Speaker 1 (Yu Liang):

Hello, I would like to conduct an interview with you today on a topic related to physical health. This interview will only be used to support project development within the course. Your data will not be disclosed to people or institutions other than teaching members. Can we start the interview?

Speaker 2:

Ok, I see. It's time to start.

Speaker 1:

Our design theme this time is a customized health monitoring application for middle-aged and elderly people. How old are you this year?

Speaker 2:

I am 47 years old this year.

Speaker 1:

Is there any significant difference between your physical condition now and before you turned 40? How do you feel?

Speaker 2:

Now I often feel weak and sweat a lot when I sleep at night. My sleep now is much worse than before. When I was younger, I didn't suffer from insomnia at all. Now I can't sleep at night. Neither does taking melatonin. I don't want to take sleeping pills either. Sleep is a big obsession of mine right now.

Speaker 1:

How do you feel about your body's aging now?

Speaker 2:

I have some problems with my elbow joint now. I can't lift heavy objects with force, and my waist is not good either. I don't dare to exercise like I did when I was young. But I insist on walking briskly for an hour every day. This kept me from gaining weight.

Speaker 1:

Are there any diseases that you want to know about or have started to pay attention to keep your body away from diseases?

Speaker 2:

Diabetes runs in my family. I now control my sugar intake every day and log my blood sugar levels every morning. I keep track of my blood pressure. I would rather know how to prevent diseases such as myocardial infarction and cerebral infarction, because once the disease occurs, it is difficult to have a chance to recover.

Speaker 1:

It is true that these diseases are very troublesome to middle-aged and elderly people today. How do you record your blood sugar and blood pressure values?

Speaker 2:

I have a notebook dedicated to recording this data.

Speaker 1:

Is it convenient to use?

Speaker 2:

It's inconvenient, I forget sometimes, and I can't see the changes in my values over time.

Speaker 1:

If there was an app that helped you monitor your physical health data, what would you want it to look like? What functions does it have?

Speaker 2:

I hope it can recommend me some measures and methods that I don't know about to prevent diseases. And it can help me record data and generate data graphs to help me analyze my body data. This will facilitate my daily recording.

Speaker 1

Well, this is indeed a very necessary feature. Thank you for your answers and suggestions. My interview is over.