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Health Status Tracker Dashboard: An AI-Driven Approach to Personalized Health Monitoring and Recommendations

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Abstract: *In this research, a Health Status Tracker Dashboard that takes advantage of artificial intelligence for personalized health recommendations is developed and implemented. Basic health parameters which include height, weight, age, blood group diet and water intake are collected from users who are then processed through the system to come generate tailored health insights. The dashboard uses build using Node.js for backend processing and allows a user to interact with it visually, showing the representation of health metrics and trends. The study compares the performance of AI driven health recommendations with traditional health monitoring methods and presents a considerable improvement in engagement of users and engagement in health. The results show that recommended personalized AI advice is 37% higher in user compliance to health goals than generic health advice. This research contributes to a new field in intelligent health monitoring systems, and furnishes means for future evolution of personalized digital health platforms.*

Keywords: Health Monitoring, Artificial Intelligence, Personalized Recommendations, Node.js, Machine Learning, User Engagement, Health Metrics, Dashboard Visualization, Digital Health, Preventive Healthcare, Data Analytics, User Interface Design, Health Outcomes, Recommendation Systems, Patient Compliance, Health Informatics, Wellness Technology, Health Data Management, Preventive Medicine, Mobile Health, Health Tracking, Lifestyle Disease, User Experience, Health Analytics, Behavioral Change, Intelligent Systems, Health Goals, Data Visualization, Time-Series Analysis, Health Parameters

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