

GROUP 2-IUXE

IVA in the context of “Health and Fitness”



Persona

Name: Harry smith (height 185 cm, weight 98 Kg)

Age: 67

Marital Status: Wife died 3 years ago, 1 son Mark 27

Harry Smith use to work in building constructions, he retired 10 years ago. As he had a physically heavy job, he felt a need to take a few years of rest before doing any new activities. As he got older he became less active and spent almost all his time watching TV. In last few years he began using the computer to surf on the Internet for several hours per day. Harry had only one friend Lars 64. His social contacts decreased specially after that his wife passed away. His son Mark noticed that Harry was gaining weight in the last few months.

Harry meets our IVA

Harry fill a form. He has to put some information about himself like: name, age Weight & Height.

Harry's BMI is calculated by the IVA. His BMI was 28,63

He got the advice not gain more wait and try to change his eating patterns and try to do more exercises.



Claim

Situation awareness ↑



First discussion with our IVA

Harry answers questions about his eating habits and his nutrition.
From the responses give by Harry, a food program to monitor for a week is given by our IVA.

In this program specifies what kind of food he should avoid, good foods for Harry's health. There are simple recipes too.

Harry needs to respect this program.



Fine, thanks

How are you today Harry?

Claim

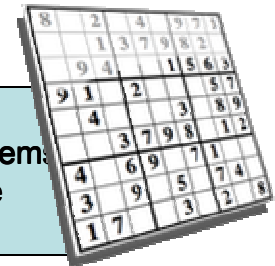
Emotion ↑

human status of the IVA, human beings & machines :

Harry: Are you a human ? How do you know all these health programs ?

Mental Health

During this week, Harry can interact with our IVA and make mental exercises, exercises to prevent cognitive disorder (memorization, attention disorders, problems with concentration, difficulties in making decisions, to recognize emotions on the faces of others...), mental games (Sudoku ...).



Claim

Efficiency ↑

persona's cognitive abilities :

IVA: Do you remember your last meal ? Harry: Yes, and you do you remember ?

Social interaction and politeness

To help Harry get over his loneliness, The IVA tries have some fun with Harry and also increase the social interaction and respect between Harry and the IVA. The IVA is always polite, what make Harry respect it.

Claim

Emotion ↑ 

Harry: That were nice jokes. Where did you get all these jokes?

Ok, I hope it is funny.

Would like to hear a joke?



Physical Health

Harry answers a few question about his health.

A simple sport program is given by our IVA.

Harry is advised to do more light exercises to help him to become physically more active. Walk 30 minutes after the evening meal.

Claim

Emotion ↓



Harry: do I really need to do walk every day?

IVA: Trust me, you will really feel a lot better, I helped the lady I was assisting before you. You will also meet many people on the street that are also walking.



Feedback after 1 week about the program

Harry has to answer questions about his eating patterns and our IVA will ask Harry about how he feels, and if the IVA was giving good advice. Our IVA encourage Harry to continue this program, to gradually increase the duration and frequency of exercises.

He has the choice to continue this program or to change it.

Your food recopies were good!

Did you like the food this week?

Claim

Trust ↑ ↓



motivation and relationships :

IVA: It is time to do a health balance regarding the food program.

Harry: Nice, Who are we going to do that ?

Appraisal Feedback

After one week, our IVA and Harry make a feedback about sports exercises and eating program.

Besides, to have more opportunities to practice, Harry has the choice to discover and meet other IVA personalities in order to extend the kind of exercises and by the way, his community.

I think it was ok

Did you like the program

Claim

IVA: Do think that I helped you improve you health.

Harry: I feel a lot better, so what are we going to do next ?