

# How myDroplet can aid good hydration



Staying well hydrated at home

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[myDroplet.io](http://myDroplet.io)

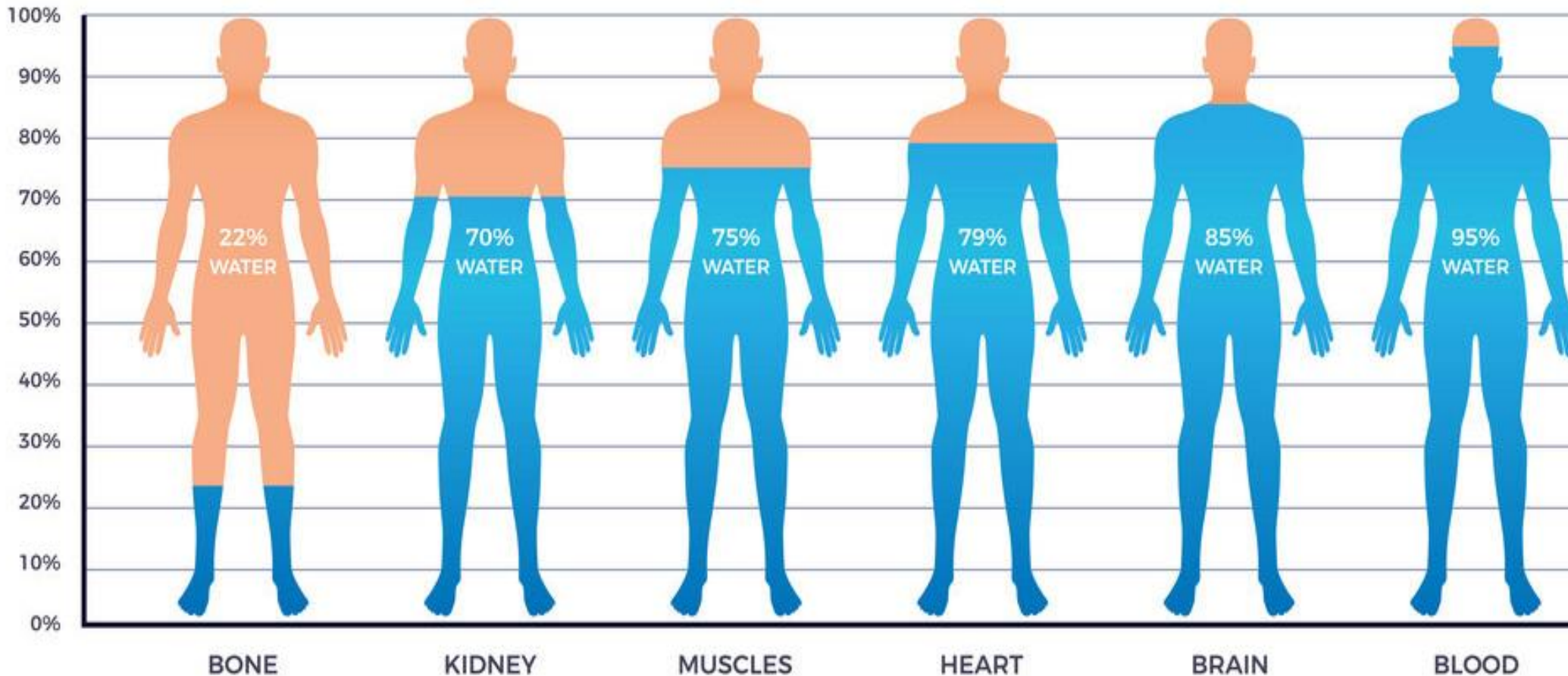


# Hydration- the facts

- 1. What causes dehydration**
- 2. The human and financial cost of dehydration**
- 3. How myDroplet can help you avoid dehydration**

# Why is water so important

## Water Composition Of The Human Body



# Consequences of dehydration

DEHYDRATION™



DEHYDRATION™ →

← DEHYDRATION™

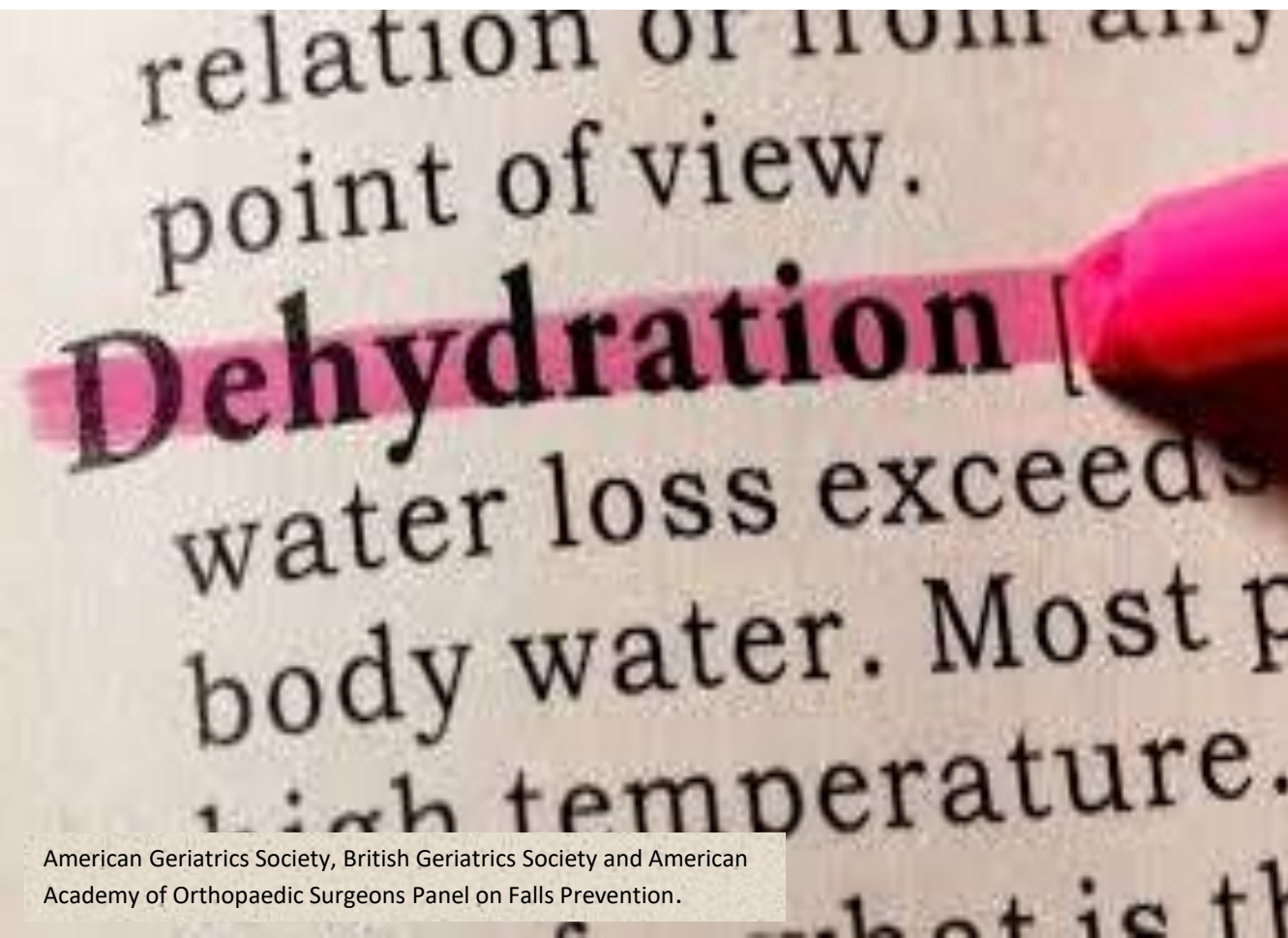
500

# Consequences of dehydration



# Consequences of dehydration

**DEHYDRATION → LOW BLOOD PRESSURE → DIZZINESS → FALLS**



# The human and financial cost

# 290,000 hydration Admissions<sup>1</sup>



# £4.4 Billion<sup>2</sup>

<sup>1</sup>Dr Foster, 2019. Reducing avoidable emergency admissions

<sup>2</sup>Government guidance- Falls:applying all our health.

# Dehydration and recovery



- Dehydration in its early stages is easily reversed
- Rehydrated individuals become more alert and more mobile.
- Cognitive impairment can be reversed



Avoiding wasted calls

**CARER  
ON CALL** 

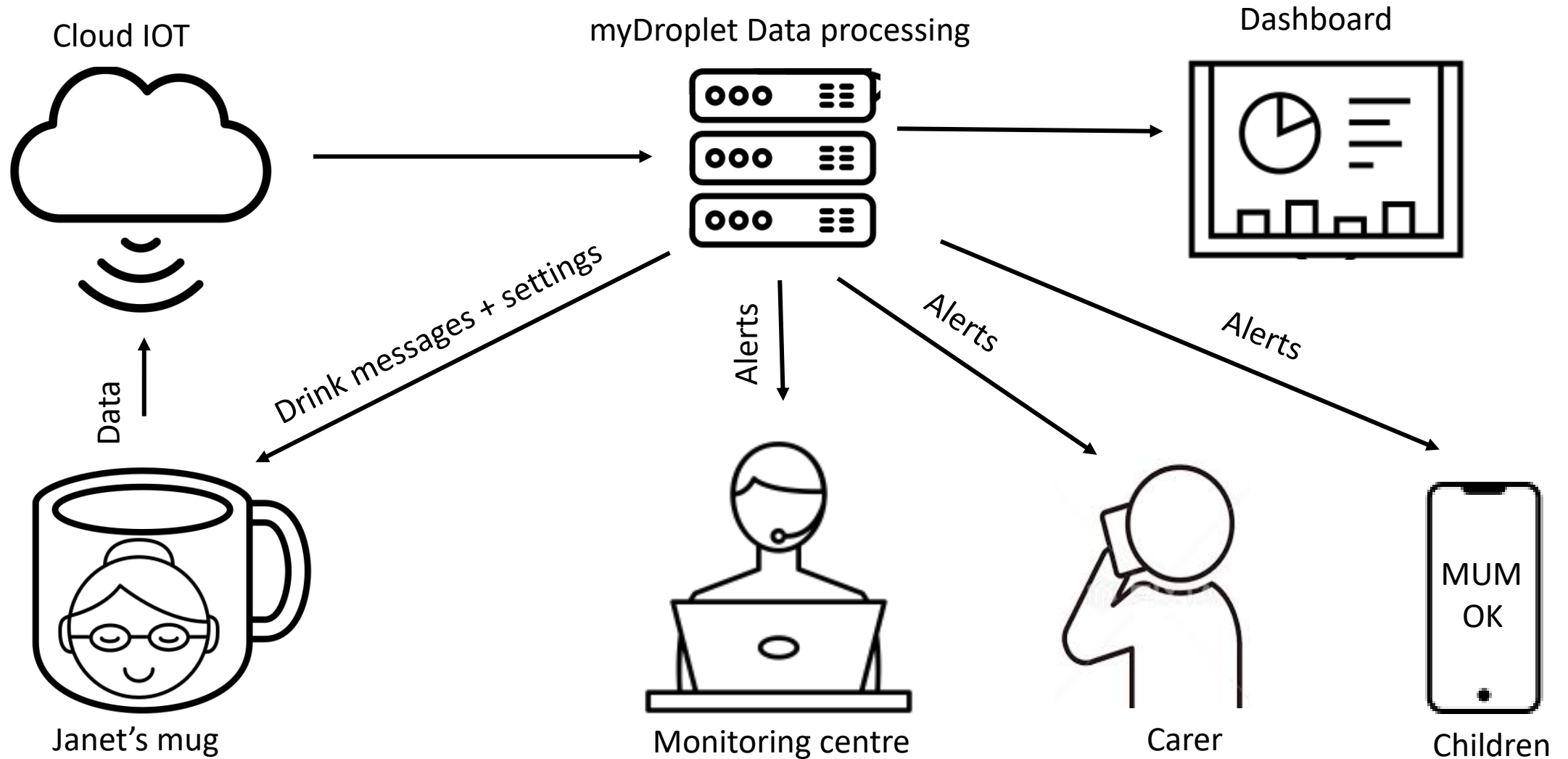


# How myDroplet works

- Works equally well as part of a care monitoring platform or stand-alone.
- Sends alerts if you aren't drinking enough.
- Sends warnings to loved ones
- Measures how much you are drinking
- Compares actual with your target
- Gentle visual and verbal reminders to drink



# How myDroplet works



# The importance of appearance



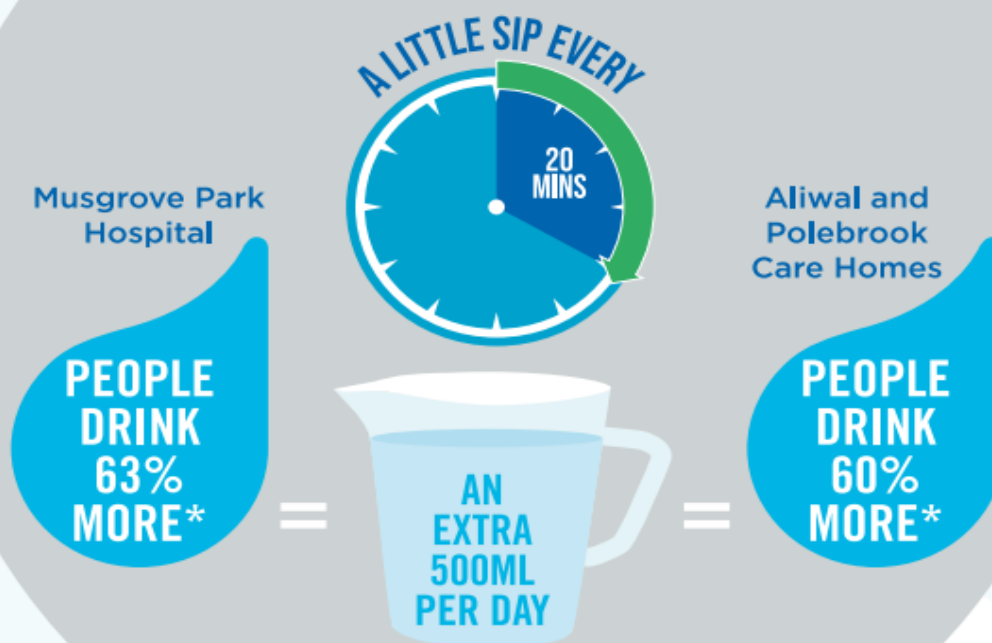
- Dignity is key
- Nothing medicalised
- Cutting edge technology inside.

- Designed to make healthy ageing a reality.
- Look and feel like normal, attractive mugs and tumblers



# Increased fluid intake

The results of the Droplet trials at Musgrove Park Hospital and in care homes speak for themselves



\*The average daily increase in fluid intake compared to pre-Droplet® consumption in care homes and control groups in hospital (8 weeks, 45 patients in care homes & 5 days, 43 patients in 4 hospital wards).



TUMBLER  
AWAITING  
INSTRUCTIONS

07:00





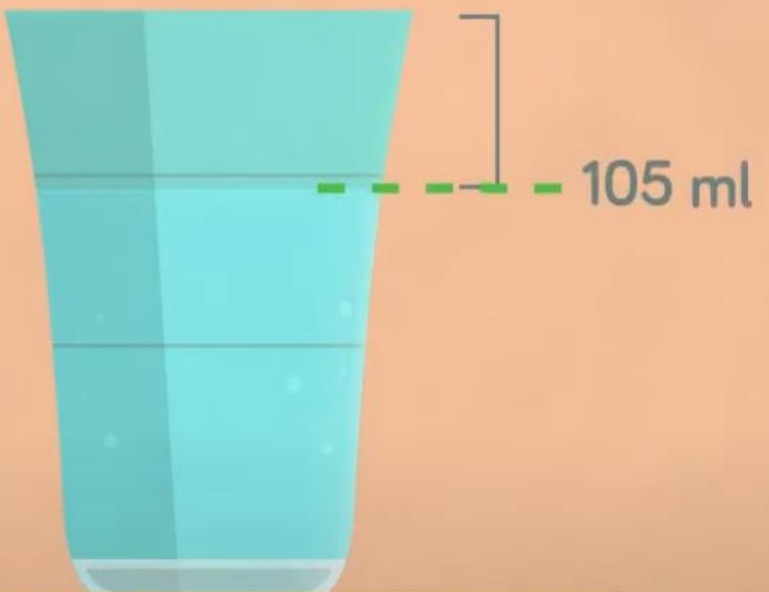


Hi Mum



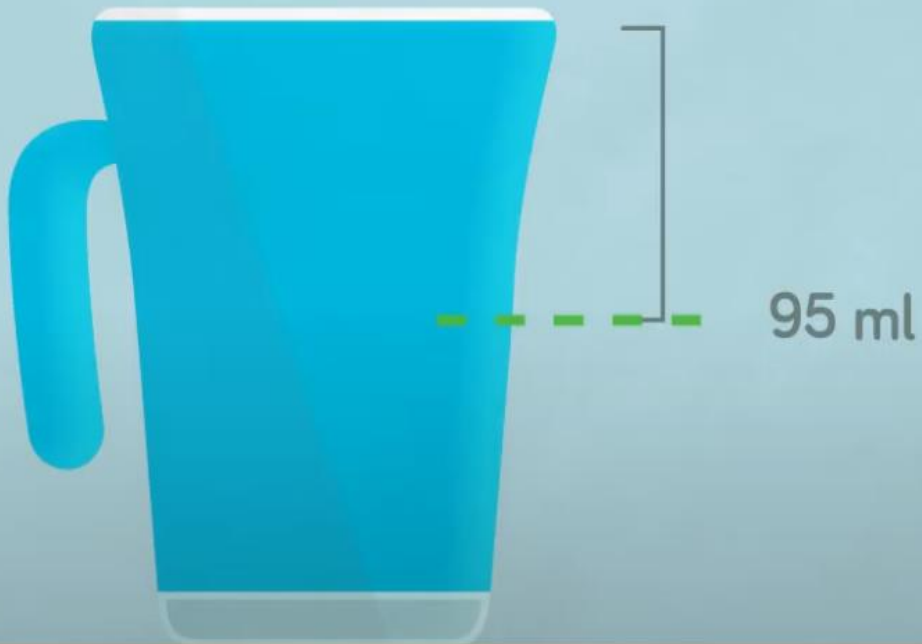


📶 105 ml  
DRUNK FROM  
TUMBLER



105 ml

95 ml  
DRUNK FROM  
MUG



## HYDRATION



TIME 09.45

CONSUMED TODAY



	1ST USE	LAST USE
TUMBLER	09.05	09.05
MUG	09.45	09.45
BOTTLE	--	--

HYDRATION STATUS

STEADINESS





**SPILL:  
IGNORE**



Hi Grandma,  
please drink





Well done  
grandma!





20:00



# myDroplet

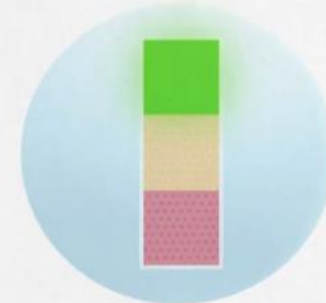
## Cutting the cost of care in the community

- Reduces the cost of care worker visits
- Reduces hydration-related hospital admissions
- Gives peace of mind to family and friends
- Helps to make healthy ageing at home a reality



# myDroplet<sup>®</sup>

myDroplet.io



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