CLAIMS

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:

accessing, via an electronic device (94), a server (60), wherein the server is able to draw from 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 a subset of individual-user biological input data and optionally a subset of individual-user psychographic information, and/or a subset of individual-user personal information, where at least a portion of the plurality of user-specific input data is previously collected;

electronically displaying, on the electronic device, 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;

comparing, by the server, the individual-user biological input data to behavioral input data of the individual-user;

generating, by the server and based on the comparison of the individual-user biological data to the behavioral data of the individual-user, at least one prompt (40) for use by the coach-counselor in assisting the individual-user, wherein the at least one prompt is 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 and provides a coaching topic for the coach-counselor to assist the individual-user in the behavioral-modification program;

electronically supplying, via the electronic device, the coach-counselor with the at least one prompt from the server; and

electronically transmitting the at least one prompt to the individual-user as a coach-message, wherein transmitting requires an input from the coach-counselor.

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

3. 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.

4. 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.

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

6. 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.

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

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

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

10. 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.

11. 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.

12. 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.

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

14. The method of claim 13, wherein the relevant category includes a trigger or a behavior.

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

16. The method of claim 15, further comprising assigning the coach-message as either private or public.

17. 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.

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

19. 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.

20. 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.