

# Zoe

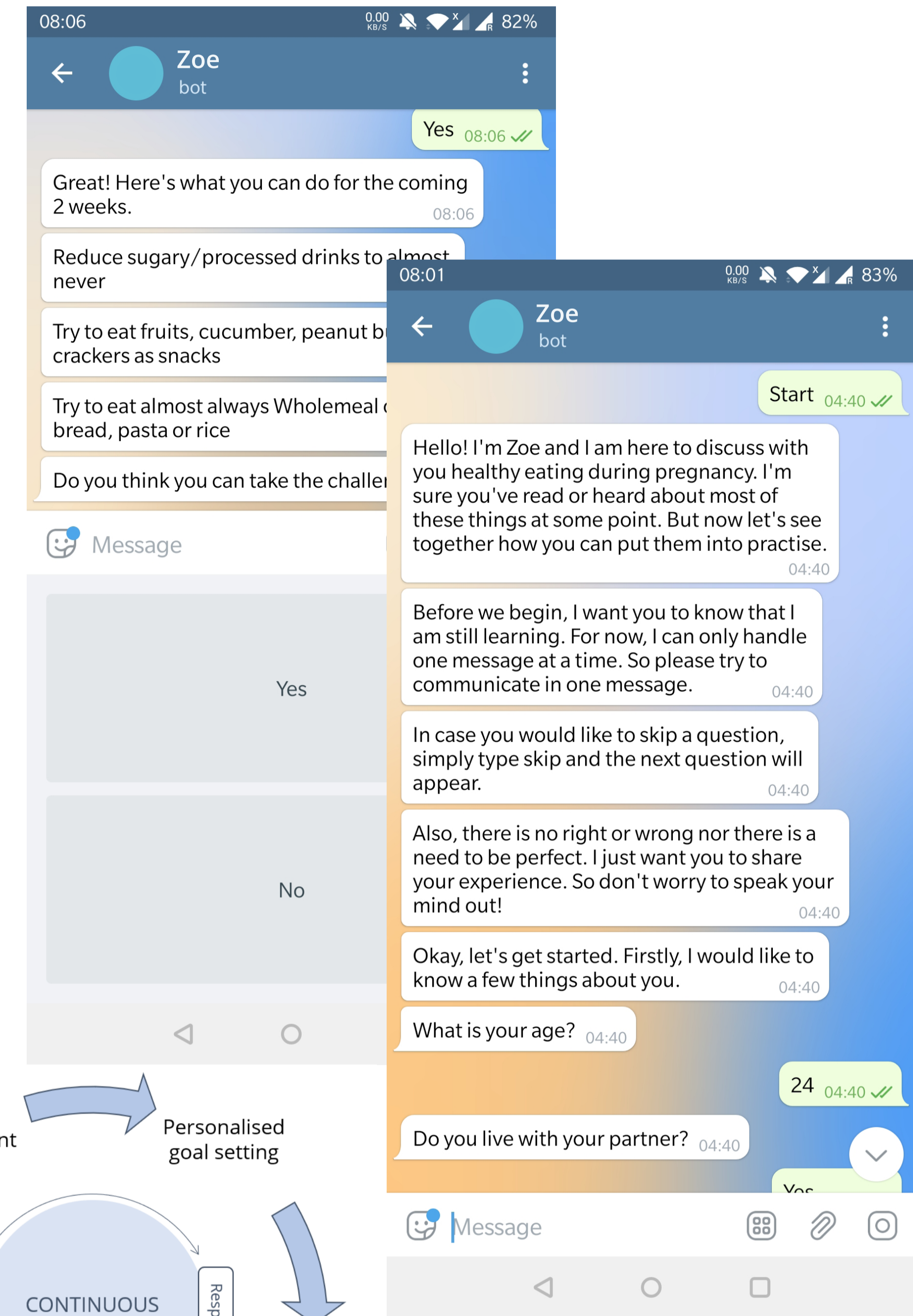
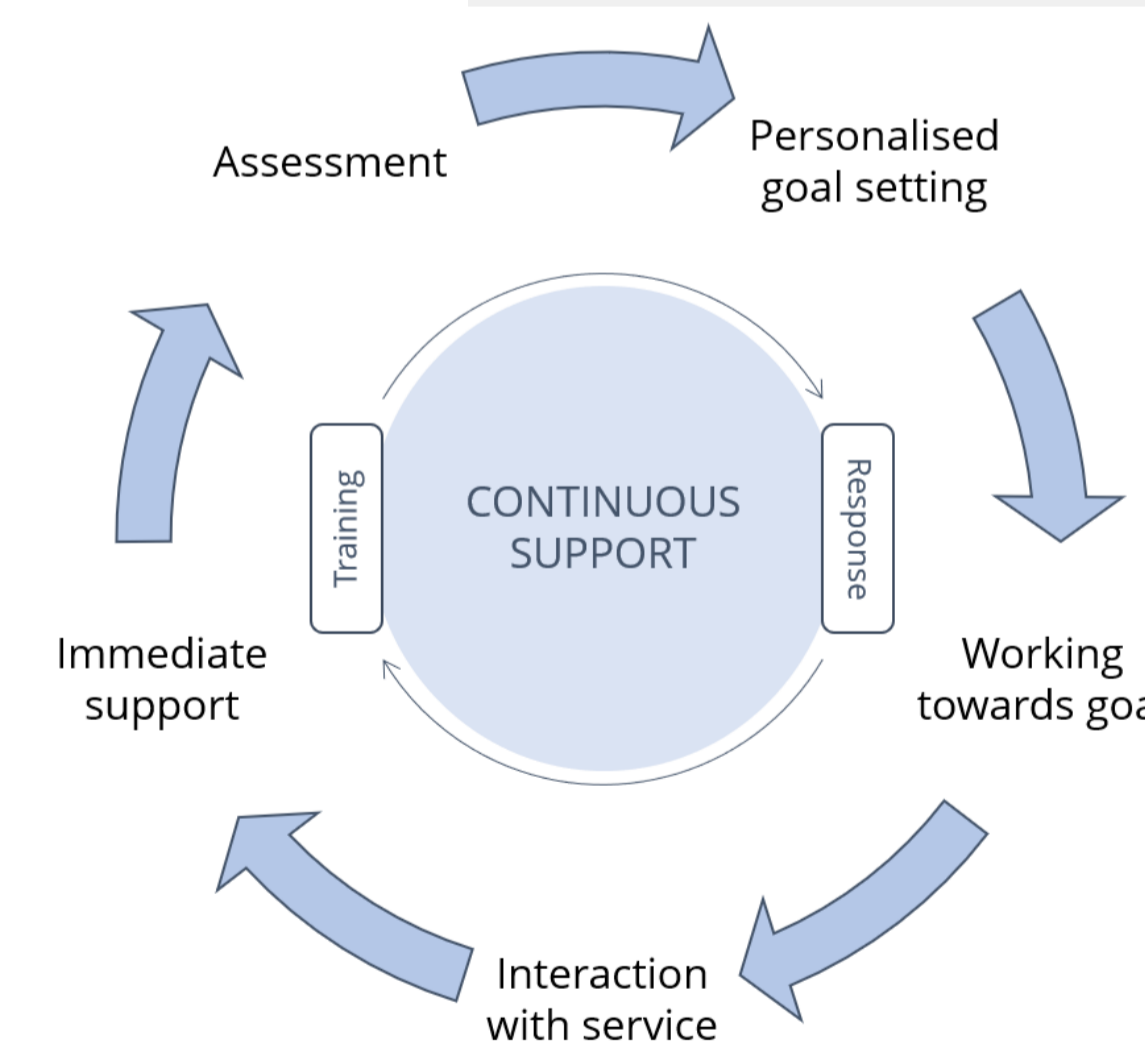
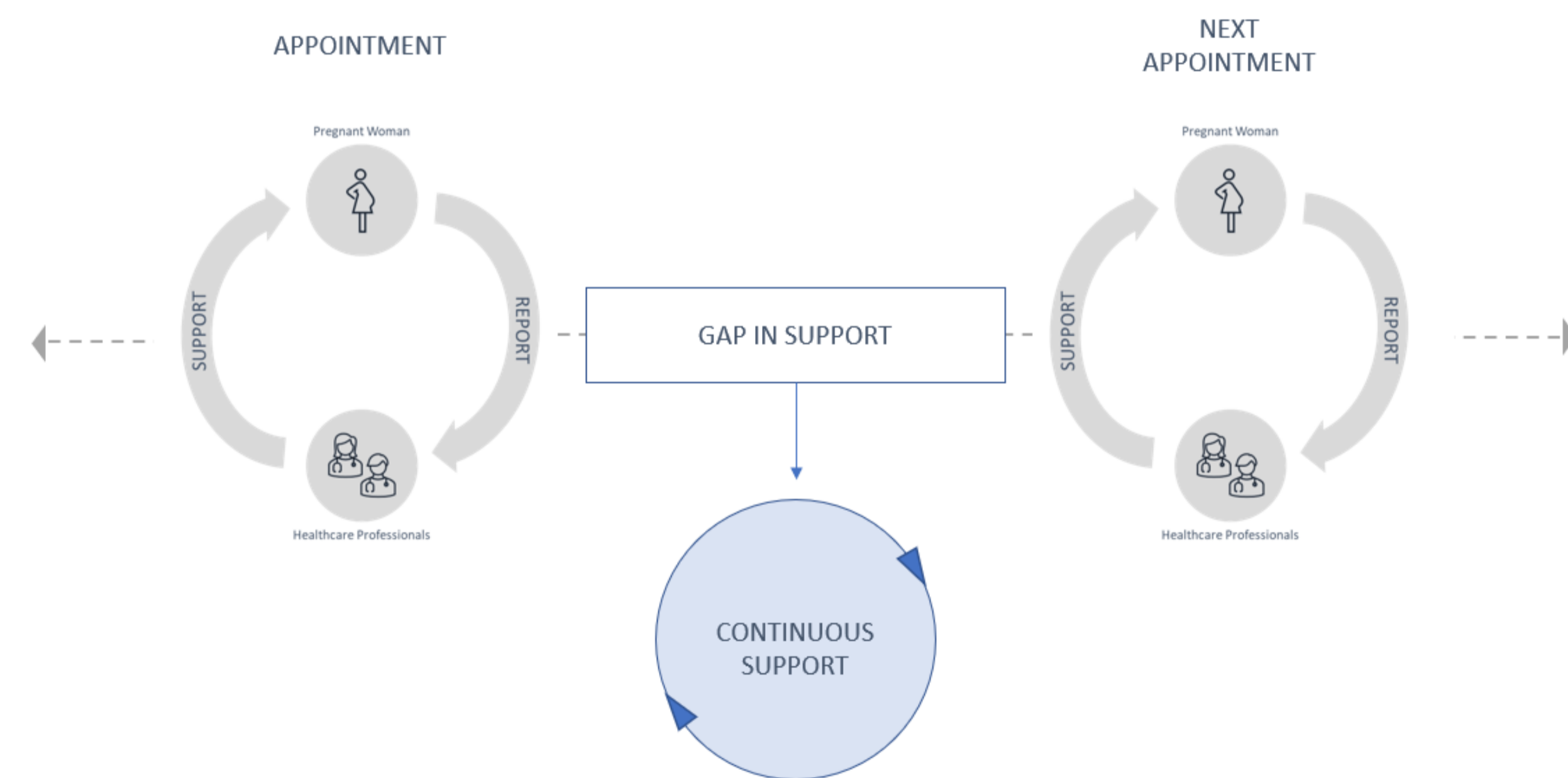
## Supporting pregnant women with gestational hypertension when bringing about diet change

### PROBLEM

Making diet changes can be difficult, more so during pregnancy. An individualistic and personalised approach is required to facilitate the adoption of healthy eating. However, the current setup to support women with gestational hypertension in the change-making process does not cater to this.

### SOLUTION

As a solution to providing personalised support, it is envisioned that women with gestational hypertension will be supported using a chatbot-driven service that assists them in effectively managing their diet by providing continuous training based on their lived experiences and with the help of relevant triggers.



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