

a terminal according to claim 9, further including a data transmission unit that transmits data of an activity index of an activity conducted by the subject and/or data of a biological index measured from the subject to the health monitoring assist system.

[0027] According to the invention set forth in claim 10, data collection and management in the health monitoring assist system can be achieved easily.

[0028] The invention according to claim 11 is

a terminal according to claim 9 or 10, further including a measurement unit that measures the activity index.

[0029] According to the invention set forth in claim 11, a single terminal can function as an activity index measurement device as well as a device that provides the health monitoring assist information, which is convenient.

[0030] The invention according to claim 12 is

a terminal according to claim 9 or 10, further including a measurement unit that measures the biological index.

[0031] According to the invention set forth in claim 11, a single terminal can function as a biological index measurement device as well as a device that provides the health monitoring assist information, which is convenient.

[0032] The invention according to claim 13 is

a program that makes a computer function as:

an activity index data acquisition unit that acquires time-series data of an activity index indicative of an amount of an activity conducted by a subject;

Advantageous Effects of Invention

[0036] The present invention can provide health monitoring assistance that takes into account a time lag between activity and effect. Also, with the present invention, a causal relationship between an activity conducted by a subject and its effect can be presented in an accessible manner despite the difference among individuals in the amount of time lag between activity and effect, so that the person can be kept motivated to carry on the activity.

BRIEF DESCRIPTION OF DRAWINGS

[0037] [Fig. 1] A function block diagram of a health monitoring assist system.

[Fig. 2] Configuration examples of the health monitoring assist system.

[Fig. 3] Configuration examples of the health monitoring assist system.

[Fig. 4] An example of accumulated data of the number of steps and blood pressure in a data storage unit.

[Fig. 5] A flowchart showing the process flow of the health monitoring assist system.

[Fig. 6] A diagram for explaining a process of estimating an amount of time lag.

[Fig. 7] Charts for explaining a process of generating a user assisting graph.

[Fig. 8] A flowchart showing the flow of a process of detecting a period of an apparent effect of exercise.

[Fig. 9] A chart showing an example of a detected period of an apparent positive effect of exercise SP-posi.

[Fig. 10] A chart showing an example of joining consecutive periods.

[Fig. 11] A diagram showing one example of a user assisting graph.

[Fig. 12] One example of a template stored in an assist message pattern memory unit.

[Fig. 13] A display example of assist information provided to a user.

[Fig. 14] One example of a result of data analysis of a test subject.

[Fig. 15] One example of a result of data analysis of a test subject.

[Fig. 16] One example of a result of data analysis of a test subject.

[Fig. 17] A result of plotting test subjects data of about 2000 cases.

DESCRIPTION OF EMBODIMENTS

[0038] As one preferable embodiment of the present invention, a health monitoring assist system that takes account of a time lag between an activity and its effect will be described, and more particularly, a customized health monitoring assist system that takes account of the difference in the time lag among individuals and can provide assist information in accordance with personal

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Advantageous Effects of Invention

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BRIEF DESCRIPTION OF DRAWINGS

[0037] Fig. 1 is a function block diagram of a health monitoring assist system.

Figs. 2(a) and 2(b) are configuration examples of the health monitoring assist system.

Figs. 3(a) and 3(b) are configuration examples of the health monitoring assist system.

Fig. 4 is an example of accumulated data of the number of steps and blood pressure in a data storage unit.

Fig. 5 is a flowchart showing the process flow of the health monitoring assist system.

Fig. 6 is a diagram for explaining a process of estimating an amount of time lag.

Figs. 7(a) and 7(b) are charts for explaining a process of generating a user assisting graph.

Fig. 8 is a flowchart showing the flow of a process of detecting a period of an apparent effect of exercise.

Fig. 9 is a chart showing an example of a detected period of an apparent positive effect of exercise SP-posi.

Fig. 10 is a chart showing an example of joining consecutive periods.

Fig. 11 is a diagram showing one example of a user assisting graph.

Fig. 12 is one example of a template stored in an assist message pattern memory unit.

Fig. 13 is a display example of assist information provided to a user.

Figs. 14(a) to 14(c) show one example of a result of data analysis of a test subject.

Figs. 15(a) to 15(c) show one example of a result of data analysis of a test subject.

Figs. 16(a) to 16(c) show one example of a result of data analysis of a test subject.

Fig. 17 is a result of plotting test subjects data of about 2000 cases.

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[0038] As one preferable embodiment of the present invention, a health monitoring assist system that takes account of a time lag between an activity and its effect will be described, and more particularly, a customized health monitoring assist system that takes account of the difference in the time lag among individuals and can provide assist information in accordance with personal