



HealthBoost Mobile Application

A persuasive chatbot to put the active in active ageing

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The screenshot displays the HealthBoost mobile application interface. On the left, a chatbot conversation is shown with a user asking about chair yoga and the chatbot providing a YouTube link and confirming the activity is added to the calendar. The main screen features a 'HealthBoost' header with a fitness icon and the tagline 'Your one stop app to keep fit'. Below this is a menu with three options: 'Chat Room', 'Article Feed', and 'Schedule'. On the right, a text box explains the benefits of chair yoga for high blood pressure patients. Below that, a section titled 'Your upcoming activities' lists two events: 'Strength training using resistance bands on Fri Feb 24 2023 at 17:00' and 'Chair yoga on Sun Feb 26 2023 at 20:00'.

Project Objectives:

The aim is to create a conversational chatbot for the elderly which is able to recommend an activity based on the user's medical condition and physical ability. It will apply persuasion strategies used in the Model for Adaptive Persuasion to ensure the user overcomes any reluctance or procrastination in completing the activity. Activities which users have agreed to do will be listed on a page for easy viewing and serves as a reminder. This chatbot is trained using DialogFlow ES and hosted inside a mobile application. Through the chatbot, users will better understand the benefits of exercising and be motivated to lead more active lifestyles.

Other features of the application:

1. List of upcoming activities organized by nearby community centers and welfare organizations
2. Articles providing more in-depth information on living a healthy lifestyle

This screenshot shows the 'Activities near you' section of the application. It includes a note: 'Note: All equipment will be provided by organizer.' Below the note, there are three activity listings: 'Table Tennis at Bedok Sports Complex on Tue Feb 28 at 15:00', 'Ballroom dancing at Bedok Community Centre on Fri Mar 3 at 14:30', and 'Soccer at Bedok Stadium on Tue Mar 7 at 10:00'.

This screenshot shows the 'Articles' section of the application. It features an icon of a hand pointing to a document. Below the icon, there are three article titles: '5 quick and easy nutritious meals you can make', 'Easy 5 steps stretches', and 'Why you should exercise'.

Scan QR code below to watch the video demo:

