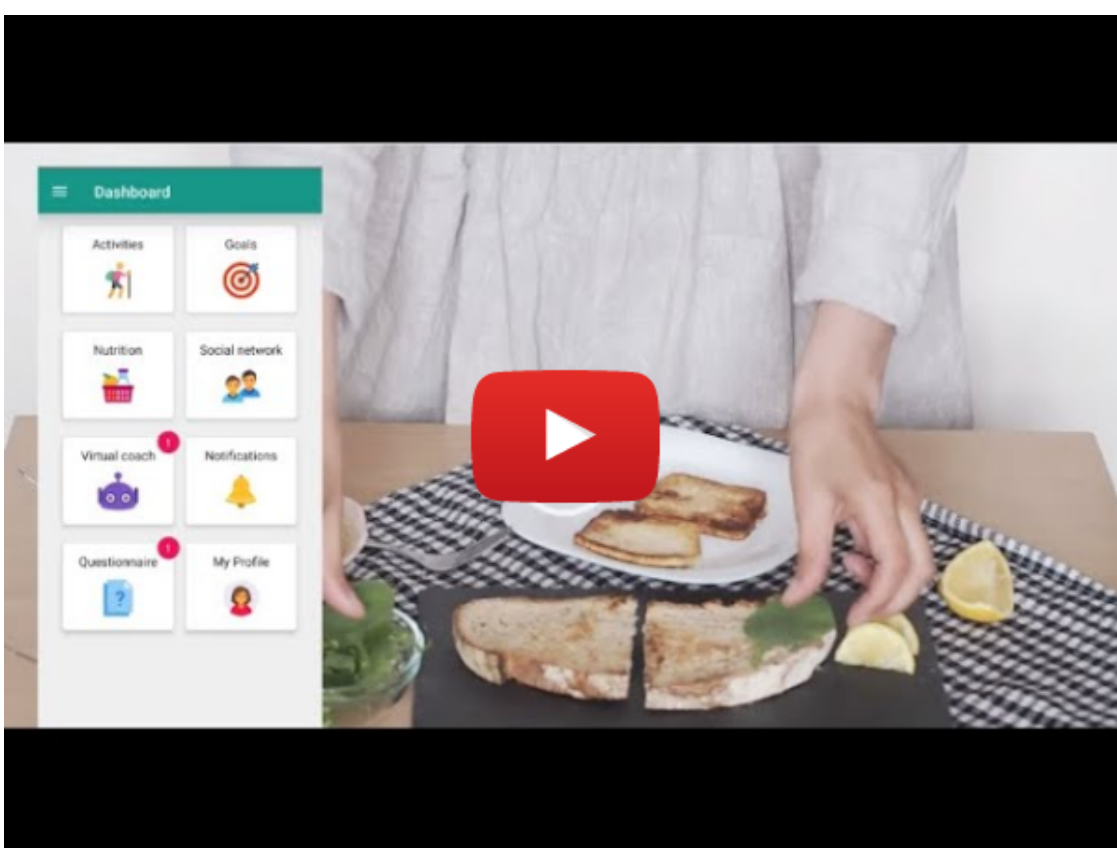




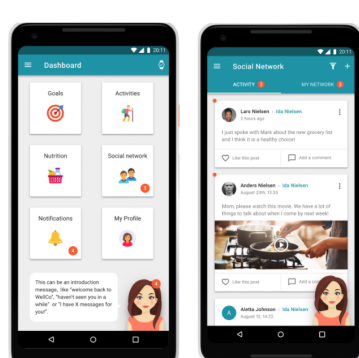
## Wellbeing & Health Virtual Coach

### Newsetter Spring 2021



#### Welcome to WellCo!

WellCo is a virtual coach providing a personalised advice, guidance and follow-up for users enabling the adoption of healthier behaviours that help to maintain or improve their physical, cognitive, mental and social well-being for as long as possible.



We are happy to announce that early 2021 we have deployed the final version of the coach along with disseminating our work broadly. See what we have been up to and become a WellCo user!

[WellCo Ready App](#)

#### Informing the End-Users & Other Stakeholders

XVI Congress of the Older People Association

[Learn more](#)

Workshop: Personalised Coaching For Well-Being And Care Of People As They Age

[Learn more](#)

Better Future of Healthy Ageing 2020 Conference

[Learn more](#)

#### Scientific Articles (Open Access)

Co-calibrating Physical and Psychological Outcomes and Consumer Wearable Activity Outcomes in Older Adults: An Evaluation of the coQoL Method

[DOI](#)

Personalized Eating Detection Using a Smartwatch

[Web](#)

“I Must Try Harder”: Design Implications for Mobile Apps and Wearables Contributing to Self-Efficacy of Patients With Chronic Conditions

[DOI](#)

#### Upcoming Events & Conferences

Society of Behavioral Medicine Conference

[12-16 Apr 2021](#)

AAL Forum

[18-20 Oct 2021](#)

International Society for Quality of Life Research Conference

[13-16 Oct 2021](#)

#### Collaborating Reserach Projects

Virtual Coaching Activities for Rehabilitation in Elderly

[H2020 vCare](#)



[Video](#)

Recovering Life Wellbeing Through Pain Self-Management Techniques Involving ICTs

[H2020 RELIEF](#)



Final [Event](#) 17 March 2021

The Social Robot to Support Independent Living

[AAL GUARDIAN](#)

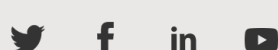


[Video](#)

#### Would You Like to Become a WellCo user?

[Sign up for WellCo coach now!](#)

Know someone who might like our newsletter? Signing up is [easy](#).



You are receiving this email because you have visited WellCo site or asked us about regular newsletter. If you wish to unsubscribe from our newsletter, click [here](#).

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