

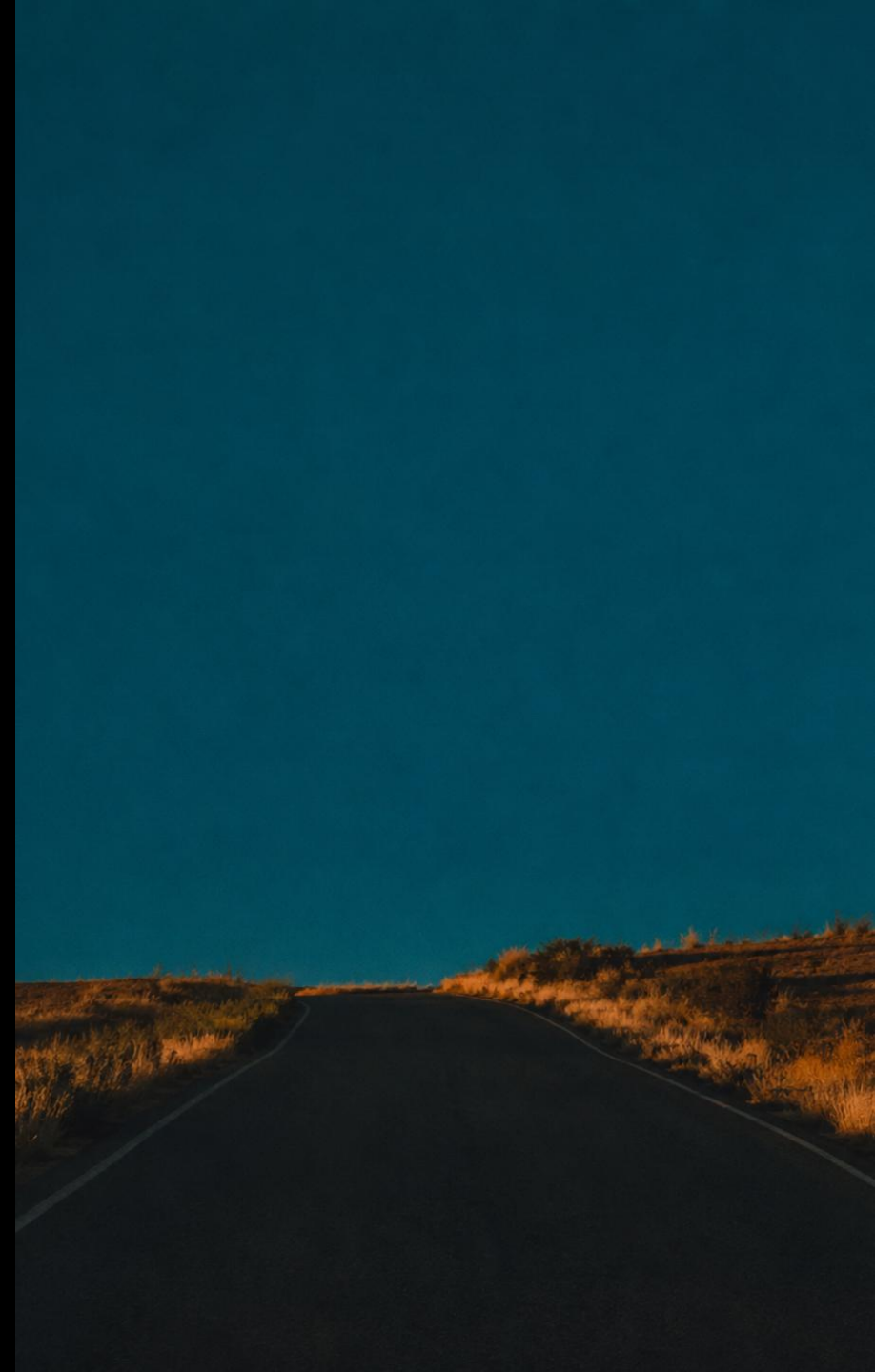
MUNICHTECH EXPO 2026

PARAAG AMIN

A LIFE THAT FITS

Health data changed my life

*My journey with type 2 diabetes
and what AI can make possible*



ICELAND · THE NORTHERN LIGHTS

MUNICHTECH EXPO

*I was there.
But I couldn't see it.*



October 2018: a different kind of risk

The diagnosis

Type 2 diabetes.

Just before my 40th birthday.

The reaction

Fear. Guilt. Shame.

Then a need to understand.

I started building a feedback loop

Observe

Finger-prick tests.

Glucose monitoring.

Understand

Read the research.

Look for context.

Respond

Make daily choices.

Watch what changes.



The timeline matters

2018

2020 onward

Today

Diagnosis + learning

A wider picture

The AI opportunity

My recovery began

Oura from 2020.

Make information

with health data.

ZOE study participation.

easier to use.

A reading needs a life around it

Glucose

What was measured, and when?

Sleep

What was the night like?

Daily context

Food, movement, work and routine.

How I felt

Energy, attention and lived experience.

Make the question smaller

A question we can examine

*“Does this pattern repeat
on comparable days?”*

A conclusion we cannot assume

*“This one reading proves
what caused the change.”*

*Three months changed
my sense of possibility.*

“Reversal” is my story. Remission is clinical.

The clinical definition

HbA1c below 6.5%

For at least 3 months

Without usual glucose-lowering medication

What follows

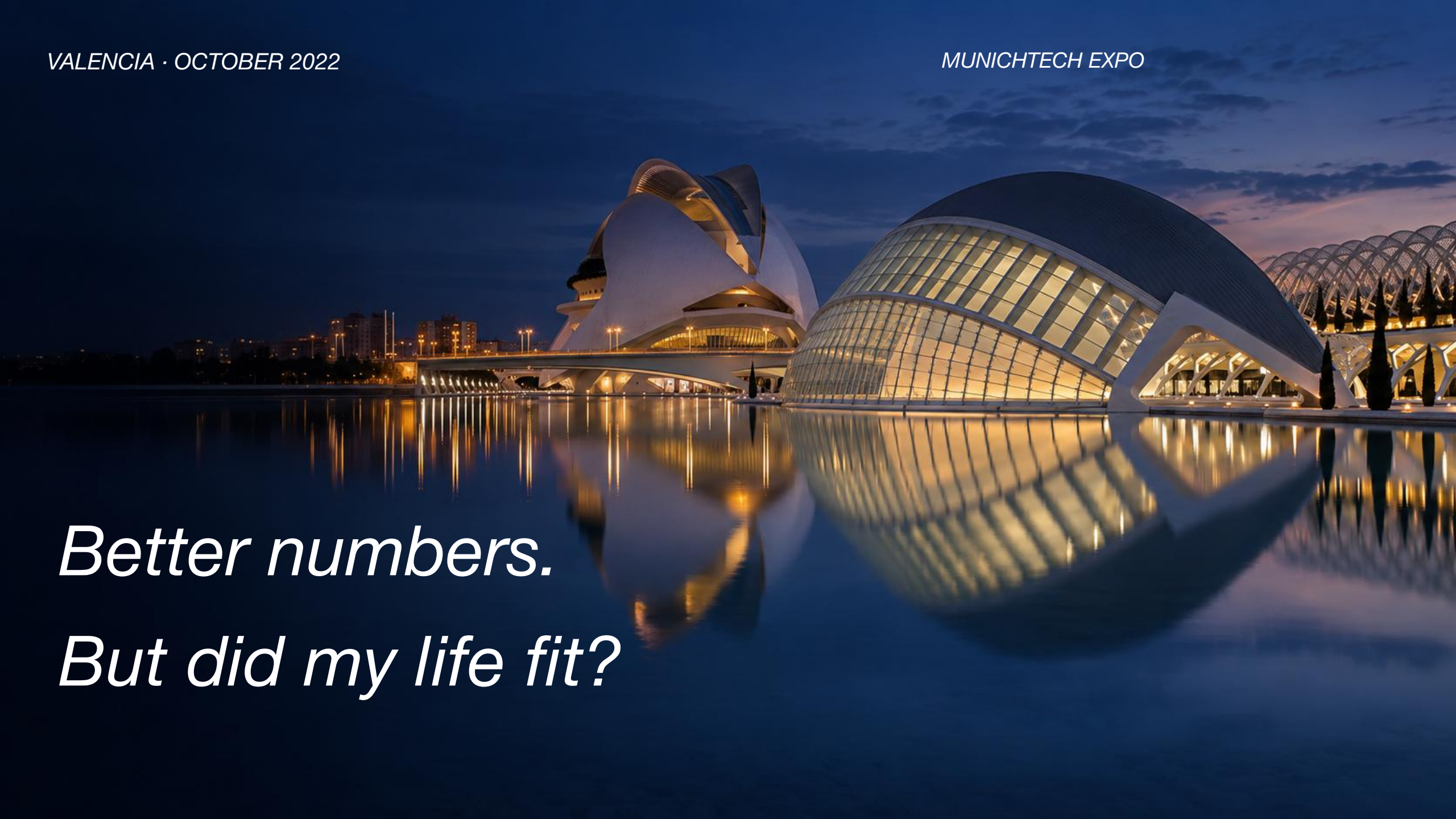
Ongoing monitoring.

Continued health checks.

No guarantee of permanence.

VALENCIA · OCTOBER 2022

MUNICHTECH EXPO



*Better numbers.
But did my life fit?*

Where AI could reduce the work

Organise

*Bring scattered records
into a clear summary.*

Question

*Surface patterns
and missing context.*

Prepare

*Help frame a useful
clinical conversation.*

A useful AI brief starts with boundaries

The task

Summarise the supplied records.

Separate observations from hypotheses.

Draft three questions for my clinician.

The checks

Show dates and source records.

Flag missing or conflicting information.

Do not recommend medication changes.

Four tests for health technology

Can I trace it?

Show the record behind the claim.

Can I question it?

Make uncertainty and gaps visible.

Can I use it?

Fit the person's time and routine.

Can I trust the boundaries?

Explain data use and clinical limits.

Design for the day someone is struggling

The easy day

Motivated.

Time to review.

Ready to learn.

The real test

Tired. Distracted. Worries.

One clear next question.

A manageable amount of work.

What I would leave you with

For individuals

Start with a question.

Bring context and support.

For builders

*Make information
traceable and usable.*

For all of us

*Measure what becomes
possible in real life.*

THANK YOU

*Be present
for your life.*

Paraag Amin, CFA

A Life That Fits

alifethatfits.today

Sources & discussion

Clinical reference

Riddle et al., Diabetes Care (2021)

Consensus on type 2 diabetes remission

doi.org/10.2337/dci21-0034