



# JoyBot: Your Personal Mood Tracker

## — —a new solution for mental health management

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By chatting with users, JoyBot in Health app allows them to effortlessly check in their mood status, manage their moods, and live a better life. Each user's JoyBot is trained entirely on-device, Apple never sees your conversations.

Health app only allows users to check in their physical status such as weights, heart rate, etc. However, it ignores the increasing need for users to track and manage their mental health, which is as important as physical health. It is also challenging to measure mood variations because mood variations are subtle and ephemeral compared to physical variations.

To address this issue, we provide a solution by integrating an intelligent chatbot JoyBot into the existing Health app. JoyBot has conversations with users on a regular basis and can be treated as a close, funny, and careful friend. Built with state-of-art natural language processing technologies (emotion detection, sentiment analysis, dialogue system, etc), JoyBot is able to detect mood changes from users' language, amuse them with funny jokes, and guide them to seek professional mental health consulting if necessary. Users can observe their mood variations from the automatically generated line chart in the Health app.

