

Daring Birth DTx

A DIGITAL COACHING
SOLUTION TO IMPROVE
**BIRTH EXPERIENCE &
TO PREVENT PERINATAL
MENTAL HEALTH (PMH)
PROBLEMS**

WHAT?

We are developing a solution that aims to screen, prevent and reduce fear of child birth and perinatal anxiety / depression, and to improve birth experiences and pain management during the birth.

WHO?



AURA PYYKÖNEN, MD PhD

Obstetrician / gynaecologist, clinical researcher, founder of online women's health clinic Isla Terveys



RIIKKA LEMMETYINEN, MP

Psychologist / integrative psychotherapist, specialised on perinatal mental health & emotion focused therapy (EFT)



HENNI TENHUNEN, MSc, LL.B.

Doctoral researcher of healthcare operations management, emotion tracking solutions and patient experience at Aalto University



ANNIKA JÄRVELIN, MA

Service designer / UX designer, design thinker, brand strategist, commercialization expert, Biodesign Innovation Fellow



WINTOM ZECARIAS

Business developer (startups), health tech product developer, start-up funding expert

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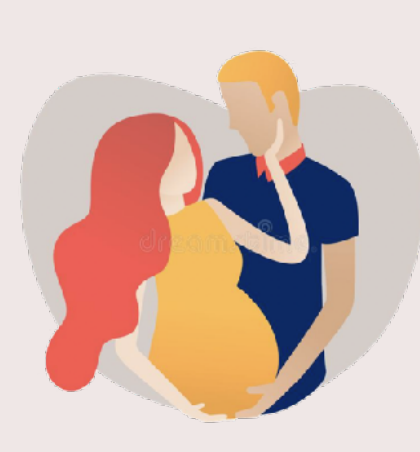
SAMMELI LIIKKANEN

Director of digital medicine at Orion Corporation, researcher

HOW?

Our future solution is a medical device mobile application for pregnant women and their partners. It offers a personalised digital coach and emotion tracking algorithm that suggests user targeted and clinically validated exercises to prepare for child birth and postpartum and to alleviate fear and anxious feelings towards the birth and the recovery.

WHY?



IMPROVED
**BIRTH
EXPERIENCE**



IMPROVED
**PAIN COPING
MECHANISM**



IMPROVED
**SELF-
AWARENESS**



BETTER
**RECOVERY
& PARENT-
HOOD**

FUNDING:

700 000 €
RESEARCH TO BUSINESS GRANT
FROM BUSINESS FINLAND, 2023

WHERE?

Currently a research project at Aalto University, planning to spin-off by the end of 2024

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