a broader market strategy to extend PAI to all wearables and health platforms in order to realize its full potential impact on global healthcare.

“We are honored to be joining ACLM’s Corporate Roundtable, as it will give us an incredible opportunity to collaborate with other like-minded companies on a cause that we are all so passionate about,” said Peter Taylor, CEO of PAI Health. “We are excited to share our unique approach to prescribing exercise that can prevent and treat a large number of diseases through lifestyle changes.”

"An evidence-based activity metric that is actionable and motivational in real time is a very positive step forward which has the potential of improving the lives of many people," said ACLM President George Guthrie, MD, MPH, FACLM. “We are pleased to add PAI Health’s expertise to the growing Lifestyle Medicine Corporate Roundtable body of knowledge.”

The Corporate Roundtable of the American College of Lifestyle Medicine convenes healthcare and lifestyle thought leaders, with a keen focus on the power of Lifestyle Medicine to transform health and healthcare. Roundtable members explore effective Lifestyle Medicine clinical applications, strategies for accelerating reimbursement and adoption and analysis of potential business-related opportunities. The Roundtable launched in 2015 and has grown to include over 25 active member organizations.

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ABOUT THE AMERICAN COLLEGE OF LIFESTYLE MEDICINE: ACLM is the professional medical association for those dedicated to the advancement and clinical practice of Lifestyle Medicine as the foundation of a transformed and sustainable healthcare system. More than a professional association, ACLM is a galvanizing force for change. ACLM addresses the need for quality education and certification, supporting its members in their individual practices and in their collective desire to domestically and globally promote Lifestyle Medicine as the first treatment option, as opposed to a first option of treating symptoms and consequences with expensive, ever increasing quantities of pills and procedures. ACLM members are united in their desire to identify and eradicate the cause of disease. Join today at <http://www.LifestyleMedicine.org>.

ABOUT PAI Health: PAI Health, formerly known as Mio Global, is an innovative pioneer in health technology. Its proprietary technology, PAI (Personal Activity Intelligence), is the first scientifically validated metric that empowers people with personalized insights on how much exercise they need to live a longer, healthier life. PAI allows organizations to assess, monitor and guide their people to better health to reduce risk and costs, and provides individuals with motivational guidance on recommended physical activity levels for better health. PAI Health’s mission is to optimize anyone's path to being healthier by making PAI available world-wide through partnerships with corporate wellness and health platforms, insurers, employers, wearable manufacturers, health providers and other industry partners. For more information, please visit www.PAIhealth.com.