



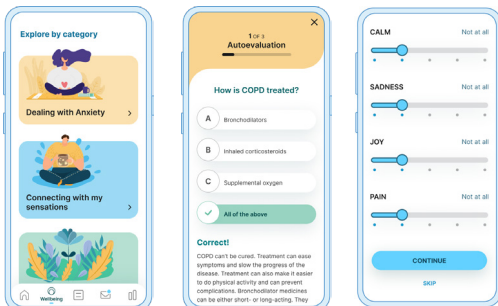
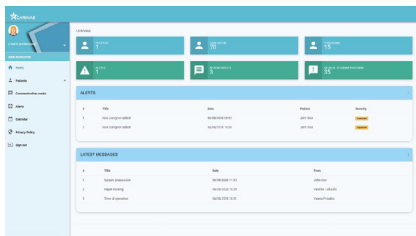
CARINAE is a digital health intervention designed from the patients' perspectives and to their needs. The solution aims to provide an innovative and personalized program for patients scheduled for surgery and their caregivers to reduce their stress and anxiety during the entire care path and improve their overall self-management, including the support of positive lifestyle changes.



adherahealth



The full CARINAE Program is delivered using a digital health ecosystem that leverages the following key elements:



- **Mobile Solution** that incorporates AI-based behavioral coaching based on the Adhera's Health Recommender System and complemented by educational contents and mental wellbeing exercises based on Cognitive Behavioral Therapy. The mobile solution also integrates wearable technologies (a Withings Pulse HR smartwatch) and Internet of Things technologies (location beacons in the hospital) to support patient monitoring and personalization.
- **Virtual Reality Solution** that provides a combination of educational contents and mental wellbeing exercises.
- **Clinical Patient Support Dashboard** that provides tools for healthcare professionals involved in the patient care.



This is part of STARS PCP project that has received funding from the European Union's Horizon 2020 Research and Innovation Programme.