This paper presents results of using the new telemedicine system Heart Wizard Delta which has been worked out by the Institute for Bio-Medical Problems of the Russian Academy of Sciences and Biocom Technologies. It combines advanced developments in prenosological health assessment during manned space flights and internet-technology of remote health monitoring and correction. Research protocols include blood pressure measurement, anthropometric data, health and life-style questionnaires, assessment of the risk of disease according to the heart rate variability analysis. The paper describes individual weekly assessments which were done by six volunteers. As a result, significant age-related and individual shifts of the parameters under control have been detected. The high sensitivity of HRV parameters to adverse factors (environment, stress, load) known from many other researches has also been confirmed. Stress Index of one of research participants increases dramatically during his preparation for an important business trip. It indicates tension of regulatory systems (SI = 184,38 c. u., versus 106,5 c. u.). The probabilistic approach has shown that on the same day the probability of normal functional states is decreased (31% versus 78%) and the probability of prenosological functional states is increased (67% versus 22%). Research findings confirm effectiveness of regular individual monitoring of the functional state of regulatory systems with follow-up assessment of adaptation risks. The new method combining traditional HRV analysis and probabilistic assessment of different functional states opens up possibilities to effective health monitoring in changing environmental conditions. Individual weekly assessment conducted with «Heart Wizard» instrument can detect disturbances of the autonomic balance prior to appearance of any health problems and also helps to monitor the effectiveness of preventive healthcare. After operation testing is over this system of individual prenosological health monitoring will go into series production in two languages (English and Russian). It means that many people worldwide will be able to use this technology for their well-being.

Keywords: individual health, prevention, prenosological monitoring