

# AI-Powered Health Coaching

Personality health recommendation using advanced AI agents to arises your risk and guide your wellness journey.



**Get Started**



**Login**

## Our AI health Coaching Features

Using Microsoft autogen multiagent technology to provide co prerasive health coaching

[Dashboard](#)[Reccomendations](#)[Track Progress](#)[Profile](#)[Log-Out](#)

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## Register

Username

Email

Password

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Already have an account ? [Login](#)

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Please Complete Your Profile First

## Health Profile Intake Form

Please provide accurate information about your health to receive personality recommendation this information will be used by our AI agents to access your health risks

### Basic Information

Age\*

55

Gender\*

Male

Height (cm)\*

170

Weight (kg)\*

70

### Medical History

Do you have any of the following conditions (select all that apply)

☐

Diabetes

☒

Hypertension (high blood pressure)

☐

Heart disease

### Family Medical History

somethings.....

Please Complete Your Profile First

## Health Profile Intake Form

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### Lifestyle Features

Smooking Status

Yes

Alcohol Consumption

Yes

Physically Activity Level

Running

Diet Type

Vegan

Stress Level (1-10)

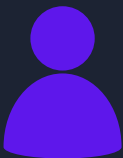
Low 5 High

Average Sleep (Hours/Night)

8

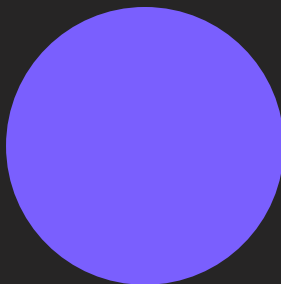


Save Profile



# User Profile

Riview your account information and health profile



Username

Isha

Email

ishachouhan01@gmail.com

Member Since

17-04-2025



Change Password



Update

## Basic Information

Age

20 Year

Gender

Female

Height

150 cm

Weight

60 kg

BMI

25.8 (Healthy weight)

## Lifestyle Factors

Physical Activity

High

Diet Type

Vegetarian

Smoking Status

Never

Alcohol Consumption

Occasional

Sleep & Stress

6 hours/night | Stress Leve: 6/10

## Health Risk Assesment

Dietbetes Risk	Heart Diseases	Hypertensions	Obesity Risk
0.0/10	0.0/10	0.0/10	0.0/10
Low Risk	Low Risk	Low Risk	Low Risk

Health Profile Update Successfully

## Health Dashboard

Welcome back, isha. heres an overview of your health metrices and recommendations.

Dietbetes Risk	Heart Diseases	Hypertensions	Obesity Risk
0.0/10	0.0/10	0.0/10	0.0/10
Low Risk	Low Risk	Low Risk	Low Risk

### AI Health Coach

Personalized health coaching powered by AI

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Powered by Microsoft AutoGen

## Health Recommendations

These personalized recommendations are generated by our Ai health coaching system based on your profile and progress.

Filter by :

[All](#)[Diet](#)[Exercise](#)[Sleep](#)[Stress](#)☐ Include comleted[Sorting By Prority](#) 

### Increase regular cardiovascular exercise

Aim for at least 150 minutes of moderate-intensity exercise per week, such as brisk walking, swimming, or cycling.

### Increase weekly activity

Try adding 10 more minutes of activity each day to work toward the recommended 150 minutes per week.



### Track Your Progress

Record your daily/weekly health metrices to track your improvement over time.

[log Progress](#)

### Update health Profile

Record your daily/weekly health metrices to track your improvement over time.

[Update Profile](#)





# Track Your Progress

Log your health metrics to track your progress and recieve personalized feedback from our ai Ai coaching system

Weight(kg)

Blood Pressure (Systolic)

Blood Pressure(diastolic)

Blood Glucose(mg/dL) (optional)

Physical Activity (minutes/day)

Sleep (Hours)

Stress Level(1-10)

Low

5

Hig

h

Mood

Notes (optional)



Log Progress

Date

Weight

BP

Activity

Activity

Activity

2025-04-15

50.0kg

60/40

7min

none hrs

Excellent

2025-04-15

none kg

--

none min

none hrs

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**Thanku**