



## About using the AGE Reader

We work with the AGE Reader in our 'healthy living room' (De Gezonde Huiskamer), a project in which we visit with a little van different locations in (the province of Groningen / the northern part of the Netherlands) and offer the inhabitants a lifestyle check. We measure different biomarkers such as blood pressure, weight, length, pinch force, and we ask people about their habits regarding diet, sleep and exercise. The goal is to make people more aware of their health and the options they have to improve their health by changing lifestyle.

People are interested in taking the AGE Reader test and they are excited about the fact that it is quick and easy. The measurement result of the AGE Reader gives the user a good insight into the current health situation in just a short time.

After taking the test, many people expressed their health concerns or provided examples of relatives with heart problems or other health issues that run in the family. This is a very nice side effect for us as we are trying to help people start or maintain a healthier lifestyle.

It was remarkable that people who have had Covid sometimes had really high scores, as we discussed with Diagnoptics, there is no scientific evidence (yet). However, we told the visitors that there could be a connection between their high score and the fact they had Covid before.

We think the AGE Reader is simple and easy to use, not heavy and easy to carry. The battery lasts very long, so that is very convenient if you work on location like we do. The transport case helps to prevent the AGE Reader from damage and makes travelling around easy and safe. Cleaning is also easy because you can take off the armrest.

The only disadvantage that we can mention is the fact that the test is only available for people younger than 80. Some older visitors don't feel old and are a bit disappointed that they are not eligible for this test.

Overall, we believe the AGE Reader is of great value in raising awareness about one's health, challenging people to improve their score and helps to motivate them to change their lifestyle.

Team HANNN

**Healthy Ageing Network Northern Netherlands**  
Peizerweg 140 H | 9727 AP Groningen

I: [www.hannn.eu](http://www.hannn.eu) & [www.meergezondejaren.nl](http://www.meergezondejaren.nl)