

A Wearable Device and AI-Supported Diet and Exercise Intervention

NCT06630663

Status	RECRUITING
Phase	Not Applicable
Sponsor	National Taiwan University Hospital
Enrollment	120 participants

Key Eligibility Criteria

Inclusion (4)

- At least 20 years of age
- BMI ≥ 24 kg/m² plus one or more obesity-related comorbidities such as hypertension, diabetes, hyperlipidemia, sleep apnea syndrome, or nonalcoholic fatty liver disease
- Able to use a wearable device and an app
- Able to sign the informed consent form after receiving a detailed explanation of the study

Exclusion (3)

- Unable to finish the self-administered questionnaires
- Unable to complete body composition assessment (bioimpedance analysis and abdominal echo), hand grip test, and blood sampling
- Unable to return to our clinics at the scheduled time

Locations (2 total)

National Taiwan University Hospital, Taipei, Taipei, Taiwan
National Taiwan University Hospital, Taipei, Taiwan