

[Document Name] Abstract

An information processing method causes a computer to execute processing of: obtaining medical interview information indicative of a user's answer to a medical interview associated with a lifestyle-related disease; obtaining the user's biological information; outputting recommendation information on a guidance goal of self-management for improving or preventing the lifestyle-related disease, based on the medical interview information and the biological information; setting a task behavior to be provided to the user, according to the guidance goal; and outputting the task behavior to the user's terminal apparatus.