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Health Expert

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Abstract: Globally, mobile health (mHealth) technology could present incredible advantages to the general public, comprising an improved health care system, with fewer errors, reduced cost, and enhanced patient and healthcare system commitment. To let mobile health apps and devices be safe and effective, it should be regulated so that they are designed and developed properly. Then it should be implemented in the right manner by using the right algorithms. it should be maintained and updated as per the requirement. Most of this technology should be used properly so that it poses no risks to patients.
Keywords: mhealth, PDAs, ICT, telemedicine, myFitness Companion, Fooducate

I. INTRODUCTION

mHealth (m-health or mHealth) is an abbreviation for mobile health, a term used for the practice of medicine and public health supported by electronic devices. The term is most commonly used for using mobile communication devices, such as mobile phones, tablet computers, personal digital assistants (PDAs), and wearable devices such as smartwatches, for health services, information, and data collected. m-health is a new way of taking care of yourself when you don't have easy access to doctors. This helps you to maintain physical health by giving you the required knowledge about exercise and diet. m-health, or any health app motto, is to provide the right information and an easy user interface so any age group can use it. It will recommend you visit a doctor once you are in good condition to go to the doctor and get consulted.

II. LITERATURE SURVEY

A. Security and Privacy Analysis of Mobile Health Applications: The Alarming State of Practice

Based on methodology, the experiments take place accordingly for all the 20 health apps under evaluation. Before reporting the results of the static and dynamic analysis for each health app, we discuss the results of their analysis, which includes their privacy policies and permission requests.

B. Mobile apps for Chronic Disease Management

Health-related apps on mobile devices are often easy to use and appeal to users. The apps give a lot of functionality for either free or a few bucks, and health staff and doctors are starting to use the data collected from these apps in their diagnoses. In this app, chronic diseases are treated well as these diseases need to be taken care of for a longer time.

C. A mobile health application for the elder-caregiver monitoring paradigm

Protege, a mobile app, is examined in this paper.It was developed for the elder-caregiver paradigm, with its main motto being to identify and refine best practises for a population of elderly caregivers. Features that require the elderly's interaction include a special launcher, an SOS feature, and dedicated user interfaces for short messaging and phones. These features grouped together compose an integrated elderly-customized mobile application developed for a refined, intuitive, and adjusted user experience.

D. User's Perspective about Mobile Fitness Applications

It is found that the majority of the user who uses the fitness app are young adult males in the age group of 20-35 It shows that men are more interested in their physical fitness compared to women. About 30 percent of users prefer apps with a focus on workouts than diet and nutrition as an important aspect of fitness. Even though half of the users like to remain fit always, only 32 % follow all the instructions of the app frequently. It is found that it has been only 3 months since 34 % of the user have started using these apps. This shows the popularity of fitness apps have increased in recent times. About 40 % of the user use the app on a daily basis and 28 % use it on weekly basis to do their fitness activities. And 60 % of users find the app that they are using effectively. This indicates the influence of the app on users.

E. Mobile Medicine

The paper is presenting a Mobile Medicine solution, which exploits a collection of semantic computing technologies together with an intelligent content models and tools to provide innovative services for medical personnel.

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F. M-health Clinic Appointment pc Tablet

The data collected from patients gives the important history and visual information for evaluating HPN patient's clinical condition. It was the cost of patient life and saved them travel time Further studies testing the acceptability of m- health apps in low-income African-American people and their effects on their babies healthy body weight and nutritional well-being are warranted.

III. PROBLEM STATEMENT

The project is mainly focused on how can one be healthy by staying home without stressing out on little things and running to the doctor each time. It helps patients to reconsigned what is going on in their body and then only then can visit a doctor and see the further test etc.

IV. METHODOLOGY

The m health app is designed using real-life data collection and putting it together. Data collection from the various recognized website for a particular disease and their home remedy and treatment guide helps find the doctor and get appointments. Collecting data from the website and turning it into single-line information for the user.

Data is the process of gathering and measuring information on targeted variables in an established systematic fashion, which then enables one to answer relevant questions and evaluate outcomes

V. SYSTEM DESIGN

We build an easy and simple app where you simply type down the disease and get the solutions

We made the app using flutter and dart, we build the app in android studio, firstly we had designed the layout of the app, and structured it in the flutter as it consists of a lot of widgets to choose from and modify according to the needs and each disease is defined in the flutter given the important knowledge about the disease and some home remedy and this all is based on the data we collected from the website. We suggest the treatment we do not promise that it will make you healthy but we give you the instance refile and guidance.

VI. WORKING

You have to sign in or login into the app with your email address and password which get stored in the firebase and help you in getting logged in next time. Now as per your requirement you can search for the disease you are suffering with it will ask some questions to cross-check if it is the same disease, it will show you some of the symptoms and you have to select as per your suffering and then it will show you some home remedies and, if you have already tried the all above select that and move forward and it will suggest you the nearby doctor and the test ay be you need to take for the better analysis of disease, all of them is one screen The next screen is about the exercises that are commonly in in-home to keep yourself fit and healthy

The next screen is a diet where you get the basic knowledge o the food you should include in your day-to-day life to keep the balance in nutrition in your body.

Las t screen is about the app here is you can contact the developer about any problem regarding running the app.

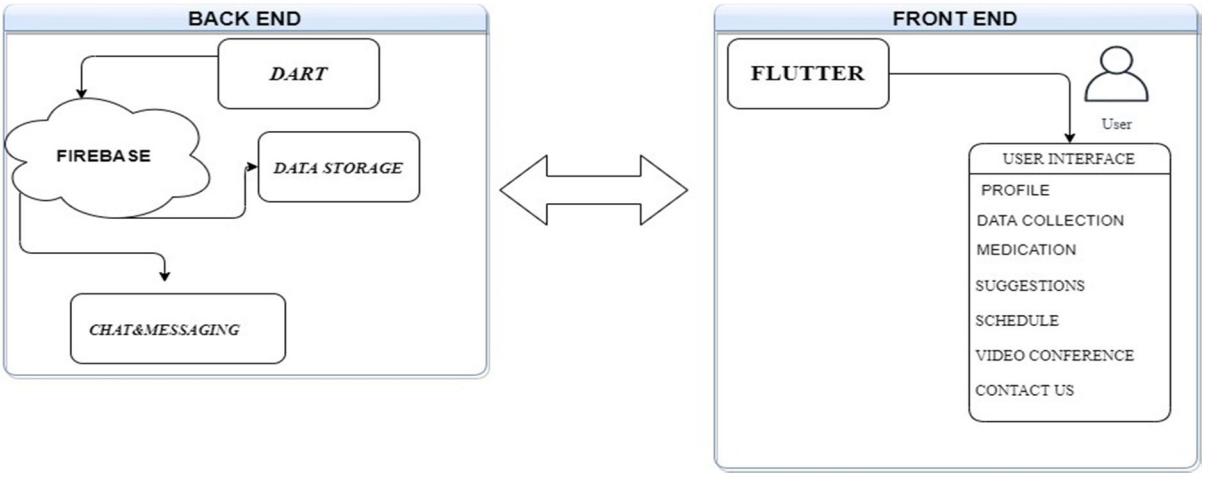


Fig1. System Design

VII. RESULTS

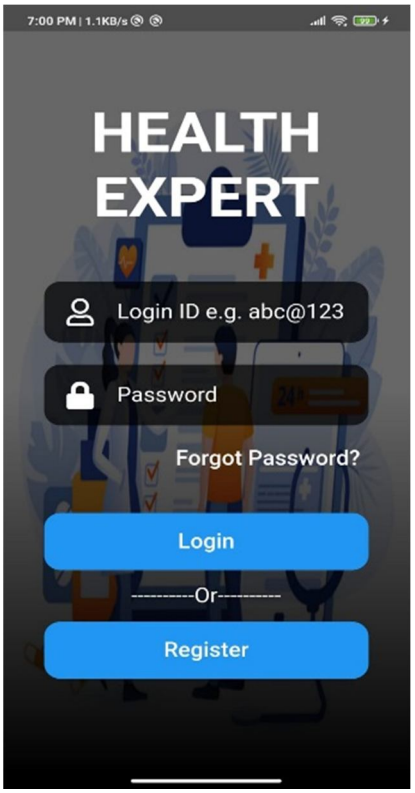


Fig.2 Login Page

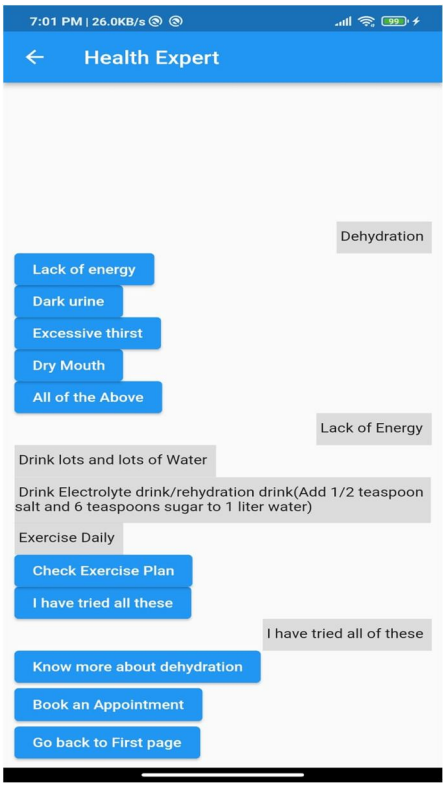


Fig.3 Chat Screen

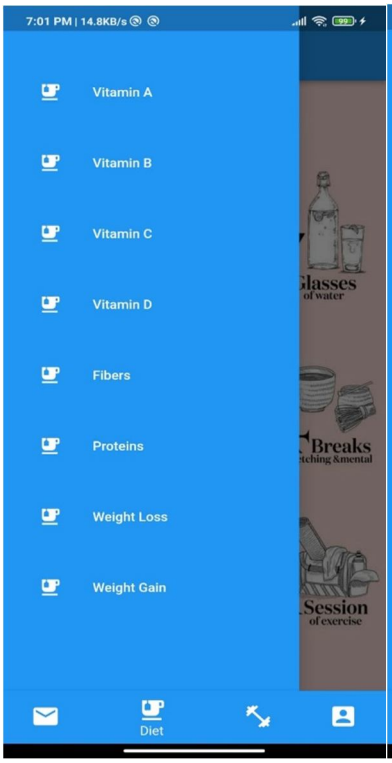


Fig.4Diet page

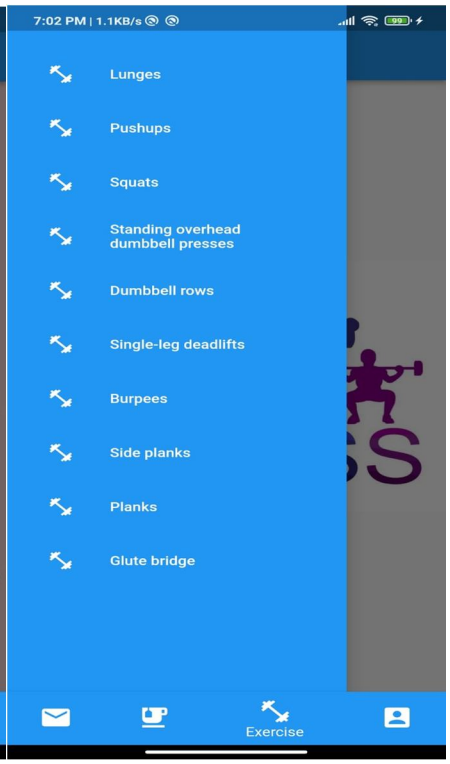


Fig.5 Exercises Page

VIII. CONCLUSION AND FUTURE WORK

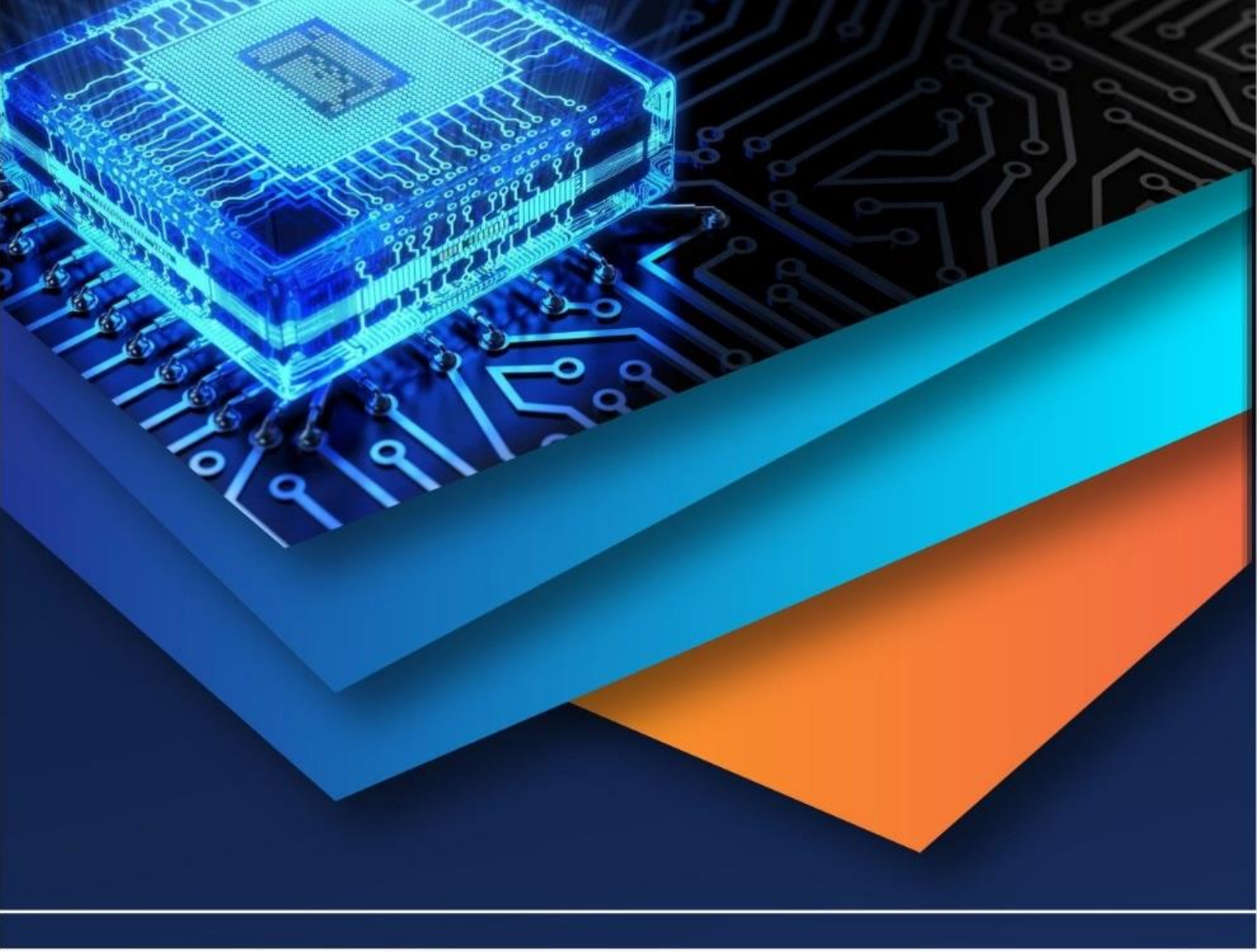
m-Health services and applications propose healthcare delivery anytime and anywhere overcoming geographical, and even organizational barriers with low costs. This study reviewed on m-Health services and technologies. Further, it presented the m-Health technologies growth, its regulation, and privacy issues. Based on the compressive review that m-Health services and applications has already an important and determinant role in reestablishment of the old healthcare services and systems that still based on the physical relationship between patient and Doctor. Moreover, m-Health applications have a strong impact on healthcare services, such as, hospitals, care centers, and emergency attendance. Therefore, its main motto is to be a major improvement on patient lives, especially in the elderly, disabled, and chronically ills.

IX. ACKNOWLEDGMENT

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