

School of Computer Science and Engineering **College of Engineering**

HealthBoost Mobile Application

A persuasive chatbot to put the active in active ageing

yes let's go!

11:18 AM

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Hello, round3ut. Let's do some chair yoga today! It's great for High blood pressure patients like yourself.

11:16 AM



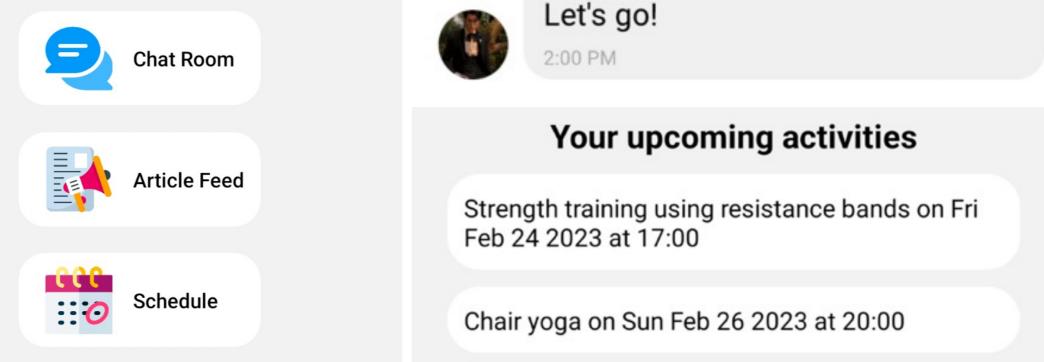
HealthBoost Your one stop app to keep fit

Let's get moving! Simply click on this YouTube link to follow this easy chair yoga routine: https://www.youtube.com/watch ?v=5rJPwLkXzvg. 11:18 AM

As medical experts always say, exercise is the best medicine. Prevent ailments by doing yoga regularly. Make exercise fun by doing chair yoga to your favorite tunes! For high blood pressure patients like yourself, chair yoga is ideal as it increases the flexibility of your blood vessels, lowering the pressure required for blood flow.



chair yoga added to calendar for 13:18 successfully. 11:18 AM



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:

Activities near you Note: All equipment will be provided by organizer.

Table Tennis at Bedok Sports Complex on Tue Feb 28 at 15:00

QR Scan code below watch to

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

Ballroom dancing at Bedok Community Centre on Fri Mar 3 at 14:30

Soccer at Bedok Stadium on Tue Mar 7 at 10:00



5 quick and easy nutritious meals you can make

Easy 5 steps stretches

Why you should exercise

the video demo:



https://www.ntu.edu.sg/scse