CLAIMS

1. A system (100) for determining a lifestyle regime for a user, the system comprising:

- a user device (102, 204, 300) comprising a user agent module, wherein the user agent module is configured to generate a user interface (302) to be displayed on a screen of the user device, and receive user input data from the user;
- a passive blood glucose measuring device (104, 202) communicably coupled to the user device for operation, wherein the passive blood glucose measuring device comprising

  an electronic strip port for generating an electronic signal based on an electrochemical reaction occurring on a biochemical strip removably coupled therein;

  a temperature sensor for sensing ambient temperature; and

  a control unit configured to compute a blood glucose level based on the electronic signal received from the electronic strip port and the ambient temperature received from the temperature sensor,

  wherein the control unit is further configured to provide the user device with the blood glucose level to be displayed on the user interface; and
- a data aggregating arrangement (106, 208) communicably coupled to the user device for receiving the blood glucose level and the user input data provided by the user agent module, and to process the blood glucose level and the user input data using one or more algorithms to determine the lifestyle regime for the user and display the lifestyle regime on the user interface of the user device,

characterized in that the blood glucose measuring device (104, 202) does not have a screen and is configured to display the blood glucose level to the user via the user interface (302) displayed on the screen of the user device (102, 204, 300).

~~2. A system of claim 1, characterised in that the blood glucose measuring device (104, 202) is a passive device.~~

~~3~~2. A system of claim 1, characterised in that the user interface (302) comprises one or more user interface elements (310) to control the operation of the blood glucose measuring device (104, 202).

~~4~~3. A system of claim 1, characterised in that the control unit is configured to employ one or more derived regression equations for computing the blood glucose level.

~~5~~4. A system of claim 1, characterised in that the user input data comprises at least one of:

(i) personal information of the user;

(ii) information describing food intake of the user and its corresponding timings;

(iii) information describing physical activity performed by the user; and

(iv) information describing medication consumed by the user.

~~6~~5. A system of claim 1, characterised in that the personal information of the user is acquired by the data aggregating arrangement (106, 208) from a third-party service provider.

~~7~~6. A system of claim 1, characterised in that the data aggregating arrangement (106, 208) is operable to employ historical recorded data including the blood glucose level and the user input data provided by the user agent module, as an input parameter to the one or more algorithms.

~~8~~7. A system of claim ~~1~~6, characterised in that the one or more algorithms process the historical recorded data to determine trend in physiological condition of the user.

~~9~~8. A system of claim ~~8~~7, characterised in that the trends are determined based on:

(i) a variation in the blood glucose level of the user; and

(ii) a preference provided by the user.

~~10~~9. A system of claim ~~9~~8, characterised in that the preference provided by the user comprises at least one of:

(i) a diet preference (304) of the user;

(ii) a daily routine preference (306) of the user; and

(iii) a physical restraint (308) of the user.

~~11~~10. A system of claim 1, characterised in that the blood glucose measuring device (104, 202) is communicably coupled to the user device via a connecting means (206).

~~12~~11. A method for determining a lifestyle regime for a user, the method being implemented via a system (100) comprising:

- a user device (102, 204, 300) comprising a user agent module, wherein the user agent module is configured to generate a user interface (302) to be displayed on a screen of the user device, and receive user input data from a corresponding user;
- a passive blood glucose measuring device (104, 202) communicably coupled to the user device for operation, wherein the passive blood glucose measuring device comprising

  an electronic strip port for generating an electronic signal based on an electrochemical reaction occurring on a biochemical strip removably coupled therein;

  a temperature sensor for sensing ambient temperature; and

  a control unit configured to compute a blood glucose level based on the electronic signal received from the electronic strip port, and the ambient temperature received from the temperature sensor,

  wherein the control unit is further configured to provide the user device with the blood glucose level to be displayed on the user interface; and
- a data aggregating arrangement (106, 208) communicably coupled to the user device for receiving the blood glucose level and the user input data provided by the user agent module, and to process the

blood glucose level and the user input data using one or more algorithms to determine the lifestyle regime for the user and display the lifestyle regime on the user interface of the user device, characterized in that the blood glucose measuring device (104, 202) does not have a screen and is configured to display the blood glucose level to the user via the user interface (302) displayed on the screen of the user device (102, 204, 300).