**A Chatbot-supported Smart Wireless Interactive Healthcare System for**

**Weight Control and Health Promotion**

People that are overweight and obese have a greater risk of developing serious diseases and health conditions. A steadily increasing trend of obesity isn't only limited to developed countries, but to developing nations as well. As smartphones have rapidly gained mainstream popularity, mobile applications like apps are utilized in public health as intervention to remain track of diets, activity also as weight, which is deemed more accurate than relying on user’s self-report measure, for the sake of weight management. An answer called “Smart Wireless Interactive Healthcare System” is developed to facilitate objective data reception and transmission during a real-time manner. supported the user data acquired from SWITCHes app and thus the auxiliary data from medical instruments.

**METHODOLOGY**

SWITCHes app is developed to run on Android operating system, as the market share of Android phones has exceeded 61% and Android smartphone has a dominant position in smartphone market in Taiwan. SWITCHes app is designed to upload individual’s dietary intake and energy expenditure data to web server on a regular basis. Such a design appears to provide a safe way to keep personal complete information.

**RESULT**

A health chatbot-supported SWITCHes solution is developed for facilitating the objective data reception and transmission in a real-time manner to web server for further analysis. SWITCHes app can engage user with tailored feedback in an interactive way but healthcare professional can proffer the more accurate medical advice to user. SWITCHes app is developed, based on energy balance equation, to support and facilitate users to keep track of weight, dietary intake and physical activity on a daily basis in an easy and convenient way.