



Accenture Innovation
Challenge



AI-Generated Health And Wellness Advisor



Team details

TEAM NAME: AI WIZARDS



Hardik Arora (Team Leader)

College: GLA University Mathura
Stream: B.TECH CSE(AIML)
Year of graduation: 2026



Harsh Raj

College: GLA University Mathura
Stream: B.TECH CSE(AIML)
Year of graduation: 2026



Hemant Prajapati

College: GLA University Mathura
Stream: B.TECH CSE(AIML)
Year of graduation: 2026



Divyanshu Rajoria

College: GLA University Mathura
Stream: B.TECH CSE(AIML)
Year of graduation: 2026

Problem Statement: AI-Generated Health and Wellness Advisor

In today's fast-paced world, maintaining a healthy lifestyle is increasingly difficult. Most people struggle to find relevant, personalized advice for their diet, exercise, and mental well-being. Traditional health platforms often provide one-size-fits-all recommendations, failing to cater to the unique needs of individual users.

- **Leveraging Advanced Models:** Our solution utilizes pre-trained language models like **OpenAI's GPT-4**, which will be fine-tuned with datasets containing personalized health data, medical insights, and wellness trends.
- **Personalized Health Recommendations:** The AI will generate tailored health plans based on user inputs such as age, health conditions, fitness goals, and dietary preferences. This includes customized diet charts, exercise routines, and mental health tips designed for each individual.

The solution aims to provide real-time, adaptive, and personalized health advice at scale. By leveraging AI, we can offer accessible, affordable, and effective health solutions to users everywhere. This approach is expected to enhance user engagement with their wellness routines and improve overall health outcomes. By revolutionizing how personalized health advice is delivered, this project will give individuals control over their well-being, making health and wellness support more accessible and impactful.

Proposed Solution: AI-Generated Health and Wellness Advisor

Our innovative solution utilizes advanced technology to revolutionize health and wellness guidance through an AI-powered platform that provides personalized advice. By employing cutting-edge **Natural Language Processing (NLP)** and **Machine Learning (ML)** techniques, specifically leveraging the **GPT-4** model from **OpenAI**, our platform will generate tailored health and wellness tips. Users will receive customized recommendations focusing on diet, exercise, and mental health, enhancing their overall well-being.

Technology and Process:

- **Pre-Trained Language Models** : The platform employs GPT-4, a leading language model renowned for its capability to generate human-like text and understand nuanced queries..
- **User Input Analysis** : We will collect and analyze user data, including health history, lifestyle preferences, and personal goals, to fine-tune the model for better personalization.
- **Content Generation**: The optimized model will generate tailored health advice and responses to health-related inquiries, ensuring accurate and relevant Information is provided.

Features:

- **Personalized Health Recommendations** : Generates contextually relevant and engaging content tailored to individual users.
- **Interactive Virtual Assistant** : A conversational agent that addresses health queries in real-time, providing immediate support.
- **Compliance and Accuracy** : Seamlessly integrates with existing marketing tools and platforms for efficient deployment.

This solution empowers individuals to take charge of their health with accessible, personalized guidance, fostering a proactive approach to well-being and enhancing overall life quality.

How does our innovation accelerate change with the power of Technology:

Our innovation accelerates change by harnessing the power of Generative AI to transform health and wellness guidance.

Traditional methods of providing health advice often lack the personalization and immediacy required to effectively meet individual needs in today's fast-paced environment.

- **Harnessing Advanced Technology**: By utilizing pre-trained language models such as **OpenAI's GPT-4**, our solution addresses this challenge directly. These models are fine-tuned with health-related datasets, including user input, health history, and lifestyle preferences, ensuring that the advice generated is not only relevant but also actionable.
- **Personalized Content Creation**: Our Generative AI model crafts tailored wellness tips—covering aspects like diet, exercise, and mental health—based on unique user profiles. This fine-tuning process guarantees that the guidance resonates deeply with users, fostering adherence and encouraging healthier choices.

Integrating this AI-driven approach into health and wellness strategies accelerates change by enabling individuals to receive personalized, timely advice at scale. This not only enhances the effectiveness of health interventions but also empowers users to actively engage in their well-being. The transformative potential of Generative AI lies in its ability to automate and optimize health guidance, driving innovation in personal wellness and facilitating significant improvements in health outcomes and user satisfaction.

How is our solution different/unique from other solutions in market:

Our solution sets itself apart in the health and wellness sector through its innovative use of **Generative AI** and a focus on hyper-personalization. While many existing solutions provide generalized health advice, they often rely on static information and lack the responsiveness required to address individual needs effectively.

- **Advanced AI Utilization** : We harness state-of-the-art pre-trained language models, such as OpenAI's GPT-4, which are fine-tuned with health-specific datasets, including user input and personal health history. This enables our model to generate customized wellness tips—covering diet, exercise, and mental health—that are particularly relevant to each user.
- **Interactive and Adaptive System** : Our solution integrates seamlessly into existing marketing systems, facilitating scalable personalization that drives higher engagement and conversion rates.

By automating personalized health guidance, our model uniquely addresses evolving individual needs, offering a more effective and tailored approach to health and wellness than traditional solutions.

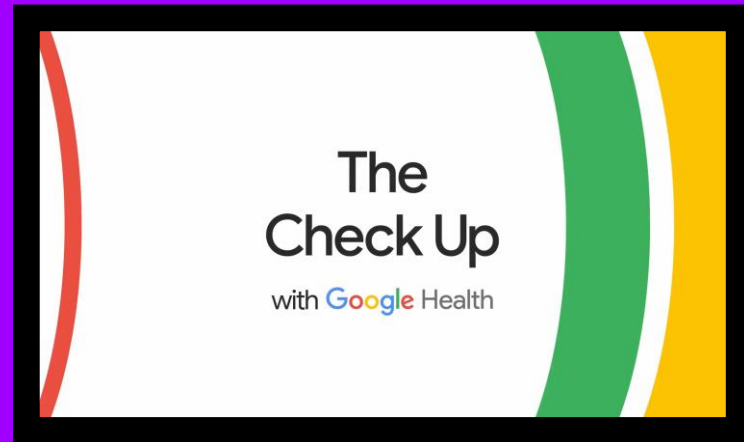
- **PATENT FILED:** No

Currently we are working on the model / prototype and “YES” we will be able to show it before the finale

Currently We don't have any testimonials received for this model.

1-minute video of our idea (embed on this PPT):

Youtube Hyper-Link: (Press Ctrl + left-mouse-click to visit Hyperlink)



Relevant Resources:- <https://youtu.be/FvERv50KVV0?si=P5S3IRj4W6HyMsPD>

Thank you!

