

## AI In Health and Wellbeing - A Seven-Step Engineering Method

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**Abstract :** There are many examples of AI-supported apps for better health and wellbeing. Generally, these applications help people to achieve their goals based on scientific research and input data. Still, they do not always explain how those three are related, e.g. by making implicit assumptions about goals that hold for many but not for all. We present a seven-step method for designing health and wellbeing AIs considering goal setting, measurable results, real-time indicators, analytics, visual representations, communication, and feedback. It can help engineers as guidance in developing apps, recommendation algorithms, and interfaces that support humans in their decision-making without patronization. To illustrate the method, we create a recommender AI for tiny wellbeing habits and run a small case study, including a survey. From the results, we infer how people perceive the relationship between them and the AI and to what extent it helps them to achieve their goals. We review our seven-step engineering method and suggest modifications for the next iteration.

**Keywords :** recommender systems, natural language processing, health apps, engineering methods

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