

HAHM: Home Assistant Health Monitor

Problem - Solution Statement

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Problem

- ▶ Tracking mood and symptoms is a critical part of managing anxiety, stress, depression, and mental health issues



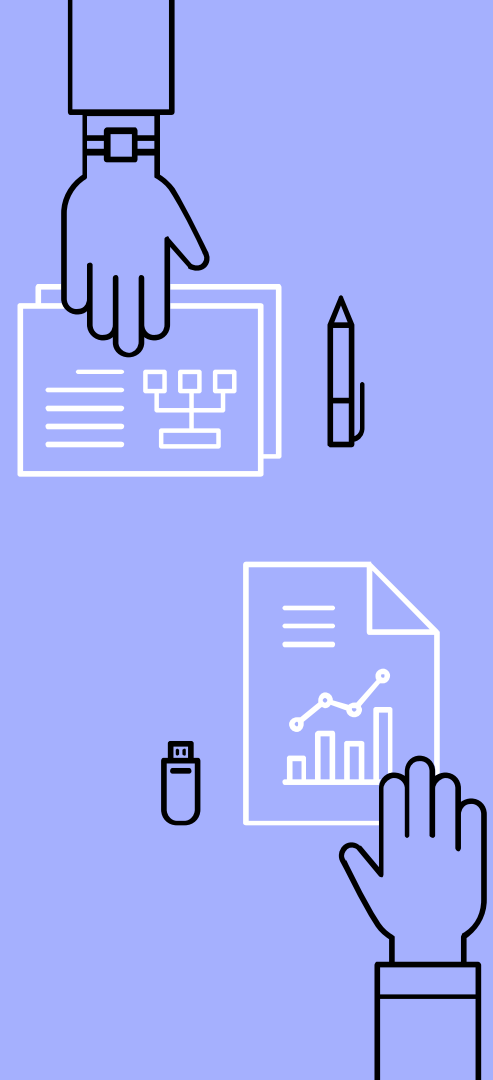
Problem

- ▶ Logging and recording mood can be difficult to remember and cumbersome to do with sensors
- ▶ Moodkit
- ▶ M3



Solution

- ▶ Home assistants provide a hands-free way for users to record moods and symptoms in a ubiquitous way



Solution

- ▶ My proposal for addressing this problem is **HAHM**
- ▶ A home assistant app that checks in with the user daily to gauge mood, pain, and quality of the user's day.



Solution

- ▶ The user would be able to come home and talk to HAHM via Amazon Alexa or Google Home and tell the device about how the user is feeling.



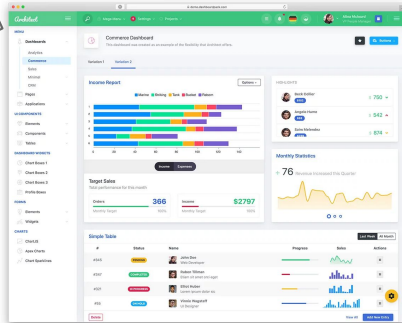
Deliverables



Interaction with Alexa



Logging through mobile



Therapist monitoring via Web



Questions

