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VOICE FOR HEALTH REPORT

AI-Based Preventive Vocal Biomarker Service

NAME: Sample

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VOICE FOR HEALTH
Ai-Based Preventive Vocal Biomarker Service

Background of the Technology

The vision of Voice For Health is to bring the awareness and convenience of Vocal Biomarker technology to the world through our associates.

Voice For Health offers an innovative online software solution that measures patterns in voice and brain frequencies, and translates these into various degrees of emotional well-being and physical health. The core technology was developed in Netherlands based on studies in Physics, Quantum Physics, Biochemistry, Epigenetics, Psychology and other research fields from different universities all around the world. Using AI and Big Data technology, the software is able to connect vocal vibrations and brain waves to emotions. The system identifies and determines the underlying emotional and physical states by relating vocal input to the algorithms of specific processes in different parts of the brain.

The software is able to measure your emotional intelligence and physical health, and generate your personalized reports. The Emotional health report shows your stress level, emotional states, subconscious, and inner potentials. It will also reveal constructive and restrictive behaviours, characteristics and personalities, and even communication sensories. The health report shows your potential health risks for early management.



Service Roadmap:

Guided Journey through Voice For Health



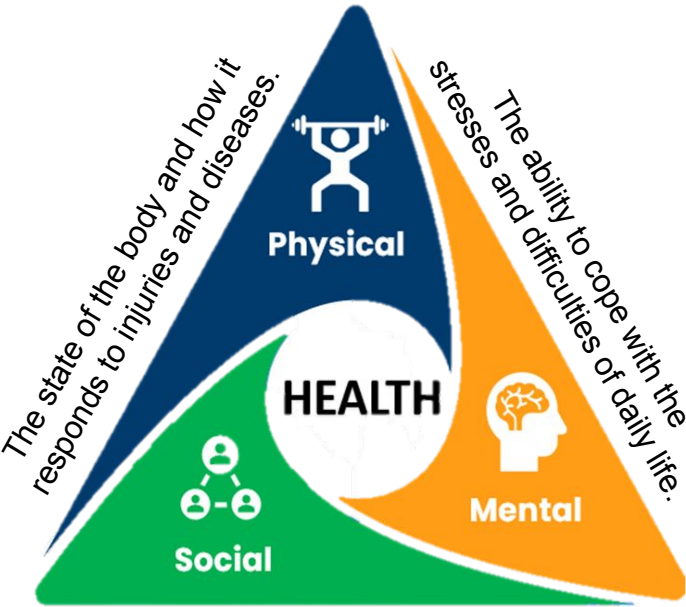
VOICE FOR HEALTH

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Definition of Health



Health, according to the World Health Organization (WHO)¹, is a state of complete physical, mental, and social well-being, not just the absence of disease or illness. Living a healthy life requires having a good balance in all three areas.



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¹<https://www.who.int/about/governance/constitution>

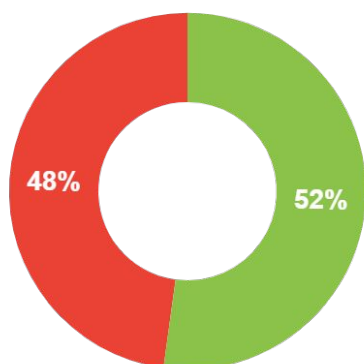


Social Health Patterns



Social health is the ability to interact and form meaningful relationships with others. It also relates to how comfortably a person can adapt to the change or new social circumstances.

Social Health



● **Constructive** ● **Restrictive**

An overview of how a person's social health is affected by the personal underlying patterns (**Thought, Emotion, and Behavior** levels) is provided on the chart.

- A person with the higher constructive social patterns is comfortable joining in conversations, and can form positive and supportive relationships with others.
- A person who has social patterns that are more restrictive is frequently exhausted and has trouble in building strong relationships with other people.

Constructive Patterns

- [3%] Calm, friendly, gives advice, concerned about other people.
- [3%] Is diplomatic. > Skilled in dealing with sensitive matters or people in a tactfull way. A mediator?

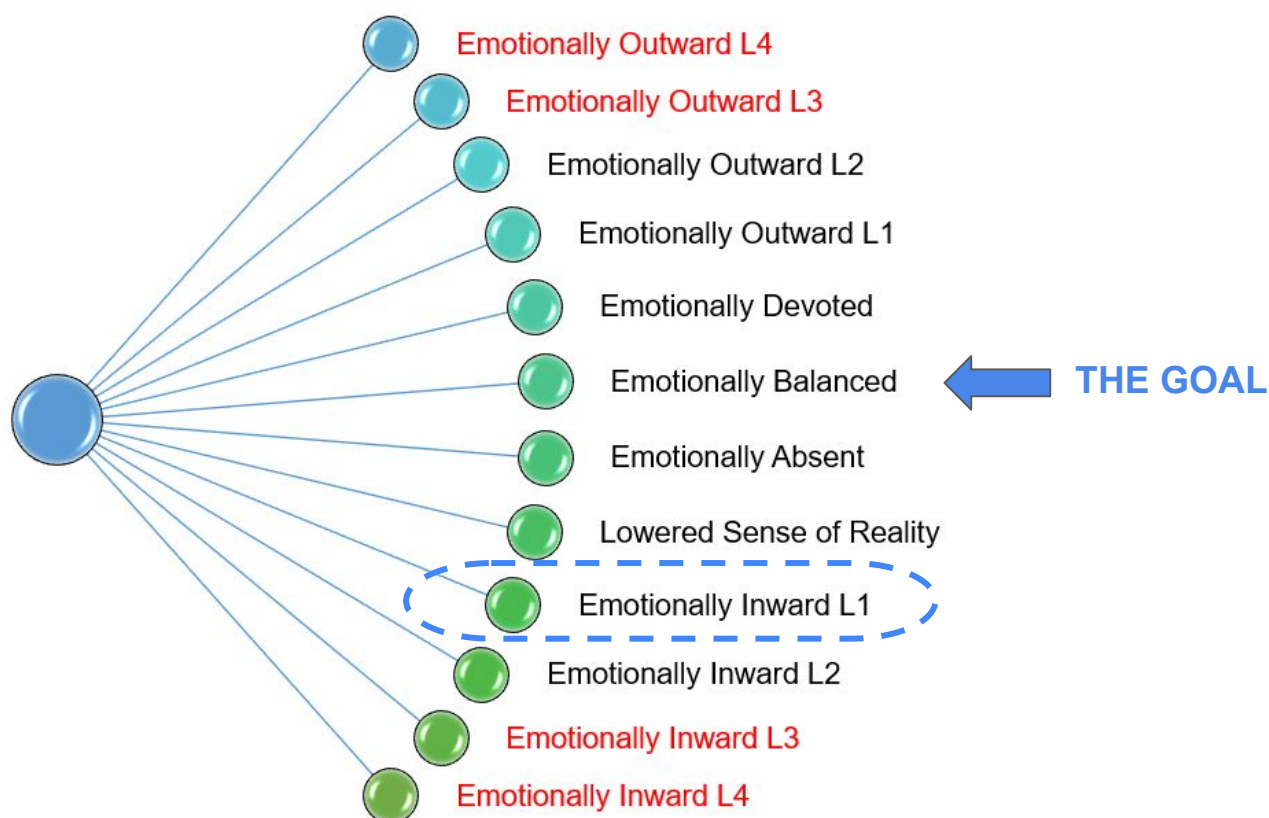
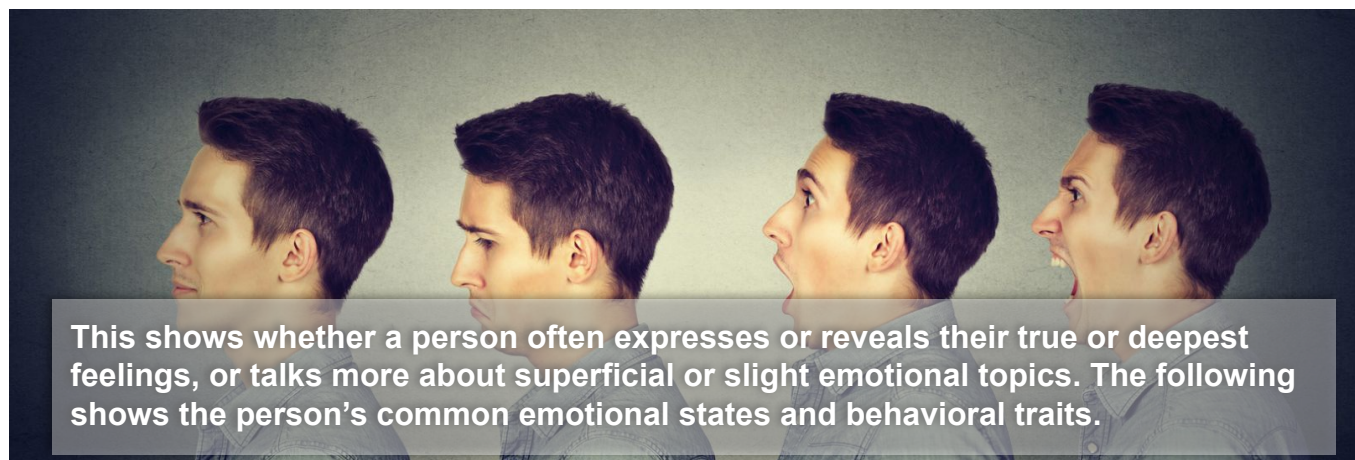
Restrictive Patterns

- [6%] Variable behaviour. Moodswings? > He/she plays many different roles in life. In extreme cases possibly a bit similar to a multiple personality.
- [2%] Can have the tendency to force his/her will.

***This table is only showing the top 2 constructive and restrictive patterns. Recommended to explore Emotion Sandbox Coaching service to unlock all patterns detected.**



Emotional Expression & Disclosure



Emotionally Inward L1

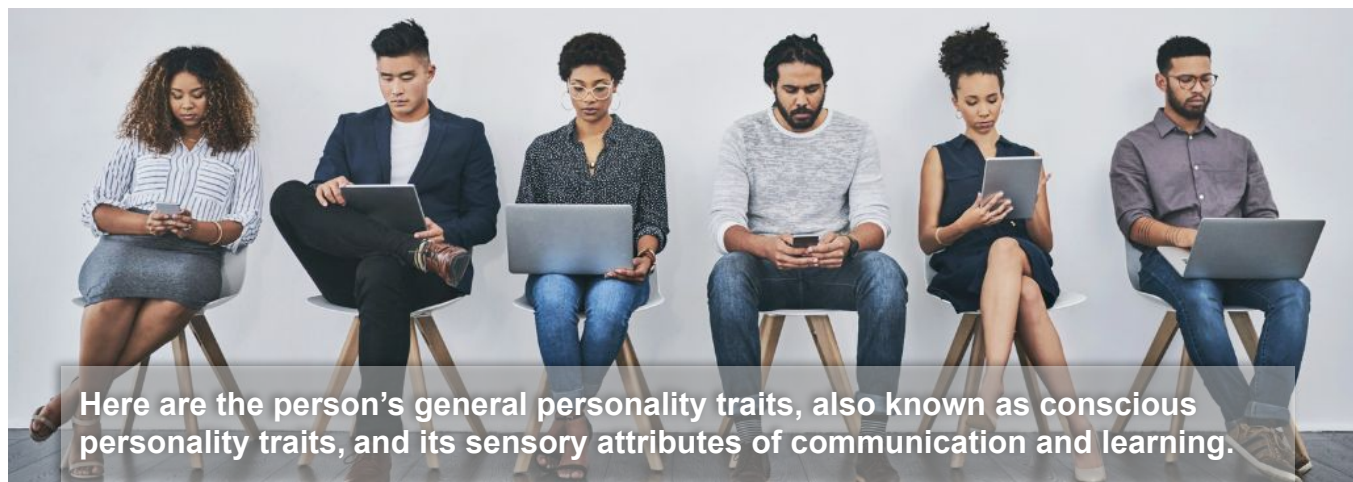
- This person is less likely to express his/her true feelings.
- This person is a proactive person. However, he often feels insecure and powerless and turns himself into a workaholic (hobbies, skating on the phone, playing games, watching movies, etc.). Sometimes sloppy, sometimes aggressive.

Benefits of mastery:

1. Discover your strengths and weaknesses so that you can leverage your strengths and avoid your weaknesses.
2. Can be more effective in self-awareness, so as to adjust and express the true inner feelings.
3. Master your emotional roots and be a relaxed person.



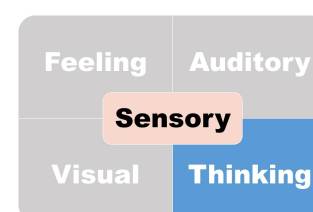
General Personality Traits



Here are the person's general personality traits, also known as conscious personality traits, and its sensory attributes of communication and learning.

The Perfectionist

People with this personality tend to be perfectionist, principled and detail-oriented. Thinking type of person absorbs information primarily by logical thinking



Strength

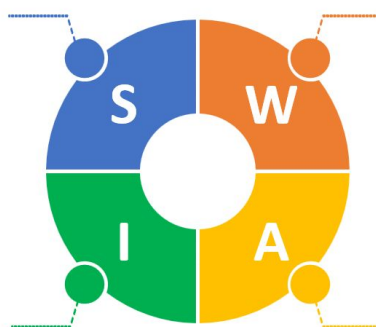
- Disciplined, principled (good and wrong or black and white).
- Value responsibility, ethics and values.
- Must be temperate, fair and upright.
- Proactive, efficient and fully committed.
- Dedication to excellence.

Weakness

- Indecision for fear of making a mistake.
- Always choosing the safest and most conservative way and sticking to the rules or settling for the status quo.
- Excessive pursuit of self-discipline and heteronomy, forcing oneself and others.
- Over-perfectionism and criticism or dislike of oneself and others.
- Excessive demand, domination or control of people and things around him/her in order to achieve inner perfection.

Self-Improvement

- Instead of forcing yourself to focus on doing things, learn to find joy.
- There is a need to revise the strict inner standards and accept yourself and others as imperfect.
- Learn to have multiple points of view and let go of the attitude that there is only "one rightness" in everything.
- Pay attention to and respect the value of other people's ideas.
- Don't complicate a simple issue.



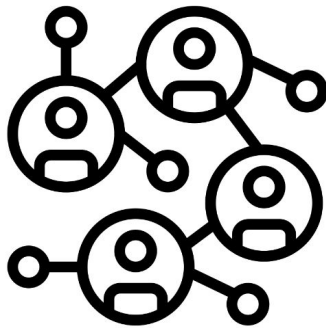
Self-Awareness

- Over-indulgence in principle, responsibility and ethics.
- Do not trust the ability of others, it is better if I do it. Who will do it if I don't?
- Obsession with correcting, organising, and manipulating people and things around you.
- Too much demand for perfection and the burden grows heavier.
- Too much fear of making mistakes leads to procrastination, indecision, or stagnation.

***Recommended to explore Emotion Sandbox Coaching service to unlock the growing towards personality and the characteristics of sensory attributes of communication and learning.**



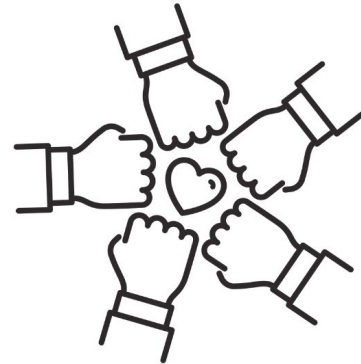
Reminders for Improving Social Health



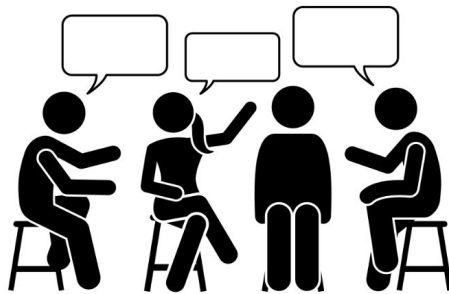
Building a support network with others



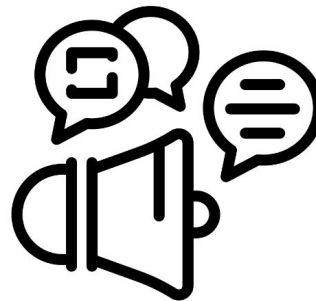
Connect with others through shared interests



Being a part of volunteering services



Making small talk with people around frequently



Send out invitations to social gatherings

Benefits of Emotion Sandbox Coaching



Mental Health Patterns

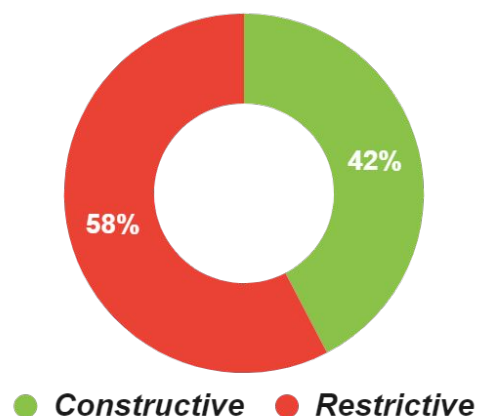


Mental health is the ability to handle the stresses and maintain a generally cheerful and optimistic attitude about life. It also relates to how comfortably a person can deal with the tension and challenges that come with everyday life.

Mental Health

An overview of how a person's mental health is affected by the personal underlying patterns (**Thought, Emotion, and Behavior** levels) is provided on the chart.

- A person with the higher constructive mental patterns is comfortable handling the daily stresses.
- A person who has mental patterns that are more restrictive is emotional and has trouble in handling the daily stresses.



Constructive Patterns

- [4%] Is looking around what the world can offer. > Is looking and researching other options and new possibilities. Wants to develop.
- [4%] Does not fight anymore for old emotional values...? > Letting go of old ideas and values that he or she was convinced of but that has changed now. He or she has come to new insights.

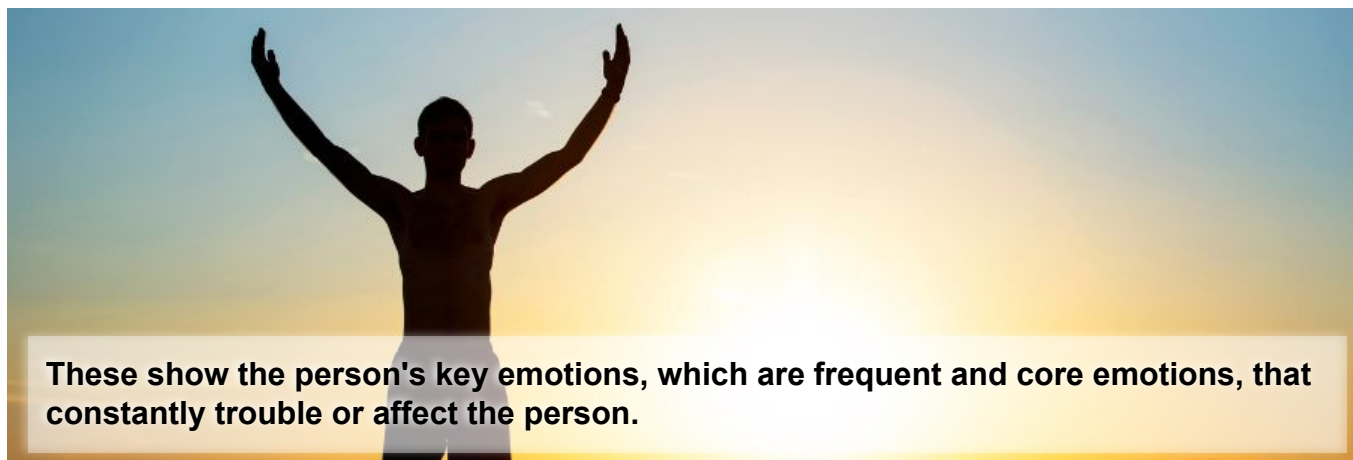
Restrictive Patterns

- [3%] Can be indecisive, and thus in some cases falling back into an old pattern.
- [3%] Does many things at the same time. Therefor seemingly chaotic. > Finishing almost nothing.

***This table is only showing the top 2 constructive and restrictive patterns.
Recommended to explore Emotion Sandbox Coaching service to unlock all patterns detected.**



Key Emotions



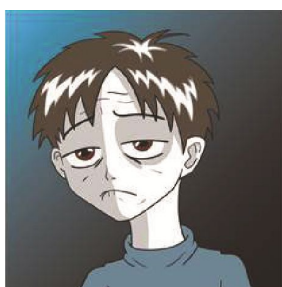
These show the person's key emotions, which are frequent and core emotions, that constantly trouble or affect the person.

Frequent emotion is the emotion most frequently measured during the analysis. It tends to change as circumstances change.



- Restless, can get carried away.> Pushes self to take responsibility for too many things. Can get sloppy, Caused by too many impressions -- sees everything but often has no oversight or vision.

Core emotion had the highest number of triggers during the measurement. It has been accumulated through time since childhood.



- At times pessimistic and insecure.> Weak personal base. Fear in trusting own instincts.

Benefits of mastery:

1. By understanding frequent emotions, you can better manage your recent emotional state.
2. Understand core emotions to improve self-awareness and adjust your state, thinking, and behavior. Let yourself live a wonderful life!

***Recommended to explore Emotion Sandbox Coaching service to unlock the emotional blueprint journey to discover the root causes of your key emotions.**

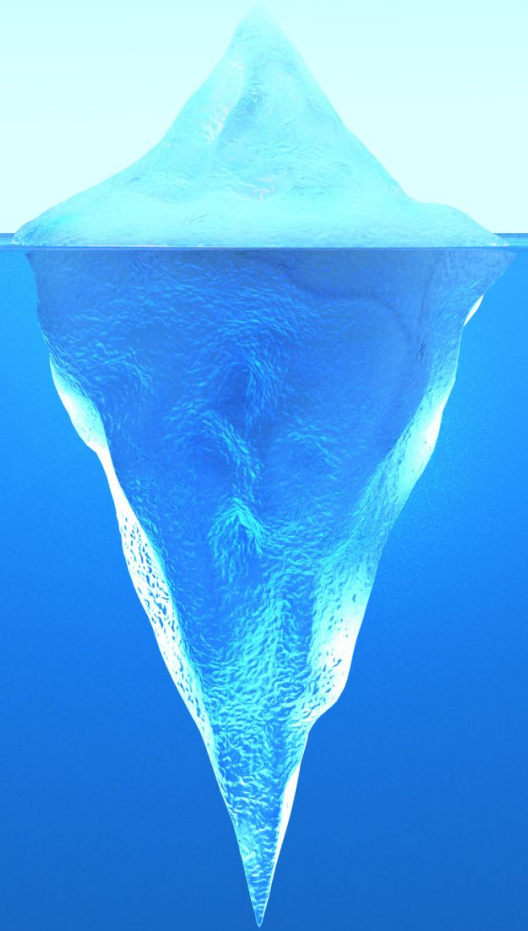


Subconscious Emotions

Subconscious emotions are the feelings that were once imprinted into us during childhood. Eventually, this feeling will turn into a filter on how people and things are viewed.

When we look at the white rabbit with a pink filter, we are certain beyond doubt that the rabbit is pink.

When we look at the beggar with feelings of 'pity' we will see him as pathetic. When we look at the beggar with "happy" feelings, we will see him as a carefree beggar.



Your Subconscious Emotions:

Weak	Mild	Moderate	Strong
[1 - 3]	[4 - 6]	[7 - 9]	[>10]

- [2] Tiresome for others, busy, hard worker.>
Sometimes a little melancholic. A busy, diligent worker who works for someone else's business.
- [2] Funny, active, radiant, cheerful.

***The numbers shown before each emotion are its intensity. Even If none is detected, recommended to do a follow up VFH every 3 - 6 months.**



Reminders for Improving Mental Health



Increase self confidence
through learning



Engage in hobbies and
activities that bring you
happiness



Practise deep
breathing



Practice mindfulness for
calming and relaxing
your thoughts



Exercise

Benefits of Emotion Sandbox Coaching

Increase self-awareness of mental patterns

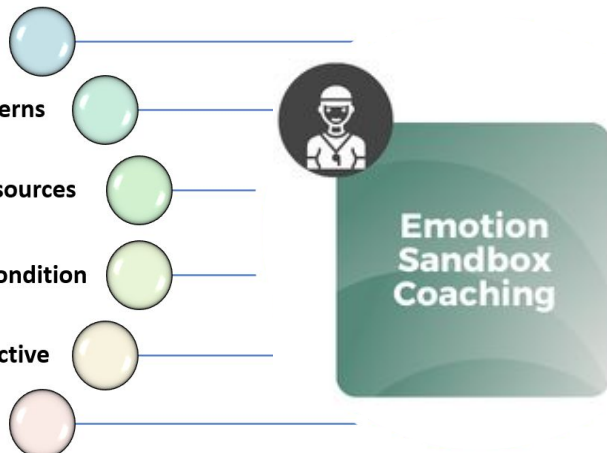
Discover life and response patterns

Discover stress index and sources

Discover your emotional processing index and condition

Discover your blind spot with a different perspective

A safe space for processing your accumulated emotions



Emotions Linked to Physical Health



According to statistics from the World Health Organization (WHO), more than 90% of illnesses are emotionally related. Emotions have a lot of impact on than you ever thought. All emotions are indicators of inner states, and the body is the indicator of emotions. The body is the mirror of the mind and emotional reactions will be expressed through the body.

Emotions and Body Parts:



- The highest value that can be measured is 4:
It means that the condition has already manifested itself physically.
- The lowest value that can be measured is 1:
Here the predisposition for the condition is present, but it has not yet translated into a physical manifestation.

Possible affected body parts & its risk

Apparent emotions

<ul style="list-style-type: none">• [4] Thyroid and/or stomach/intestines problem?	<ul style="list-style-type: none">• Has problem with being his/her own true self for he/she is living according to standards set by others.
<ul style="list-style-type: none">• [4] The digestive and hormonal system of the intestines.	<ul style="list-style-type: none">• A response of the body to the fact that a wrong way was taken by avoiding the real emotional problem.• However it is very important to look at this emotional problem that is blocking the right way to follow.• It's time to clear the road!
<ul style="list-style-type: none">• [4] Pancreas stress, liver out of balance. Weakness in the connective tissue.	<ul style="list-style-type: none">• Emotional overload. Is thinking in circles, over and over in a negative manner.• Lacks the strength to get out of the circle of thought.• Weakness in the connective tissue: feeling powerless.

*This table is only showing the top 3 possible risks. Even If none is detected, recommended to do a follow up VFH every 3 - 6 months. Prevention is better than cure.

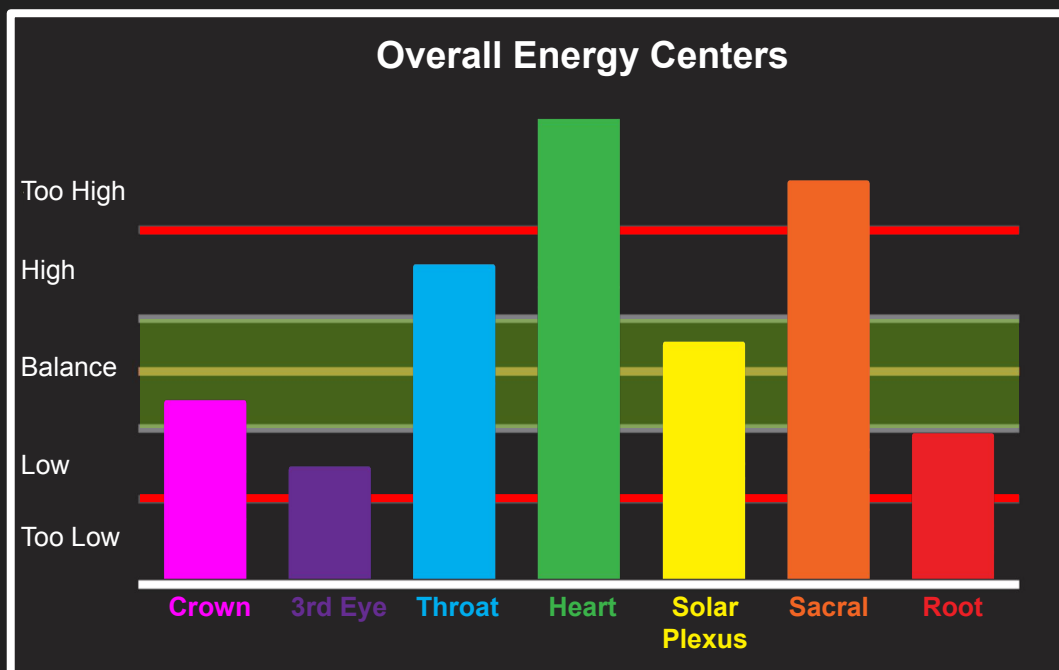
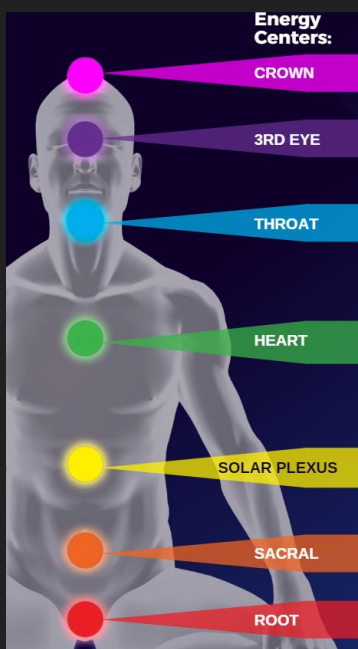


Energy Centers (EC)

Body Balance Heatmap

These Energy Centers are subtle energy located in the body from the base of the spine to the top of the head. These are dynamic pockets of energy, 4 to 6 inches in diameter, that control and activate the vital organs of our body, both physical and mental.

When EC are working smoothly and in harmony, the energy will flow freely and smoothly through the spine and throughout the nervous system, giving the body a sense of health, peace and well being.



Energy Centers	When its Too High...	When its Too Low...
Crown	Over-intellectual, Spiritual addiction, Confusion, Dissociation from the body, Unrealistic	Spiritual cynicism, Learning difficulties, Rigid beliefs, Apathy, Closed-off
3rd Eye	Hallucinations, Delusions, Obsessions, Difficulty concentrating, Nightmares, Over-analytical	Insensitivity, Poor vision, Poor memory, Lack of imagination and intuition
Throat	Too much talking, Interrupting others, Talking as defense, Inability to listen, Dominant voice	Fear of public speaking, Small weak voice, Difficulty communicating / expressing feelings
Heart	Focused on others in expense of self, Jealous, Overly self-sacrificing, Demanding, Tacky	Antisocial, Withdrawn, Critical, Judgmental, Intolerant, Depression, Fear of intimacy
Solar Plexus	Dominating, Stubbornness, Over-competitive, Arrogant, Hyperactive, Attracted to sedatives	Low self-esteem, Insecure, Easily manipulated, Cold (emo/physical), Poor digestion
Sacral	Overindulgences, Emotional dependency, Obsessive attachment, Weak boundaries	Rigidity, Low social skills, Denial of pleasure, Fear of change, Lack of passion
Root	Overeating, Obsessive materialism, Slow, Lazy, Tired, Addicted to Certainty	Disconnected, Anxious, Restless, Little focus, \$ problems, Weak boundaries, Disorderly

The Objective, is to get all 7 EC readings, over time into the shaded Balance Zone.



*The information provided is meant as a guide to awareness of current personal tendencies.

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Reminders for Improving Physical Health



Mindful about nutrition
and diet



Keeping in mind to stay
hydrated with water



Weight Management



Regular health screening



Exercise for at least
30 mins a day

Benefit of Health Screening



Screen for over 11,000 health and genetic conditions



Discover functional state of the brain



Body systems health - lymphatic, neurological, immune, etc.



Status of body organs



Discover presence of major body minerals



Indices of cancer cells latent in the body



Resource on Research

Voice for Health: The Use of Vocal Biomarkers from Research to Clinical Practice

Abstract : Diseases can affect organs such as the heart, lungs, brain, muscles, or vocal folds, which can then alter an individual's voice. Therefore, voice analysis using artificial intelligence opens new opportunities for healthcare. From using vocal biomarkers for diagnosis, risk prediction, and remote monitoring of various clinical outcomes and symptoms, we offer in this review an overview of the various applications of voice for health-related purposes. We discuss the potential of this rapidly evolving environment from a research, patient, and clinical perspective. We also discuss the key challenges to overcome in the near future for a substantial and efficient use of voice in healthcare.

Link : <https://www.karger.com/Article/FullText/515346>

Disclaimer

The information provided during a consultation is intended for your general knowledge only. It is not a substitute for professional medical or psychological advice, diagnosis, or treatment for specific medical or psychological conditions. Always seek the advice of your physician or psychologist, or other qualified healthcare providers with any questions you may have regarding a medical or psychological condition.

Voice For Health expressly disclaims responsibility and shall have no liability for any damage, loss, injury, or liability whatsoever suffered as a result of your reliance on the information provided during the consultation.



Service Roadmap:

Guided Journey through Voice For Health



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Early detection of potential challenges / patterns
every 3-6 months is recommended, because:
Prevention is better than cure.



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