

HEALTH MANAGEMENT SYSTEM, HEALTH MANAGEMENT METHOD, AND PROGRAM

ABSTRACT

5 A health management system includes an information acquisition unit
configured to acquire user information including at least living-situation information
(including dietary habit information) indicating a living situation of a user and pregnancy
situation information indicating a pregnancy-related situation of the user, an onset-related
situation determination unit configured to determine an onset-related situation related to
10 onset of a gestational disease of the user based on the user information acquired by the
information acquisition unit, a recommendation unit configured to determine meal
content to be recommended to the user in accordance with a recommendation rule, which
has been formulated in advance, based on the onset-related situation determined by the
onset-related situation determination unit and a predetermined index value corresponding
15 to the meal content, and a presentation unit configured to present meal recommendation
information based on a determination result of the recommendation unit on a user
terminal.

FIG. 4