Yoor. COACH + Gemini Live

Intro

Yoor. HEALTH is a revolutionary AI-driven health and wellness platform that offers personalized, proactive support for users. By leveraging Google's advanced Gemini Live AI, coupled with our proprietary technology, Yoor. I/O, which creates a long-term memory system for each user, storing and analyzing data in Google Cloud to deliver highly tailored recommendations and insights. Insights from Yoor. HEALTH, a comprehensive Health and Wellbeing model and engaging a user with Yoor. COACH, the app.

Proprietary Technology

Yoor. I/O: A revolutionizing the health and wellness industry by combining cutting-edge AI with personalized user experiences. Their flagship app, Yoor. COACH, uses their proprietary system Yoor. I/O to remember past conversations, personalize interactions, and proactively engage users with personalized suggestions and prompts. Yoor. COACH is empowered by Yoor. HEALTH, a collection of prompts for the health and wellness domain. Yoor. offers users a supportive AI companion and personalized guidance to achieve their health and wellness goals.

Key Features

- **Proactive Health Coaching:** Analyzes user behavior, health metrics, and preferences to proactively deliver personalized health recommendations through engaging AI-driven conversations.
- **Personalized Onboarding:** Provides a seamless and engaging onboarding experience for new users through natural language interactions powered by Gemini Live and Dialogflow.
- **Image Recognition for Nutrition Tracking:** Allows users to easily track their nutrient intake by analyzing images of their meals using Gemini's multi-modal capabilities.
- **Health and Wellbeing Management:** Yoor. COACH provides comprehensive health tracking and management, including personalized insights, proactive suggestions, and support for various health conditions.
- **Comprehensive Health Tracking:** Integrates with Google Fit/Apple Health to monitor weight, blood pressure, and other health metrics, offering personalized insights and recommendations.

Benefits

- **Personalized and Proactive Health Coaching**
- **Seamless and Engaging User Experience**
- **Comprehensive Health Tracking**
- **Improved Health Outcomes**
- **Reduced Healthcare Costs**

Gemini Live's conversational AI capabilities allow for natural, interactive dialogues with users, addressing their queries, offering guidance, and delivering personalized recommendations. We use an API to integrate Gemini with Dialogflow. Dialogflow is used for onboarding a user through structured prompts. t context-aware interactions, and will streamline task completion. This will be explained later in more detail.

We use our Health and Wellbeing domain-specific cartridge called Yoor. HEALTH. Other domain-specific cartridges are on the horizon.

The app we are creating is called Yoor. COACH.

"Yoor. COACH" aims to empower users to take charge of their health and well-being.

Goal

Our goal is to develop a proactive, long-term memory, we call this technology Yoor I/O. How are we planning to implement long-term memory? And what kind of proactive actions do we envision the app taking?

We will implement long-term memory by capturing all users' sessions and then store them in BigQuery and some Google Cloud products to create long-term memory. We will be able to take that data and optimize a user's health and wellbeing over time.

We selected BigQuery and other Google Cloud products because they are excellent choices for handling large-scale data storage and processing. Storing session data in BigQuery would allow for efficient retrieval and analysis, enabling you to create a robust long-term memory model.

To understand how we use Google Cloud Products, see the diagram below.

Cloud Build - Fully managed serverless Continuous Integration/Continuous Delivery (CI/CD)
Cloud IAM - Manages access control for your cloud resources
Cloud Run - Fully managed serverless platform that enables running stateless containers
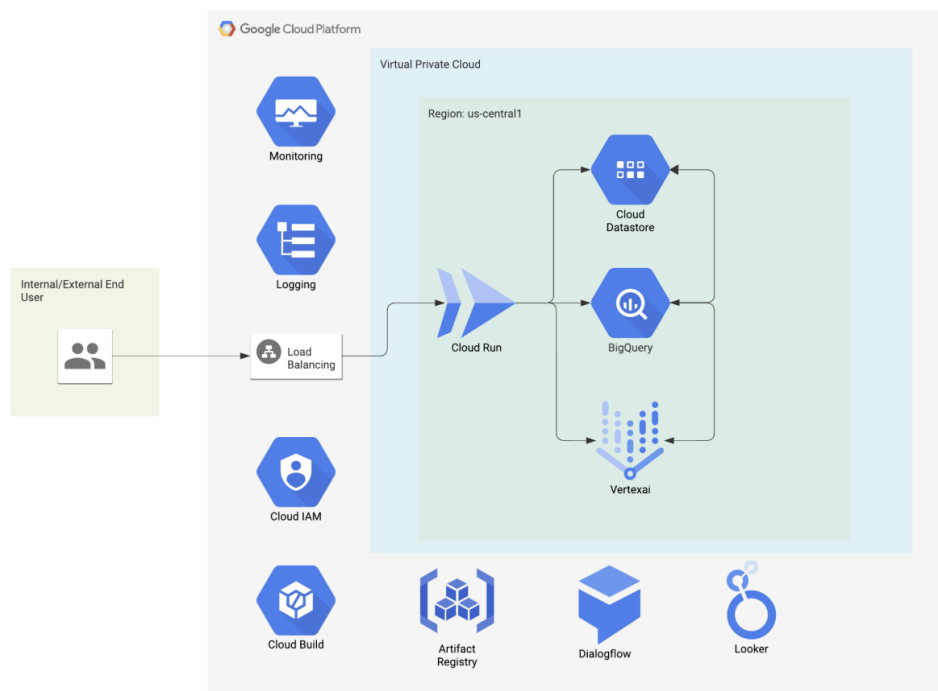Cloud Datastore - A highly scalable NoSQL database
Big Query - A fully managed, serverless data warehouse
Vertex AI - A unified machine learning (ML) platform
Artifact Registry - A scalable and centralized repository service
Dialogflow - A natural language understanding platform
Looker - A business intelligence (BI) and data analytics platform

Yoor. COACH = Proactive Engagement

Once the data is stored, how are we planning to use it to make Yoor. COACH proactive?

We will be using our proprietary machine-learning algorithms to identify patterns and predict user needs or create personalized recommendations based on past behavior.

Both machine learning algorithms and personalized recommendations based on past behaviors plus recommendations based upon changes in Google Fit or Apple Health. The changes, i.e. weight gain or loss data from a smart scale, the data help create proactive live conversations, and recommendations, and store this data with Yoor. I/O's long-term memory function. The stored data allows us to analyze it through machine learning creating optimized personalized recommendations.

This combination creates a comprehensive and innovative approach. Combining machine learning algorithms with personalized recommendations based on both past behaviors and health data from Google Fit/Apple Health creates a truly proactive and user-centric app.

Machine learning will identify patterns in user behavior and health data, allowing the app to anticipate needs and offer timely suggestions. For instance, if the user consistently exercises in the morning, the app could proactively suggest workout routines or relevant fitness content at the start of the day.

Additionally, integrating health data would enable the app to provide personalized health recommendations. As an example, if the user's heart rate data indicates stress, the app could suggest relaxation techniques or mindfulness exercises.

This combination of machine learning and personalized recommendations, based on both behavior and health data, could empower users to make informed decisions about their daily routines and overall well-being. The key to success is the ability for people to change their lifestyles based on real-time information from Yoor I/O.

Gemini Live + Dialogflow = Onboarding

Integrating Gemini Live for real-time conversations and connecting it to Dialogflow agents through an API is a pivotal feature for Yoor COACH. This combination enables dynamic, personalized interactions that enhance user engagement and provide seamless support.

Gemini Live's conversational AI capabilities allow for natural, interactive dialogues with users, addressing their queries, offering guidance, and delivering personalized recommendations. By integrating with Dialogflow, these conversations can be further enriched with structured responses, context-aware interactions, and streamlined task completion.

This integration unlocks a range of possibilities for Yoor. COACH:

- **Personalized coaching:** Users can receive tailored guidance and support in real-time, based on their individual goals and needs.
- **Instant feedback:** Users can get immediate responses to their questions and concerns, enhancing their understanding and motivation.
- **Seamless interactions:** The app can seamlessly transition between conversational AI and structured responses from Dialogflow agents, providing a smooth and efficient user experience.
- **Enhanced engagement:** The interactive nature of Gemini Live conversations keeps users engaged and motivated to continue their health journey.

Gemini Live = Unprecedented User Experience

Optimized Nutrition

An example would be for Yoor. COACH to create a meal and nutrition plans that would be optimized over time to help a person become more healthy, whether they're losing weight or whether they're at a normal weight but they're in poor health positively using nutrition and optimizing that for the person in a personalized way.

Integrating personalized meal and nutrition plans that optimize over time to enhance users' health, regardless of their weight goals, is a fantastic addition to the app. Leveraging nutritional data to create tailored plans for weight loss, weight maintenance, or general health improvement through personalized nutrition is a powerful approach that is possible due to AI.

This feature will incorporate various factors such as dietary preferences, allergies, health conditions, and fitness goals to generate customized meal plans and nutritional recommendations. By tracking user progress and adjusting the plans based on feedback and health data, the app can continuously optimize the recommendations to maximize results.

For instance, if a user is aiming to lose weight, the app could create a calorie-controlled meal plan with a balanced macronutrient ratio and prioritize nutrient-dense foods. For users who are already at a healthy weight but want to improve their overall health, the app could focus on optimizing nutrient intake, including specific vitamins, minerals, and antioxidants, based on their individual needs.

This personalized and adaptive approach to nutrition planning could empower users to take control of their health and achieve their goals sustainably and enjoyably. It's a valuable addition to the app's proactive features and could have a significant positive impact on users' well-being.

Image Recognition

One of the new features we will enable is Yoor. COACH using image recognition to take data from an image of a person's meal or plate of food and you tell and track the nutrients.

Using image recognition to identify and track the nutrients in a meal will revolutionize the way people approach nutrition. It would be a convenient and efficient way for users to monitor their dietary intake and make informed choices about their food.

We will use Gemini's multi-modal mode to take images of food.

By combining image recognition with language processing, Gemini can effectively identify and analyze the visual content of meals, enabling accurate nutrient tracking and personalized recommendations.

This integration of multi-modal AI would significantly enhance the app's functionality and user experience. Users could simply snap a photo of their meal, and Gemini would quickly and accurately assess its nutritional value, providing valuable insights and suggestions for optimizing their diet.

This information will then be integrated into the app's personalized nutrition plans, providing users with real-time feedback on their dietary choices and helping them stay on track with their goals. It could also be used to generate insights and recommendations, such as suggesting healthier alternatives or highlighting nutrient deficiencies.

This feature would be a valuable addition to the app's suite of proactive and personalized tools, empowering users to take control of their nutrition and achieve optimal health outcomes.

This is a testament to the power of AI to transform our lives and improve our well-being.

Extracting accurate portion sizes from food images is crucial for precise nutrient tracking and personalized dietary recommendations. By analyzing the visual cues within the image, such as the size and shape of food items relative to the plate or other reference objects, Gemini can estimate portion sizes with a high degree of accuracy.

This information can then be combined with the identified food items and their nutritional composition to calculate the overall nutritional value of the meal. By integrating this feature into the app, users can gain a deeper understanding of their dietary intake and make more informed choices to achieve their health goals.

The ability to accurately estimate portion sizes from food images is a testament to the power of Gemini's multi-modal AI capabilities and its potential to revolutionize the field of nutrition. I'm excited to see how this feature will evolve and contribute to the app's success in empowering users to take control of their health.

Diabetes Management

Yoor. COACH will use this feature to track carbohydrates to help people with diabetes understand what their insulin might need some need to be based upon the carbohydrates that are in the food that they're eating currently.

Incorporating carbohydrate tracking to assist people with diabetes in managing their insulin needs is a valuable and impactful application of the image recognition feature. By accurately identifying and quantifying the carbohydrates in a meal, the app can provide crucial information for individuals with diabetes to make informed decisions about their insulin dosage.

This feature could be particularly beneficial for those using insulin pumps or following a carbohydrate-counting approach to diabetes management. By simply taking a photo of their meal, they can instantly receive an estimate of the carbohydrate content, allowing them to adjust their insulin dosage accordingly.

This integration of image recognition with diabetes management tools has the potential to greatly improve the lives of individuals with diabetes by simplifying and enhancing their ability to manage their condition. It's a testament to the power of technology to address real-world health challenges and improve overall well-being.

Tracking

We will also be tracking weight through connected devices from Google Fit or Apple Health which is a valuable addition to the app.

Monitoring weight changes over time is crucial for individuals who are managing their weight or have specific health goals.

By syncing weight data from smart scales or other connected devices, the app can provide users with a comprehensive overview of their progress, identify trends, and offer personalized insights and recommendations. This data can also be integrated with the meal and nutrition plans, allowing for further customization and optimization based on weight fluctuations.

This integration of weight tracking with other health data and personalized features will empower users to make informed decisions about their lifestyle choices and achieve their health goals more effectively. It's a testament to the app's commitment to providing a holistic approach to health and well-being.

Hypertension

We also integrate data from connected blood pressure monitors to enhance Yoor. COACH's comprehensive health-tracking capabilities. By syncing blood pressure readings from connected

devices, users can monitor their cardiovascular health and receive personalized insights and recommendations based on their blood pressure trends.

This integration can be particularly beneficial for individuals with hypertension or those at risk of developing cardiovascular diseases. By regularly tracking their blood pressure, they can identify potential issues early on and take proactive measures to manage their health.

Furthermore, integrating blood pressure data with other health metrics, such as weight, activity levels, and nutrition, can provide a holistic view of a user's health status and enable Yoor. COACH to offer even more personalized guidance and support.

This addition further solidifies Yoor. COACH's position as a comprehensive and personalized health coaching platform, empowering users to take control of their health and well-being in a proactive and informed manner.

Anonymized User Health Data for Research and Development

Yoor. COACH recognizes the immense value of anonymized user health data in advancing medical research and improving health outcomes. We are committed to contributing to the scientific community while upholding the highest standards of privacy and data protection.

Renting Anonymized Data

Yoor. COACH plans to offer anonymized and aggregated user health data to universities, scientists, and researchers to facilitate research and development under strict contractual agreements. This data will be stripped of all personally identifiable information, ensuring complete user anonymity.

Research Applications

The anonymized data can be used for various research purposes, including:

- **Identifying health trends and patterns:** Analyzing large-scale health data can reveal valuable insights into population health, disease prevalence, and risk factors.
- **Developing predictive models:** Machine learning algorithms can utilize anonymized data to develop models that predict disease risk, treatment response, and health outcomes.
- **Evaluating intervention effectiveness:** Researchers can use anonymized data to assess the impact of different health interventions and develop more effective treatment strategies.

- **Advancing personalized medicine:** Anonymized data can contribute to the development of personalized health recommendations and treatment plans based on individual characteristics and needs.

Privacy and Security

Yoor. COACH prioritizes the privacy and security of user data. We adhere to all applicable data protection regulations and implement robust security measures to safeguard anonymized data. We will only share data with reputable research institutions and organizations that demonstrate a commitment to ethical data use and privacy protection.

User Consent

Before sharing any anonymized data, Yoor. COACH will obtain explicit consent from users. Users will have the option to opt in or out of data sharing for research purposes. We believe in empowering users with control over their data and ensuring transparency in our data practices.

By renting anonymized user health data to the scientific community, Yoor. COACH aims to contribute to groundbreaking research, accelerate medical discoveries, and ultimately improve the health and well-being of individuals worldwide.

Revolutionizing Corporate Wellness with Gemini Live and Data

Yoor.HEALTH leverages Yoor.I/O, Yoor.HEALTH, and Google's Gemini to create a proactive AI coach (Yoor.COACH) that empowers employees to improve their health.

The platform offers:

- Personalized AI Coaching with Gemini Live: Yoor. COACH, enhanced by Gemini Live's conversational AI,provides personalized guidance on nutrition, exercise, medication adherence, and more through natural, interactive dialogues. This creates a more engaging and supportive experience for employees.
- Anonymous Population Health Tracking: Aggregated, anonymized health data reveals trends and risk factors,enabling targeted interventions and personalized wellness programs.
- Data-Driven Insights with Google Looker: Integrates Google Looker's business intelligence to analyze employee health data, identify trends, and measure program effectiveness.

- Anonymized Data for Research: Yoor. HEALTH offers anonymized, aggregated health data to researchers under strict privacy controls to contribute to advancements in medical research and healthcare.

Benefits for Corporations and Employees:

- Enhanced Employee Engagement: Gemini Live's conversational AI makes interactions with Yoor.COACH feel more natural and personalized, encouraging employees to actively participate in their health journey.
- Improved Employee Health: Personalized coaching through Gemini Live leads to better health outcomes, reduced absenteeism, and increased productivity.
- Lower Healthcare Costs: Early intervention and healthier lifestyles help reduce healthcare expenses.
- Enhanced Employee Morale: Investing in employee well-being fosters a positive workplace culture and higher engagement.
- Data-Driven Decision Making: Google Looker provides valuable insights for optimizing wellness programs and resource allocation.

Yoor. HEALTH, powered by Gemini Live, is a comprehensive solution that combines the latest in AI, data analytics, and a commitment to privacy to transform corporate wellness and contribute to broader medical advancements.

www.yoor.coach

www.yoor.health

www.yoor.io

If you have any questions please reach out to:

Robert McCarter
Founder & CEO
Yoor Inc.

robert@yoor.io