Abstract

We aim to support people to improve their lifestyle habits by understanding their individual. We created techniques to intervene according to lifestyle through analyzing life logs. To be more in line with internal values, we are also modeling a dialogue process that takes into account thoughts and promotes behavioral change.

Features

- To support habit change by presenting adaptive and achievable information for individuals.
- Systematize the dialogue of health guidance by experts for assisting untrained nurses.

Application Scenarios

- For promoting walking and improving daily habits to prevent lifestyle diseases.
- For nurses to provide effective health guidance and motivating people by providing daily advice.

Roadmaps

- We will consider ways to more precisely and efficiently understand an environmental condition and personality and confirm the effects of technology on improving lifestyle habits.

Exhibitors

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