

AI-Powered Personalized Health, Nutrition & Fitness for All Ages

PHC is a comprehensive AI-driven platform designed to deliver personalized healthcare solutions. Using EHR data, lifestyle information, and real-time inputs, PHC provides nutrition, fitness, and emotional well-being guidance tailored for individuals or groups across all age groups – from children and adults to seniors.

AI-Driven Meal Planning

PHC creates dynamic, health-focused meal plans based on each individual's unique health data.

EHR-Based Personalization:

Analyzes medical history, allergies, chronic conditions (diabetes, heart, kidney, etc.), medications, lab results, and lifestyle to recommend safe and effective meals.

Individual & Group Meal Plans:

Generate personalized meals for a single individual or coordinated meal plans for families, schools, workplaces, or care facilities.

Dietary Options:

Supports vegetarian, non-vegetarian, vegan, or mixed diets, catering to health needs, age-specific nutrition requirements, and cultural preferences.

Smart Adjustments:

Automatically updates meal plans based on real-time changes in health data, lab results, or individual progress.



Dietary Options:

AI ensures meals meet calorie requirements, macronutrient balance (protein, carbohydrates, fat), fiber, vitamins, and minerals tailored to age and health conditions.

Cultural & Taste Adaptation:

Recommendations consider local cuisine, food preferences, and seasonal availability, ensuring meals are enjoyable and practical for all age groups.

Flexible Duration:

Create plans for any number of days – daily, weekly, or monthly schedules.

Know Your Food – Image-Based Nutrition Analysis



Food Recognition: Upload a picture of a meal or ingredient, and AI identifies it accurately.



Calorie & Nutrient Calculation: Instantly provides calorie count, macronutrients, fiber, vitamins, and minerals.



Dietary Compliance: Ensures shopping aligns with nutrition plans and EHR-based health goals for all ages.



Grocery List Generation:

- AI generates a smart grocery list based on planned meals or scanned food items.
- Includes quantities, diet-specific adjustments, and portion recommendations.

AI-Powered Fitness Planning

PHC designs safe, personalized exercise routines integrated with health data:

EHR-Integrated Workouts:

AI considers mobility, joint health, cardiovascular capacity, rehabilitation needs, and chronic conditions to tailor routines for children, adults, and seniors.

Video Guidance:

Each exercise includes demonstrations via YouTube or integrated videos for correct and safe execution.

Language Options:

Fitness guidance and videos available in Tamil and English.

Adaptive Intensity:

AI dynamically adjusts duration, repetitions, and difficulty based on age, performance, and progress.

Comprehensive Coverage:

Includes stretching, balance training, yoga, walking, and light strength exercises suitable for all ages.

Progress Tracking:

Monitors performance over time and provides personalized feedback for improvement.

Benefits for Users

Individuals & Families:

- Personalized meals, fitness plans, and grocery lists based on EHR and lifestyle data.
- Enjoy age-appropriate, culturally relevant, safe, and nutritious meals.
- Follow exercise routines with video support in preferred language.

Caregivers & Educators:

- Simplified meal planning, preparation, fitness guidance, and grocery management.
- Manage groups efficiently with AI-driven recommendations tailored for age and health conditions.

Transform Health with PHC

- Data-driven insights on nutrition, exercise, and emotional well-being for all age groups.
- Track adherence, predict health risks, and optimize outcomes for patients of any age.

Transform Health with PHC

- Generate personalized meals for individuals or groups of any age.
- Track nutrition and calories with "Know Your Food."
- Create AI-driven grocery lists.
- Follow adaptive fitness plans with video guidance in Tamil and English.

