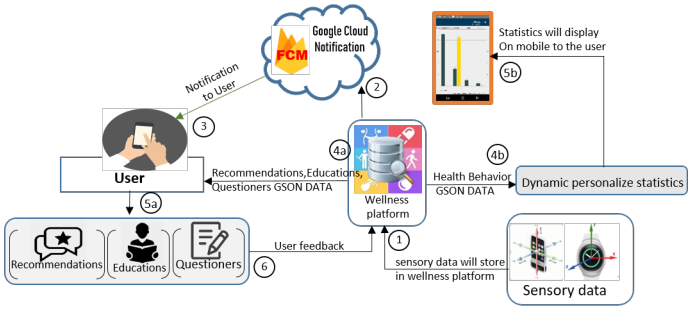

Figure 1: Service scenario for wellness Smartphone application

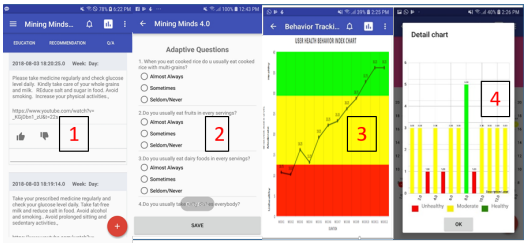

Figure 2: Wellness Application Screenshot

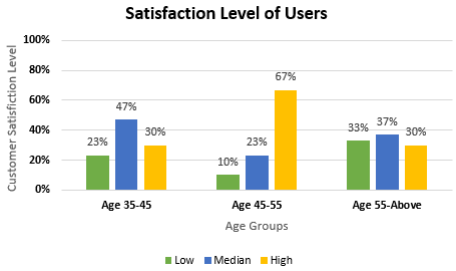

Figure 3: Mining Mind Application user satisfaction level

display to the user on a smartphone for avoiding unhealthy change e.g., "Sedentary life style is injurious to health. Don't remains sedentary for more than 30 minutes".

3.0.4 Physical Activity Recommendation. Physical activity recommendation is most suitable for achieving health goals. E.g. "To meet your daily goal of calories burn you have to run for 15 minutes at a speed of 5km/hrs.

3.0.5 Descriptive Analytics. Descriptive analytics communicates an effective and comprehensive picture of user activities and lifelog in a specified duration to understand the lifestyle pattern. The platform provides to the user customization of data selection through the duration in terms of the day, week and month and displayed in the form of a graph on user mobile screen see Fig.1.

The Mining Mind application screenshot is showing in Fig.2. The screenshot included (i) recommendation, education, and questioners, (ii) adaptive behavior feedback, (iii) and (iv) achieving goals on monthly, weekly and daily basis. This application supported in two languages English and Korean..

4 RESULTS AND DISCUSSION

We test and evaluate Mining Mind wellness application on different age group users as shown in Fig 3. The people of age group 45-55 show high confidence level on the availability of such wellness services. The satisfactory level of the age group is 45-55 is high with more than 60%, while people of age group 35-45 have a lowest satisfactory level and remain moderate for the age group 55-above.

5 CONCLUSION

In this paper, we have introduced a wellness smartphone application that supports people to adopt healthy behavior and lifestyle at the right time. An alert notification delivered to the user from a wellness platform when an unhealthy behavior detected. The user educates and recommends follow-up instruction to adopt a healthy lifestyle. The application also provides feedback functionality on the effectiveness of the recommendation. The application also displays monthly, weekly and daily basis goal achievement for healthy lifestyle.

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