

ABSTRACT

The Android application aims to provide users with a convenient and accessible platform for assessing their health status and receiving personalized recommendations. Through a series of questions posed to the user, focusing on symptoms and lifestyle factors, the app utilizes Recurrent Neural Network Long Short-Term memory (LSTM) algorithm to predict potential health conditions such as cardiovascular disease, diabetes, PCOS/PCOD, or general ailments. Based on user responses, which are limited to "yes" or "no" choices, the app generates suggestions for dietary adjustments and food choices aimed at promoting better health outcomes. By integrating disease prediction with dietary recommendations, the application offers a holistic approach to health management, empowering users to make informed decisions about their well-being and adopt healthier lifestyles. By prompting users with a series of targeted questions regarding their health status and habits, this app employs deep learning to predict potential health issues such as cardiovascular disease, diabetes, PCOS/PCOD, or other common ailments. Leveraging the user's responses, which are restricted to "yes" or "no" options, the application offers personalized dietary suggestions and meal plans to support preventive measures and encourage healthier lifestyles. Through this intuitive interface and intelligent analysis, our app serves as a valuable resource for users seeking to take proactive steps towards optimizing their health and wellness.