This map is a guide to the landscape of evolving technology innovations:

**FUTURE FORCES**
Five forces will shape how new solutions in health promotion and chronic disease prevention can emerge. These forces will drive the future of health and wellness in the coming decades.

**FORECASTS AND SIGNALS**
Ten forecasts predict how new health promotion and chronic disease prevention will become central to human experience and well-being. Signals support each forecast with trends and technology advancements that show the future today.

**TECHNOLOGY CATALYSTS**
Technology Catalysts have the potential to change how we interact with prevention and promotion in our daily lives. These eight catalysts lay the groundwork for interactive and immersive solutions.

**PERSONAL PARTICIPATORY EVIDENCE**
Online communities for sharing experiences, treatments, and genetic markers will lead to new insights and support peer-to-peer prevention care. Shared databases will reveal what underlying risk factors for effective prevention.

**AMPLIFYING AFFINITIES**
Social algorithms will connect isolated people with networked communities to promote interpersonal health. Social networks will scale the lessons learned from peer-to-peer chronic disease management into amplified population health.

**RISE OF NETWORKS**
Bottom-up solutions address health promotion and disease prevention

**QUANTIFIED GENERATIONS**
Data-driven self-knowledge ignites intergenerational health engagement and promotion

**PERSONALIZED PREVENTION PRESCRIPTIONS**
Wearable, adhesive, and ingestible sensors will reveal healthy habits, as inexpensive stick-on sensors and focused feedback help manage risk. Aggregating and analyzing behavior patterns will reveal new triggers for behavior change.

**SEAMLESS WORK-LIFE INTEGRATION**
Platforms and algorithms will adjust tasks to create more flexible work habits. Technologies will move people away from screens, filter light, and create bubbles of sound and silence.

**HUMAN VITALITY INDICES**
The role of employees in amplifying well-being will become clearer as we link health to productivity and the bottom line. Companies that value the well-being of their workforce and community will attract the best employees and investors.

**MICROBIAL MOBILIZATION**
Microbial mapping and signatures teach us how our internal biodiversity affects risk factors, diseases, appetite, and mood. Interventions to the gut-brain connection will open up new approaches to diet and mental health.

**new identities**
Social networks built around types of microbes create new cultures.

**shared microorganisms**
Citizen science drives insights into how microbes affect both physical and mental well-being.

**connected science**
All stakeholders contribute data and connections to the art and science of health promotion and chronic disease prevention.

**technology catalysts**
Qualitative and quantitative evidence for human and economic vitality 2030

**entrepreneurial ecosystems**
Lean iteration at all levels creates vital human and economic systems.

**new business models**
Business and social interests align for upstream interventions

**wealth in well-being**
Health is a valuable asset. New markets will invest in health-promoting ventures that range from conventional financial models, crowdfunding, and alternative currencies to microinvesting in personal health assets and gains.

**corporate health index**
Performance indices correlate competitiveness with overall workforce health status and promotion programs.

**social responsibility index**
Tools benchmark corporate impact on society, health, and the environment.

**Brilliant Objects**
Intelligent, context-aware objects will come alive with information and interactions that support healthy behaviors, delivering nudges for healthier lifestyles.

**Augmented Realities**
Wearable advisors personal devices nudge us to better lifestyle and diet choices.

**Ubiquitous Connectivity**
Ambient intelligence everyday objects wired for health sustainability create the environment seamless and support mental well-being.

**Connecting Science**
All stakeholders contribute data and connections to the art and science of health promotion and chronic disease prevention.

**Technological Ecosystems**
Lean iteration at all levels creates vital human and economic systems.

**Entrepreneurial Ecosystems**
Bottom-up solutions address health promotion and disease prevention.

**Quantiﬁed generations**
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**Programmable Care**
Socialbots, autonomous algorithms, and software bots will interact in shared human virtual coaching, teaching, befriending, and motivating us. An assisted decision-making will help people care for their friends and neighbors.

**Amplifying Affinity**
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**Personal Participatory Evidence**
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**Quantified Generations**
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**Personalized Prevention Prescriptions**
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