

USER PERSONA

Username : Sussman

User Age : 57

User status

User Location : Kyalami

User About : Doctor Sussman is a Doctor at Netcare Hospital, He lives an unhealthy lifestyle as He doesn't exercise and eats lot of oily food but He is currently working on reducing eating oily Food by replacing them with Chinese food, avoid caffeine drinks with juice

User painpoints: He realized that eating unhealthy food will lead to serious diseases soon or later as He operate people at the Hospital and is aware of the risks in eating unhealthy food. To stick on healthy Food intake and would like to use an app or smart watch that will detect his glucose or high blood levels and when there is an increase in such (in a smart watch) to vibrate

User end results : To add end goals of Food he consume, better manage his glucose levels daily, have low glucose levels, to can view his daily intake of sugar, glucose or physical activities, get notifications if his goals of minimizing glucose, sugar or calories are low or high