

## IF I COULD INVENT ANYTHING NEW

A wise man once said, “Health is wealth.” That is why if I could invent anything new, it would be called the Universal Health Assistant (UHA). The UHA will be a wearable AI-driven device that will revolutionise the healthcare sector, reduce the number of deaths annually and make life assurance much more compatible for people.

A healthy outside starts from inside. One of the major functions of the UHA is continuous health monitoring. The UHA will incorporate the use of Artificial Intelligence to keep track of vital signs like pulse, blood pressure and blood sugar and also proffer a healthy diet. It will keep the user up-to-date about his or her health status as the device will be wearable. It will incorporate the use of nanotechnology to make accurate diagnosis about the user’s health status. Health is not just about what you are eating or drinking. It is also about what you’re thinking, feeling and saying. The UHA will also monitor the mental health of its wearer.

Another function of the UHA is its emergency response system. The UHA will be designed to detect emergencies either within the user’s body or environment. For example, if an individual slumps and he might be living on his own, the UHA will automatically contact the necessary authorities as it observes unusual changes in the body. This would be of great impact as it assists in the prevention of other damages, e.g. death. This will reduce the number of early deaths significantly to a minimum and will be of great impact in situations like accidents, fire outbreaks and so on and so forth. But still, death is inevitable.

Your health is your wealth. The UHA will make life assurance much more compatible for people. Firstly, life assurance is an insurance policy that covers the entire life of the policyholder and pays a certain amount of money (indemnity) to his/her next of kin after the person’s demise. It will formulate policies based on the insured’s health lifestyle. Lower premiums will be the reward for policyholders who live a healthy lifestyle and vice versa. However, when the insurer finally notices that the policyholder is now living a healthy lifestyle, as a reward, he/she would receive lower premiums. The insurer will also get up-to-date information about the insured’s health status. This will help the insurance company (insurer) to determine the life expectancy of the insured and will help in formulating policies.

The UHA will be a revolutionary technology in the health sector. It will prolong and encourage a healthy lifestyle as well as make life assurance much more compatible for people. Using the latest trends in technology (Artificial Intelligence, nanotechnology), the UHA will be a groundbreaking device in personal healthcare. It will not only improve the quality of life but also save lives too.

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