interviewer:

Do you think real-time health supervision is necessary at this stage of middle age?

participant:

It is necessary as midlife undergoes tremendous health changes and is also a critical period when many chronic diseases can be prevented through healthy lifestyle choices. There are many chronic diseases that will happen to me, and I need to monitor and prevent these diseases in time. As I get older, my physical fitness may decline. Through regular health check-ups and monitoring, I can better understand my physical condition and take appropriate measures to maintain and improve my physical fitness

interviewer:

Would you like to take a more personalized approach to improving your health?

participant:

I would be very happy if I could have a personalized plan, but I don’t want this personalized plan to cost too much. The current private customized health courses are too expensive for most people to afford. I now have some chronic diseases. If I can personalize my plan, it will definitely provide targeted treatment and relief for several chronic diseases I suffer from, which will improve my health more than ordinary methods.

interviewer:

What factors are most important to you when choosing health monitoring software?

participant:

I think the most important factor in health monitoring software is privacy issues, because this thing, including when I usually do experiments, is also a privacy issue. Everyone's data must be replaced with codes, and their real names cannot be used, so privacy I think the most important issue is the issue of portability. If this thing is too troublesome, there will be a certain amount of resistance, but if it is very light, it will make everyone happy. More people can accept it.

Interviewer: Do you think health monitoring software should be more integrated with professional medical services (such as online consultations and drug purchases)?

participant:

I think if conditions permit, more integration of health monitoring software with professional medical services will definitely be effective, but the question is how to better integrate with professional medical service teams. I think this thing still needs to exist. Does it still need to be studied more carefully?

Because health monitoring software is generally a third-party way to help people exercise better. Professional medical services are more purposeful. I think the combination of the two is very good, but I think the focus should still be on how to combine them. Because health monitoring software is now launched by some companies, some non-medical companies, and professional medical services are all in hospitals, so I think how to better integrate them. Like online consultation or medicine purchase. I think it can be done through big data communication or multi-platform linkage, and in this case, it may be better to integrate them, for example. If the software detects that the heart rate is too high or the blood sugar level is very high recently, it can remotely notify the professional medical service team by phone or text message. It can provide certain pharmaceutical help or doctor's services.

Interviewer: What do you think are the potential risks or negative impacts of using health monitoring software?

participant:

I think the potential risk lies in privacy, in the protection of privacy, because there are many people who don’t want to let their heart rate or talk about it. Let others know your weight. If this health monitoring APP does not have any restrictions, or if it is circulated at will, it may affect some people's privacy. They may have negative reviews about this APP.

There is also a potential risk, that is, when I use it, some data may be relatively complicated, which may not be understood by ordinary athletes, and they may misunderstand their own heart rate. Blood pressure or something like that.

There are also some data monitoring apps, such as some meal measuring apps I have used before, which have a lot of advertisements. I think this point can be paid more attention to. Many food sellers, or all kinds of random advertisements, sometimes put them in health monitoring apps.