

In4care Health Arena: Transforming Healthcare for a Healthier Future



The In4care Health Arena aims to revolutionize healthcare by **focusing on prevention and health promotion**, acknowledging the current system's limitations, such as insufficient staffing, long waitlists, and affordability issues. It encourages a shift towards a new health system that prioritizes keeping people healthy through **lifestyle monitoring** (like exercise, sleep, nutrition, and mental health) **and coaching**. The initiative proposes establishing Health Arenas in communities where various health and wellness actors collaborate to promote a healthier society. This is being piloted through a pop-up Health Arena experiment to bridge the gap towards physical versions in society. The concept has garnered support from **various partners specializing in monitoring, coaching, and design** to realize these innovative spaces across different settings.

What Is the In4care Health Arena?

The **Health Arena** serves as a central hub within cities, towns, and villages where citizens can actively engage in improving their health and well-being. It's not just a place for medical treatment; it's a holistic environment that encourages physical and mental fitness. Here's what you need to know:

1. **Healing Environment:** The Health Arena brings together traditional healthcare providers, including doctors, psychologists, nurses, and therapists, alongside businesses such as supermarkets and sports stores. Together, they create a healing environment that supports both physical and mental health.
2. **Comprehensive Care:** Imagine a team of experts ready to guide you through lifestyle choices, offer coaching, and conduct regular health check-ups. Whether you need nutritional advice, physical therapy, or mental health support, the Health Arena has you covered.

3. **Community Engagement:** The Health Arena isn't just about individual health — it's about fostering meaningful connections. Visitors are encouraged to eat healthily, exercise, prioritize sleep hygiene, and engage in purposeful interactions.

Four Key Ambitions of the Health Arena:

1. **Ubiquity:** Every city and town should have at least one Health Arena, tailored to its size and needs.
2. **Comprehensive Services:** 85% of a person's lifetime healthcare needs should be accessible within the Health Arena.
3. **Proximity:** During critical phases of life when more care is required, individuals should find themselves closer to or even within the Health Arena.
4. **Lifestyle Data Monitoring:** The foundation of the Health Arena lies in monitoring lifestyle data. By tracking health metrics and encouraging behavior changes, we empower people to take charge of their well-being.

Join the Movement:

Organizations and individuals can contribute to making the Health Arena a reality. Whether you're a healthcare professional, business owner, or simply passionate about promoting health, reach out and be part of this transformative journey.

At In4care, we don't just talk about change — we take action.

Contact us: nico.defauw@in4care.be