

Improving People's Health through Seamless Integration with Activity Meters

Customer Highlights

- Two-thirds reduction in development time
- Provided an efficient alternative to an outdated, expensive, FTP based data-transfer, while increasing security and reliability
- Seamless integration with other companies, making it easy to expand the program in the future
- Integrated data download from a user wearable with a separate point card system to create Japan's first points-based system that rewards physical activity
- Allowed for scaling of user quantity at an increased rate with minimal additional costs

Information Technology Services for the Healthcare Industry | [HULFT Integrate](#)

This Tokyo-based client develops and implements IT solutions for hospitals and clinics with the goal of increasing patient participation throughout the medical care process. Through two major programs, this organization assists individuals, health care providers and local governments to securely track an individual's key health metrics and incentivize physical activities, particularly for elderly residents.

The Situation: Providing a tangible incentive for physical activity

Exercise is extremely important, and living a healthy lifestyle is critical as people age. To track exercise for its elderly users and encourage physical activity, the client-company's programs distribute wearable, wristband activity-tracking devices. Like many modern wearables, these devices use a pedometer to generate walking distance estimates for the individual user. When combined with basic user-provided measurement inputs, the device provides the wearer with a health snapshot, including the pedometer data, BMI, and estimated body fat percentage.

To incentivize physical activity at both an individual and community level, the client-company was tasked with installing data-collection kiosks within a major shopping center. These kiosks allow users to swipe to connect their wearable device to the kiosk, giving users a visual snapshot of their activity and health. Based on how far an individual has walked since the last check-in, points are awarded on the shopping center's point card system, and those points can be redeemed within the shopping center.

The Challenge: Securely integrating personal data with the reward system

For the program to be successful, the company had to integrate its data-collection kiosks into the shopping center's points system so users would be able to collect and redeem points based on activity levels. However, activity meter data is highly personal and confidential, and any integration system needed to be secure and reliable.

Previous attempts to connect personal health data with the incentive reward program relied on a bulky and less reliable FTP transfer. This required significant specification adjustments in order to properly manage the transfer of records, operational settings, and integration rules as well as additional programming to ensure system reliability and data security. All of this led to prohibitive development labor costs and implementation delays.

"Because HULFT makes secure data integration possible, we can operate this system with peace of mind and with minimal concerns about personal information leaks. The reduced system development time was also a big plus. The hours required for building and testing the system with HULFT were about one-third of what would have been required for a traditional FTP integration. HULFT's reliable integration has made our operations a lot smoother."

President and CEO of Healthcare IT Company

The Solution: Success in one-third of the traditional development timeframe

Recognizing the need for a secure and cost-effective, secure way to integrate with the points system, HULFT was selected as the integration platform of choice. Since HULFT natively supports a broad array of various data formats, development time was minimal, and the number of hours it took to build and test the system was about one-third of what it was with the prior FTP integration. In addition, the points system already within the shopping center already relied on HULFT, allowing for a quick and simple integration.

Not only did HULFT Integrate provide the right level of security to ensure utmost confidentiality with regards to resident's data, because the platform supports integration among a wide variety of systems and data formats, the program can easily be expanded if the number of companies participating in the point system increases. As more companies participate, incentives are increased, allowing the company to further expand the system.

In addition, as more data is collected, information related to blood pressure, heart rate, and other vital signs can be sent to a local medical facility in order to shorten exam time and improve overall quality of care.

About HULFT, Inc.

Companies today work way too hard for data. HULFT believes it should be the other way around. IT spends far too much time and money connecting silos and maintaining hand-coded scripts, just to make data work for the business. HULFT provides a single global platform that allows IT to find, secure, transform and move information at scale. HULFT's seasoned data logistics consultants uncover hidden pain points, automate tedious manual operations, and streamline data flow worldwide. For 25 years, HULFT has helped more than 10,000 customers automate, orchestrate and accelerate their global data logistics, making it easier on IT and putting data to work for the enterprise.



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*HULFT Integrate is sold in the U.S. and is available in other countries under the brand DataSpider Servista