CLAIMS

What is claimed is:

1. A method of enhancing an electronic interaction between a coach-counselor assisting an individual-user participating in a behavioral-modification program, the method comprising:

providing electronic access to a database of information during the electronic interaction between the coach-counselor and the individual-user, where the database of information includes a plurality of user-specific input data specific to the individual-user, where the plurality of user-specific input data includes at least one of a subset of individual-user psychographic information, a subset of individual-user personal information, and a subset of individual-user biological input data, where at least a portion of the plurality of user-specific input data is previously collected;

electronically displaying a background data to the coach-counselor during the electronic interaction, where the background data includes a historical information regarding an activity of the individual-user in the behavioral-modification program, to permit the coach-counselor a review the historical information regarding the individual-user during the electronic interaction;

electronically supplying the coach-counselor with at least one prompt of a communication topic from a database of generic information applicable to the behavioral-modification program, where the at least one prompt improves efficiency and accuracy of an interaction between the coach-counselor and the individual-user to provides a coaching topic for the coach-counselor to assist the individual-user in the behavioral-modification program; and

electronically transmitting the at least one prompt to the individual-user as a coach-message.

2. The method of claim 1, where electronically transmitting the at least one prompt occurs automatically without input from the coach-counselor.

3. The method of claim 1, where electronically transmitting the at least one prompt occurs requires an input from the coach-counselor.

4. The method of claim 1, further comprising establishing an electronic reporting interface for the coach-counselor, where the electronic reporting interface allows the coach-counselor to electronically access a database of batch data that includes information from a plurality of users who participated in the behavioral-modification program.

5. The method of claim 1, wherein the database of information further includes a behavior summary of the individual-user, where the behavior summary comprises an association of the individual-user biological input data from the individual-user with at least one of a plurality of behavioral data supplied by the individual-user where the plurality of behavioral data is non-biologic.

6. The method of claim 1, further comprising allowing the coach-counselor to update the database of information about the individual-user.

7. The method of claim 1, wherein the subset of individual-user personal information in the database of information includes information from a group consisting of background, traits, demographics, and previous notes about the individual-user.

8. The method of claim 1, wherein the subset of individual-user psychographic information in the database of information includes milestones and targets.

9. The method of claim 1, where displaying the background data includes displaying a conversation history between the individual-user and the coach-counselor.

10. The method of claim 1, wherein the at least one prompt comprises a reusable prompt that is applicable to multiple alternate users.

11. The method of claim 1, wherein the at least one prompt comprises a partially written statement, wherein the coach-counselor must complete the partially written statement into a completed statement prior to sending the completed statement to the individual-user.

12. The method of claim 1, wherein the at least one prompt requires selection by the coach-counselor, and wherein the at least one prompt comprises encoded variables that are pre-filled when the at least one prompt is selected by the coach-counselor.

13. The method of claim 1, wherein the at least one prompt includes placeholders and the method further comprising preventing electronically transmitting the at least one prompt until coach-counselor replaces the placeholders with text

14. The method of claim 1, further comprising tagging the coach-message to assign a relevant category.

15. The method of claim 14, wherein the relevant category includes a trigger or a behavior.

16. The method of claim 1, wherein the coach-message is added to the database of information about the individual-user.

17. The method of claim 16, further comprising assigning the coach-message as either private or public.

18. The method of claim 1, wherein enabling the coach-counselor to select data from the database of information comprises enabling the coach-counselor to search by content of the at least one prompt.

19. The method of claim 1, further comprising altering the at least one prompt to maintain stylistic similarity to the coach-counselor.

20. The method of claim 1, further comprising selecting an automated message based on an inquiry from the individual-user and automatically transmitting the automated message to the individual-user.

21. The method of claim 1, wherein the behavioral-modification program comprises preventing a behavior selected from a group consisting of smoking cigarettes, vaping, consuming alcohol, use of tobacco, use of narcotics.

22. A method of providing customized content to an individual-user participating in a behavioral-modification program, the method comprising:

providing a database of information comprised of a plurality of user-specific data specific to the individual-user, where the plurality of user-specific data includes at least one of

a subset of individual-user psychographic information, a subset of individual-user personal information, and a subset of individual-user biological input data, where at least a portion of the plurality of user-specific data is previously collected;

electronically monitoring an activity of the individual-user;

using the activity to customize a program-related content comprising an electronic media content from a database of generic information applicable to the behavioral-modification program;

electronically transmitting the program-related content to the individual-user as an electronic message; and

monitoring an electronic interaction of the individual-user with a program-related content.

23. The method of claim 22, wherein the electronic message further includes at least one data item from one of the subset of individual-user psychographic information, the subset of individual-user personal information, or a subset of individual-user biological input data.

24. The method of claim 22, where electronically transmitting the program-related content to the individual-user occurs automatically.

25. The method of claim 22, where electronically transmitting program-related content requires an input from the individual-user.

26. The method of claim 22, wherein the database of information further includes a behavior summary of the individual-user, where the behavior summary comprises an association of the individual-user biological input data with at least one of a plurality of behavioral data supplied by the individual-user where the plurality of behavioral data is non-biologic.

27. The method of claim 22, wherein the subset of individual-user personal information in the database of information includes information from a group consisting of background, traits, demographics, and previous notes about the individual-user.

28. The method of claim 22, wherein the subset of individual-user psychographic information in the database of information includes milestones and targets.

29. The method of claim 22, further comprising adding the program-related content to the database of information about the individual-user.

30. The method of claim 22, further comprising enabling a coach-counselor to select data from the database of information for electronically communicating with the individual-user.

31. The method of claim 30, further comprising electronically supplying at least one prompt to the coach-counselor.

32. The method of claim 22, further comprising selecting an automated message based on an inquiry from the individual-user and automatically transmitting the automated message to the individual-user.

33. The method of claim 22, wherein the behavioral-modification program comprises preventing a behavior selected from a group consisting of smoking cigarettes, vaping, consuming alcohol, use of tobacco, use of narcotics.