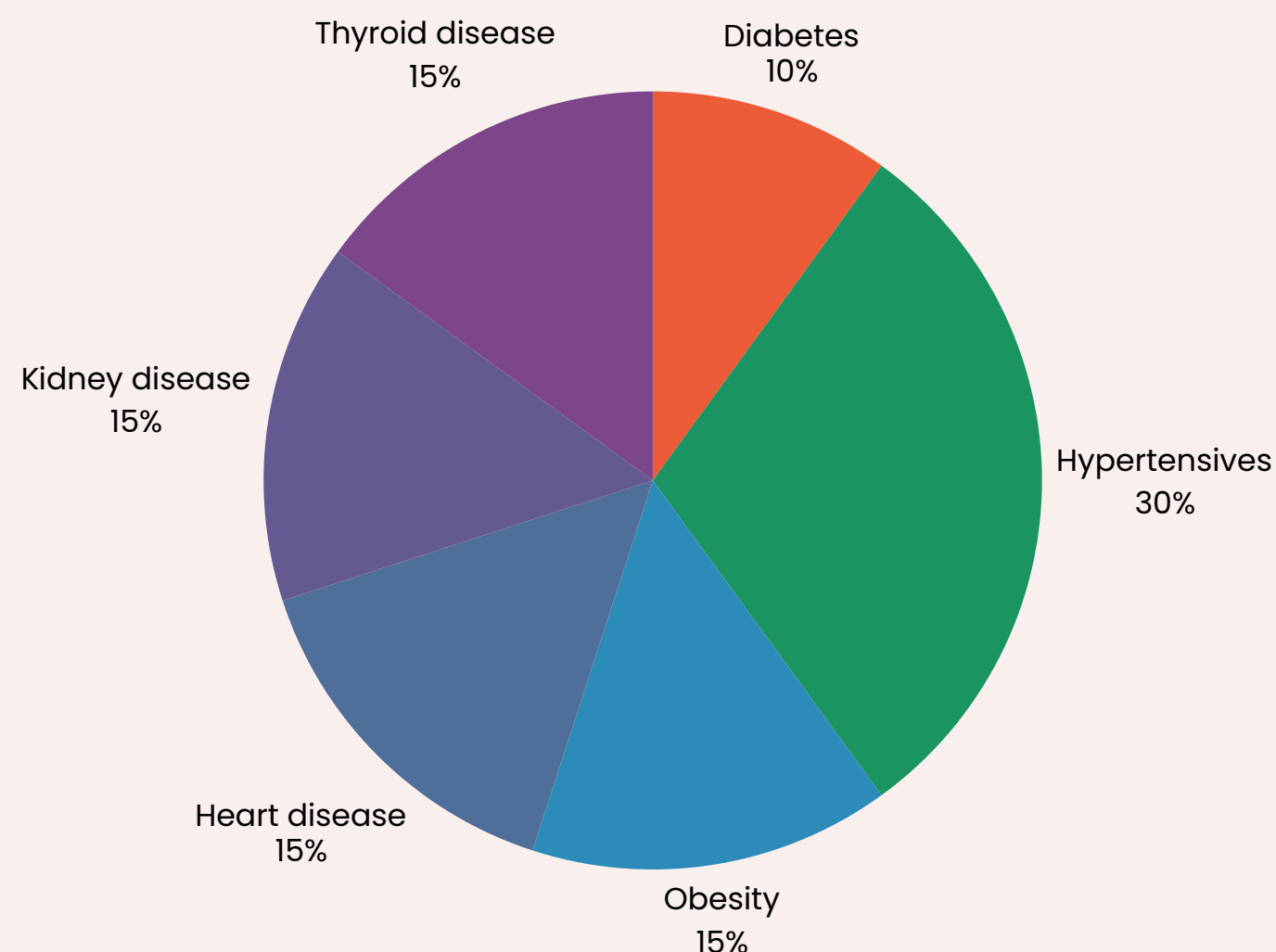


FOXXO Health AI COACH

PROBLEM

- India faces a huge health burden with millions affected by Diabetes (77M), Hypertension (220M+), Heart Disease (55M), Kidney Disease (45M), Obesity (135M+), and Thyroid Disorders (42M).
- These patients face daily confusion: “Can I eat this food?”
- Wrong choices → sugar spikes, pressure rises, hospitalization risks.



**DESPITE MILLIONS AFFECTED, NO SINGLE PLATFORM GIVES
RELIABLE, DISEASE-SPECIFIC FOOD GUIDANCE**

CURRENT FAILURES



GOOGLE & ONLINE SEARCHES

Patients get too much information, often conflicting or unreliable, making it hard to know what's truly safe.

DIET & FITNESS APPS

These apps focus on calories and general nutrition, but ignore disease-specific restrictions like sugar limits for diabetics or salt limits for hypertensives.

DOCTORS & DIETICIANS

While knowledgeable, they are not available for day-to-day guidance, and frequent consultations are impractical for everyday food questions.

INSIGHT

PEOPLE NEED QUICK, RELIABLE GUIDANCE

- Patients want instant answers: “Is this food safe for me?”
- Current sources are generic, confusing, or unreliable.
- Users prefer clear, doctor-like recommendations over long nutrition tables.
- Everyday guidance must be personalized for their disease (diabetes, hypertension, etc.).

Is this food
safe for me?

User has a question about
his diet with diseases

Searches online

Gets contradictory info

Feels anxious

- Doctors and dieticians are highly trusted, but not available for everyday food doubts.
- Chatbots are already part of daily life (banking, shopping, customer service), making users comfortable with instant health guidance via chat.
- Personalized advice is essential — the same food can be safe for one condition but harmful for another (e.g., diabetes vs. kidney disease).

SOLUTION

DISEASE-SPECIFIC FOOD CHATBOT - WELLNESS BUDDY

CORE IDEA

Every food in our dataset is mapped across 6 chronic diseases with:

- Status → Good / Neutral / Avoid
- Reason → scientific explanation
- Biomarker → blood sugar, LDL, BP, etc.
- Recommendation → alternatives or moderation tips

Our lightweight NLP model understands user queries and instantly fetches the correct personalized answer.

HOW IT WORKS?

User Query: "Can I eat almonds if I have heart disease?"

NLP Extracts: Food → Almond | Disease → Heart Disease

Lookup in Dataset:

- Status: Good
- Reason: Rich in healthy fats
- Biomarker: LDL
- Recommendation: This food is recommended for this condition

Bot Reply: "Almonds are good for heart health as they are rich in healthy fats. They help improve LDL cholesterol levels."

KEY DIFFERENTIATORS

- **Smart Food Insights** – Every food linked to disease-specific guidance.
- **Instant Understanding** – Lightweight NLP that gets your queries instantly.
- **Science-Backed Advice** – Recommendations tied to real biomarkers like LDL and blood glucose.
- **Actionable Tips** – Alternatives, moderation cues, and practical daily guidance.

Is mango good for diabetes?

For Diabetes, Mango is rated as Avoid.
You should avoid it because: High in natural sugars. This could negatively impact your Blood Glucose.
You might consider these alternatives: Blueberry, Raspberry, Wild rice.

DEMO

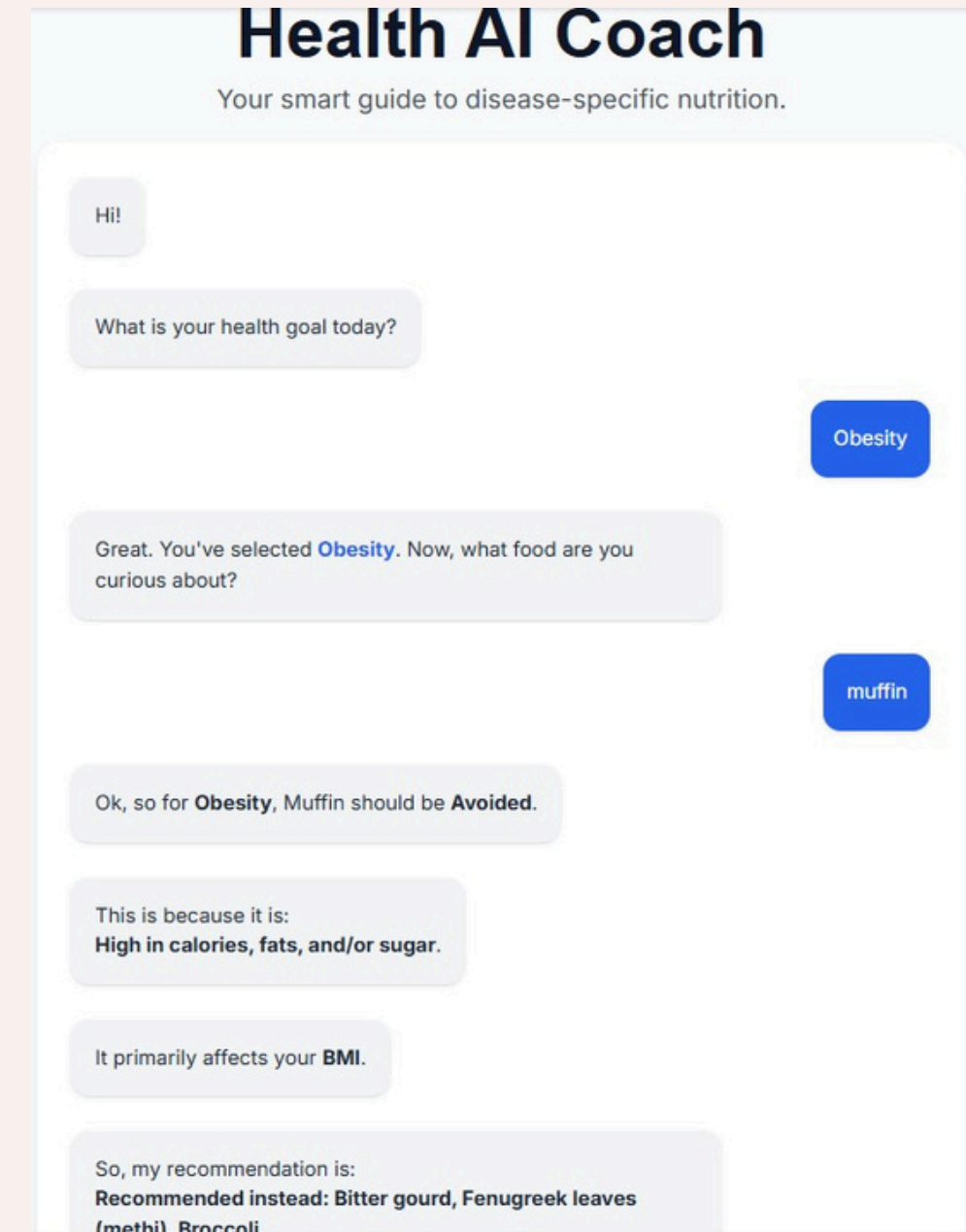
Let me walk you through a real-life moment.

Imagine Ramesh, a 52-year-old with diabetes. It's lunchtime, and someone offers him a bowl of dalia.

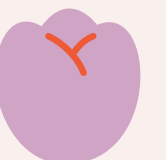
Now, Ramesh has the same question millions of patients have every day: 'Is this safe for me?' Instead of scrolling endlessly on Google or waiting to call his doctor, he opens Wellness Buddy.

He types in: 'Is dalia good for diabetes?' And instantly, the chatbot replies: Yes — it's good because it's high in fiber and complex carbs, which help manage your blood glucose. Simple, clear, reassuring.

CHATBOT IN ACTION



Ask about oats for hypertension, or bananas for kidney disease — the chatbot adapts instantly, giving precise, disease-specific guidance, anytime, anywhere. For patients like Ramesh, this isn't just a chatbot.



WHAT'S NEXT

ROADMAP & SCALABILITY

BROADEN DISEASE COVERAGE

Expand beyond diabetes & hypertension to include kidney disease, thyroid, obesity, and cholesterol, making it a go-to reference for all chronic conditions.

PERSONALIZATION & SMART RECOMMENDATIONS

Provide portion control tips, suggest safer food alternatives, and tailor advice based on each user's specific condition.

ADVANCED AI FEATURES

Enable plate photo recognition for instant analysis, support multiple Indian languages, and integrate voice assistance for elderly-friendly use.



EXPERT VALIDATION & TRUST

Collaborate with doctors, nutritionists, and health organizations to build a verified knowledge base ensuring accuracy and reliability.

SCALE & INTEGRATION

Launch as a mobile app and WhatsApp/Telegram bot, partner with healthcare providers, and offer premium services like personalized diet plans and live nutritionist support.