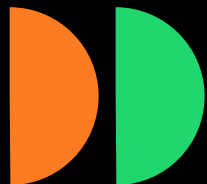




AI-Powered Personal Health Coach

Lablab AI Agents Hackathon
Team: AI THE ERA





Team Introduction

WHO WE ARE

We are the TEAM: AI THE ERA

Muhammad Farhan	Team Lead
Abhinav Arya	App Architecture Lead
Ayobami Alaran	AI and Backend Lead
Siddharth	Full Stack developer
Shane Zhu	Frontend Developer and Media producer
Anchal Arora	Fullstack Lead



For more info:
[Lablab](#)

You can visit our projects:
[GITHUB](#)

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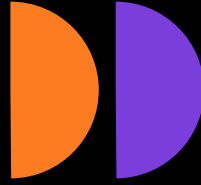
Next Steps

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Working
Demo



Problem Statement

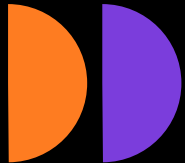


- **Health Tracking is Fragmented:** Most health apps focus on only one aspect (fitness, diet, or sleep), creating a fragmented experience.
- **Key Pain Points:** Switching between apps makes it hard to track multiple health metrics consistently, leading to decreased motivation and engagement.



Solution

- **Integrated Health Management:** A single platform that integrates fitness, nutrition, sleep, and mental health.
- **AI-Driven Recommendations:** Personalization through AI using real-time data from wearables like Google Fit and user inputs.
- **Unique Value Proposition:**
 - **Holistic Approach:** Covers multiple health areas in one platform.
 - **AI-Personalization:** Provides dynamic, tailored recommendations that evolve based on user progress.

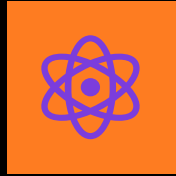


tech stack



**Python
(Django)**

Handles the backend
and AI integration



**JavaScript
(React)**

Manages the frontend
and user interface



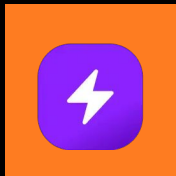
**SQL
(PostgreSQL)**

Used for managing the
database and executing
AI queries with MindsDB



Google Fit API

Fetches real-time data
from wearables for
user activity tracking



Composio

Seamlessly integrate AI
Agents & LLMs



GPT-4o

a multilingual,
multimodal generative
pre-trained transformer

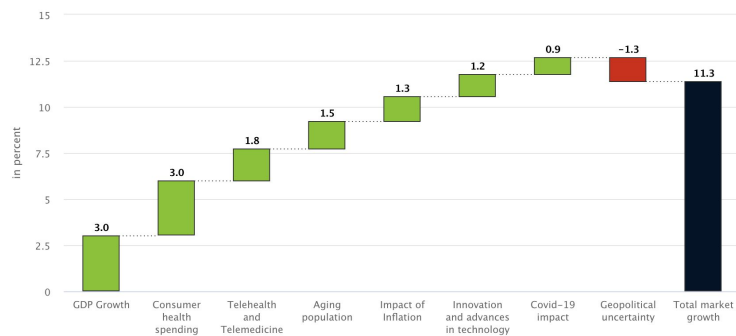


Upstage

delivering state-of-the-art,
pre-training llms for
enterprises

Market Size

MARKET DRIVERS FOR VALUE CHANGE

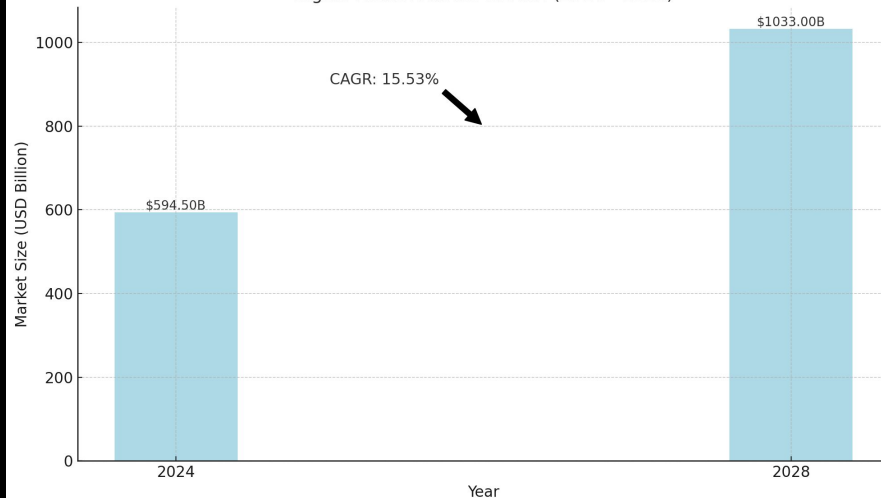


Notes: The growth rates shown are based on 2023. The growth rates of the drivers in the market driver chart are calculated using USD values. Using a different currency will not affect their growth rates; however, the data might change due to conversion rates.

Most recent update: Jul 2024

Source: Statista Market Insights

Digital Health Market Growth (2024 - 2028)



Reference: Statista, "Digital Health Market Worldwide," available at:
<https://www.statista.com/outlook/hmo/digital-health/worldwide#revenue>

Where is Digital Health Growing?

North America

Leading market for digital health adoption due to high consumer demand and wearable use

Latin America

Emerging market for telemedicine and remote health management solutions.

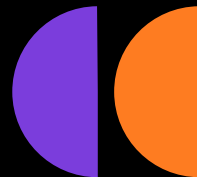
Europe

Strong adoption of AI-driven health tech, boosted by government regulations.

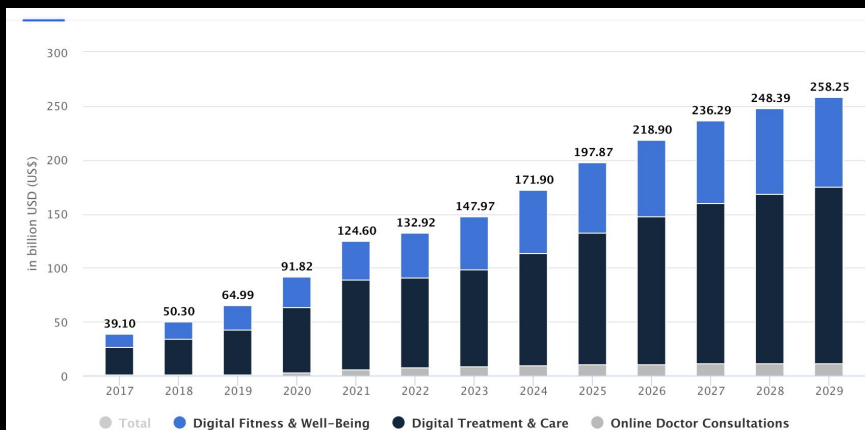
Asia-Pacific

Rapidly expanding mHealth market with smartphone-driven health solutions.





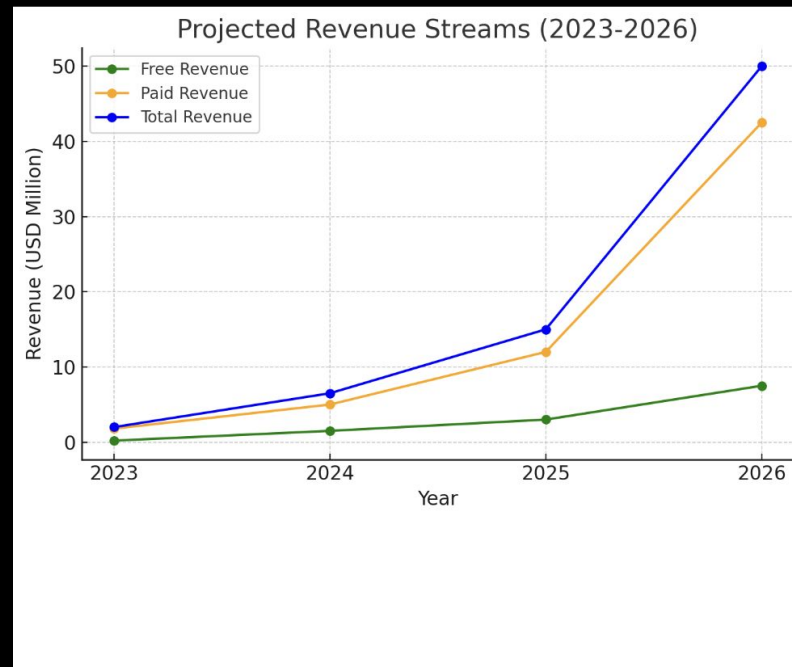
Revenue Streams



Notes: Data was converted from local currencies using average exchange rates of the respective year.

Most recent update: Sep 2024

Source: Statista Market Insights



Reference: Statista, "Digital Health Market Worldwide," available at:
<https://www.statista.com/outlook/hmo/digital-health/worldwide#revenue>

A Picture is
Worth a
Thousand Words



Big Numbers Catch Your Audience's Attention

Unique Value Propositio n

Holistic Health Integration

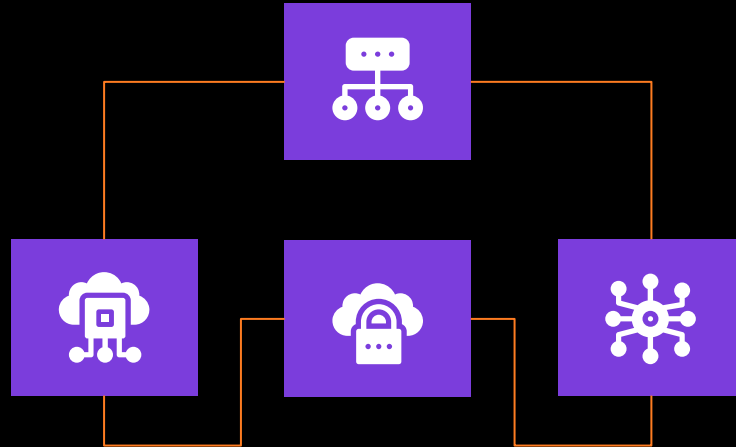
Our AI coach integrates fitness, nutrition, sleep, and mental wellness into one platform.

Predictive Health Analytics

Our system predicts health issues and offers proactive recommendations to users.

AI-Driven Personalization

Utilizes real-time data and machine learning to provide personalized health recommendations.



Data Integration

Connects with Google Fit to automatically track physical activity, sleep, and more.

Competitor Comparison

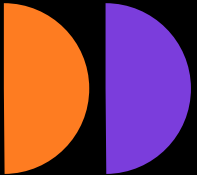
Competitor	Strength	Weakness	How We Differentiate
MyFitnessPal	Comprehensive food database for diet tracking.	Limited to diet, lacks fitness and mental health tracking.	Our app integrates fitness, nutrition, and mental health into one platform, offering a holistic solution.
Noom	Psychology-based approach to weight loss.	Primarily focuses on weight loss and eating habits.	Our app focuses on a holistic health approach, covering fitness, sleep, and mental health, not just diet.
Fitbit	Excellent activity tracking with hardware integration.	Lacks personalized coaching across multiple health domains.	Our app delivers AI-driven personalized recommendations, integrating fitness, nutrition, and mental health.
Headspace	Focus on mental health and meditation.	lacks physical or nutritional integration.	We provide a holistic health solution, integrating mental wellness with fitness and nutrition.

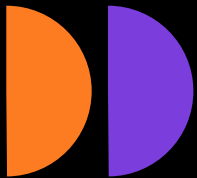
Next Step/Backlogs

- **Immediate Next Steps:**
 1. **Expanded Wearable Integrations:** Adding support for Apple HealthKit, Fitbit, and other devices.
 2. **Enhanced Social Features:** Building social challenges and gamification to increase user engagement.
 3. **AI-Personalized Fitness Challenges:** Tailoring fitness challenges to users based on real-time data.



Product Demo





Thanks

Do You Have Any Questions?

Contact team

