

# HIA – Health Insight AI

## Project Briefing Notes

Date: June 26, 2025

### Overview:

HIA (Health Insight AI) is a responsive, AI-powered chatbot web application designed to assist users with general health-related queries. It provides instant, empathetic, and informative responses using natural language understanding, aiming to promote health awareness without replacing professional medical consultation.

### Purpose:

To create a user-friendly digital assistant that offers helpful health guidance through conversational interaction.

### Technologies Used:

- Frontend: HTML, CSS, TailwindCSS, Web flow
- Backend: Python Flask
- AI Integration: Cohere API (command model)
- UI Enhancements: JavaScript (Vanilla), responsive UX
- Deployment: Flask server (locally or cloud-ready)

### Why Cohere API:

The Cohere AI API was selected for the chatbot's intelligence layer because of the following reasons:

- High-Quality Language Model: Cohere's 'command' model is optimized for dialogue and instruction-following.
- Fast and Scalable: Low-latency responses ensure a smooth user experience.
- Customisable Prompts: Enables crafting a medically cautious, empathetic tone.
- Privacy-Friendly: Developer-centric design with responsible data handling.
- Cost-Effective: Competitive pricing with strong performance.

### UI & UX Design:

- Designed with Web flow and enhanced using TailwindCSS.
- Features include a sidebar menu, floating input box, and chat bubbles inspired by modern AI interfaces.
- Fully responsive and accessible across devices.

### Key Features:

- Natural language conversation powered by Cohere AI
- Mobile-friendly, responsive layout
- Fast responses with typing indicator
- Empathetic tone for health guidance
- Flask backend with scalable integration

### Future Improvements:

- User session management and chat history
- Multilingual support
- Health query categorisation and suggestions
- Real-world health data integration