

A stethoscope with a teal tube and silver chest piece is resting on a medical chart. A blue pen is also visible in the background. The chart has a grid and some text, including "P O Z I V" and "ZAKAZIVANJE".

Personal Health Advisor

~Your Health, Your Way

Problem Statement:

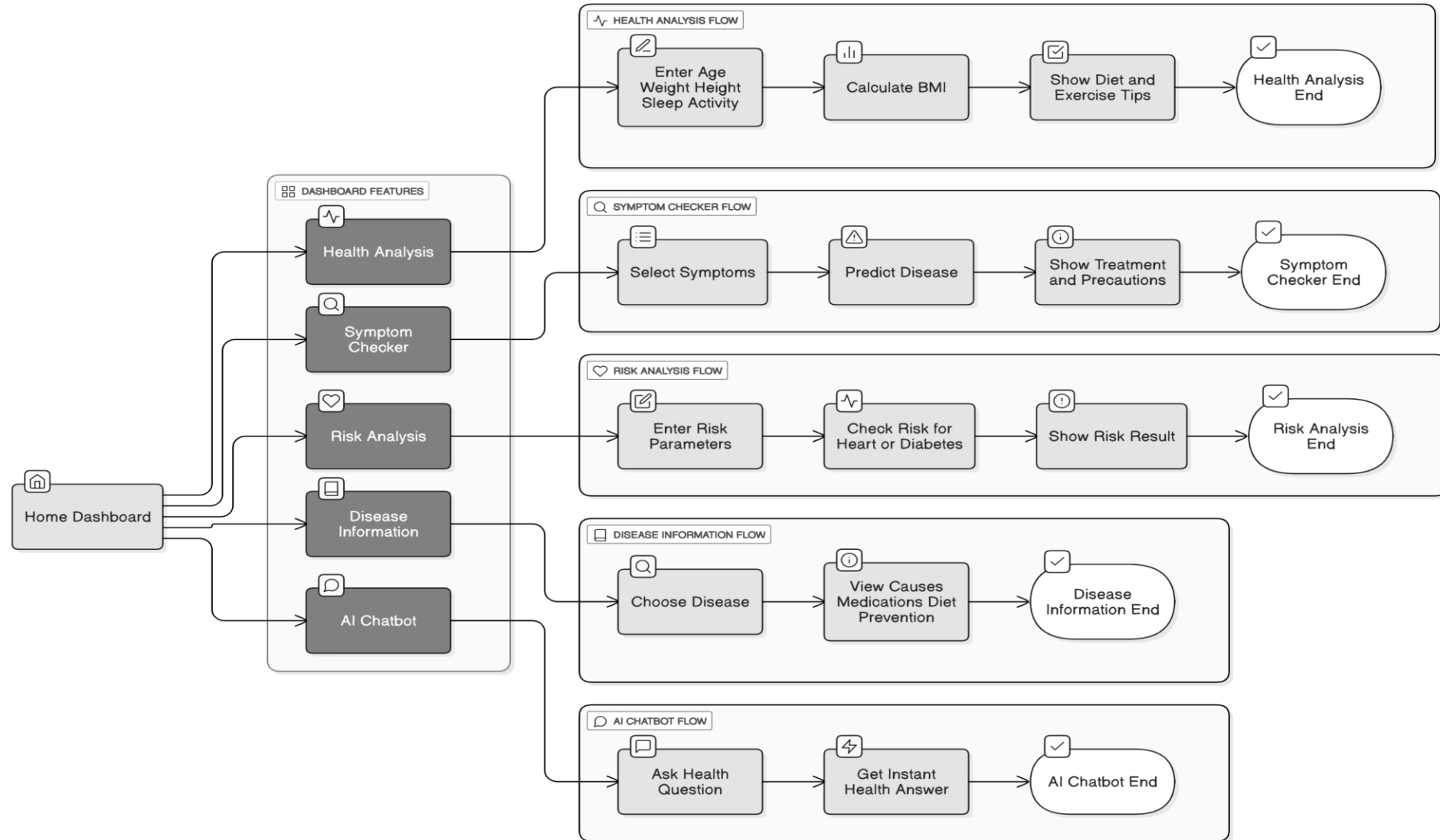
Accessing personalized health analysis and lifestyle recommendations based on one's medical input information remains a challenge. Many individuals struggle to understand their symptoms, assess basic health risks, and find trustworthy information about diseases. The absence of a centralized, intelligent, and user-friendly platform often leads to confusion, misinformation, and delayed action.

What if an AI-powered virtual health assistant could help users analyze their symptoms, assess lifestyle-related health risks, explore detailed disease information, receive personalized health analysis—including BMI, diet, and exercise tips—and get instant answers to health-related questions?


Our Solution:

- Provides tailored insights on BMI, diet, and exercise based on user input.
- Predicts possible diseases from selected symptoms with confidence levels.
- Calculates the risk of heart disease and diabetes using health parameters.
- Offers clear information on diseases, medications, diet, and precautions.
- Answers general health questions in real-time through a smart chatbot.

User Flow:



Features

 **Personalised Health Advisor**

Dashboard

Health Analysis

Symptom Checker

Disease Information

Risk Analysis

AI Chatbot

About Us


Disclaimer: This tool is for educational purposes only and does not constitute medical advice. Always consult a qualified healthcare professional for diagnosis and treatment.

Deploy


Welcome to Your Personal Health Advisor

The Personalized Health Advice App is a virtual assistant that provides tailored health recommendations using user inputs and a trained machine learning model. It helps users assess health risks and receive lifestyle and medical suggestions based on their profile.


Quick Access Features

 **Health Analysis**


Provides a personalized health analysis based on your profile. Enter your details to receive tailored insights on your BMI, exercise, diet, and health risk assessment.

 **Symptom Checker**

Select your symptoms and get instant disease predictions with detailed information about treatments, medications, and precautions for better health management.

 **Disease Information**

Browse comprehensive information about diseases, including detailed descriptions, medications, dietary recommendations, and important precautions to follow.

 **Risk Analysis**

Assess your risk for heart disease and diabetes using advanced calculators. Enter your health parameters and view comprehensive results in the respective tabs.

01

PERSONALIZED HEALTH ANALYSIS:

Provides tailored insights on BMI, diet, and exercise based on user input.

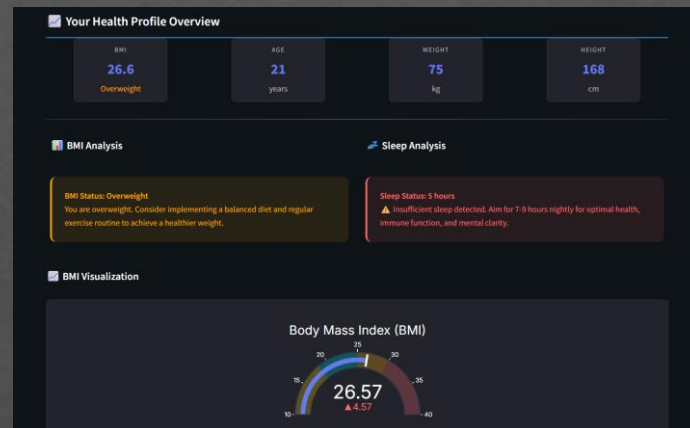
Health Analysis

Provides a personalized health analysis based on your profile. Enter your details to receive tailored insights on your BMI, exercise, diet, and health risk.

Personal & Health Information

Age	Gender	Height (cm)	Weight (kg)
21 - +	Female	168 - +	75 - +
Activity Level	Fitness Goal	Dietary Preference	Disease/Health Condition
Sedentary	Weight Loss	Omnivore	Obesity Asthma
Stress Level (1-10)	Hours of Sleep	Daily Steps	Hydration Level (L)
1 6 10	4 5 12	4000 - +	2.40 - +
Resting Heart Rate	Blood Pressure Systolic	Blood Pressure Diastolic	
76 - +	120 - +	80 - +	

Analyze My Health Profile



Detailed Health Recommendations

Nutrition & Meal Plans Exercise Recommendations Health Risk Assessment

Top 3 Meal Recommendation

Meal Recommendation 1

BREAKFAST Pancakes with fruit and syrup	DINNER Chicken stir-fry with brown rice
LUNCH Grilled chicken sandwich with whole-wheat bread	SNACK Popcorn

Nutritional Profile: Calories: 1940 kcal | Protein: 80g | Carbs: 275g | Fat: 80g | Fiber: 32.4g | Sugar: 135.0g | Sodium: 16.0mg

Meal Recommendation 2

BREAKFAST Scrambled eggs with whole-wheat toast	DINNER Chicken breast with roasted vegetables
LUNCH Tuna salad sandwich with whole-wheat bread	SNACK Fruit salad with nuts

Nutritional Profile: Calories: 1770 kcal | Protein: 80g | Carbs: 250g | Fat: 50g | Fiber: 30.0g | Sugar: 125.0g | Sodium: 16.0mg

Meal Recommendation 3

Detailed Health Recommendations

Nutrition & Meal Plans Exercise Recommendations Health Risk Assessment

Tailored Exercise Program

Cycling 40 min 300 kcal 130 bpm Effectiveness: 10.0/10
Running 30 min 400 kcal 130 bpm Effectiveness: 10.0/10
Strength Training 40 min 270 kcal 108 bpm Effectiveness: 10.0/10
Swimming 45 min 350 kcal 120 bpm Effectiveness: 10.0/10
Walking 30 min 200 kcal 100 bpm Effectiveness: 10.0/10

Detailed Health Recommendations

Nutrition & Meal Plans Exercise Recommendations Health Risk Assessment

Health Risk Level: Low (Score: 2.68)

Recommendations:

- Continue maintaining your healthy lifestyle
- Regular check-ups are still important
- Consider preventive health measures

Additional Health Insights

Goal Achievement Tips <ul style="list-style-type: none">Set realistic, measurable goalsTrack your progress regularlyStay consistent with healthy habitsCelebrate small victories	Health Monitoring <ul style="list-style-type: none">Regular check-ups with healthcare providersMonitor vital signs at homeKeep a health journalUse fitness tracking apps
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02

SYMPTOM CHECKER:

Predicts possible diseases from selected symptoms with confidence levels.

Symptom Checker

Our AI-powered diagnostic tool analyzes your symptoms along with personal health factors to provide accurate health insights. Please provide your information below for a comprehensive assessment.

Symptom Selection

Search for symptoms...

Type to search symptoms

Browse by Category

General SymptomsPain & DiscomfortDigestiveRespiratoryNeurologicalSkin & ExternalUrinaryEye & VisionMental HealthReproductiveMusculoskeletalMiscellaneous

A stiff neck is a limited range of motion and discomfort when moving the head, often due to muscle strain.

☒ Stiff Neck

☐ Chest Pain

☐ Painful Walking

☐ Belly Pain

☐ Back Pain

☐ Neck Pain

☐ Pain During Bowel Movements

☐ Knee Pain

☐ Abdominal Pain

☐ Stomach Pain

☐ Muscle Pain

☐ Pain Behind The Eyes

☐ Cramps

☐ Pain In Anal Region

☒ Selected Symptoms

IndigestionStiff Neck

Total symptoms selected: 2

Analyze My Symptoms

Analysis Complete! Here are your personalized health insights:

Predicted Condition

Migraine

Confidence Score: 100.0%

DescriptionTreatmentDietPrecautionsDoctor to Consult

About the Condition

Migraine is a type of headache that often involves severe pain and sensitivity to light and sound.

Predicted Condition

Migraine

Confidence Score: 100.0%

DescriptionTreatmentDietPrecautionsDoctor to Consult

Recommended Medications

- Analgesics
- Triptans
- Ergotamine derivatives
- Preventive medications
- Biofeedback

Predicted Condition

Migraine

Confidence Score: 100.0%

DescriptionTreatmentDietPrecautionsDoctor to Consult

Dietary Guidelines

- Migraine Diet
- Low-Tyramine Diet
- Caffeine withdrawal
- Hydration
- Magnesium-rich foods

Predicted Condition

Migraine

Confidence Score: 100.0%

DescriptionTreatmentDietPrecautionsDoctor to Consult

Important Precautions

- meditation
- reduce stress
- use polaroid glasses in sun
- consult doctor

Predicted Condition

Migraine

Confidence Score: 100.0%

DescriptionTreatmentDietPrecautionsDoctor to Consult

Recommended Specialist

Neurologist

This specialist is recommended for the diagnosis and treatment of Migraine.

Consultation Tips

- Prepare your symptoms: Write down all symptoms and their duration
- Medical History: Bring any relevant medical records
- Questions: Prepare a list of questions for your doctor
- Follow-up: Schedule follow up appointments as recommended
- Emergency: If symptoms worsen, seek immediate medical attention

Heart Health

03

RISK ANALYSIS:
Calculates the risk of heart disease and diabetes using health parameters.

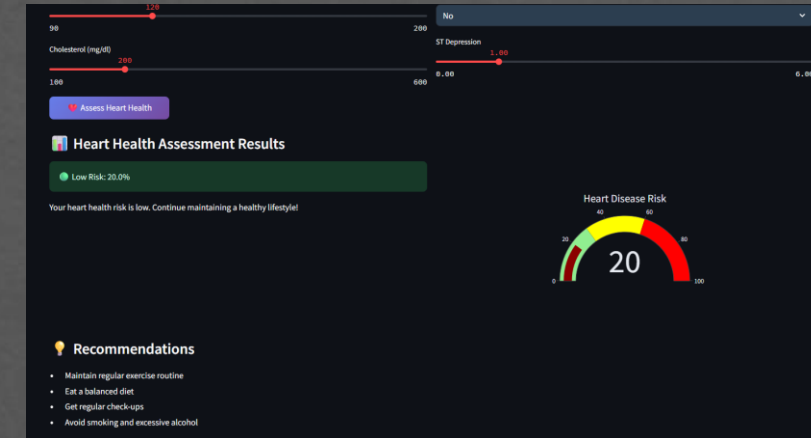
Risk Analysis

Assess your risk for heart disease and diabetes using the calculators below. Enter your health parameters and view your results in the respective tabs.

Heart Health Diabetes Risk

Age: 50
Sex: Male
Chest Pain Type: Typical angina
Resting Blood Pressure (mm Hg): 120
Cholesterol (mg/dl): 200
Fasting Blood Sugar > 120 mg/dl: No
Resting ECG Results: Normal
Maximum Heart Rate: 150
Exercise Induced Angina: No
ST Depression: 1.00

Assess Heart Health



Diabetes Risk

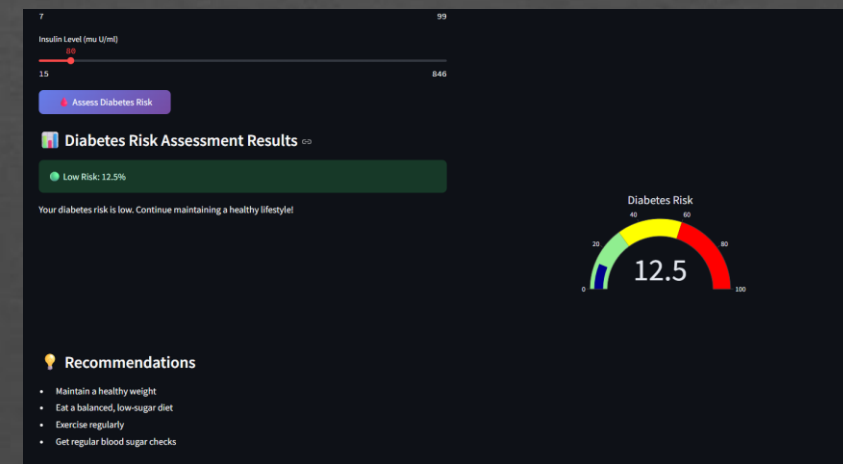
Risk Analysis

Assess your risk for heart disease and diabetes using the calculators below. Enter your health parameters and view your results in the respective tabs.

Heart Health Diabetes Risk

Number of Pregnancies: 1
Glucose Level: 120
Blood Pressure (mm Hg): 70
Skin Thickness (mm): 20
Insulin Level (mu U/ml): 80
BMI: 25
Diabetes Pedigree Function: 0.99
Age: 35


Assess Diabetes Risk



04

DISEASE INFORMATION:

Offers clear information on diseases, medications, diet, and precautions.

 **Disease Information Center**

Select a disease to learn more:

Brain Tumour

Multiple sclerosis

Anthrax

Brain Tumour

Hyperthyroidism


Hepatitis A

Coronavirus disease 2019 (COVID-19)

Lupus erythematosus

Precautions

Seek immediate medical attention for symptoms, Follow recommended treatment plan, Manage symptoms and side effects, Seek support from healthcare professionals and support groups

 **Disease Information Center**

Select a disease to learn more:

Brain Tumour

Description

A brain tumor is an abnormal growth of cells within the brain, which can be benign or malignant.

Medications

Surgery, Radiation therapy, Chemotherapy, Corticosteroids, Anti-seizure medications

Dietary Recommendations

Balanced diet, Hydration, Nutritional supplements, Small, frequent meals

Precautions

Seek immediate medical attention for symptoms, Follow recommended treatment plan, Manage symptoms and side effects, Seek support from healthcare professionals and support groups

Quick Facts

Disease Name: Brain Tumour

Category: General Health

Recommended Specialist

Neuro-oncologist/Neurosurgeon

05

AI CHATBOT SUPPORT:

Answers general health questions in real-time through a smart chatbot.



Health Assistant

I'm not a licensed medical professional, but I can provide general information and answer questions about various health topics. Keep in mind that I'm not capable of diagnosing medical conditions or providing personalized advice.

If you have a specific concern or question, I'll do my best to:

1. Provide general information on the topic
2. Offer suggestions for further research or consultation with a healthcare professional

What are the symptoms of dengue fever?



What are the symptoms of dengue fever?



As a health assistant, I'd be happy to help you with that!

Dengue fever is a viral infection that can cause a range of symptoms. The most common symptoms of dengue fever are:

1. High fever: A high temperature of 104°F (40°C) or higher, which can last for 2-7 days.
2. Joint and muscle pain: Pain in the joints, muscles, and bones, which can be severe.
3. Headache: A severe headache, which can be described as throbbing or pulsating.
4. Nausea and vomiting: Feeling queasy or vomiting due to the fever.
5. Rash: A characteristic rash, which can appear 2-5 days after the onset of the fever. The rash can be pink or red, and can spread to the entire body.
6. Fatigue: Feeling tired, weak, or lethargic.
7. Pain behind the eyes: Pain or discomfort behind the eyes, which can be severe.
8. Swollen lymph nodes: Enlarged lymph nodes in the neck, armpits, or groin.

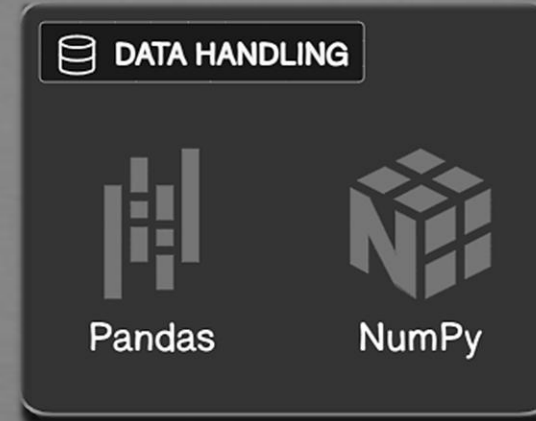
In some cases, dengue fever can progress to a more severe form called dengue hemorrhagic fever (DHF), which can cause:

- Severe bleeding
- Low blood platelet count
- Increased risk of shock and organ failure

Ask your query here...



Technology Stack :



MVP Scope:

- Personalized Health Analysis
- Symptom checker
- Disease info display
- Risk Analysis
- Basic AI chatbot



Competitive Advantage:

- Comprehensive multi-tool app in one platform
- User-friendly interface
- Personalized AI responses
- Real-Time AI Chatbot for Health Queries
- Cost-effective & accessible 24/7

Meet the Team:



Github link: <https://github.com/UshaKiran31/Personalised-Health-Advisor>

Deployed link: <https://personalised-health-advisor.streamlit.app/>

The background features a grid of blue hexagons, each containing a white medical icon: a heart, a stethoscope, a syringe, a plus sign, an ambulance, a clock, a heart rate line, a person silhouette, a smartphone with a graph, and a hospital building. Behind this grid is a blurred image of a hospital corridor.

Thank You!

~Empowering health, one user at a time.