

The digital assistance system for care



MYSina

by **ITcare**

6
MIO.

people in need of care
by 2030, in Germany

Major challenges posed by demographic change: by 2030, the number of people in need of care in Germany will rise to 6 million, while the number of nursing staff will fall by 140,000 by 2034. This will place a considerable burden on carers and relatives.

MySina offers innovative solutions to make care safer and more efficient, thereby improving the quality of care despite the growing shortage of skilled workers.



We offer security and relief

MySina is your comprehensive digital assistance system for nursing care that monitors falls, calls for help, room climate, walking behavior, bed humidity, vital signs and much more.

Thanks to the seamless integration of hardware and software, MySina ensures extremely reliable communication so that care staff, people in need of care and relatives are always well informed.

All you need is an Internet connection and WLAN.

Bekannt aus

WELT

WELT
AM SONNTAG

mdr



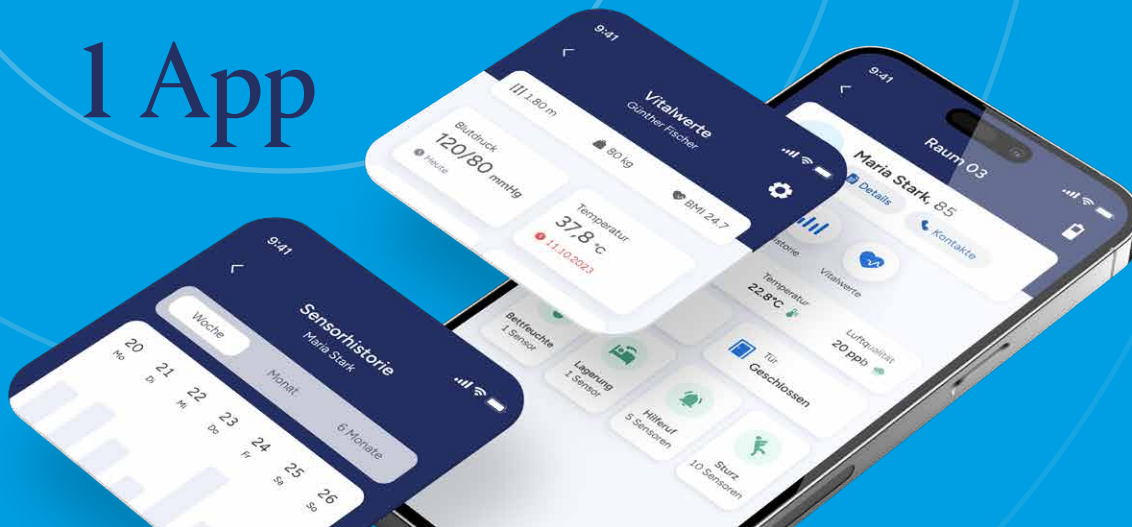
1 emergency band + 5 sensors

- Emergency bracelet
- Room climate sensor
- Fall sensor
- Door sensor
- Help call button
- Bed sensor



1 Box

1 App



A perfect Interaction

Your premises are equipped with various sensors that continuously record information and can be adapted to your individual needs.

The type and number of sensors, such as fall and call for help sensors, can be configured flexibly, meaning that several rooms in a house can also be covered.

The collected data is transmitted to the MySina box, which summarizes all measurement results and forwards the relevant information to the MySina app in filtered form.

The app offers a comprehensive overview overview, from vital data to fall events. In critical situations, you are informed immediately by push notification or text message.

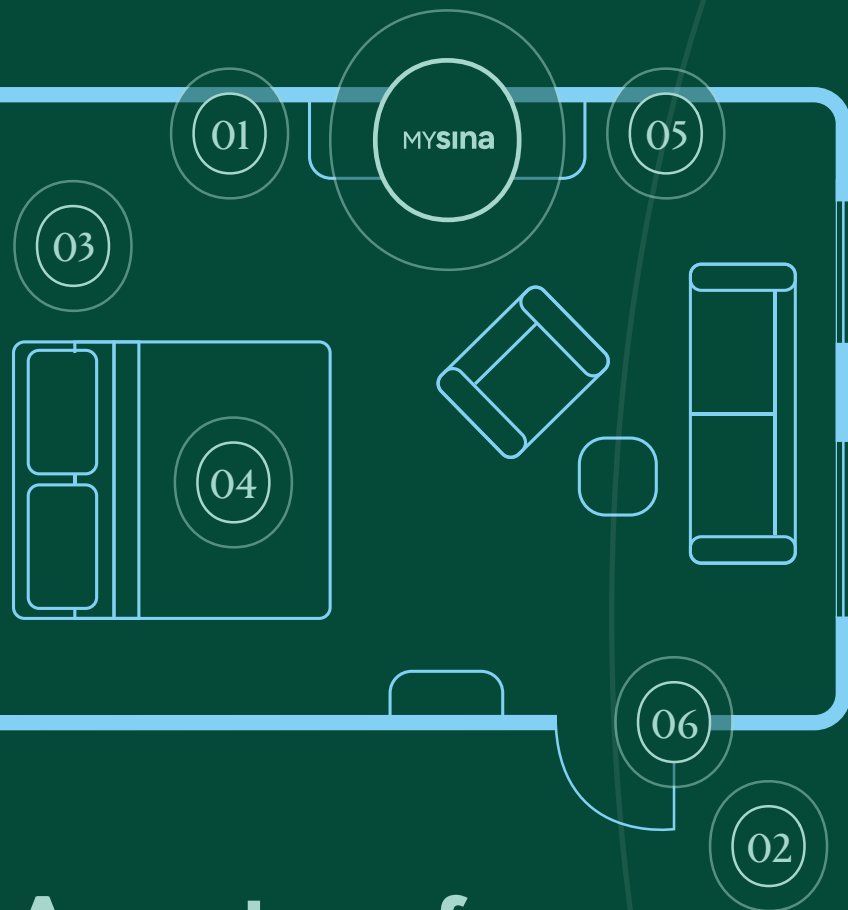
Up to
97%

Reliability
for fall detection

Falls are one of the greatest dangers for people in need of care. To prevent the consequences of a fall ending in hospitalization, it is important to provide the person affected with immediate assistance. Thanks to state-of-the-art radar technology, our fall sensor detects up to 97% of all falls.

In addition to our four other high-quality sensors, the fall sensor ensures safety for people in need of care and caregivers.





A system for every living situation

MySina is flexible and modular, so you can equip a single care room, an entire apartment or even an entire care facility.

01

Fall sensor

Immediate detection of falls and movements.

Emergency bracelet

GPS and telephone function provide safety and assistance.

02

03

Help call button

Provides quick access to help in an emergency.

Bed sensor

Direct recording of the humidity values in the bed in real time.

04

05

Room climate sensor

Recording and viewing of air quality and temperature values.

Door sensor

Immediate information about open house or apartment doors.

06



Every Person has a story

Early information is crucial for the well-being of everyone involved in care and gives them more security in everyday life.

With MySina, you receive immediate information via SMS/push notification on your smartphone in the following situations:



Fall
MySina detects falls with up to 97% accuracy and helps to quickly organize life-saving measures for people in need of care.



Call for help
A call for help button in the home enables residents to call for help quickly and saves valuable time in an emergency.



Room climate
MySina monitors the indoor climate in real time and displays air quality and temperature so that caregivers can react quickly.



Migration behavior
With dementia patients, it is important to know whether they are leaving the home in order to prevent dangerous situations at an early stage.

SOS

Emergency call
An emergency call bracelet with GPS and telephone function offers people in need of care safety and independence and enables rapid assistance.

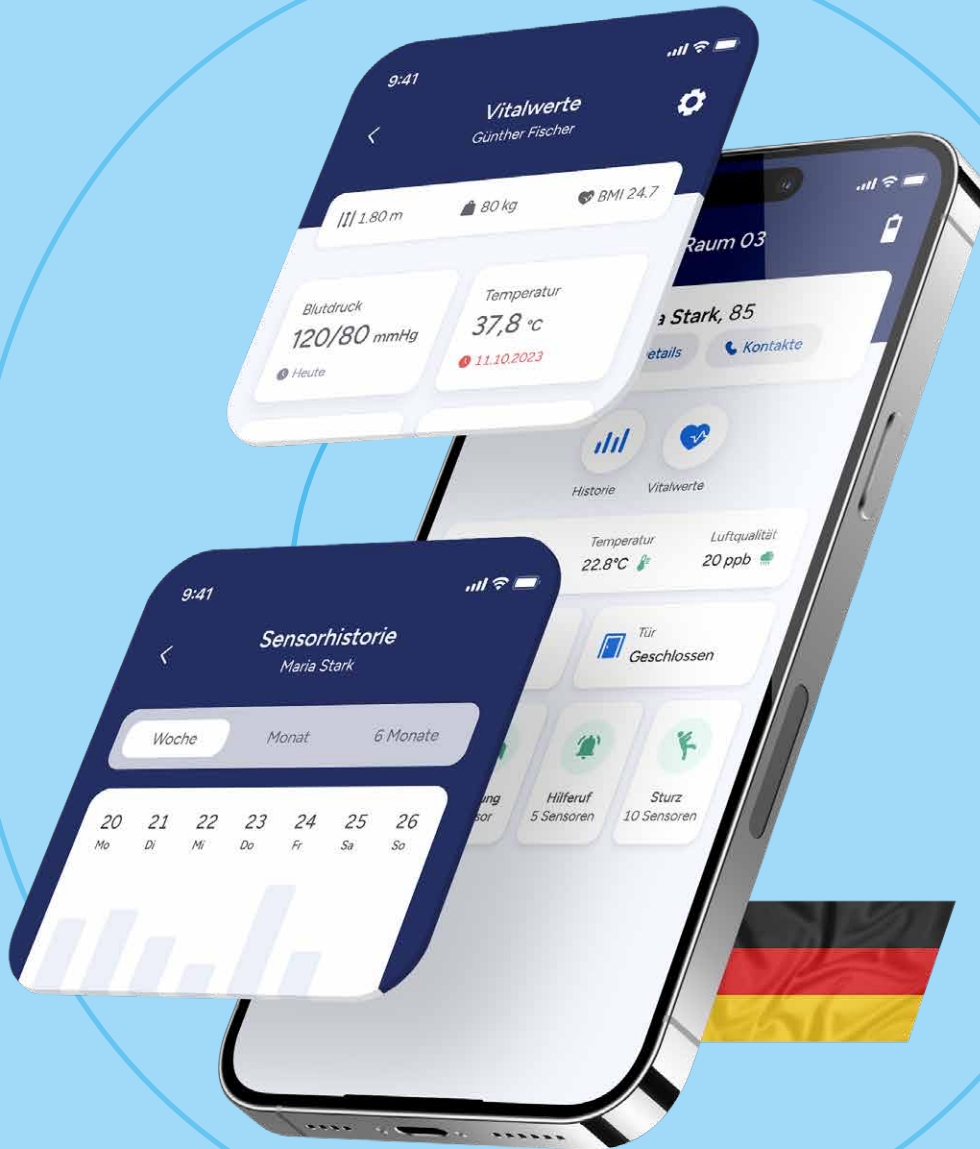


Bed moisture
Bed moisture detection improves comfort and hygiene by immediately indicating wetness and preventing skin irritation.



Bed-Exit
It is important to know when a person in need of care gets out of bed in order to recognize potential risks such as the risk of falling at an early stage.

Software made in Germany



MySina is based on a platform specially developed in Germany according to the latest standards.

The care assistant offers free access to helpful care knowledge, a care level calculator and a care strategy.

Alerts in the event of incidents, documentation of vital signs and a sensor history are included in the complete package.



For free



Care know-how

MySina offers easy-to-understand care knowledge in the form of videos and texts.



Degree of care calculator

With the integrated care degree calculator, you can obtain your non-binding care degree result easily and directly.



Care strategy

Continuous identification of needs, care measures with ongoing adaptation and planning of AEDLs.

Available with sensor package



Events

Immediate alarm in the event of sensor events via SMS or push notification.



Vital signs

Manual and clear documentation of vital signs such as temperature, pulse, blood pressure and more.



History

All previously recorded alarm events are recorded and documented here.

Your privacy in safe hands



Data security

All data is transmitted in accordance with the latest security standards and stored securely on servers within the EU.



No recordings

We protect your privacy: no image or sound recordings are made.



Updates

You benefit from our continuous development and automatically receive the latest updates.



User-centered

MySina is developed in close cooperation with our customers and care experts, based on the latest scientific findings.



Innovation through science

MySina relies on an evidence-based approach based on scientific findings to improve the quality of care and set new standards.

To this end, we have been working closely with Paracelsus Medical University Salzburg (PMU) since the beginning of 2023. Prof. Dr. Dr. h.c. Jürgen Osterbrink, Director of the Institute for Nursing Science and Practice and member of our Supervisory Board, is providing us with significant support.

Together we will continue to develop MySina and conduct the SensiCare study to ensure the greatest possible success.



PARACELSUS
MEDIZINISCHE
UNIVERSITÄT



"The last phase of life is often difficult and characterized by illness. In order to transform 'too much' or 'too little' care into 'just right', digital support for those affected is the method of choice. MySina offers an evidence-based approach - and this is what sets it apart from all other systems on the market."

Prof. Dr. Dr. h.c. Jürgen Osterbrink



Advantages for everybody

Care experts/relatives

- ✓ Developed with the help of care experts
- ✓ Targeted care
- ✓ Mental relief
- ✓ Time saving
- ✓ Support with routine tasks
- ✓ Future-proof care
- ✓ Simplified documentation

People in need of care

- ✓ Maintaining independence
- ✓ Faster assistance
- ✓ Security day and night
- ✓ Protection of privacy Improving the quality of care
- ✓ Individualized care
- ✓ Transparent documentation

Your personal support

Would you like to find out more or receive personal advice?

Get in touch now.

 +49 2161 2 77 82 00

 info@my-sina.com

We use gender-specific terms in this brochure to make it easier to read and understand. Wherever possible, we strive for gender-neutral wording. Please note that all terms are to be understood as gender-neutral and include all genders equally.

All screens show our app in version 1.x

MY-**sina**.COM

ITcare HOLDING AG
Hennes-Weisweiler-Allee 23
41179 Moenchengladbach | Germany
+49 2161 2 77 82 00 | info@my-sina.com

www.my-sina.com

MySina and its components are not medical devices and are not designed or intended for the diagnosis, prevention, monitoring, prediction, prognosis, treatment or alleviation or therapy of diseases. If devices requiring certification are developed, IT-Care Holding AG will of course carry out all necessary certifications.