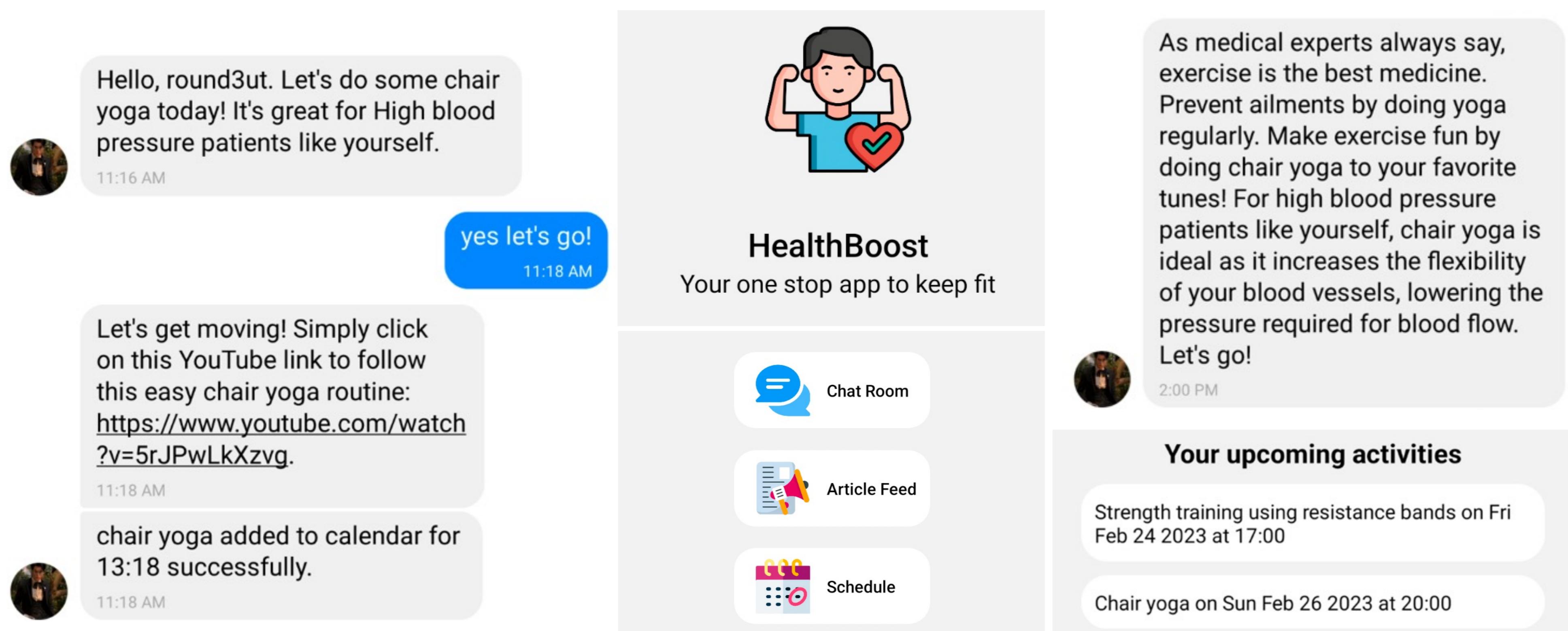


# HealthBoost Mobile Application

A persuasive chatbot to put the active in active ageing

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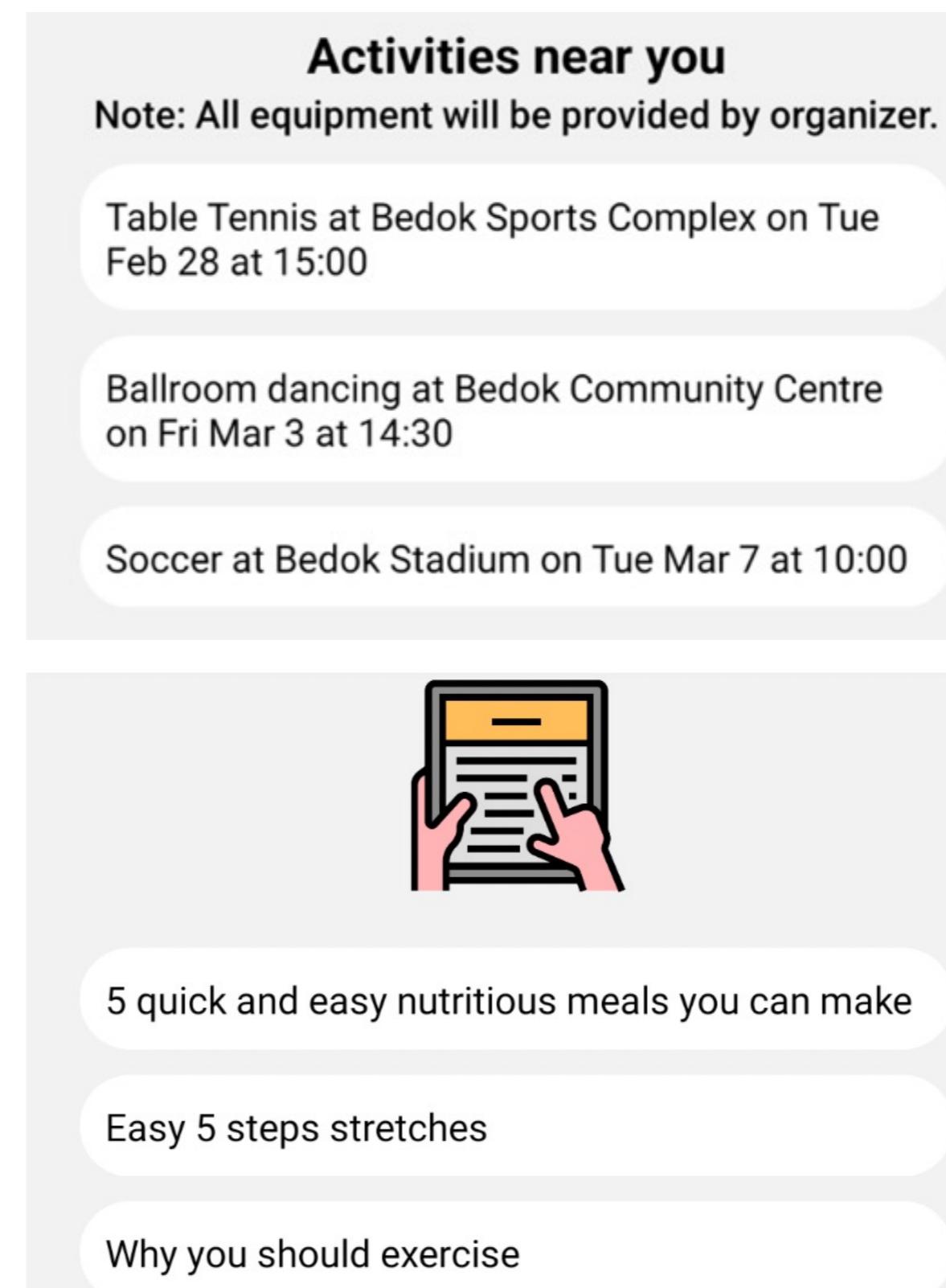
## Project Objectives:

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



Scan QR code  
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the video demo:

