

App for vitamin D health

Location

United Kingdom

Led by

NHS Highland, UK

Benefits

Clinical evaluation of the health benefits of an app for vitamin D health

Challenge

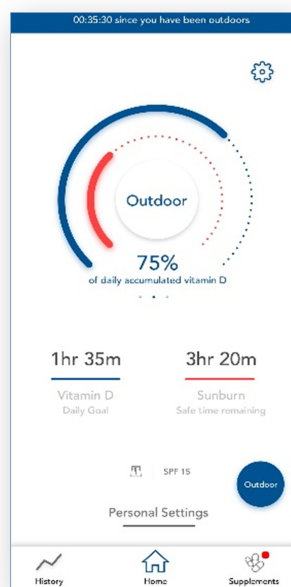
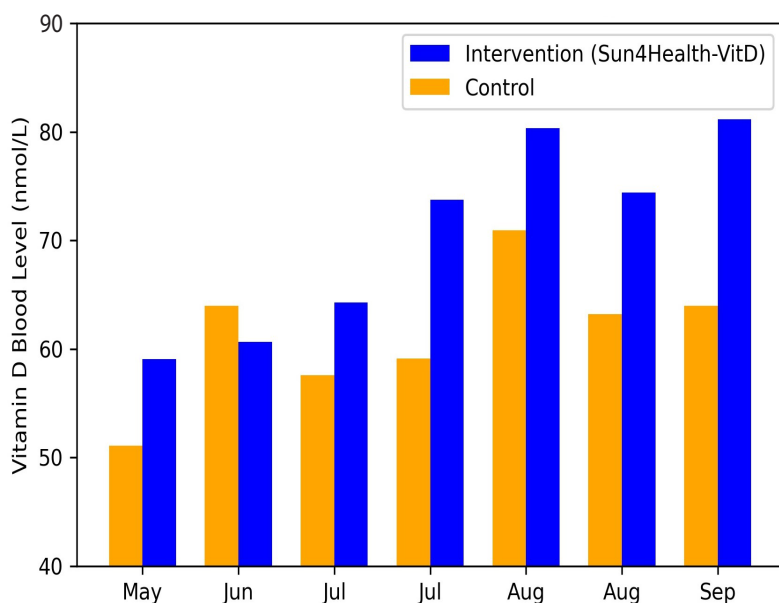
Can an app be an effective support for improving vitamin D blood level?

siHealth has developed the satellite-based app "Sun4Health®-Vitamin D" (CE marked medical device Class 1) that advises users with up-to-date personalised actionable recommendations to improve their vitamin D level every day, particularly by means of healthy sun exposures and nutritional supplements intake.

Results & Business impact

Vitamin D self-monitoring and improved blood levels for "Sun4Health®-Vitamin D" users

A randomised clinical trial with 100 volunteers managed by NHS Highland is currently evaluating the efficacy of the app in real-world conditions in the UK¹. Preliminary analysis shows an improvement in the vitamin D levels of the app's users compared to a control group. The trial will contribute to validate the app's "sensor-less" assessment of vitamin D levels, i.e. using satellite monitoring of sun exposure.



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The UK Space Agency has been working with the space sector to support the NHS in recent years and space-based technologies are increasingly being used in healthcare. We're excited to support the Sun4Health® digital app that uses advanced science to improve people's lives in a practical way.

Emily Gravestock

Head of Applications Strategy, UK Space Agency

¹ The clinical trial has been listed on the international ISRCTN clinical trials registry with ID ISRCTN30217197 (www.isrctn.com/ISRCTN30217197)