

HealthMate AI — UI/UX Design Specification Document

1. Product Vision

HealthMate AI is a mobile-first preventive healthcare app with a calm, trustworthy, and modern design language. The goal is to support users with *daily habit tracking, AI symptom guidance, personalized health insights, and an empathetic AI chatbot* through a visually calming, intuitive interface.

2. UI/UX Principles

These foundational design principles guide every screen and interaction:

- 1. **Clarity:** Every screen communicates a clear purpose with minimal cognitive load.
- 2. **Calmness:** Soft palette and whitespace to reduce user anxiety.
- 3. **Trust:** Professional color combinations familiar to healthcare users.
- 4. **Consistency:** Reuse components and spacing patterns to ease navigation.
- 5. **Accessibility:** High contrast ratios, large tappable areas, clear typography.

3. Color Palette (Healthcare Theme)

Healthcare design best practices favor **cool, calming and trust-evoking colors**, especially blues, greens, and soft purples. See common palettes used in the industry: blue is widely used for *trust & calm*, green for *healing & growth*, and purple for *creative, supportive experiences*.

Core Palette

Purpose	Color
Primary Brand Color	Deep Blue – #034C81
Secondary Accent	Sky Blue – #2CA3FA
Health Growth Accent	Health Green – #04E474

Purpose	Color
Supportive Accent	Soft Purple – #8E7FFF <i>(not in base kit but fits calming support)</i>
Background Light	#FFFFFF (White)
Neutral Text Dark	#333333
Neutral Text Light	#6B7480
Disabled / Surface	#F5F7FA

Usage Guidelines

- **Primary Blue** — Primary buttons, top bars.
- **Sky Blue** — Secondary buttons, highlights.
- **Health Green** — Success states, progress indicators.
- **Soft Purple** — Emotional feedback, AI chatbot sections.
- **White & Neutrals** — Main background, surface cards.

4. Typography (Readable & Professional)

Use *sans-serif* fonts that prioritize readability and clarity — a standard for healthcare and enterprise apps.

Recommended Font Family

Style	Font
Primary UI Font	Inter <i>(modern, legible for mobile)</i>
Alternative / Titles	Montserrat <i>(clear headings)</i>
Body Text	Inter Regular
Buttons / Captions	Inter Medium / SemiBold

Type Scales

Element	Size	Weight
App Title	28 pt	Bold
Section Header	22 pt	SemiBold

Element	Size	Weight
Card Title	18 pt	Medium
Body Text	16 pt	Regular
Secondary Text	14 pt	Regular
Caption / Label	12 pt	Medium

5. Component Library

Below is a *design system abstraction* to be implemented in Flutter UI using reusable widgets.

5.1 Buttons

- **Primary Button**
 - Background: *Primary Blue*
 - Text: White
 - Radius: 12px
 - Padding: 16px
- **Secondary Button**
 - Background: *Sky Blue*
 - Border: None
 - Text: White
 - Radius: 12px

5.2 Cards

- Rounded corners (16px)
- Slight shadow (elevation 2)
- White background
- Area for icons + data + CTA

5.3 Inputs

- Underline or outline style
- Placeholder text neutral grey
- Focus state border in *Primary Blue*

5.4 Navigation

- Bottom navigation with icons and labels
- Active color *Primary Blue*

- Inactive neutral: #6B7480

6. Screen Specifications

6.1 Splash & Onboarding

- Branding large logo with *Primary Blue* gradient
- Subtle background shapes in *Sky Blue* and *Health Green*

6.2 Authentication

Screens: Login / Signup / Password Recovery

- Email inputs
- Social login buttons with accent color
- Clear CTA at bottom

6.3 Home Dashboard

Includes:

- Greeting
- Daily health score (big card with progress ring in *Health Green*)
- Quick access:
 - *Symptom Checker*
 - *Habit Tracker*
 - *AI Chat Assistant*

Prototype logic:

- Use icons + labels
- White cards elevated with *Primary Blue* accents

6.4 AI Symptom Checker

- User selects symptoms from a list or types text
- Search bar at top
- Result panel cards with:
 - Condition
 - Urgency level color bar
 - *Green = Low*
 - *Blue = Medium*
 - *Purple = Advisory*
 - *Red for urgent (use sparingly)*

6.5 Habit Tracker

Tabbed view for daily logs:

- Sleep
- Water
- Steps
- Mood

Cards with:

- Progress circles
- CTA + Add log button

Use *Health Green* for positive progress bars.

6.6 Insights Screen

- Carousel cards — “Weekly Insights”
- Sections:
 - AI Suggestions
 - Trend charts (use *Sky Blue & Green*)
 - Comparison with past week

Charts should be simple line/bar charts.

6.7 AI Chat Assistant

- Full screen chat bubble interface
- User messages right aligned (neutral)
- AI replies left aligned with *Soft Purple* accent
- Top bar in *Primary Blue*

Add simple “Type a message...” input with voice option.

6.8 Reminders

- List with toggles
- Time pickers styled with primary colors

7. Interaction & Motion

- Subtle fade transitions
- Elevation changes on press
- Micro-animations for success states (like check marks)

8. Accessibility Considerations

- Respect WCAG contrast (Primary on white $\geq 4.5:1$)
- Text scalable for screen readers
- Large tappable touch targets (44px+)

9. Authorization & Error States

- Clear error messages in red (use sparingly)

- Form validation UI with icon + message below input

10. Visual Consistency Rules

Spacing

- 8pt grid baseline
- Standard margins: 16–24px

Iconography

- Line icons in neutral dark
- Accent icons on interactive elements

11. Export & Development Notes

- Prepare Figma tokens for:
 - Colors
 - Typography
 - Elevations
 - Component spacing

In Flutter, convert tokens to:

- ThemeData
- ColorScheme
- TextStyles

12. Roadmap & Future Design Enhancements

Feature	Next Steps
Health Pairing	Wearable integration UI
Marketplace	Telehealth scheduling
Multilingual support	Font size adaptive themes

Final Result

This design specification gives you a *professional, enterprise-quality UI/UX foundation that aligns to healthcare app norms*, explains *why chosen colors and typography work (trust, calm, growth)*, and guides *how to translate your Figma design into a cohesive system* for implementation.

If you want, I can turn this into a **Figma design token set** or a **Flutter theme file** too. Tell me which format you need!