**DECO3500 Interview**

**Question 1: How do you view personalized health programs, especially during the menopausal period? How important do you think they are for meeting your specific health needs and goals? Are you willing to adopt a more personalized approach to improve your health?**

**Answer: I believe that a customized and personalized health plan is essential for individuals going through the menopausal phase. Menopause is a period of significant health fluctuations, and it requires tailored plans that address each person's specific health needs. Standardized health programs may not adequately cater to individual variations in health. I am certainly willing to adopt a more personalized approach to improve my health.**

**Question 2: During the menopausal period, do you have any specific health goals or expectations, such as weight management, cardiovascular health, bone health, etc.? Do you believe that personalized health programs can help you achieve these goals?**

**Answer: I want to create a plan to reduce my fatty liver. Because I enjoy trying different cuisines, I am somewhat overweight. I intend to maintain a healthy physique through a well-balanced diet and moderate exercise. I believe that a personalized health plan can assist me in achieving these goals, as it can customize my daily calorie intake and exercise levels to meet my specific needs. This way, I can avoid excessive weight loss that could lead to anorexia or over-exercising, which can result in fatigue.**

**Question 3: Do you believe that customized health plans are suitable for various menopausal symptoms and needs? Are there specific aspects you hope to receive more attention and support for in a customized health plan?**

**Answer: I believe that the menopausal user group is more suitable for personalized health plans compared to young individuals. This is because individuals going through menopause have more fragile bodies and require more meticulous health maintenance. I think there is a need for more precise data collection and analysis, especially in recording heart rate and blood pressure, as these are crucial indicators of their health status.**

**Question 3: Have you previously tried any health programs or interventions to address menopausal health concerns? If so, what was your experience with them, and did you find them effective in meeting your specific needs?**

**Answer: I had previously attempted a health plan involving running exercises but abandoned it shortly afterward due to my lack of discipline. I believe that health plans should be quantified, with daily goals set within manageable limits to provide psychological encouragement. For example, running one kilometer a day or limiting dinner calories to under 300 can be more effective than creating an extensive plan all at once.**

**Question 5: In a personalized health program, what type of guidance or support do you prefer? Are you more inclined toward dietary recommendations, exercise plans, medical interventions, or a combination of these? Your preferences can help tailor the health program to suit your individual needs and preferences effectively.**

**Answer: I tend to prefer an app that provides daily health reminders based on my health condition; otherwise, I might forget. I lean towards an exercise plan because I believe that dieting is a short-term solution, and medical interventions can lead to dependency.**