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Plano partners with HPB to address childhood myopia

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Singapore- Recently, plano**,** a myopia screening tool and parental management application, has partnered the Health Promotion Board (HPB) to reduce the onset and progression of childhood myopia.

As part of the annual vision screening conducted by HPB in schools under the National Myopia Prevention Programme, students and parents will be encouraged to use the plano app to cultivate good eye care habits which can help to prevent the onset or progression of myopia. The new partnership is an example of HPB intensifying the use of technology to expand the reach and impact of its health promotion programmes.

Singapore has one of the world's highest prevalence rates for childhood myopia. Recognising the significant public health implications, plano, was first conceptualised and developed by the Singapore Eye Research Institute-Singapore National Eye Centre's (SERI-SNEC) Ophthalmic Technologies Incubator Programme, with support from the National Health Innovation Centre (NHIC).

Interventions include active monitoring of how close the screen is to the eyes, prompts to adjust the user's posture and reward-based nudges on device management. Points would be awarded for good device-use, and can be used to request for an 'adventure', which is an activity or a programme for children, from parents. Parents can then use the points to redeem monetary discounts applicable to the 'adventure'.

plano also uses Artificial Intelligence to ensure that children adhere to regular eye checks as well as detect early signs of myopia. plano also provides eye check recommendations and tips to aid in the improvement of device use. Premium users would also receive a customised report to provide feedback on their child's progress.

Dr Mo Dirani, Managing Director of plano**,** said, "The prevalence of myopia in Singapore is among the highest in the world. The partnership with HPB will be a pivotal step for plano to have greater reach to school children, raise awareness and complement the existing efforts to better manage myopia. And while plano is designed to manage device use and myopia, active use of the app would also help to improve overall quality of life among children."