

## Asthma Kicking Up? Healthy Home Coach helps you reduce the symptoms naturally

*According to the American Asthma and Allergy Foundation, poor indoor air conditions can worsen asthma symptoms. As we spend 90% of our daily life indoors<sup>1</sup>, it's essential for asthma sufferers to control their indoor environment.*

*Netatmo Healthy Home Coach is designed to help create a healthier living environment: it monitors and analyses the home's indoor air quality and offers personalised advice on how to improve home comfort to reduce asthma symptoms.*

About 25 million Americans suffer from this chronic disease<sup>2</sup> and experience coughing, shortness of breath and other symptoms on a daily basis. About 7 million of these people are children<sup>3</sup>. One in every 200 U.S adults are diagnosed with asthma, and only 65% of those affected realize it.<sup>4</sup>

The most common asthma triggers are exposure to dust, smoke, mold or pollen, a too humid environment or sudden shifts in temperature from warm to cold.

Netatmo Healthy Home Coach measures four variables of the home environment that are invisible and not easily perceptible but can have a significant impact on users' health and everyday comfort.

Healthy Home Coach, is a smart device that measures air quality, humidity, temperature and noise in the room you choose to monitor. Healthy Home Coach analyses each of these elements and sends recommendations to the user's smartphone on how to make the household more comfortable and conducive to well-being. The device adapts to each profile – family, baby and asthma sufferers, to provide tailored advice.

Here are 3 tips on how to naturally improve your home environment with Healthy Home Coach and ease the life of the people suffering from asthma around you:

1. Switch Healthy Home Coach to the right profile

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<sup>1</sup> Source: EPA (US Environmental Protection Agency)

<sup>2</sup> Source: US National Heart, Lung and Blood Institute

<sup>3</sup> Source: US National Heart, Lung and Blood Institute

<sup>4</sup> Source: <http://www.health24.com/Medical/Asthma/Manage-your-asthma/many-people-have-asthma-and-dont-realise-it-20160512>

Healthy Home Coach's artificial intelligence gives you personalized advice on how to create a healthier home for your family. Switch to the "asthma" profile to make sure that you get the best advice to temper asthma symptoms.

2. Beware of the humidity level

Too much humidity will increase the growth of mold. Dampness and mold increase risk of asthma-related problems by 30-50%<sup>5</sup>. Healthy Home Coach helps you manage the right level of humidity and alerts you when you need to act.

3. Control your air quality

Our indoor living spaces are three to eight times more polluted than outdoors<sup>6</sup>. A high concentration of pollens and pollutants within your home might trigger asthmatic reactions. Healthy Home Coach alerts you when a room needs to be ventilated.

Healthy Home Coach is available now and retails for \$99.99 on [www.netatmo.com](http://www.netatmo.com) as well as at BestBuy.com, Walmart.com and Amazon.

## About Netatmo

Netatmo is a revolutionary smart home company, developing groundbreaking, intuitive and beautifully-designed connected consumer electronics. Truly smart, Netatmo's innovative products provide a seamless experience that helps users create a safer, healthier and more comfortable home.

Netatmo carefully designs the mechanics, electronics and embedded software of all its products to the highest standards. Netatmo also creates the mobile and web applications that fully realise their potential.

Since 2012 Netatmo has released thirteen devices and accessories, divided into four categories:

- **Weather** - The Personal Weather Station and its accessories, the Additional Module, the Rain Gauge and the Wind Gauge.
- **Energy** - The Smart Thermostat and the Smart Radiator Valves, both designed by Philippe Starck.
- **Security** - The security cameras Welcome, for indoor, and Presence, for outdoor, and their accessories, the Tags and the Indoor Security Siren, and the Smart Smoke Alarm
- **Air care** - Healthy Home Coach, the smart indoor climate monitor

Netatmo is a leading innovator in the smart home industry with products available through a growing network of distributors worldwide, selling to consumers through major retail and B2B channels.

Through its program "with Netatmo", Netatmo develops connected solutions with leading brands in the building industry to be integrated into residential home infrastructure, whether new-build or renovation.

In November 2015 Netatmo completed a series B funding round of \$31 million. The company previously raised \$4.7 million in 2013.

## Press contact

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<sup>5</sup> Source: World Health Organization

<sup>6</sup> Source: EPA (US Environmental Protection Agency)

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