

MindFit

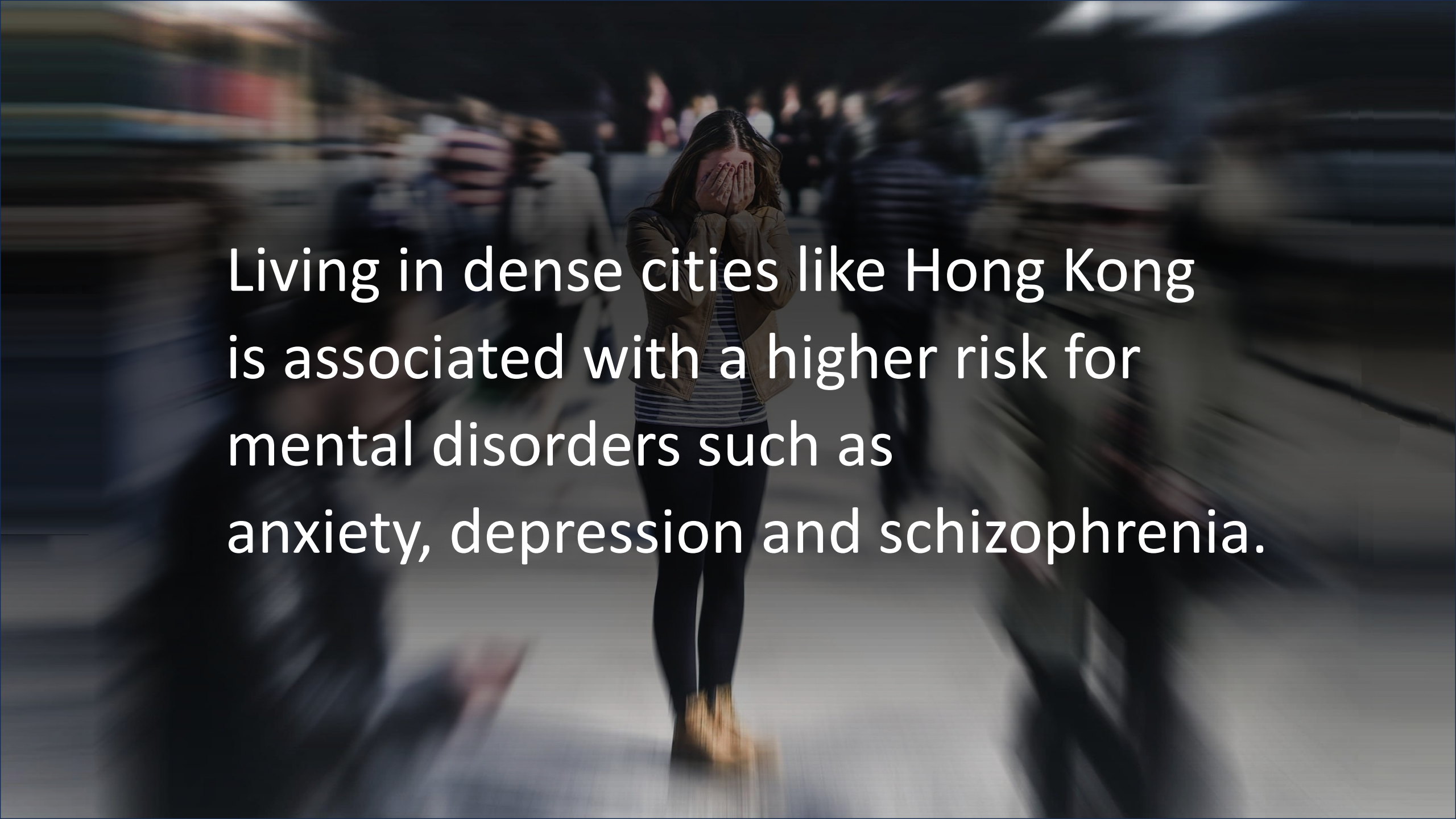


AI Companion for Mental Wellness

Presented by the MindFit Squad
Rio, Johnson, Carson

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A young woman with long brown hair, wearing a tan jacket over a striped shirt and dark leggings, stands in the center of a crowded city street. She has her hands pressed against her face, covering her eyes and nose, suggesting distress or overwhelm. The background is heavily blurred, showing many other people and city lights, emphasizing the density of the environment. The overall tone is somber and evocative of urban mental health issues.

Living in dense cities like Hong Kong
is associated with a higher risk for
mental disorders such as
anxiety, depression and schizophrenia.

Hong Kong Mental Health



61%
Adults
experienced
poor
mental
health



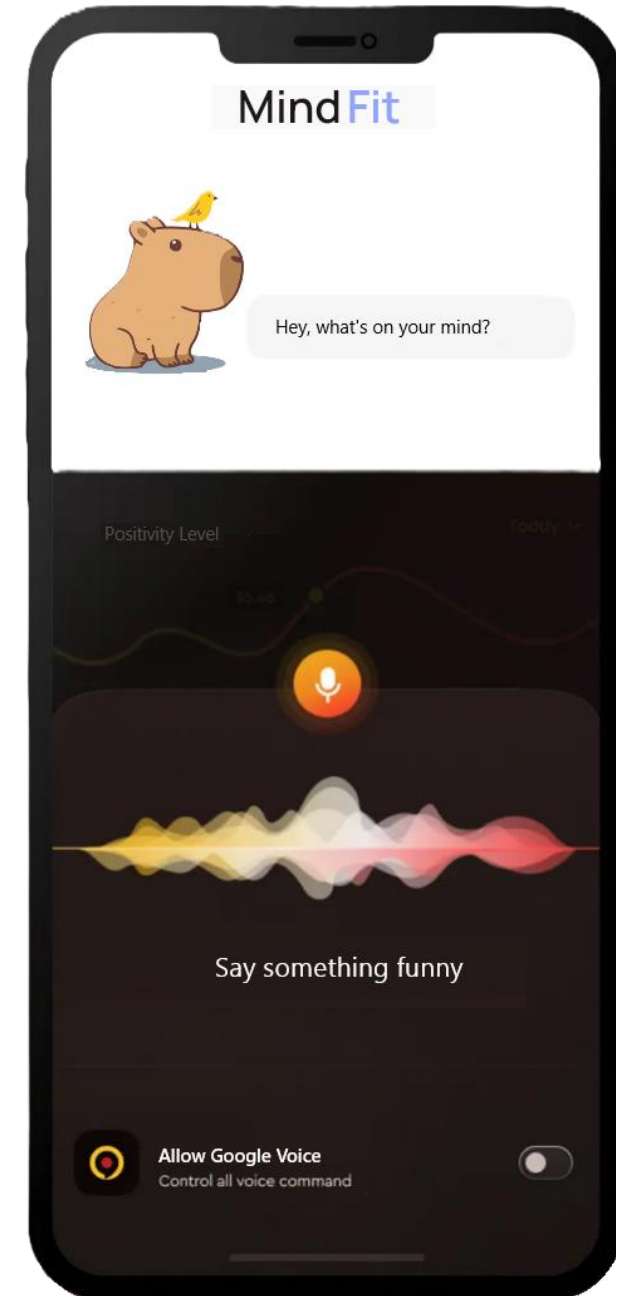
Suffering in Silence

74% sufferers in HK don't seek
any form of professional help



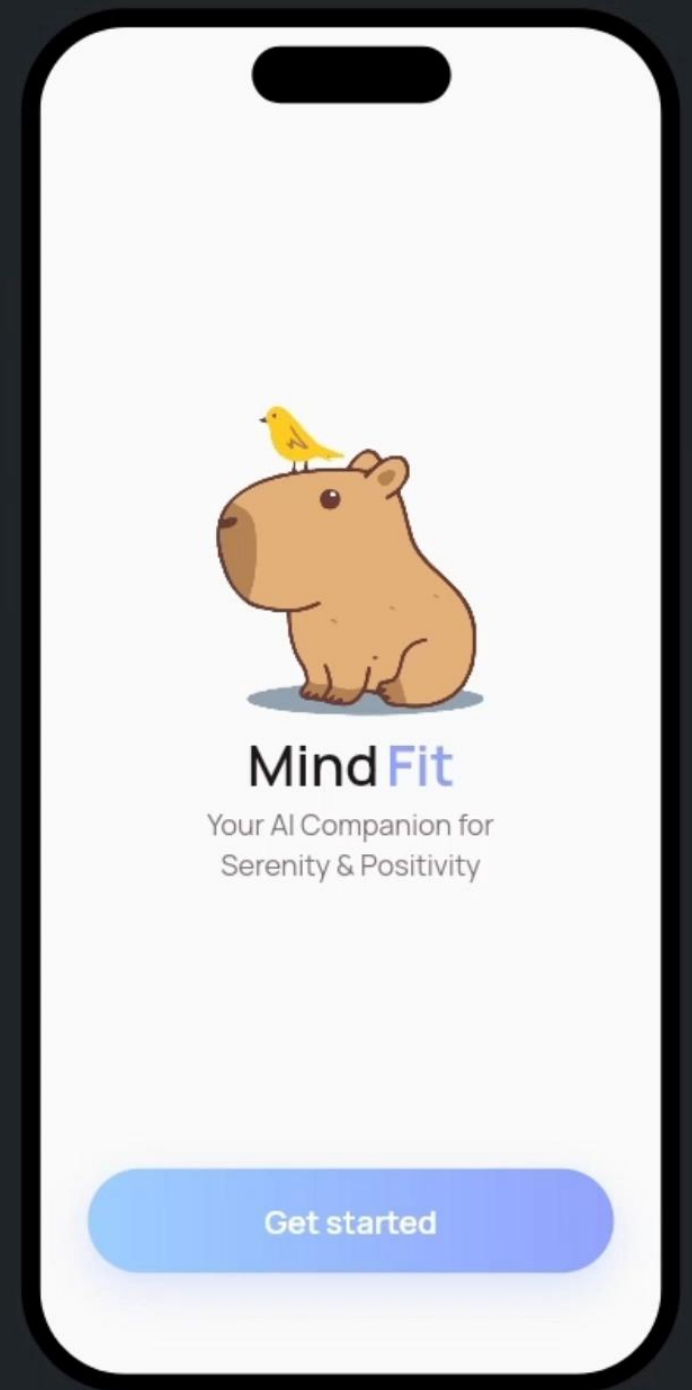
Mental Wellness Companion

A tireless, empathetic companion to improve emotional well-being for the Millennials and GenZs

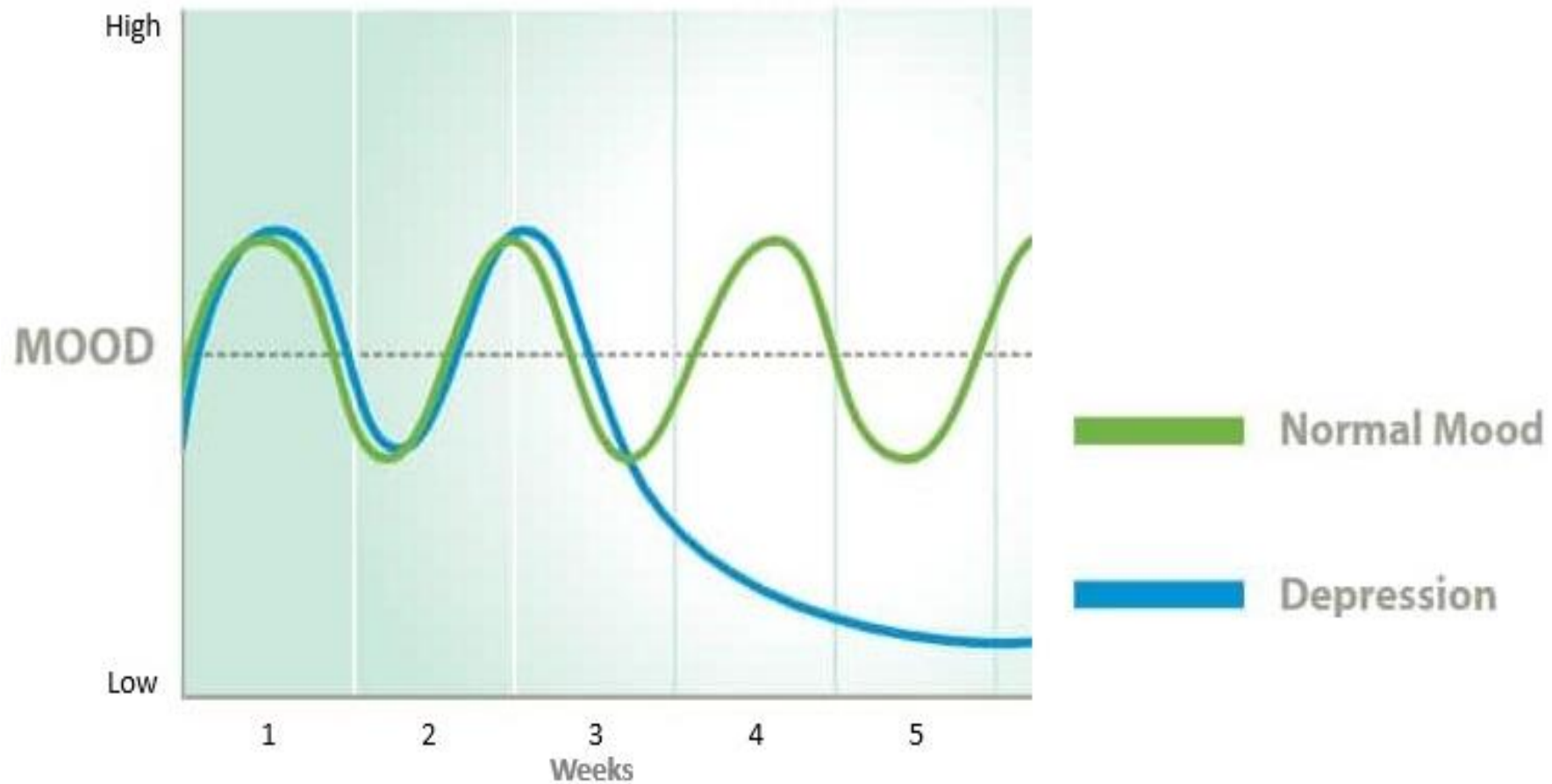


MindFit Mission

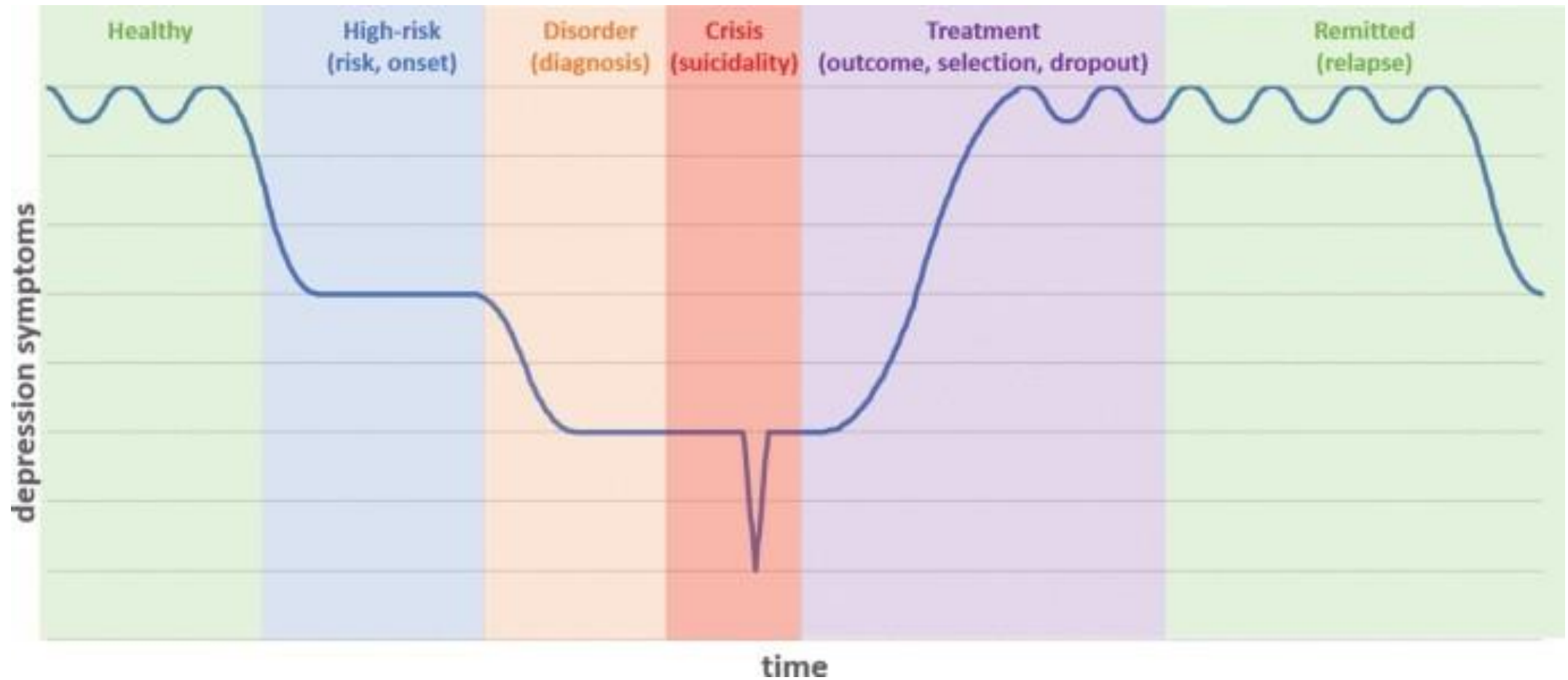
Integrate mental health support seamlessly into a user's daily routine in a fun, positive and helpful manner.



Mood Monitoring



Continuous **Multi-model** Assessment



Proactive Interventions



Content of “adaptive dialogue” can suggest a suitable set of intervention techniques:

- Humor and Fun
- Cuteness hack
- Physical exercise
- Mindfulness exercise
- Motivational quotes
- Journaling and thought records (Meta cognition for anxiety)
- Music and podcast
- Serenity scenes and sounds
- Reframing
- Nudging

Live Demo

Johnson:

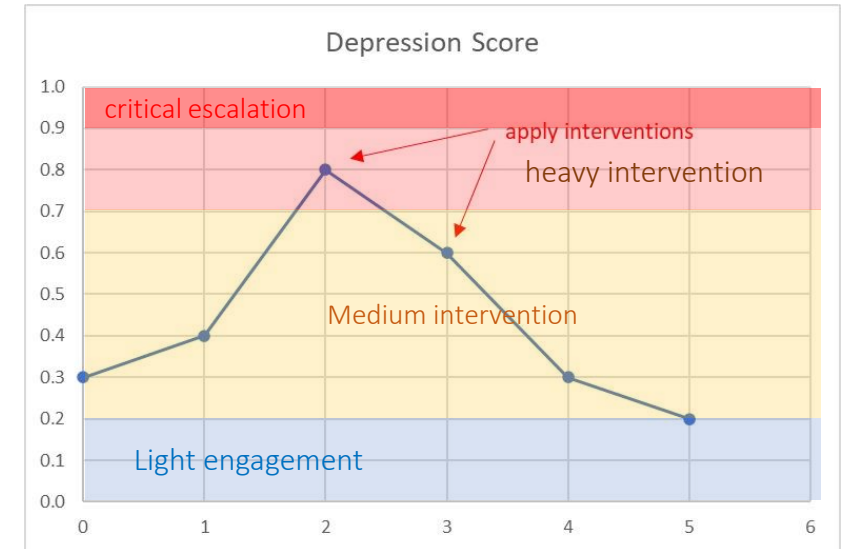
- Real-time Depression / Anxiety Assessment from conversational content using Gemini

Carson:

- Proactive Interventions - yoga pose challenge

Demo: Depression/Anxiety Detection

- Adaptive dialogue
- Sentiment analysis on user text
- Depression or anxiety scoring
- Level of intervention
- Re-assessments
- Escalation decision




Yoga Pose Challenge

- Visual feedback
- Correct posture
- Time limit

Demo: Proactive Intervention #1


Yoga Session

Press start to begin yoga session



Starting in: 4s

Reference Yoga Trainer:



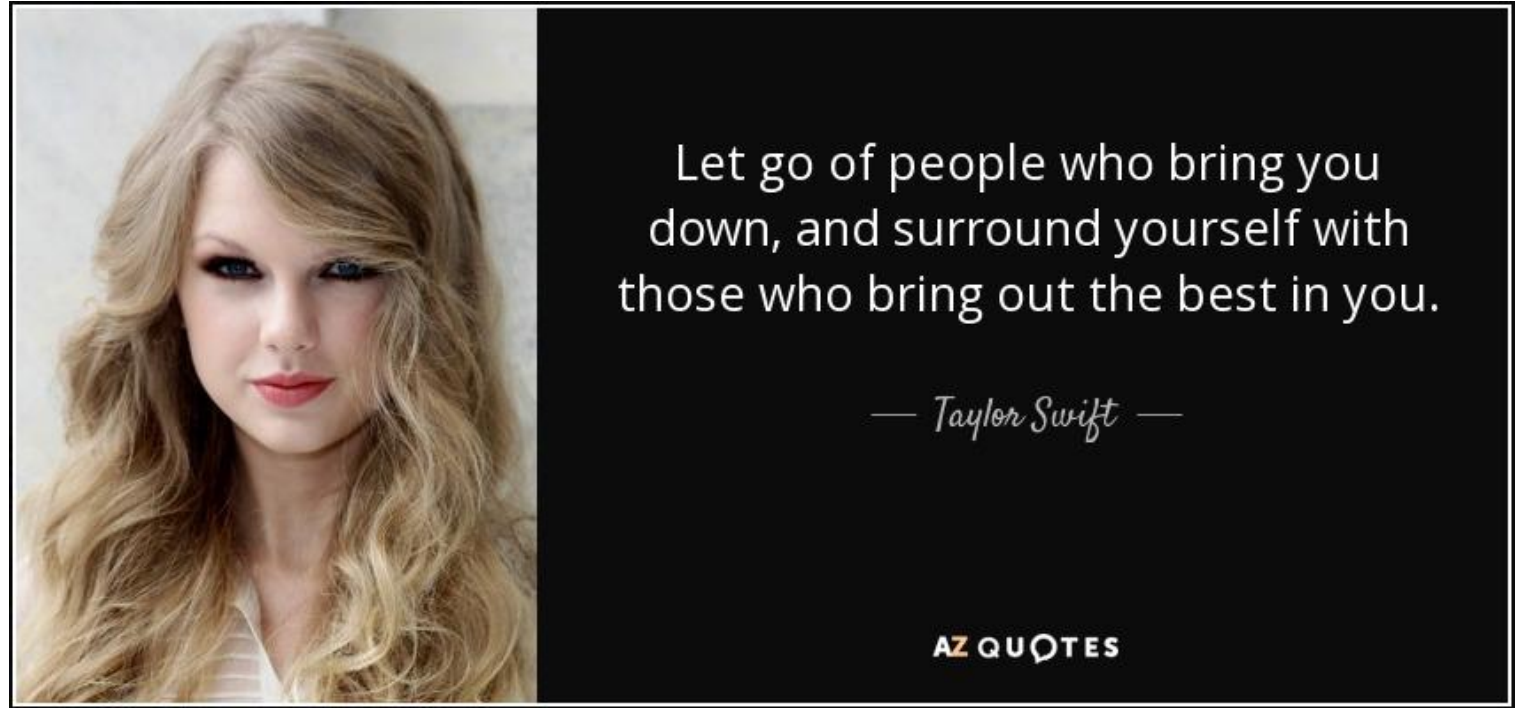
[Start](#) [Back](#)

Feedback for user:
User Pose Accuracy:

0 %

User Pose Average Accuracy:
Individual Calculated Angles

Targeted Joints	Angle formed by left joints	Angle formed by right joints
Knee, Ankle, Hip	0.0	0.0
Hip, Knee, Shoulder	0.0	0.0
Shoulder, Hip, Elbow	0.0	0.0
Elbow, Shoulder, Wrist	0.0	0.0
Shoulder, Ankle, Wrist	0.0	0.0
Shoulder, Knee, Wrist	0.0	0.0
Shoulder, Hip, Wrist	0.0	0.0



Inspirational Quote

- Idols, Heros, Philosophers, etc.

Demo: Proactive Intervention #2

Like a Caring Friend

Mitigate, Reduce, Divert or Avoid:

- Negative self-talk
- Toxic social media
- Dramas from needy people
- Dwelling in unpleasant past
- Consumed by negative scenarios
- Repeating meaningless tasks
- Mindless snacking



Mood
Positivity
Resilience
Self Esteem

Impact

Improve mental health by

- Overcoming negative thoughts
- Coping with stress, and everyday ups and downs
- Developing skills to deal with stress and anxiety

Future Enhancement

- Integrating with biometric data from Google Fitbit
 - Heart rate variability (HRV) and electrodermal activity (EDA)
- Behavioral phenotyping for more effective interventions
- Better contextual and situational awareness
 - Current activities and social setting
 - Voice analysis of speaking partners
- Emergency protocols
 - Care escalation
 - Crisis support and hotlines
- Digital Twins (an idealized future self as motivation)

Business Model

B2C – freemium model

B2B2C – subscription per user

The MindFit Squad



MindFit

AI Companion for Mental Wellness
powered by Gemini



Thank You!