

# Hero Habits AI – Feature 4

## 24/7 Chat Support (AI + Human Hybrid)

### Overview:

This feature provides 24/7 support via AI assistant for nutrition, fitness, and emotional wellness, with escalation to human experts when needed.

### Screen 1: AI Chatbot Interface

- Friendly chat window with AI responses
- Quick replies (e.g., “Show me a healthy recipe”)
- Input box for text or voice

### Screen 2: Escalation to Human Expert

- “Connect to Expert” button
- Categories: Nutritionist, Fitness Coach, Emotional Support
- Estimated wait time indicator

### Screen 3: Expert Profile

- Expert name, photo, specialty, availability
- “Start Chat” button

### Screen 4: Chat History

- Saved conversations and bookmarked advice
- Search for past chats

### Pop-ups & Alerts:

- “■ You’re connected to Hero Habits AI Assistant”
- “■■■■ You are now chatting with Expert Maria, Nutritionist”