



# Personalized Health and Fitness Advisor

*By - Priyanshi, Mansi, Ryan, Gabriel, Sourabh*



# Agenda

- Introduction
- Strengths
- Weaknesses
- Opportunity
- Threat
- Conclusion & Takeaways

# JarvisCares: Your AI-Powered Personal Health Assistant

## Features:

- Health Insights and prediction
  - Context based
  - Personalized feedback
- Comprehensive Reports
  - Daily, Weekly, and Quarterly
- Customizable Activity Trackers
- Seamless Communication
- Real-Time Health Queries



Enhance your health journey with JarvisCares: Your reliable companion for personalized healthcare assistance.

# Strengths

## Needs

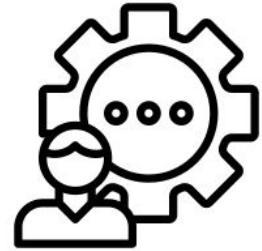
- Combine contextual information with biometric data
- Provide feedback and recommendations

## Benefits

- Continuous monitoring and contextual understanding
  - Event labels associated with stress / benefits

## Existing

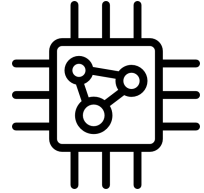
- Wearable devices such as apple watch, oura ring.



# Weaknesses

## Why hasn't this been done?

- Technical complexity
- Government regulations



## Necessary steps for attempting a solution.

- Data collection, Analysis, and Use
- AI based real-time interaction



## Unsolved challenges.

- Individual health differences



# Opportunities

## Stakeholders :

- Users
- Doctors and healthcare providers



## Incentives:

- *Users*: Early detection of irregular body vitals
- *Doctors and healthcare providers*: Accurate diagnoses, better treatment plans

## Best place to start:

- Users already using wearable devices



# Threats

## Risks

- User adoption and engagement
- Accuracy and reliability of the trackers
- Data Integration

## Oppose

- Regulatory and legal challenges

## Vulnerabilities:

- Data security



# Conclusion and Key Takeaways

## **Requirement**

- Lack of existing service

## **JarvisCares**

- One-stop solution for health monitoring and feedback

## **Benefits and Opportunities**

- Provides understanding of body's reactions to different circumstances

## **Challenges**

- Committed to overcome threats and weaknesses





# References

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