

Health Incentive Plan

The blockchain revolution that reshapes the value of health



Preface

Obesity, chronic diseases, and mental health issues are spreading at an alarming rate—over 1.9 billion people are overweight worldwide, over 500 million people suffer from diabetes, and rates of depression have increased by 50% over the past decade. Traditional healthcare systems are stuck in a post-treatment approach, and the prevention gap continues to widen. We've witnessed countless individuals give up on health improvements due to a lack of immediate feedback, and medical resources are unable to accurately reach those in need due to data silos.

Solution:

If every healthy behavior could be objectively recorded and assigned economic value, humanity would possess the ultimate weapon against chronic disease.

Using blockchain technology, we are transforming health data like sleep duration, blood sugar fluctuations, and mood logs into real benefits. We are also building a decentralized network connecting users, medical institutions, and researchers, transforming health management from a "cost-consuming" activity into a "value-creating" one.

New Paradigm:

HST reshapes the health value network—users earn immediate rewards through healthy behaviors, institutions reduce R&D costs by leveraging de-identified data, and society reduces the \$100 billion healthcare burden through prevention, achieving a sustainable health ecosystem that benefits individuals, institutions, and society.

Let us work together to reshape health with code and define the future with drive.



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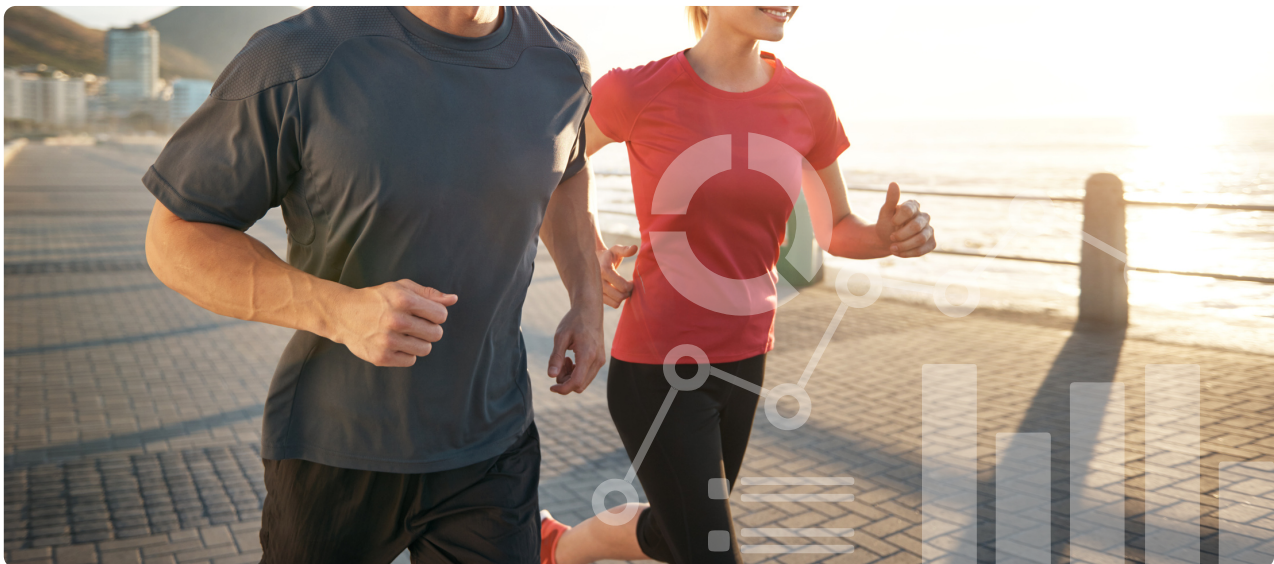
1. PROJECT POSITIONING

1.1 Core Mission

Building a preventive health economic ecosystem

HealthSlim Token (HST) is the world's first decentralized protocol that deeply integrates five key medical scenarios (sleep disorder intervention, metabolic health management, mental health collaborative intervention, weight loss management, and chronic disease management) with blockchain incentives. It aims to:

Make healthy behaviors quantifiable and profitable, and return the value of medical data to individuals.



1.2 Core issues and breakthrough points

Challenges of conventional medicine	HST Innovative Solutions
Challenges in sustaining behavior	Healthful conduct → ZKP authentication → immediate HST rewards
Data silos	Establish a cross-institutional data exchange network with user authorization.
Inadequate investment in prevention	Deflationary Token Model Fuels the "Prevention is Gain" Economic Cycle



1. PROJECT POSITIONING

1.3 Reconstruction of tripartite value



User:

- Upgrading from "data provider" to "health value owner"



Mechanism:

- Transform from a "cost center" to a "data-driven growth entity"



Society:

- Medical burden reduced by hundreds of billions of dollars

1.4 Differentiated Positioning

Competitive positioning	Core advantages of HST
Single scenario (e.g., fitness incentives)	Five-dimensional medical scenario collaboration: • enhancement of sleep quality → optimization of metabolism → alleviation of psychological stress → reduction of weight and improvement of efficiency → prevention and management of chronic diseases
Centralized healthcare applications	Data sovereignty resides with the user: • ZKP guarantees that the original medical data remains within the domain, allowing users to authorize its sale and receive a 50% commission.
Financialized Token Framework	Medical practicality closed loop: • incentive → compensation → elimination → scarcity, eradicating pure speculation.



2. TECHNICAL FOUNDATION

2.1 Core Architecture



Base Chain

- Built on the Polygon zkEVM and leveraging zero-knowledge proof scaling technology, it achieves gas fees of \$0.001 and over 2,000 TPS, supporting high-frequency interactions for hundreds of millions of users.
- zk-Rollup transaction compression: Hundreds of action verification transactions are bundled into a single proof, reducing on-chain load by 90%.

Data Management

- Medical data: Encrypted and sharded through IPFS distributed storage, only hash values are uploaded to the chain, and the original data is physically isolated.
- Behavior logs: AES-256 encryption is used on the user's device, and only behavioral conclusions (such as ZKP proofs of "deep sleep standards") are stored on the chain.

Cross-chain interaction

- Standardized medical institution API: Compatible with HL7/FHIR medical data protocols, enabling integration with hospital HIS systems in 30 minutes.



2. TECHNICAL FOUNDATION

2.2 Core Functional Modules

Behavioral Verification Engine

Biometric dynamic verification:

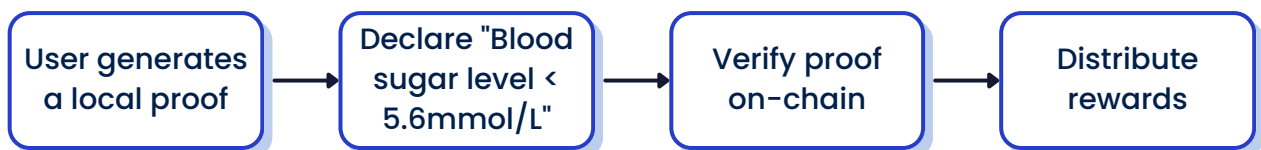
- Heart Rate Variability (HRV) Analysis: Real-time monitoring of heart rate fluctuation patterns during exercise to identify fraudulent activity (such as wristband shaking).
- Multi-device temporal lock: Data from the phone's GPS, wristband's step count, and body fat scale must match within ± 3 minutes (e.g., GPS continues to move while step count increases).

Direct connection of medical equipment:

- Abbott FreeStyle Blood Glucose Meter: Bluetooth transmission of ECC-encrypted data, with smart contracts automatically verifying the blood glucose range (4.0–5.6 mmol/L).
- Withings Body Fat Scale: Wi-Fi direct transmission of hashed encrypted weight data to prevent man-in-the-middle attacks.

Privacy protection system

Zero-knowledge proof (ZKP) process:



- The original data never leaves the device and is encrypted with 128-bit zk-SNARKs, which costs over \$1 billion to crack.

Psychological data double lock mechanism:

- Front-end: In-browser WebAssembly runtime encryption (emotion logs are encrypted as input).
- Back-end: Differential privacy noise injection ($\epsilon=0.1$) ensures that scientific research data cannot be traced.



2. TECHNICAL FOUNDATION

2.2 Core Functional Modules

Smart Contract Cluster

Incentive tiered model:

Baseline behavior (daily steps)

1 HST/1,000 steps (verified by mobile phone GPS).

Medical-level behavior (blood sugar levels meet standards)

15 HST/time (blood glucose meter direct connection verification).

Long-term persistence rewards

Take medicine and check in for 30 consecutive days → additional 50% bonus.



Deflationary destruction mechanism:

- Payments for medical services (e.g., registration) → 2% of the transaction amount will be burned (the destruction address is publicly available).
- Dynamic repurchase of the reserve fund: When the HST market price falls 20% below the issue price, it will be automatically repurchased and burned from the DEX.



2. TECHNICAL FOUNDATION

2.3 Key technical barriers

Deep integration of medical devices

Hardware-level security protocols:

equipment	Security Solutions	Certification criteria
glucose monitoring device	Bluetooth 5.0 with National SM4 chip encryption	ISO 13485
Intelligent body composition scale	Dynamic pressure sensor with anti-tamper alarm	FCC/CE
athletic wristbands	Galvanic Skin Response Assessment and Sweat Biomarker Verification	FDA Class I

Edge computing optimization

Local AI inference engine:

- The mobile device runs a lightweight TensorFlow Lite model for real-time motion analysis (identifying abnormal jitter within 10ms).
- Only 1KB of behavioral conclusion data is uploaded, saving 99.9% of bandwidth compared to the original video stream.

Dynamic Compliance Engine

Intelligent regional adaptation:

- EU Model: Psychological data is automatically blocked from being uploaded to the blockchain, and raw data is stored on local GDPR-certified servers.
- US Model: HIPAA-compliant protocols are enabled, and medical data is encrypted and stored in separate segments on the AWS healthcare cloud.
- Open Model: Users voluntarily opt in to the federated learning research program (receiving a 50% profit share).



3. TOKEN ECONOMIC MODEL

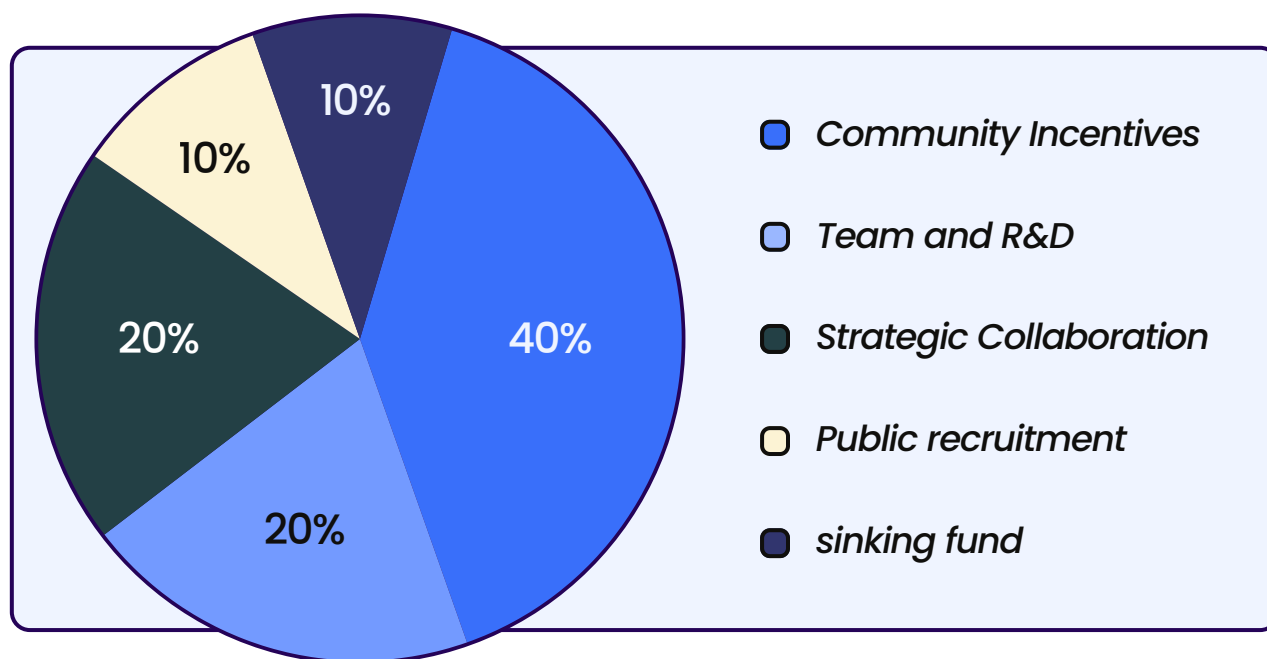
3.1 Basic Token Parameters

property	parameter
Token Name	HealthSlim Token
Token Symbol	HST
Blockchain standards	ERC-20 (compatible with BEP-20)
Total Supply	10,000,000,000 HST
Accuracy	18-bit



3. TOKEN ECONOMIC MODEL

3.2 Allocation Plan



project	Proportion	Release Guidelines
Community Incentives	40%	48-month linear distribution (25% in the first year)
Team and R&D	20%	24-month lock-up period followed by a 36-month linear release.
Strategic Collaboration	20%	Issued quarterly in accordance with the institution's access progress.
Public recruitment	10%	Single release at TGE
sinking fund	10%	DAO multi-signature administration, on-demand consultation



3. TOKEN ECONOMIC MODEL

3.3 Deflationary Mechanism

Destruction Site	Destruction rate	Execution Logic
Healthcare service remuneration	2%	Destroyed promptly upon the user's payment of the registration or testing fee.
Health product redemption.	1%	Upon completion of the order on the e-commerce platform, it is subsequently removed from the blockchain.
Scientific research data exchanges	3%	Pharmaceutical companies eliminate all anonymous data sets upon acquisition.
Reserve Fund Buyback	dynamic	When the HST market price falls 20% below the issue price, it will be automatically repurchased and destroyed.

Destruction formula:

Actual destruction amount = transaction amount × destruction rate + reserve repurchase amount



3. TOKEN ECONOMIC MODEL

3.4 Economic cycle design

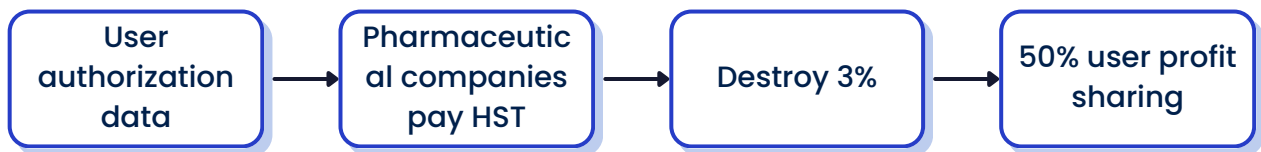
User-side loop:



Mechanism side circulation:



Data value stream:



Deflationary Strengthening Flow:



3.5 Value Support Model

Source of Value	Contribution	Implementation
Healthcare service requirements	40%	Utilize HST for the payment of medical examinations and treatments.
Consumption of health-related products	25%	E-commerce platform HST resolution (1% reduction)
Data acquisition for research purposes	20%	Pharmaceutical companies routinely acquire data (3% destroyed).
Deflationary Scarcity Premium	15%	Ongoing degradation to diminish circulation



4. APPLICATION SCENARIOS

4.1 Sleep Disorder Intervention

Core logic:



Motivational scenario:

- Achieve deep sleep (≥ 1.5 hours/day, verified by wristband) → 5 HST reward
- Consistently clock in early for bed (falling asleep before 23:00 x 7 days) → 20 HST reward



Service redemption:

Service Category	HST utilization	Collaboration Instances
Sleep assessment	30 HST/time	Sleepio professional physician one-on-one
Rental of monitoring equipment	50 HST/month	Withings Sleep Analyzer
Sleep aid supplements	100 HST/box	Olly Sleep Gummies

Technical anti-cheating:

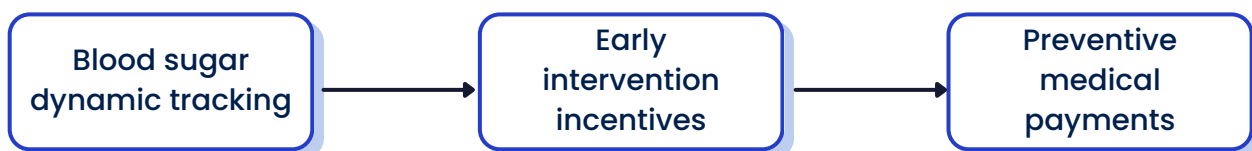
- Multi-device cross-validation (wristband heart rate + phone screen time)
- Abnormal pattern recognition (e.g., automatic freezing of rewards when the wristband is removed)



4. APPLICATION SCENARIOS

4.2 Metabolic Health Management

Core logic:



Motivational scenario:

Healthful Conduct	Validation approach	award
Walk for 20 minutes following a meal.	GPS tracking and blood sugar trend correlation	8 HST
Fasting blood glucose levels below 5.6 mmol/L	Abbott FreeStyle Bluetooth Direct Connection	15 HST
The annual liver ultrasound revealed no lesions.	Hospital report hash on the blockchain	100 HST

Service redemption:

Continuous glucose meter supplies 50 HST/month (originally \$60)
Metabolic gene testing 300 HST with 50% discount
Private clinic consultation 80 HST/session (originally \$100)

Medical value:

- The intervention efficiency of high-risk groups for diabetes increased by 40%



4. APPLICATION SCENARIOS

4.3 Collaborative Mental Health Intervention

Core logic:



Basic incentives:

- Daily mood journaling → 3 HST
- Complete CBT course (8 weeks) → 50 HST

Synergy Rewards:

- Sleep standard (deep sleep ≥ 1.5 hours) + normal stress index (verified by skin conductivity) → daily basic reward $\times 150\%$



Service redemption:

- Mindfulness classes: 1 HST = \$1 (partnered with the Calm platform)
- Psychological counseling: 100 HST off first visit (only available at BetterHelp partner institutions)

Privacy protection:

- Emotional data is locally encrypted, and only the "stress index" score is output on the chain



4. APPLICATION SCENARIOS

4.4 Weight Management

Core logic:



Incentive Model:

milestone	Validation approach	award
Weekly weight loss of at least 0.5 kg	Intelligent body fat scale with AI image analysis	30 HST
The monthly body fat percentage has decreased by 2%.	DEXA scan report utilizing blockchain technology	200 HST
Continue monitoring for 90 days.	On-chain Evidence of Action	Additional 100 HST

Service redemption:

- Private Fitness Lessons: 1 HST = \$1
- Healthy Meal Delivery: 50% HST off orders over \$30 (partnered with HelloFresh)
- Surgery Deduction: Up to \$500 off for weight loss surgery (medical evaluation required)

Anti-cheating mechanism:

- Dynamic calibration of body fat scales + historical data trend analysis
- Pre- and post-surgery data comparison and verification (to prevent data tampering)

4. APPLICATION SCENARIOS

4.5 Chronic Disease Management

Core logic:



Motivational scenario:

- Daily Medication Check-in: Smart Pill Box Bluetooth Verification → 5 HST/day
- Quarterly Improvement: HbA1c <7% (hospital report) → 150 HST
- Annual Complication-Free: Electronic Medical Record Verification → 500 HST



Service redemption:

Service Category	HST Equivalent	Collaboration strategy example
Follow-up enrollment	Complete payment	Thailand BDMS Healthcare Group
Intelligent Medication Dispenser	800 HST exchange rate	Hero Intelligent Medication Dispenser
Home testing kits	200 HST/time	LetsGetTested

Medical Compliance:

- This only incentivizes "compliance behavior" and does not guarantee treatment effectiveness.
- Payment scenarios are limited to partnering private medical institutions.



5. DEVELOPMENT ROADMAP

Ecological infrastructure

Q3 2025: Token issuance and core infrastructure

- Completed HST private placement/public offering (Funding target: US\$100 million)
- Deploy Ethereum Layer 2 mainnet (Polygon zkEVM)
- Launched data privacy module (ZKP+IPFS integration)

Q4 2025: MVP launch and user cold start

- Released MVP version of DApp, supporting sleep monitoring and basic exercise incentives
- Access to partner devices: Fitbit bracelets, Withings body fat scales (covering 1 million devices)
- Milestone: Users > 100,000, anti-cheating accuracy ≥ 92%

Q1 2026: Implementation of medical payment scenarios

- Open medical payment and connect with private hospitals
- Supports HST payment for physical examinations and weight loss consultations
- Launched mental health module (emotional journal + CBT course)



5. DEVELOPMENT ROADMAP

Data Value and Global Expansion

Q2 2026: Health data platform released

- Launched a scientific research data trading marketplace (web version), allowing users to authorize the sale of anonymous health data.
- Signed with ≥ 2 pharmaceutical clients in the first phase
- Launching the Federated Learning Framework (privacy-preserving federated modeling)
- Launched the "Health Flywheel" program: a cross-scenario reward system (sleep + metabolism + psychological linkage incentives)
- Milestone: DAU (daily active users) $> 200,000$, data transaction volume $> \$1$ million

Q3 2026: Global Ecosystem Takes Shape

- Passed EU GDPR certification & US HIPAA compliance audit, enabling regionalized privacy solutions
- Access to European and American medical institutions: ≥ 10 private clinics (such as the Mayo Clinic pilot program in the United States)
- Localized operations in Latin America/Middle East: Collaboration with government health programs (e.g., UAE Diabetes Prevention Program)
- Milestone: Total users > 3 million, annual HST destruction > 100 million



5. DEVELOPMENT ROADMAP

2027+: A preventive healthcare ecosystem giant

AI Health Manager:

- Integrate the GPT-6 generative model to provide personalized behavioral suggestions

Insurance Convergence:

- United AIA launches "Healthy Behavior Discount Insurance" (HST pledge to enjoy premium reduction)

Ultimate goal:

- Become the infrastructure of the preventive medical economy and reduce the global incidence of obesity-related diseases by 15%

Core KPI tracking

Temporal Node	User scale	Institutional Access	Validation metrics
2025 Q2	>100,000	3 equipment manufacturers	Anti-cheating accuracy rate is at least 92%.
2025 Q3	>500,000	8 hospitals	Medical payment success rate exceeds 99.5%.
2026 Q1	>1.5 million	2 pharmaceutical firms	Data platform revenue exceeds \$1 million per quarter.
2026 Q3	>3 million	20 international organizations	Deflation rate (annual reduction/circulation) > 8%



6. COMPLIANCE AND RISK MANAGEMENT

6.1 Compliance Framework

Medical Practice Compliance

Health Incentive Boundaries: Rewards are strictly limited to quantifiable behaviors (such as exercise check-ins and data logging), decoupled from medical outcomes, and adhere to the FDA's "Guidelines for Digital Health Products."

Payment Scenario Design: HST is positioned as "membership points" and can only be redeemed for services (such as registration discounts and course access), circumventing various countries' bans on digital currency medical payments.

Data Research Specifications: User Data: The sale of user data requires secondary authorization and is anonymized using differential privacy ($\epsilon \leq 0.1$) and GDPR/HIPAA standards. 50% of the proceeds belong to the user.

Financial Compliance

Avoiding Securities Attributes: The Howey Test defense was passed, clarifying that HST's core function is a utility service, and public offerings are only open to accredited investors (KYC/AML verification).

Anti-Money Laundering Mechanism: Integrated with Chainalysis on-chain monitoring, single transfers over \$10,000 trigger manual review; fiat currency channels are independently managed by Circle, isolating funds from commingling risks.



6. COMPLIANCE AND RISK

6.2 Risk Response Strategies

Sudden changes in regulatory policies

Contingency Plan: Main operations will be located in Singapore, with 20% of reserves allocated for compliance lobbying; regional strategies will be dynamically adjusted (e.g., the EU adopts GDPR, the US adopts HIPAA cloud storage).

Medical Liability Risk: The user agreement explicitly states that the product is not a diagnostic tool, and \$10 million in medical liability insurance will be purchased to cover disputes.

Data and security risks

Data Leakage: Zero-Knowledge Proof (ZKP) ensures that original data remains on-premises, and Hardware Security Module (HSM) encrypted storage is used. Annual penetration testing is performed by HackerOne.

User Cheating: Multi-device biometric cross-verification (heart rate variability + spatiotemporal logic) is used. Cheaters will have their rewards frozen and their HSTs retroactively forfeited.



6. COMPLIANCE AND RISK

6.3 User Rights Protection

Data sovereignty mechanism

Three levels of control:

- Completely private: Psychological logs and genetic data are never shared.
- Anonymous sales: Desensitized datasets are priced by users (DAO voting mechanism).
- Emergency sharing: Medical institutions temporarily decrypt data for emergencies (multi-signature authorization required).

Income guarantee:

- 50% of the revenue from data transactions will be transferred to the user's wallet in real time.

Dispute Resolution

On-chain arbitration DAO:

- A jury of 100 token holders is randomly selected to vote on cheating penalties, service disputes, etc. The results are automatically executed by the smart contract.

Declaration of Compliance

"In balancing innovation and regulation, HST is grounded in medical-grade rigor—user data sovereignty cannot be compromised, and legal boundaries must not be crossed. We combat risks with technological transparency and safeguard trust with compliant design, ensuring the steady and long-term progress of the health economy revolution."



7. PROJECT VISION

Reshaping the global preventive health system



Disease prevention and control goals:

- By 2030, we aim to reduce the global obesity rate by 15% (according to the WHO benchmark) and the incidence of diabetes complications by 40% (based on the Lancet intervention model).
- We will build a database of billions of health behaviors, train AI predictive models, and increase the accuracy of chronic disease early warning to over 85%, shifting medical resources from treatment to prevention.

Medical economic transformation

- Reconstructing the health value chain: User behavior data → Medical institutions reduce costs and increase efficiency → Pharmaceutical companies conduct precision research and development, with the goal of making the proportion of prevention expenditure exceed treatment costs by 2035.



7. PROJECT VISION

Building a health and wealth network that benefits all

Individual value liberation

- Users in developing countries can earn HST through basic health behaviors (such as walking 6,000 steps daily) and redeem them for basic medical services (such as blood sugar testing), breaking down barriers to healthcare access.
- The average annual user data revenue is $\geq$ \$200 (accounting for 50% of pharmaceutical companies' data purchases), making health data a true "personal asset."

Sustainable social impact

- Reduce global obesity-related medical spending by \$100 billion annually (according to the World Obesity Federation).
- Establish a "Health Contribution Index": Convert healthy behaviors into credit assets for use in scenarios such as insurance discounts and education loans.

Vision Statement

HST's ultimate mission is to make health the core asset of human civilization.

- Here, users who insist on going to bed early share the value of their data with scientists developing new drugs.
- Here, 'health is wealth' isn't just a slogan, but a new, verifiable, on-chain paradigm of survival.

We are building a Tower of Babel without the disease-poverty divide