

A young man with short brown hair and a beard, wearing a blue denim shirt, is smiling and looking down at a smartphone he is holding in his hands. He is standing in front of a large window with a view of a cityscape.

# A Feature-packed Mobile Application Paired Up with a State-of-the-art Health Multi-measuring Device

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Developing an app for a European healthtech startup to accompany a unique non-invasive multi-measuring device capable of determining cortisol levels through saliva biomarkers.

## Project's Highlights

- ~10 minutes to determine the user's cortisol levels
- 4 different measurements taken and analyzed simultaneously
- Full compliance with relevant healthcare industry regulations

## Client Info

Our client is a European company introducing a state-of-the-art portable device that measures hormonal, cardiovascular, and respiratory data, enabling health and mental well-being monitoring.

By combining multiple biosensors in a novel, non-invasive way, they offer a unique and easy solution for simple identification and prevention of prolonged stress and depression.

## Challenges

As our client is a startup, Light IT Global's team was trusted to create a mobile application from scratch. Our experts took care of the full cycle of the software development including business analysis, UI/UX development, front-end and back-end development, DevOps, QA, and design.

Some of the challenges our team had to overcome while working on this project include:

- Ensure the application is developed in strict compliance with key global healthcare industry regulations and best practices
- Come up with a well-thought-out UI/UX and a minimalistic design for the app
- Keep track and analyze 4 different health measurements (cortisol level, resting heart rate, blood oxygen saturation, forced vital capacity) using the data transmitted from the device's sensors
- Create an algorithm to calculate the stress score depending on the measurements taken by a device
- Develop an algorithm to determine the mental health score depending on the answers to a daily questionnaire provided by the user
- Implement a system of in-app notifications to keep the measurements consistent
- Introduce an in-app recommendation center, which is a digital knowledge base for every user where they can get insights on different mental and physical health improvement techniques.

## Type

Mobile Application

## Platform

Mobile

## Industry

Healthcare

## Services

IT Consulting, Custom Software Development, Dedicated Team Formation

## Expertise

Mobile App Development, Business Analysis, Quality Assurance Service, Design, DevOps Services

## Tech Stack

Flutter, Angular, Node.js, PostgreSQL, Docker

## Timeframe

8 months

## Team Size

15 experts

## Solution

An easy-to-use mobile application helping individuals visualize and interpret the results of the vitals measurement taken by a multi-measuring device. The app also keeps the record and provides individualized recommendations/reminders based on relevant data.

## The Outcome

Our client's product has great potential to revolutionize the market of health monitoring devices. As it is non-invasive and uses saliva instead of blood to determine whether or not the user is under prolonged stress, it is more accessible and safe to use than similar existing solutions on the market.

Moreover, as about 1 in 4 people across the global population is expected to be affected by mental health-related issues, our client's solution is very likely to become a frontrunner in remote health monitoring.



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