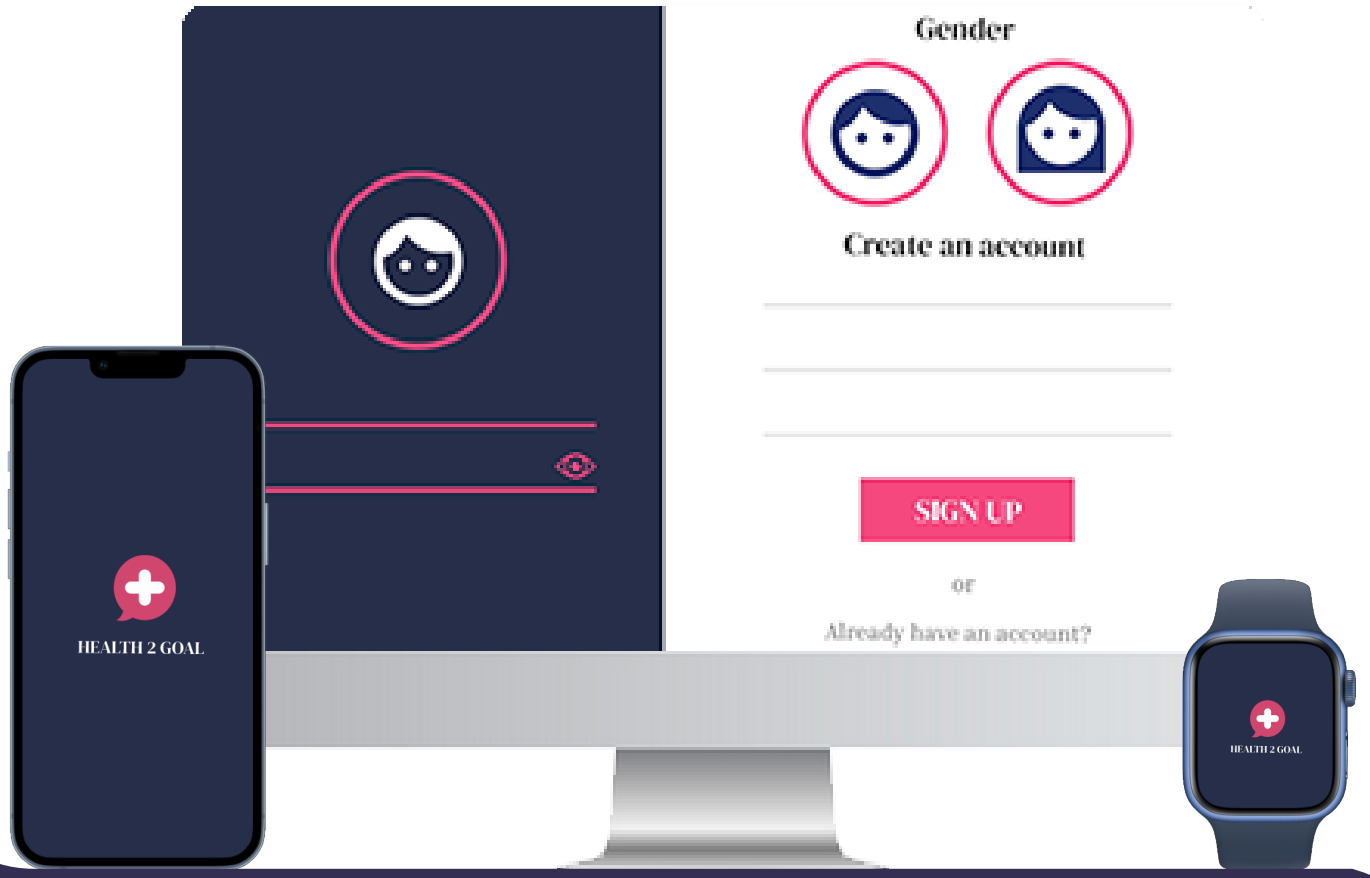
HEALTH2GOAL



Ajarn Suttisak
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I. Summary

H2G is designed to help users maintain a healthy lifestyle amidst busy schedules by tracking food intake, physical exercise, and providing health education. Objectives include real-time monitoring, user-friendly interface, personalized health goals, health education, mental and physical activity assessment, and staying connected. H2G includes features such as pop-up notification. calories tracking, period tracking, drinking water reminders, tracking walking/running details, workout activities, discussion on medical consumption via API, and summaries of weekly activities and food consumption. Users benefit from a better understanding of their health, early identification of health issues, faster treatment, encouragement for preventive measures, personalized health plans, increased medical knowledge, and community support. The system is designed for maximum convenience and user control, with interfaces for website, mobile, and watch. Nielsen's heuristics guide the design, ensuring user control, error prevention, and analysis of user behavior. Screens include sign-up/login, settings, external account/device connections, summary interfaces, notification screens, account management, and AI-powered chatbot for health advice.

II. Introduction

a. Background

In this modern day, people all over the world has been busy keeping up with the updated technology, their work or study schedule and their own responsibilities. Apart from busy tracking with the responsibilities they have their eating habits became to the rushing eating or solving three meals a day with fast food and their mental resting became watching movies, playing game and using social media. The more the techniques are improved the more people are forget to take care of themselves which result in having a healthy lifestyle to unhealthy life with discomfort mentalities. With our health app “Health2Goal’ aka “H2G” will help with planning exercises, track your bpm, keep track on kcal burn and knowledge about healthy diet and healthy lifestyle.

Our healthcare app is a software application designed to provide various health-care services and resources to users. Our app is improved with new tracking technology to access your daily diet and health activities. H2G help users to set their own diet goal, exercise routines, record their exercises routines and give information about health care programs. H2G also have the program about women users to keep track their period days, record the days of period and remind them about the days. With our last program give users how much mile they have run or how much calories they have burn with daily reports and monthly report.

b. Objective

1. Stay on Track: Conquer your busy schedule with our app! It seamlessly tracks your daily food intake and physical exercise, ensuring you stay on top of your health goals.
2. Effortless Exercise: Forget the hassle of complex workout plans. Our user-friendly interface makes exercise tracking a breeze, perfect for anyone with a packed schedule.
3. Convenience is King: We understand your time is valuable. This app is designed for maximum convenience, allowing you to manage your health effortlessly, even amidst a busy lifestyle.
4. Motivation at Your Fingertips: Staying motivated can be tough. Our app provides daily encouragement and tracks your progress, keeping you fired up and moving towards your health goals.
5. Empowerment Through Information: We go beyond simple tracking. Get access to top-notch health information, empowering you to make informed decisions about your well-being.
6. Design Your Own Destiny: Don't be restricted by generic workouts! This app allows you to create personalized exercise routines that fit your preferences and goals.
7. Stay Connected: Your health journey doesn't have to be a solitary one. Our app fosters a sense of community, allowing you to stay connected and motivated by others.

c. Features

1. Pop up notification to remind the user
2. Calories tracking features
3. Period tracking features
4. Drinking water activity feature
5. Keeping track of your walking and running details such as step of distance, and heart rate
6. Tracking works out activities
7. Discussing medical consumption with API
8. Summary of your weekly activities
9. Summary of your weekly food consumption

d. Methodology

We made the designs of Website, Mobile and Watch for the system of “Health2Goal” aka H2G. We use Nielsen’s heuristics method as the guideline for our design. Nielsen’s heuristics are not only giving the perfect guideline that can used for the evaluation design of the user interface, also give the user control and freedom, error prevention and the need of analyzing the user’s behavior. By using the lectures in class and Nielsen’s heuristics, interface design needs to be flexible according to the user’s behavior, efficiency of the usage of the system and aesthetic based on user’s behavior and the system.

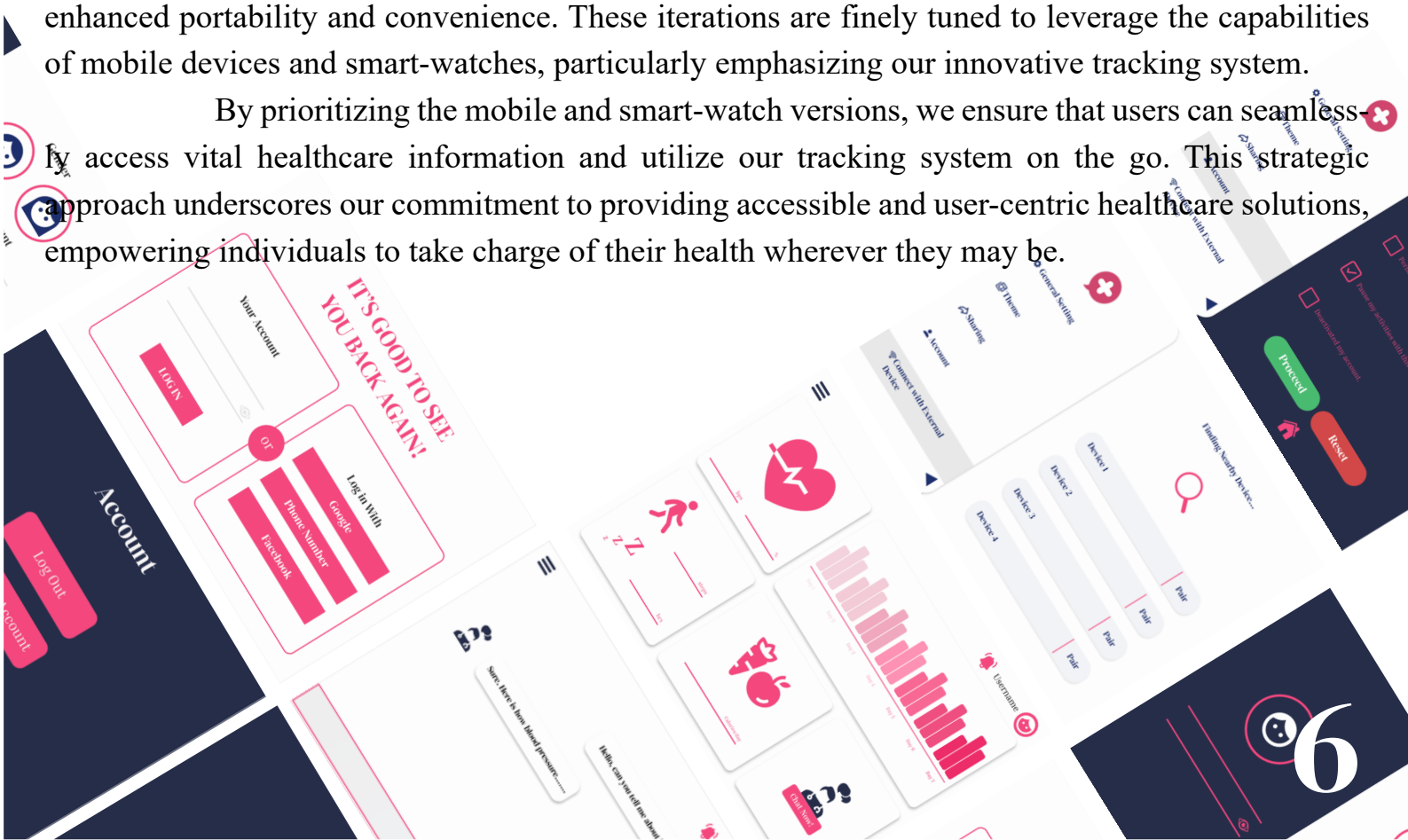
e. Findings

In my recent findings, I conducted an in-depth analysis of the user interface of our healthcare website, meticulously crafting a design that prioritizes both aesthetics and functionality. The color scheme, carefully curated with shades of pink, dark blue, black, and white, fosters a sense of professionalism and trustworthiness while maintaining visual appeal. By employing font styles such as Times New Roman and DM Display Serif, we aim to convey information with clarity and elegance, enhancing the overall user experience.

Moreover, our interface is enriched with purposeful icons that seamlessly integrate with our healthcare services, providing intuitive navigation and facilitating user engagement. Each icon is thoughtfully selected to resonate with our audience and convey key functionalities effectively.

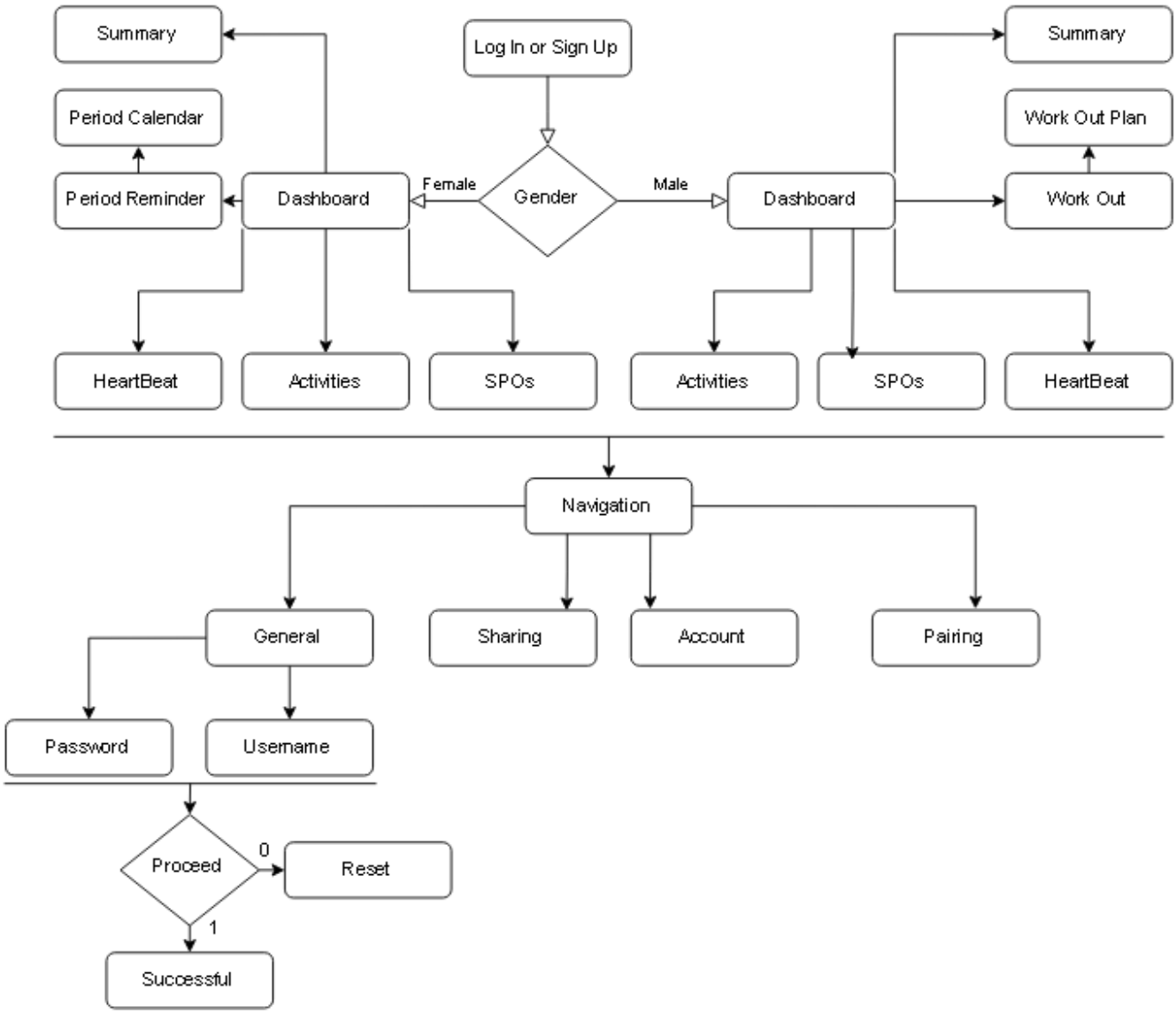
Crucially, our website is tailored to cater to diverse user needs across three distinct versions: desktop, mobile, and smart-watch. While the desktop version offers comprehensive access to information and services, our focus lies on optimizing the mobile and smart-watch versions for enhanced portability and convenience. These iterations are finely tuned to leverage the capabilities of mobile devices and smart-watches, particularly emphasizing our innovative tracking system.

By prioritizing the mobile and smart-watch versions, we ensure that users can seamlessly access vital healthcare information and utilize our tracking system on the go. This strategic approach underscores our commitment to providing accessible and user-centric healthcare solutions, empowering individuals to take charge of their health wherever they may be.

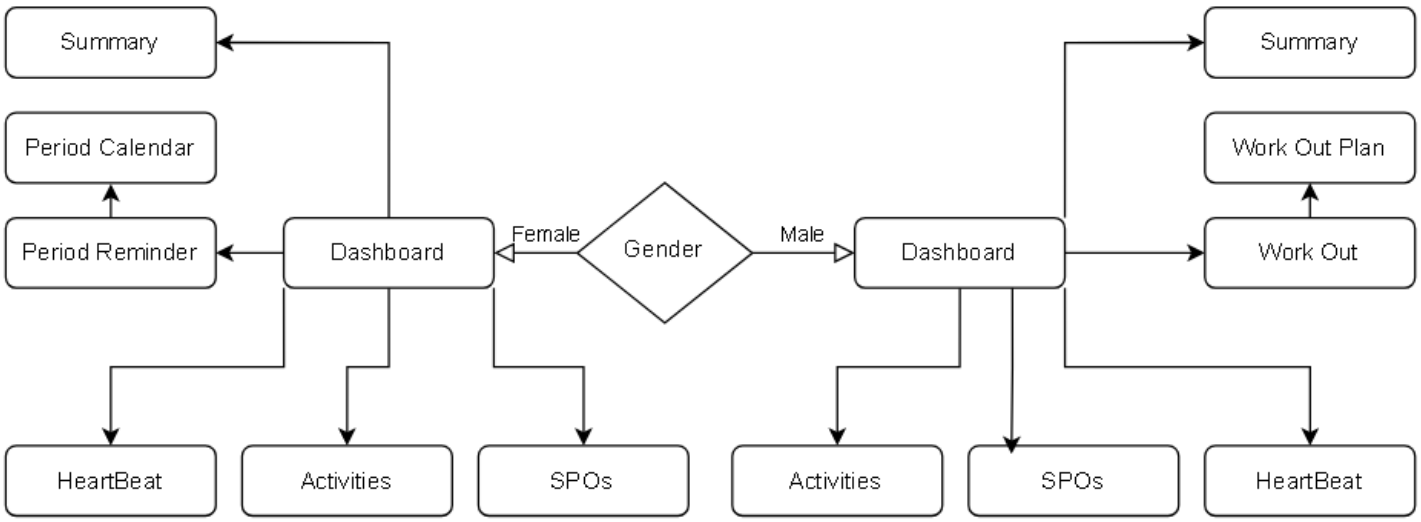


III. Designing system interface with Diagrams

a.Activity Diagram of App & Website

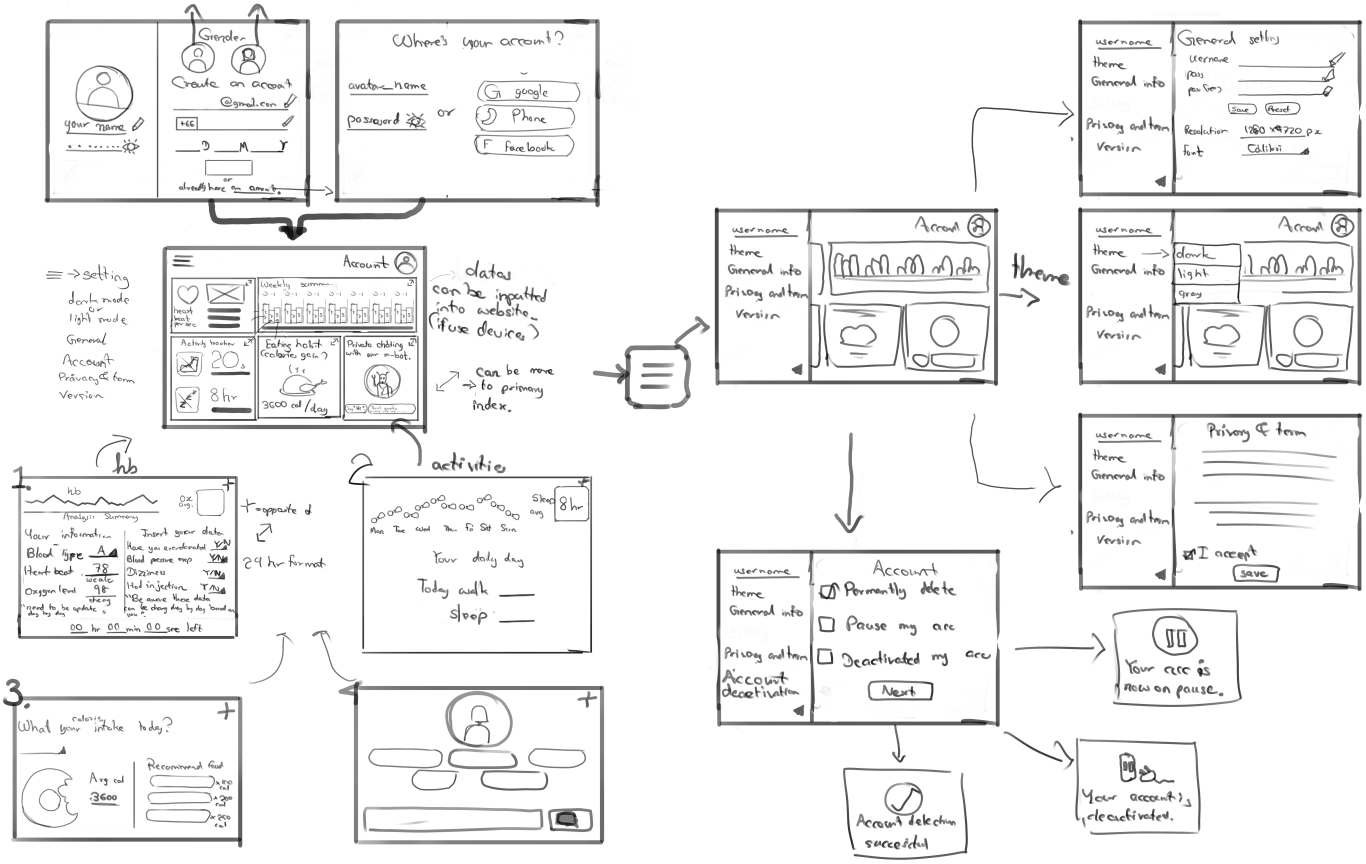


b.Activity Diagram of Smart Watch

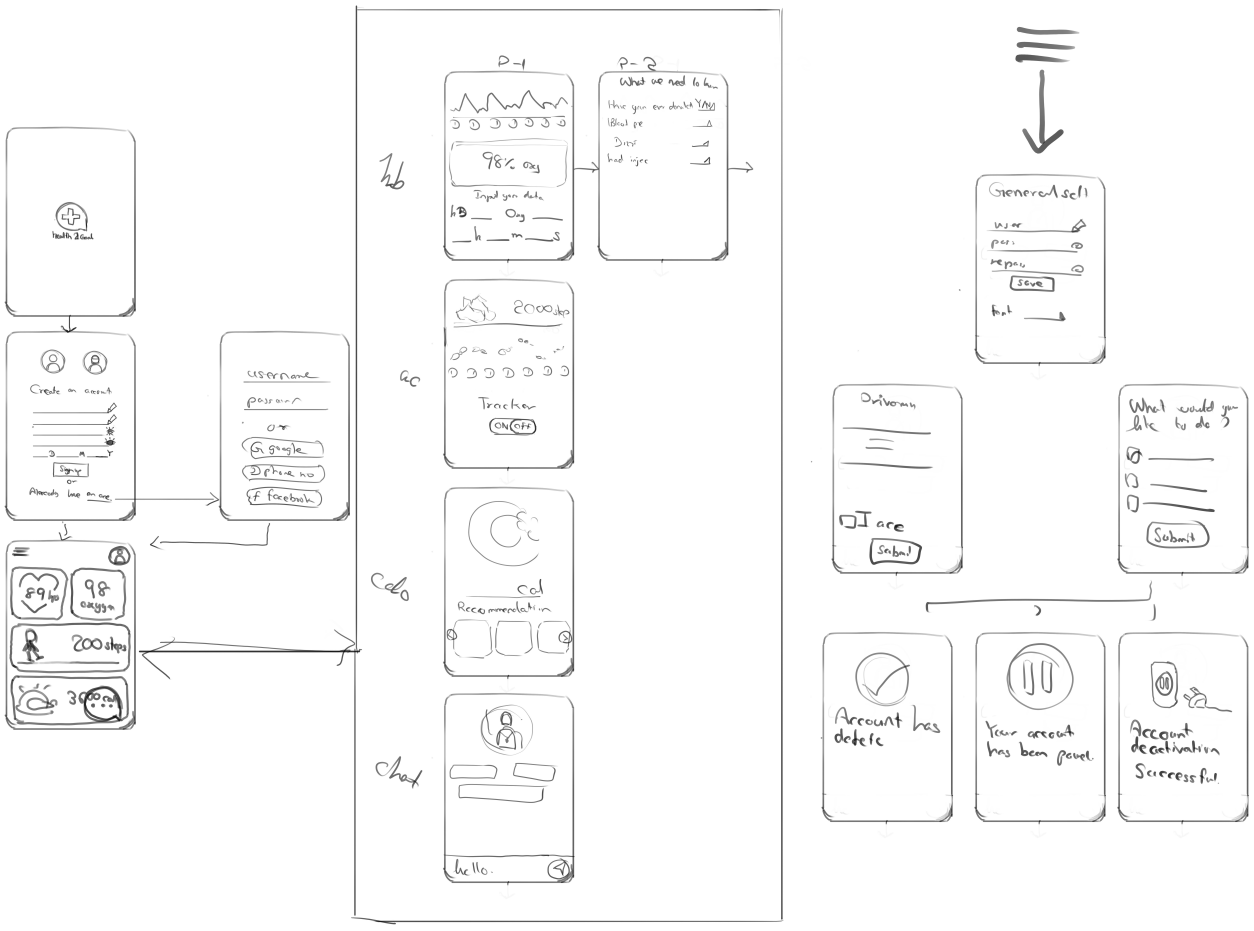


IV. Wireframe of the Proposed

a. Wireframe of Website



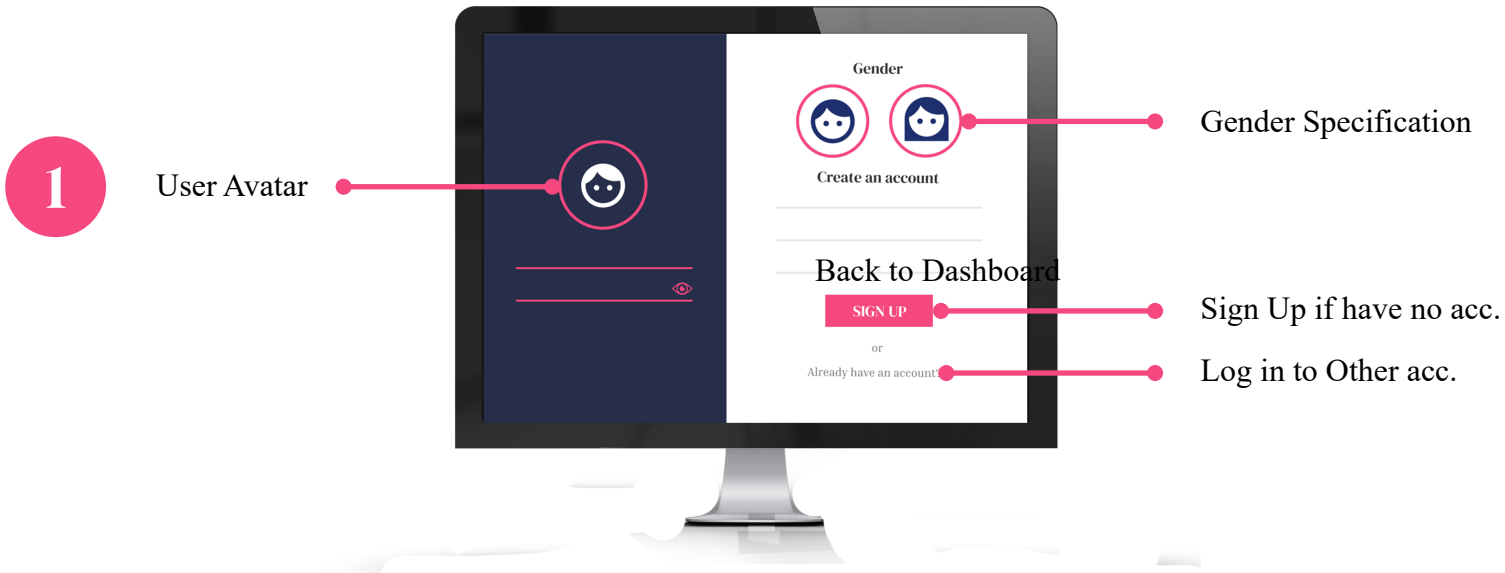
b. Wireframe of App



V. Interface Usability

We give the usability of the guidelines and it can be read from left to right by the paragraphs on the top of by the screen pages and next to the screen pages. We used mainly the font Time New Roman, sizes (14 or 12) to be seen and read clearly. We mainly describe about the design about the health care system (Key UX and UI Design Components During Designing Medical Information System (MIS) Interface | by Ossmium | Medium).

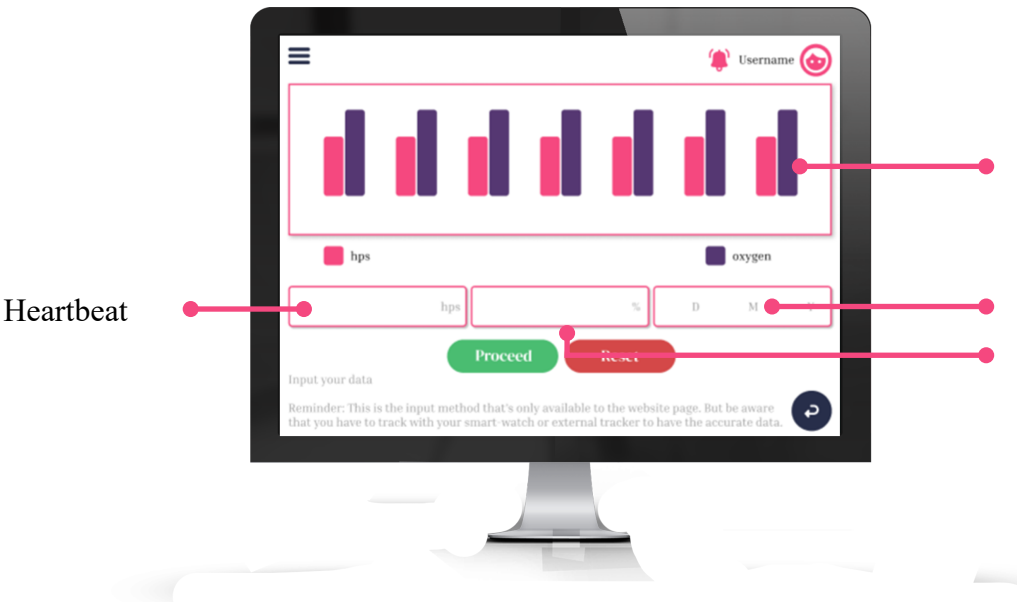
a. Website User Interface and Usability of Website



3


Navigation
Heartbeat Tracker (input method)
Step Tracking (Input Method)
Notification
Weekly Summary
Calories Tracking
Chat with our M-AI.
Chat Now!

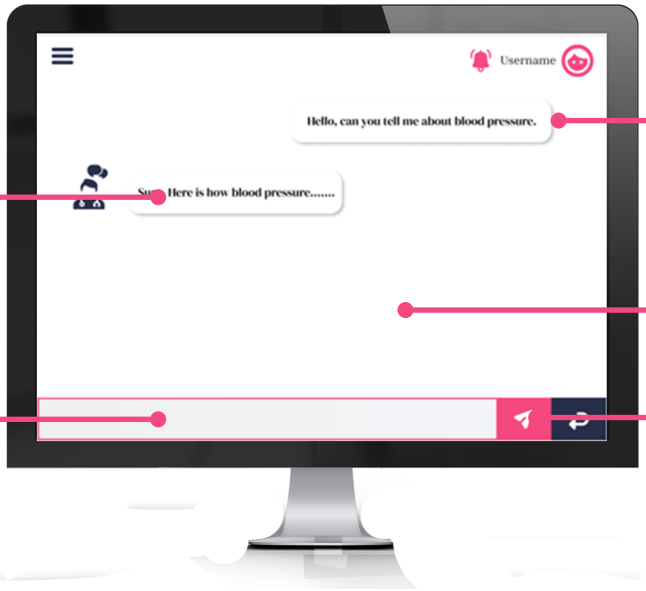
4


Heartbeat
Heartbeat and Oxygen Weekly summary
date
Oximeter
Username
hps
oxygen
Proceed
Input your data
Reminder: This is the input method that's only available to the website page. But be aware that you have to track with your smart-watch or external tracker to have the accurate data.

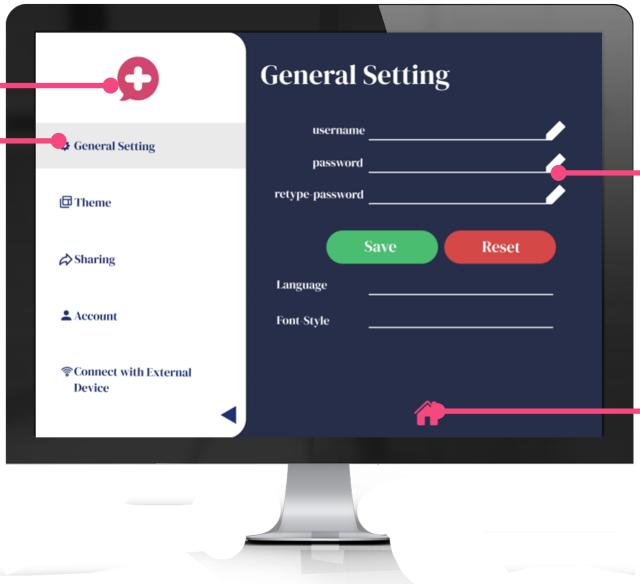
5


Sleep Hours
Weekly Summary
Step input
Back Menu
Username
8
hours
2000
steps
Proceed
Reset

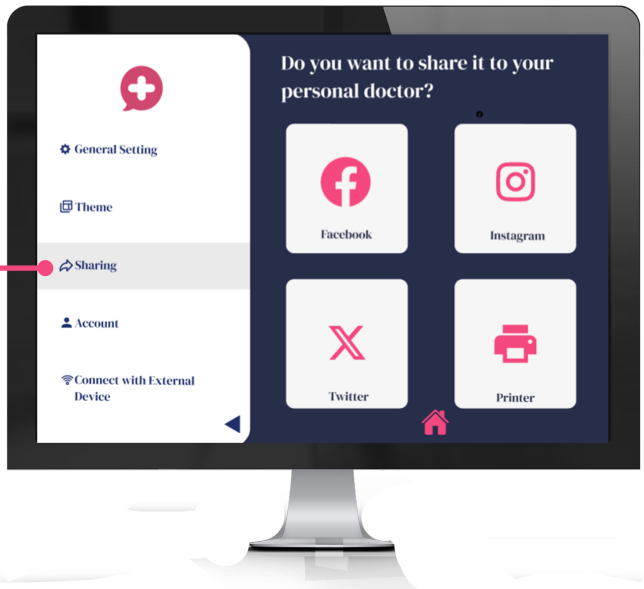
6


Username
Hello, can you tell me about blood pressure.
Here is how blood pressure.....
AI response
User Question
Interface AI
Typearea
Send

7


General Setting
General Setting
Theme
Sharing
Account
Connect with External Device
username
password
retype-password
Save
Reset
Language
Font-Style
Logo
Active Page
User Input
Back to Dashboard

8


Do you want to share it to your personal doctor?
General Setting
Theme
Sharing
Account
Connect with External Device
Facebook
Instagram
Twitter
Printer
Active Page

9

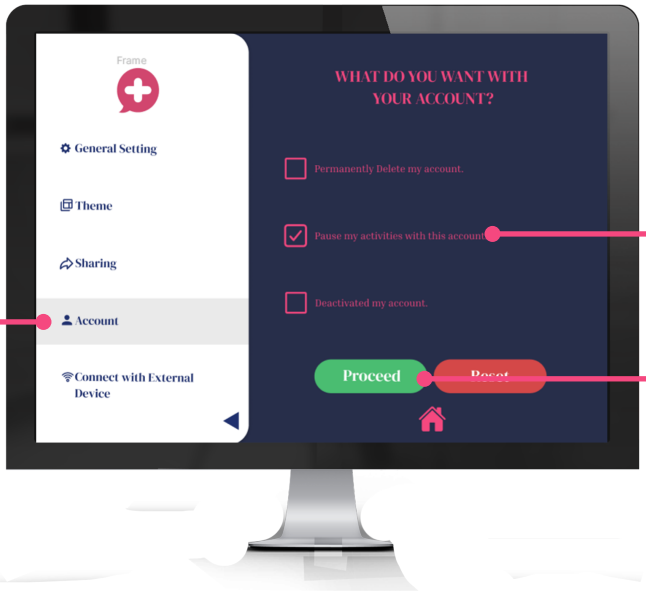
Active Page

10

Active Page

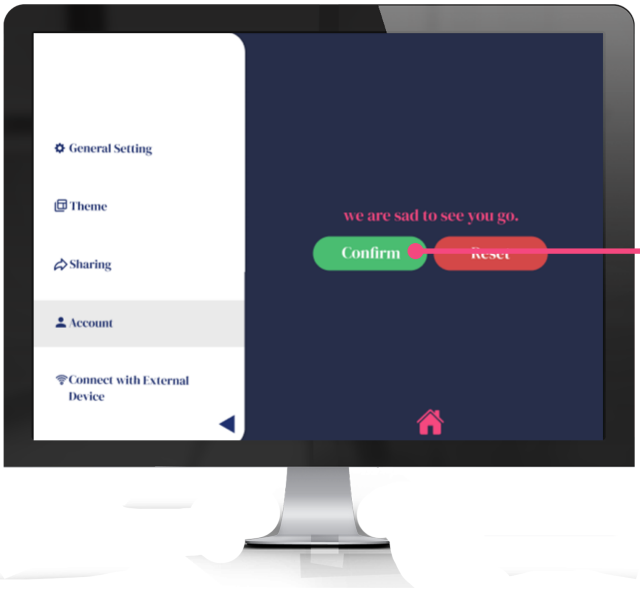
User Check

Move on to next

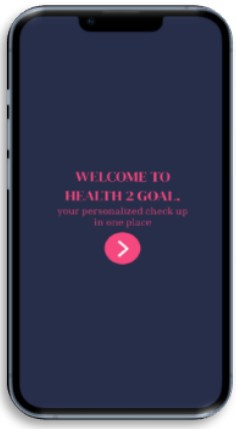


11

Confirmation Page



b. Website User Interface and Usability of App



Screen 1: After you open the mobile application on your mobile phone, you can see this screen. It has the name and the Logo sign. As we see, the arrow button is to navigate the way to the sign up. If you click the button, it will go to the "sign up" screen.

Screen 2: After screen 1, you will arrive to the create page. If you have made an account with the website, you can choose the "log in" pattern to go inside the app. We made an option of the gender to create the match of the exercise and the pattern of the behavior according to the gender to perform different. (Dribbble. (2019). Healthcare Portal Sign Up Screen [Digital image]. Dribbble. Healthcare Portal Sign Up Screen by IngeniousPixel on Dribbble)

Screen 3: This is the general setting if you have finished the "sign up" or "log in" to the account and you want to change your name, password or even the language as you want or your favor.

Screen 4: Our Health2Goal app have the system that can be connected to the external account and the external devices. As per the screen 4, you can share your work out system to the external account of other social media

Screen 5: As we said on screen 4; by connecting with the social media such as Facebook, Instagram, X or even printed out the record of your work out schedule and the system.

Screen 6: As we mention of the screen 4, we can connect to the external devices as Laptop, Smart Watch or Tablet to make the record be saved in the device you feel like taking to the exercise per day and not missing and not messing up the record of your activities.

Screen 7: This screen shows the devices you add to join with the app and they can join with the Bluetooth. The app also shows the how many devices you connect to it

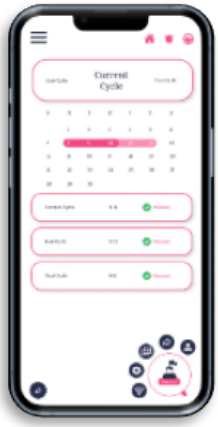
Screen 8: This is the summary interface where if the user click on either heartbeat or step, they will get described to weekly summary page. (Laila, J. (n.d.). Hospital Queue Registration App: UX Case Study. Medium. Medical Check Up Registration App "Medira App"—UX Case Study | by Lailatul Fadilah | Medium | Medium)

Screen 9: As you can see in the screen 8, if you click to the 'percentage' icon under the 'walking' icon, you can see how much of the kcal burn you did. This screen also shows the record of the weekly activities.

Screen 10: In screen of "sign up" or "log in", You can see how much you've eaten by clicking the food icon and you can also make the record of the food to get reminder of the healthy eating habits. Also to get the habits of drinking water healthily, click on the 'H2O' icon to get the reminder of drinking water

Screen 11: This is the screen that will show if you click on the icon of 'exercise' on screen 10. It includes Yoga, Pilates, Full Body and Stretching. This screen also shows the amount of the exercises you have done per daily.

Screen 12: Your screen will show the icon of 'H2O', 'Food' and 'Exercise' and also include the 'cycle' icon. By clicking the icon of 'cycle', you can set the record of the monthly cycle to get the reminder and to see the prediction which day you period will come to prepare the things you need to get rid of the pain within the period time.



Screen 13: This screen will only show to the 'female' user to make the record of the period cycle. If it come within 28-33 day per monthly, the cycle is normal and nothing to worried about. But if not, you can connect to the chatbot to response the health advices to make it healthy

Screen 14: The 'chatbot' icon was the chat box that will answer the users' questions of the health advices by the help with the AI. (Gemini. (n.d.). API Documentation. Gemini REST API Reference)

Screen 15: This notification screen can be seen by clicking the 'bell' icon at the left corner, in middle between the 'home' icon and 'account' icon. (Dashly. (n.d.). Pop-up examples for your inspiration. Retrieved from 38 Best Pop up Design and CTA Examples For Your Inspiration (dashly.io))

Screen 16: This is the screen when you want to finished the exercises you are doing or want to pause the exercise. This screen also has the button of deactivation the account and deleting the account forever. This screen will come out when you click the stop work out button.

Screen 17: This screen appears after the stop of the work out pattern you have done on the screen 16. If you click account after stopping the exercise, it will ask you that you want to log out or switch account to other account if you have. If you don't want to do anything, click home to go back to the home page.

Screen 18: This screen will show after you have proceeded to stop your work out. If you click to the proceed you will be out of the app.

Screen 19: This screen will show up after you have entered to the app again. This will show the "log in" pattern with the account that you have "sign up" at the first time.

c. Website User Interface and Usability of Watch

Screen 1: As soon as you open the app on your smartwatch you will see the start page. On this page you will see our logo. To get to the next page you can either touch the screen or swipe.

Screen 2: On the second page you can choose your gender (Boy or girl). Depending on your choice you will be led to a different interface with different features.

Screen 3: This is the page for the general features of our application with different features related to their individual icons. The arrow icon on either the left and right side is to navigate to the next page (Screen 4 for choosing boy or Screen 5 for choosing girl).

Screen 3.1: After you press the HeartIcon button from Screen 3, you will be directed to this page where the watch measures your heart rate and Oxygen levels. There is also the left(to Screen 4.1) and right arrow(to Screen 3.2). At the bottom of the page there is a Home button where you can go back to the general features page (Screen 3).

Screen 3.2: After pressing the Walking Icon on Screen 3 or the ZZZ Icon: you can access this page. Here the watch will track your steps and also the hours of sleep you have each night. The left arrow (to Screen 3.1), right arrow (to Screen 3.3) and the Home button are also included.

Screen 3.3: After pressing the Food Icon; you will be directed to this page where the watch tracks your calories intake per day. The left arrow (to Screen 3.2), right arrow (to Screen 3.4) and the Home button are also included.

Screen 3.4: After pressing the Water Drop Icon; you will be directed to this page where the watch tracks your water intake and reminds you when to drink your water. The left arrow (to Screen 3.3), right arrow (to Screen 3.5) and the Home button are also included.

Screen 3.5: After pressing the magnifying glass icon; you will be directed to this page where you can find and pair with other type of app versions (eg. Mobile app). The left arrow (to Screen 3.4), right arrow (to Screen 4.1 if you chose male icon at Screen 2) or (to Screen 5.1 if you chose female icon at Screen 2) and the Home button are also included.

Screen 4: After you press the arrow from Screen 3 you will be directed to this page. However, this page is for only when you chose the male icon in Screen 2. This page has three buttons which will lead you to each respective page mainly the workout page (Screen 4.1), the pairing page (Screen 3.5) and the signout page (Screen 6).

Screen 4.1: After pressing the Arm Icon; you will be directed to this page where the watch tracks the duration of your workouts. The left arrow (to Screen 3.5), right arrow (to Screen 3.1) and the Home button are also included.

Screen 5: After you press the arrow from Screen 3 you will be directed to this page. However, this page is for only when you chose the female icon in Screen 2. This page has three buttons which will lead you to each respective page mainly the track cycle page (Screen 5.1), the workout page (Screen 4.1) and the signout page (Screen 6)

Screen 5.1: After pressing the Track Cycle Icon; you will be directed to this page where the watch tracks the duration of the menstrual cycle of females. The left arrow (to Screen 3.5), right arrow (to Screen 4.1) and the Home button are also included.

Screen 6: After pressing the Sign out Icon; you will be directed to this page where you can sign out of the app. The left arrow (to Screen 3) and the right arrow (to Screen 3) are also included. After you press sign out you will be brought back to Screen 1.

VI. Evaluation of Design

a. User Understanding

Our project provides real-time tracking of vital health metrics and facilitating insightful conversations with a medical AI thus empowering individuals to take proactive control of their well-being. This personalized approach to healthcare enables users to make informed decisions, identify potential health risks early, and adopt preventive measures. With "Health 2 Goal," users can embark on a journey towards optimized health and well-being like never before.

WHY?

health-conscious individuals looking to optimize their lifestyle

Emma,26 years old

was a young professional caught up in the whirlwind of city life. Day in and day out, she found herself immersed in the demands of her job, often sacrificing her own well-being in the process. Amidst the hustle and bustle, Emily's health took a backseat as she prioritized deadlines over self-care.

Before discovering Health 2 Goal

Yet, beneath the façade of productivity, Emma harbored a growing sense of unease. She couldn't shake off the lingering fatigue, the occasional headaches, and the nagging feeling that something was amiss. Deep down, Emma knew that she needed to make a change, but she didn't know where to begin.

Emma's Discovery of Health 2 Goal

One day, while scrolling through her phone during a rare moment of respite, Emma stumbled upon an app that promised to revolutionize the way she approached health and wellness. Intrigued by the sleek design and promising features of Health 2 Goal, Emma decided to give it a try. As she explored the app's functionalities, she felt a glimmer of hope stir within her. Here was a tool that not only provided valuable insights into her health but also powered by an AI that empowers her to take proactive steps towards a better lifestyle. With newfound determination, Emily embarked on this journey of self-improvement, eager to see where it would lead. And as she continued to journey forward, she found that she has now become healthier and more knowledgeable regarding healthcare.

Mia, 42 years old

Before discovering Health 2 Goal

Her diet consists of quick and convenient meals, and her exercise routine is virtually nonexistent. Despite her best efforts to stay positive, Mia can't help but feel drained and overwhelmed by the demands of motherhood. Yet, amidst the chaos, Mia holds onto the hope of finding a solution that will allow her to prioritize her health without sacrificing precious time with her family.

Mia's Discovery of Health 2 Goal

One day, while chatting with a friend over coffee, she mentioned her struggles with balancing work, family, and self-care. Her friend, who had recently embarked on a health journey of her own, suggested Mia try a new app called Health 2 Goal. Intrigued by her friend's enthusiasm, Mia decided to download the app and give it a try. After exploring the app's features for a few days, Mia felt a glimmer of hope. Here was a tool offering personalized insights and practical solutions tailored to her busy schedule. Nowadays she's healthier than ever thanks to Health 2 Goal.

Ethan, 40 years old

Before discovering Health 2 Goal

Late nights spent preparing lessons, skipped meals, and minimal exercise have left Ethan feeling exhausted and depleted. Despite his dedication to his students, Ethan recognizes the importance of prioritizing his own health in order to continue being the best teacher he can be, but he doesn't know a thing about exercise and how to get his healthcare journey started.

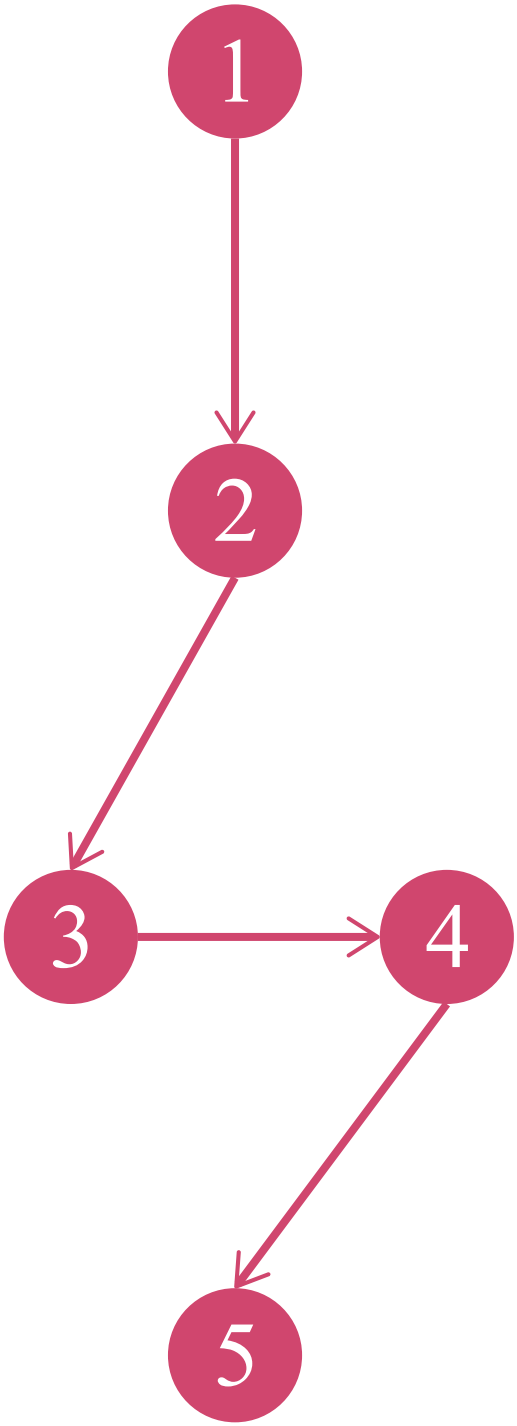
Ethan's Discovery of Health 2 Goal

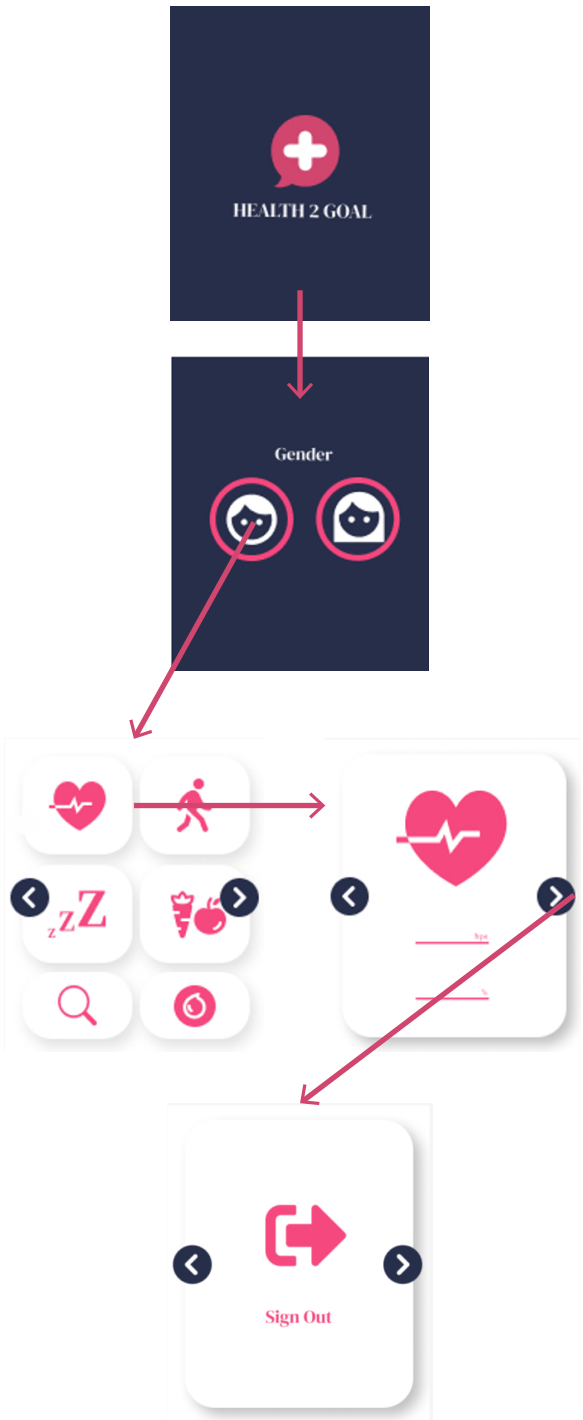
Ethan's healthcare journey took it's first step when he came across Health 2 Goal, a user-friendly website offering numerous features and access to a medical AI equipped with the latest knowledge about healthcare. Armed with the knowledge and guidance provided by the website, he began to make small but significant changes to his daily routine. From prioritizing healthy meals to incorporating short bursts of exercise into his day, Thanks to Health 2 Goal with each passing day, he felt a renewed sense of energy and purpose, no longer weighed down by the burdens of neglecting his health.

User Test Case - 1

Interface Flow

Imagine user has to test out the system with its goal intention in mind. Our health checkup system has many flows and direction it can go. Below are the example of how user can check their heart beat rate and after that sign out of their account.

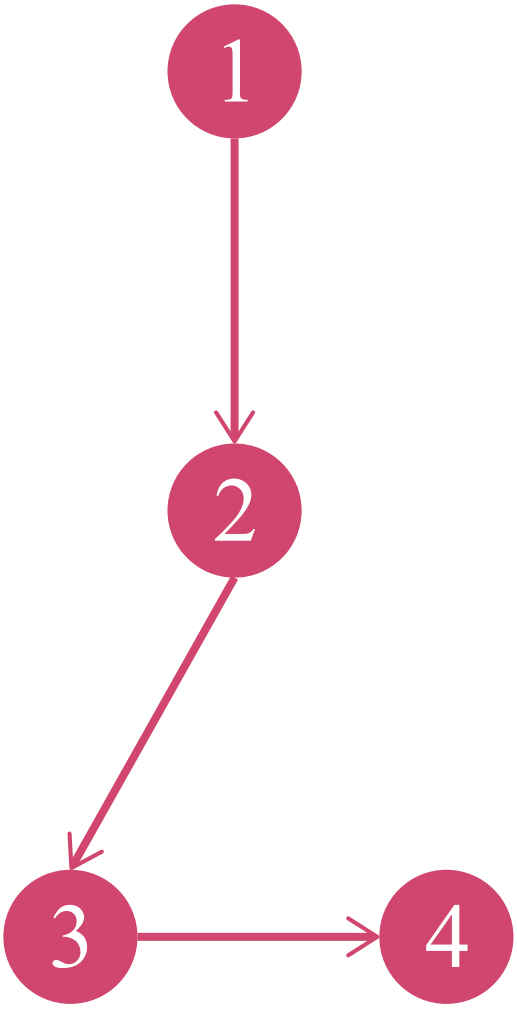


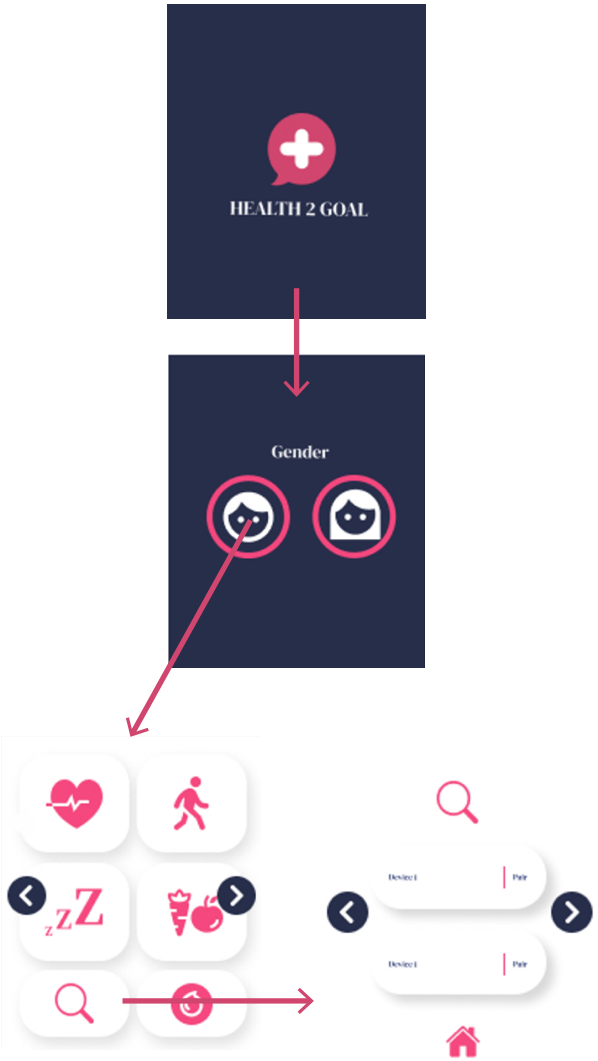


User Test Case - 2

Interface Flow

In this case, user will pair with external devices.





Logo

Logo Icon (Android & iphone)

HEALTH2GOAL

Making the personalized check up system more focus on medical knowledge as well as have more tracking system.

Abril Fatface

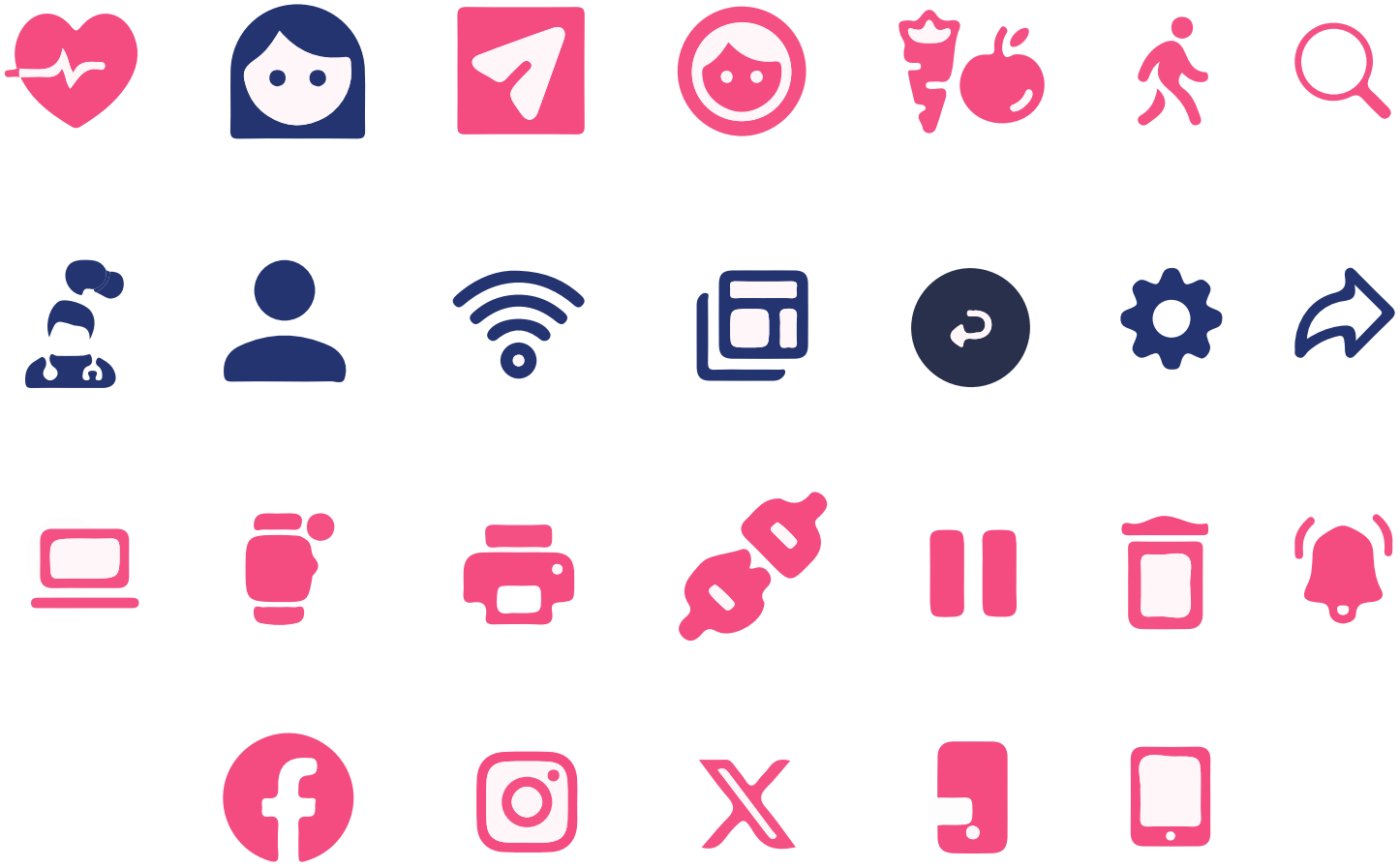
Josefin Sans

#FFF5F8 #FFFFFF #D1466E #342E52

Website Theme

#272E4A #1F306E #F5487F #553772

#3E6155 #FFFFFF #4ABD71 #D44848



b. Justification of design

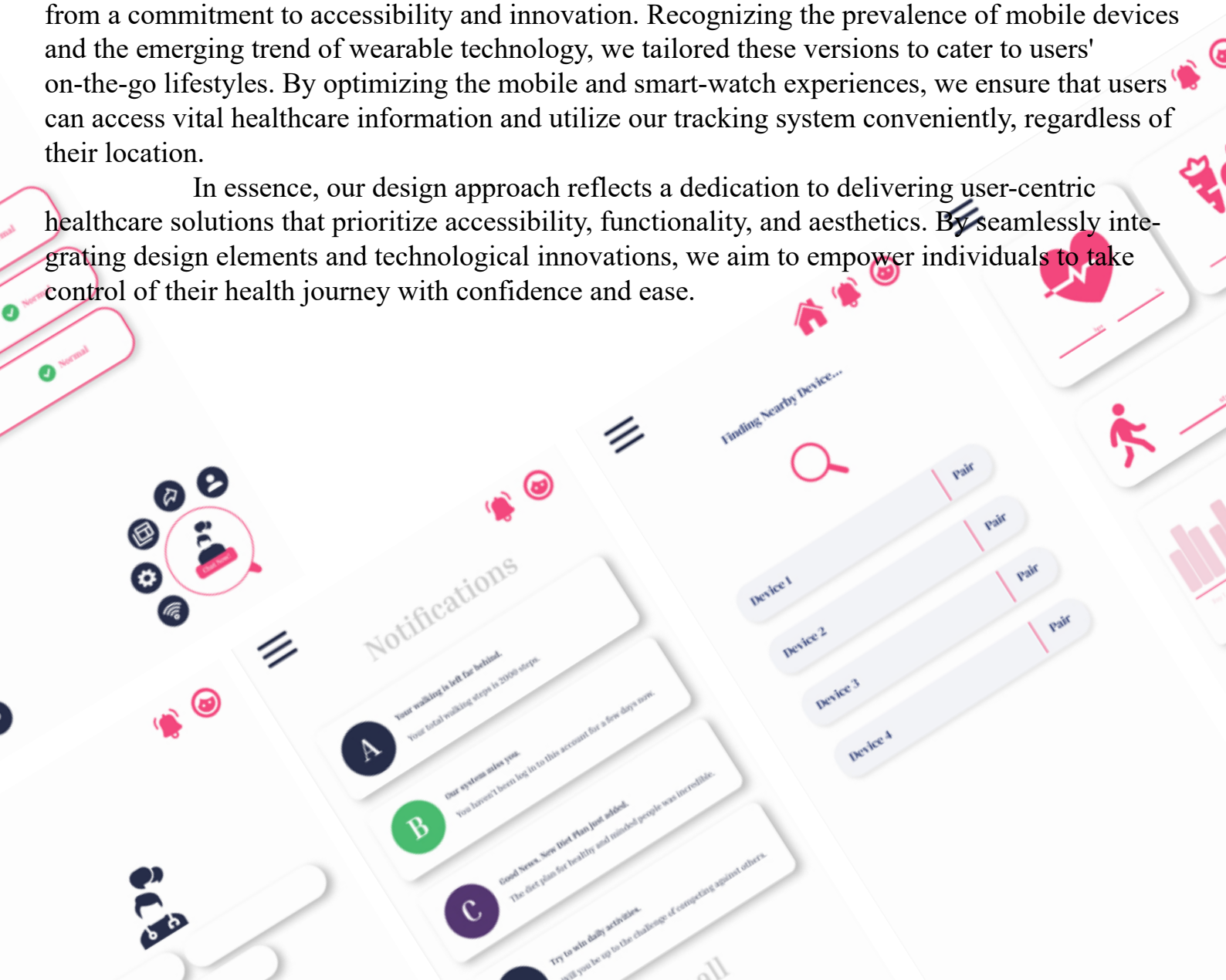
Our healthcare website's user interface design is grounded in a meticulous fusion of aesthetics, functionality, and user-centricity. The chosen color palette, consisting of pink, dark blue, black, and white, was carefully selected to evoke a sense of professionalism, trustworthiness, and visual appeal. Pink was incorporated to convey compassion and warmth, while dark blue and black add depth and sophistication. White serves as a neutral backdrop, ensuring clarity and contrast for legible content presentation.

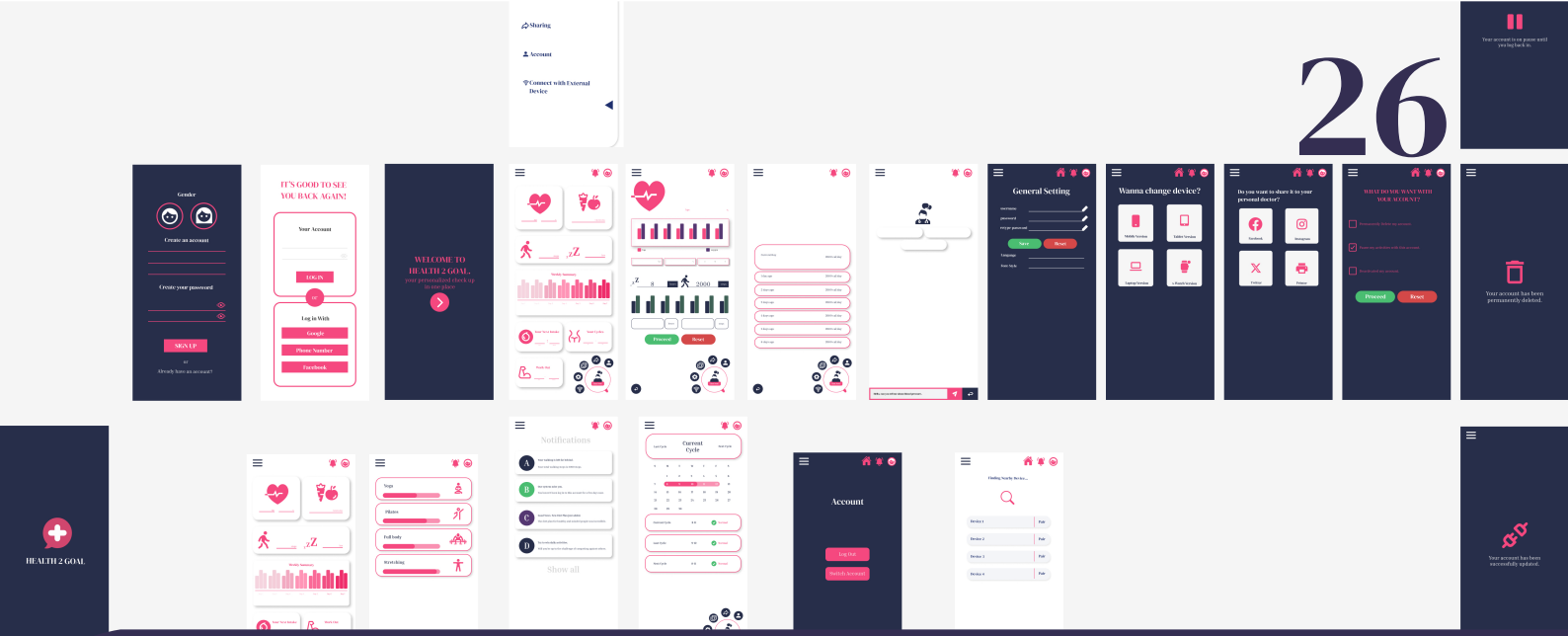
Font selection plays a pivotal role in enhancing readability and conveying information effectively. Time New Roman and DM Display Serif were chosen for their timeless elegance, providing a harmonious balance between formality and accessibility. These fonts imbue our interface with a sense of credibility and authority while ensuring that users can effortlessly consume content across different devices and screen sizes.

The integration of purposeful icons throughout the interface serves to enhance usability and streamline navigation. Each icon was meticulously chosen to resonate with our audience and intuitively communicate key functionalities, fostering a seamless user experience. By leveraging familiar visual cues, we empower users to navigate our website with ease, promoting engagement and satisfaction.

Our decision to prioritize the mobile and smart-watch versions of the website stems from a commitment to accessibility and innovation. Recognizing the prevalence of mobile devices and the emerging trend of wearable technology, we tailored these versions to cater to users' on-the-go lifestyles. By optimizing the mobile and smart-watch experiences, we ensure that users can access vital healthcare information and utilize our tracking system conveniently, regardless of their location.

In essence, our design approach reflects a dedication to delivering user-centric healthcare solutions that prioritize accessibility, functionality, and aesthetics. By seamlessly integrating design elements and technological innovations, we aim to empower individuals to take control of their health journey with confidence and ease.





c. Appropriate of Design

- The user interface's design places a high priority on accessibility and usability on all platforms. To ensure good sight, we choose F5487F,1F306E, FFFFFF and the color scheme steers away of extremely bright tones that could potentially distract users. The goal of this strategy is to put people at rest and comfort while they're using the program.

- All user ages and technological proficiency levels are supported by the system's design. The interface is designed to be simple to use and intuitive for all users, regardless of expertise level or age. There are no obstacles in the way users find the information they require to plan their meals and workouts.

- By enabling users to access the application from any platform if they are signed into their accounts, accessibility is guaranteed. Users' plans, history, and other data are stored in a single account system, guaranteeing simplicity and consistency across devices.

- Additionally, the system is designed to efficiently manage massive amounts of data. Its ability to process and show results in an approachable way makes it possible for users to efficiently understand and act upon the information.

- The application's several displays display the decisions made during the design process. The UI is made with the simplicity and comprehension of the user in mind, from the initial sign-up procedure to accessing functions like goal setting, tracking exercises, monitoring diet, and even managing health-specific problems like menstrual cycles.

- Further enhancing the user experience and assisting users in effortlessly reaching their fitness and health goals are features like integration with AI-powered chatbots for health advice and connecting with external accounts and devices.

- Fundamentally, the suitability of the design is rooted in its user-centered methodology, which guarantees that each component of the program is customized to promote usability, accessibility, and efficient use of its functionalities for users with varying needs and backgrounds.

VII. Conclusion

A revolutionary development in individualized medical health check-up systems, our Health 2 Goal enables people to confidently and easily take proactive charge of their own well-be-ing. Health 2 Goal delivers a comprehensive and immersive experience that puts the needs and happiness of users first with its user-friendly interface design, smooth navigation, and well-cho-sen color and typeface selection. Through the use of cutting-edge technologies and features like tailored AI insights, real-time health monitoring, and adjustable settings, Health 2 Goal trans-forms the conventional healthcare model and gives users complete control over their well-being. Health 2 Goal's user-centric design philosophy and unwavering dedication to quality make it ide-ally positioned to transform how people manage and optimize their health journeys and create a future where everyone can easily, intuitively, and empoweringly engage in proactive health mon-itoring. highlighting how the software can empower users with health information, enable indi-vidualized exercise regimens, make exercise easier, provide convenience, motivation, and help them remain on track with their health goals.

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