

Boomers Beware! Help Prevent Falling! iTrakHealthAI™ App in Conjunction with the Apple Health App Is an Innovation to Help Prevent Falls Among Older Adults!

For Immediate Release:

Vista, CA, February 25, 2025 – Com-Guard.com, Inc.(CGUD.pk), the Technology Company that has been designing and developing Security and IoT applications for over 15 years, has announced a new App in an effort to combat the rising incidence of falls among older adults, Apple iPhone users can leverage and use the Apple Health App and Download (www.iTrakHealth.ai) to monitor their walking asymmetry, which could potentially alert them to issues with their gait and help prevent falls. **Enabling the Apple Health App is crucial, as it is free on the iPhone and allows users to set alerts for important health metrics.** Additionally, the newly launched **iTrakHealthAI™ App** by (Com-Guard.com, Inc. (CGUD.pk)) **utilizes Artificial Intelligence (AI) to analyze collected data and transform it into actionable health insights and Information, empowering older adults to take proactive steps in fall prevention.** This feature represents a significant advancement in using technology for health monitoring and fall prevention.

The Growing Concern of Falls in Older Adults

“There are approximately 70 million Baby Boomers in the United States and the Baby Boomer generation is aging, with the youngest Boomers reaching 60 years old by 2024. This will increase demand for age-related products and services and the Healthcare market is expected to grow substantially as Boomers age,” said Dr. Edward W. Savarese, Chairman and CEO. Spending on Healthcare is projected to increase, driven by the need for medical treatments, long-term care, and health management services. Research indicates that each year, more than 1 in 4 older adults in the U.S. report falling, with 1 in 10 sustaining injuries as a result. In 2022 alone, healthcare spending for nonfatal falls among older adults reached a staggering \$80 billion, as highlighted in a 2024 study published in the journal *Injury Prevention*. Moreover, the fall death rate in this population has increased by 41% between 2012 and 2021, according to the latest CDC data. Dr. Jennifer L. Vincenzo, an associate professor at the University of Arkansas for Medical Sciences, emphasizes the urgent need for enhanced fall prevention strategies.

Monitoring Walking Asymmetry with Technology

“Symmetry is a natural state of our bodies, and walking symmetrically plays a crucial role in maintaining muscle alignment and preventing falls. Everyday activities, such as carrying heavy bags on one shoulder or using one hand for texting, can disrupt our natural balance. The Health App on Apple iPhones can track walking asymmetry and notify users if they are off-center, helping to identify potential fall risks early on.”, said Dr. Elan Goldwaser, an orthopedic surgeon and sports medicine specialist at Columbia University, he also strongly encourages users to activate this feature. “Paying attention to the way we walk is very important,” says Dr. Goldwaser. Early detection of gait problems can also help identify neurological disorders or other diseases before more apparent symptoms develop.

Introducing iTrakHealthAI™: A Tailored Solution for Baby Boomers for ONLY \$4.99 a month! (Download at(www.iTrakHealth.ai)).

For those seeking a more comprehensive approach to fall prevention and health monitoring, **iTrakHealthAI™** offers an innovative solution designed specifically for the Baby Boomer population. **iTrakHealthAI™**, an advanced health-tracking app empowers seniors to take charge of their well-being by integrating seamlessly with the iPhone and Apple Health App, delivering **personalized insights and AI-driven recommendations** for a healthier lifestyle.

As the Baby Boomer generation continues to embrace technology, iTrakHealthAI™ stands out by providing an **easy-to-use platform tailored to their unique health management needs**. The Apple Health App using just an Apple iPhone offers a comprehensive suite of features, including:

- **Advanced Walking Steadiness Analysis** – Identifies irregular gait patterns and provides alerts.
- **Personalized Health Insights** – Tracks key health metrics and offers AI-powered suggestions.
- **Fall Risk Assessments** – Uses real-time data to help prevent accidents.
- **Integration with the Apple Health App**– Syncs with existing health data for a holistic view.

By paying attention to the insights provided by **iTrakHealthAI™**, users can identify poor gait mechanics early and discuss potential solutions with their healthcare providers. While technology plays a crucial role in identifying health risks, it is essential to use health monitoring applications as a **tool for informed discussions with medical professionals** rather than a substitute for professional care.

Using an Apple Watch in conjunction with the Apple Health App and the **iTrakHealthAI™ App has many added benefits and** the user can track a variety of health data:

Heart Health:

- **Heart rate:** The Apple Watch can measure your heart rate in real time
- **Irregular rhythm:** The Apple Watch can notify you if it detects an irregular rhythm that could be atrial fibrillation (AFib)
- **Low cardio fitness:** The Apple Watch can notify you if your cardio fitness is low
- **Sleep stages:** The Apple Watch can track how much time you spend in REM, Core, and Deep sleep
- **Sleep apnea:** The Apple Watch can help identify signs of sleep apnea
- **Steps:** The Apple Watch can record your steps
- **Training load:** The Apple Watch can track how the intensity of your workouts impacts your body

- **Underwater activity:** The Apple Watch can measure underwater temperature, duration, and depth
- **Cycle tracking:** The Apple Watch can track your menstrual cycle

For more information on how the Apple iPhone Health App and iTrakHealthAI™ are revolutionizing fall prevention among older adults, please visit the Apple App Store or contact our press office at [contact information].

About iTrakHealthAI™ (www.iTrakHealth.ai):

iTrakHealthAI™ is dedicated to providing **innovative solutions for health monitoring and fall prevention** among older adults. Our mission is to enhance the quality of life for aging populations through advanced technology and **proactive health management**.

The **iTrakHealthAI App** is now available as a **Free Download from the Apple App Store** (www.iTrakHealth.ai) with optional in App purchases (\$4.99 per month or a discounted \$49.99 yearly expense) offering Baby Boomers and any individual who wants to monitor their health data, a user-friendly and comprehensive solution for understanding and seeking consultation with their Healthcare Provider. **The company intends to collaborate with Companies and Healthcare Providers to provide the App and to customize solutions to potentially reduce costs and improve Healthcare for the Boomer Population!**

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About Com-Guard.com, Inc. (Pinksheet:CGUD.pk):

About Com-Guard.com, Inc. (Pink Sheets: CGUD.pk), (www.com-guard.com) Com-Guard, Inc. has been accepted as a developer for the fastest growing mobile platforms, Apple iPhone™, iPad™ and Android™. The company has been a developer in the mobile software market for over 15 years.

Forward-Looking Statements

This press release contains forward-looking statements made pursuant to the safe harbor provisions of the Private Securities Litigation Act of 1995. Forward-looking statements can be identified by words such as "anticipates," "intends," "plans," "seeks," "believes," "estimates," "expects" and similar references to future periods. Forward-looking statements are based on our current expectations and assumptions regarding our business, the economy and other future conditions. Because forward-looking statements relate to the future, they are subject to inherent uncertainties, risks and changes in circumstances that are difficult to predict. Our actual results may differ materially from those contemplated by the forward-looking statements. We caution you therefore against relying on any of these forward-looking statements. They are neither

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