
Study on the Personalized Health Service Mode Based on the Theory of Constitution in Traditional Chinese Medicine

Fanfan Zhang^a

^a School of Management, Shan'xi Institute of International Trade&Commerce, China

Received 1 February 2026, Revised 18 April 2026, Accepted 30 April 2026

Abstract

Purpose – This paper aims to explore the application of the Five Elements Constitution (FEC) theory in Traditional Chinese Medicine (TCM) for developing personalized health care service models.

Design/Methodology/Approach – Based on TCM constitution theory, this study employs a case study approach to examine how the FEC classification—Wood, Fire, Earth, Metal, and Water—can be applied in health management practices, including integration with community resources and digital platforms.

Findings – The results indicate that FEC theory has significant value in personalized health care. It enhances citizens' TCM health literacy by strengthening self-care awareness and capabilities, and promotes the shift of health management toward personalization by addressing diverse constitution types. Moreover, the model shows strong adaptability through its integration with community services, alignment with existing medical systems, and support from “Internet+” technologies.

Research Implications – In the management context, this study provides insights for improving health service delivery through constitution-based personalization. It supports the development of comprehensive, life-cycle health management models and offers practical implications for policy-making and service innovation, contributing to improved public health outcomes.

Keywords: TCM constitution theory; personalized health care; health service mode; industrialization development

JEL Classifications: I11,I18,Z19

^a First Author, E-mail: 15525127366@163.com

© 2023 The NLBA Eurasian Institute Limited. All rights reserved.

I. Introduction

Modern medicine is witnessing a monumental paradigm shift, transitioning from conventional reactive treatments toward a proactive, full-life-cycle "health medicine" framework (Li, 2016; Zhang & Li, 2022). At the forefront of this evolution is Traditional Chinese Medicine (TCM) Constitution Theory. Grounded in a holistic philosophy, this theory deciphers individual physiological variations to deliver tailored wellness interventions. Driven by state initiatives and escalating public health needs, its efficacy is increasingly recognized, particularly in geriatric care and chronic disease prevention. By exploring the integration of constitutional typing into bespoke wellness strategies, this study offers novel pathways to elevate public health standards.

This integration aligns seamlessly with China's escalating strategic focus on traditional medicine. Under the "Healthy China 2030" Blueprint, TCM has been elevated to a core national resource, institutionalizing its role in comprehensive, lifespan-based disease prevention (Dou, 2022). Furthermore, directives from the National Administration of TCM—such as the "Development Plan for TCM Health Services"—explicitly mandate the innovation of service models encompassing constitution-based assessment, intervention, and longitudinal tracking. Collectively, these policy frameworks provide both the theoretical scaffolding and practical blueprints for marrying TCM constitutional principles with modern personalized healthcare.

The demand for TCM health preservation is experiencing rapid growth. Research indicates that in recent years, the need for TCM health preservation services has been steadily increasing, particularly in chronic disease management and sub-health intervention, where the unique advantages of TCM have gained widespread recognition. In addition, the application of TCM constitution identification showed significant effects in sub-health population, and the sub-health status score of the observation group was significantly lower than that of the control group. (Feng, Y., 2021) This suggests that TCM health preservation demand is gradually expanding from traditional elderly populations to middle-aged and young groups, exhibiting diversified and personalized characteristics. Meanwhile, the revival of traditional culture has further fueled the growth of TCM health preservation demand, with an increasing number of people beginning to pay attention to and embrace TCM health preservation concepts, viewing them as a healthy and civilized lifestyle.

II. Necessity of Personalized Health Management Based on TCM Constitution Theory

1. Improving the Traditional Chinese Medicine Literacy of Citizens

With the surging national focus on cultural heritage, TCM literacy has been systematically integrated into China's educational blueprint and social welfare programs. Classic medical literature is now progressively introduced to students at all levels, serving as supplementary reading for children and general electives for undergraduates. Societal efforts, including localized health workshops and cultural expos, further drive the

public acceptance of TCM wellness ideologies. This comprehensive momentum, strongly propelled by the "Healthy China 2030" strategy, serves as a vital tool for upgrading national health literacy. Ultimately, such an all-encompassing educational model validates and expands the utility of TCM constitution theory in contemporary health management.

People are increasingly turning to Traditional Chinese Medicine (TCM) constitution theory to guide their personal healthcare. Thanks to widespread education and media coverage, more individuals now want to know their specific constitution type and how it affects their well-being. For example, Zhou (2018) looked at sub-health and chronic disease patients at Nanjing's Jiangning Hospital using a TCM identification system. The study found that yang-deficiency and qi-deficiency were highly common, while a perfectly balanced constitution was quite rare. This clear distribution helps people see firsthand how individual differences shape health. As a result, many are moving away from standard "one-size-fits-all" advice and choosing personalized routines instead. This shift in mindset highlights the practical value of TCM theory, opening up major opportunities for future customized health services.

2. Theoretical Basis of the Five Elements Constitution Theory

Central to Traditional Chinese Medicine is the theory of individual constitution, which finds its historical origins in the classic text *Huangdi Neijing*. By introducing the clinical philosophy of "tailoring treatments to individual needs," this seminal work illustrated the profound impact of constitutional variations on disease susceptibility, progression, and therapeutic outcomes. Early classification frameworks detailed in *Lingshu: Tongtian* and *Lingshu: Yin-Yang Twenty-Five People* organized human body types into five elemental categories—Wood, Fire, Earth, Metal, and Water—alongside five distinct states ranging from Taiyang to Yin-Yang balance (Li, 2023). This dynamic mapping provided the bedrock for subsequent constitutional typology (Liang, 2020). Driven by Five Elements theory, this system effectively accounts for human physiological adaptations and natural shifts through complex generation and overcoming mechanisms. In TCM constitutional studies, the Five Elements are used to classify and describe different human constitutions, a classification method derived from the *Huangdi Neijing*'s discussion of the Five Constitutions. Under the Five Elements framework, each constitutional type aligns with a specific organ and physical trait. For instance, the Wood-type embodies smooth, unobstructed movement, a reflection of liver health. Fire-types, by contrast, are marked by rising heat and tie back to heart function, while the Earth constitution centers on nourishment and transport, closely syncing with the spleen. For the Metal-type, properties of clearing and restraint dominate, which connects directly to the lungs. Finally, Water-types show a cold, moist, and downward trend that resonates with kidney energy. This intricate mapping proves that individual constitution theory is woven into every stage of TCM. It offers indispensable guidance not just for diagnosing and treating illnesses, but for preventing them entirely.

Modern medicine allows for a multi-dimensional analysis of Five Elements Constitutions (FEC) by evaluating body morphology, organ health, and metabolic rates (Wang, 2021). Physical traits vary sharply

across types. For example, a slender frame and pale skin are hallmarks of the Wood type (Zhang, 2021); these individuals frequently battle liver qi stagnation, which triggers chest tightness or flank pain. Fire types, by contrast, are typically lean with rosy skin, yet they are prone to sleep disorders and mouth sores due to excessive "heart fire." Those with an Earth profile often carry more weight and show a sallow complexion; their sluggish spleen and stomach often cause bloating and fluid retention. Meanwhile, Metal types generally have balanced proportions and fair skin, but weak lung qi leaves them vulnerable to chronic coughs and asthma. Finally, the Water type leans toward being overweight with a dull skin tone, frequently experiencing cold sensitivity and limb weakness when kidney yang is low. Recognizing these physical baseline differences is essential for designing effective, tailored wellness plans.

Beyond physical traits, the FEC framework reveals a deep bond with distinct psychological and emotional patterns. Wood-type individuals, for instance, are usually outgoing and social, but this comes with sharp emotional swings that make them vulnerable to anxiety (Lv, 2020). Fire types bring a quick-witted, passionate energy to the table, though they easily burn out into restlessness or agitation. Stability and sincerity define the Earth personality, yet these individuals often retreat into introversion and constant overthinking. For Metal types, a sharp eye for detail and logical thinking are standard, but a deep-seated emotional sensitivity can trap them in melancholy. Water types maintain a calm, thoughtful demeanor, though suppressing their feelings often breeds internal fear and isolation. This mind-body connection is a two-way street. Long-term emotional stress inevitably derails organ function, and these physical ailments feed back into psychological distress. Breaking this vicious cycle requires wellness programs to integrate mental care alongside physical therapy.

III. Personalized Health Service Mode Based on the Theory of Five Elements Constitution

1. Dietary Health Maintenance Plan

Dietary choices must sync with an individual's specific Five Elements Constitution to regulate health effectively. Take the Wood constitution as an example: because these individuals often face liver qi excess—leading to mood swings and digestion issues—their meals should feature liver-nourishing greens like celery and spinach alongside vitamin C-rich fruits to boost detoxification (Zhai & Gao, 2018). For Fire types, who frequently battle irritability and insomnia from a heart fire imbalance, heat-clearing options like bitter melon and lotus root work best, provided they avoid spicy triggers. Spleen-nourishing staples like yam and millet are ideal for Earth constitutions to correct sluggish digestion. Meanwhile, those with a Metal profile and lung sensitivities benefit from white foods, such as lily bulbs and tremella mushrooms, which soothe yin and moisten the lungs. Finally, reinforcing kidney health is paramount for Water types, making dark ingredients like black beans and sesame seeds excellent choices for tonification. Ultimately, a strategically balanced diet harmonizes yin-yang and the Five Elements, elevating overall vitality.

2. Exercise and Wellness Program

Designing tailored workout regimes based on Five Elements constitutional traits is highly effective for boosting vitality. For instance, Tai Chi and yoga are perfect for Wood-type individuals who frequently battle liver qi stagnation; practicing these mind-body movements 3 to 5 times a week for at least 30 minutes per session can stretch the tendons and alleviate emotional stress (Kan, 2022; Zhang, 2021). Fire types, driven by excessive heart fire, benefit more from moderate aerobics like jogging or swimming. Doing this at least four times weekly for about 40 minutes not only burns surplus calories but also stabilizes volatile moods. For the easily fatigued Earth constitution, low-impact routines like walking or qigong—kept to 20 or 30 minutes, three times a week—can strengthen the spleen and stomach without causing overexertion. Lung qi deficiency is a common hurdle for Metal types, making gentle Baduanjin exercises and deep breathing essential; a schedule of 2 to 3 weekly sessions lasting 20 minutes each is ideal for boosting respiratory function. Finally, because Water types lean toward kidney qi deficiency, incorporating moderate resistance work—such as weightlifting or push-ups—twice a week for 15 to 20 minutes can strengthen their physical baseline. Ultimately, consistent, personalized movement harmonizes both body and mind.

3. Lifestyle and Health Maintenance Plan

Aligning daily schedules with both the Five Elements theory and circadian rhythms is essential for maximizing constitutional health. For Wood types, whose liver energy is highly active, winding down and sleeping before 11 PM is critical; this allows the liver to detoxify and rest during the traditional Zi hour between 11 PM and 1 AM (Wang, 2020). Rising around 7 AM for light outdoor movement further helps them tap into nature's rising yang energy. Fire-type individuals, by contrast, frequently struggle with insomnia from excessive heart fire. They benefit from an earlier bedtime—before 10 PM—paired with a brief midday nap between 11 AM and 1 PM to soothe the nervous system. To support their weaker digestive rhythms, those with an Earth profile should head to bed between 9 PM and 10 PM and wake near 6 or 7 AM. Metal types, facing lung qi deficiencies, require a much earlier rest period before 9 PM; waking between 5 AM and 6 AM aligns their breathing with the Yin hour, when blood and qi distribute through the body. Finally, Water types must protect their kidney qi by sleeping before 10 PM and resting until 7 or 8 AM, ensuring optimal recovery during the crucial Chou hour. Ultimately, syncopating life to these internal clocks stabilizes the Five Elements and builds robust immunity.

IV. Case Study of Health Management Model Based on TCM Constitution Theory

1. Case Selection

This case study focuses on S Community Health Service Center to evaluate how a TCM constitution-based health model works in real-world practice. Established in the 1990s, S Community serves as a classic aging urban area; residents aged 35–65 make up 68% of the neighborhood, and over half are retirees. This older demographic perfectly matches the target audience for Five Elements Constitution health interventions. According to our constitutional profiling, Wood types represent the largest segment at 23%, closely followed by Earth types at 21%. The remaining population is distributed almost evenly, with Fire and Water types each at 19%, and Metal types making up 18%. Currently, local healthcare centers stick to standard medical treatments, leaving a noticeable gap in targeted TCM constitution adjustments. Meanwhile, initial surveys reveal a heavy burden of chronic conditions—like hypertension, diabetes, and joint disorders—alongside sub-health issues such as insomnia, mood swings, and poor digestion. These widespread imbalances underscore a pressing need for specialized TCM wellness services.

2. Case Analysis

2.1 Implementation Preparation

To kick off the constitution assessment, the intervention team pooled expertise from the local community hospital, pulling together two licensed TCM practitioners, three general practitioners, and five certified social workers. Rather than working in silos, the team integrated their workflows: while the community doctors gathered baseline medical histories and current prescriptions, social workers walked residents through the initial screening process. This allowed the TCM practitioners to focus entirely on the core "Four Diagnostics"—observation, listening, questioning, and pulse-taking. During examinations, these practitioners stuck strictly to protocol, diagnosing body types by analyzing everything from facial complexions to lifestyle habits. A case in point was 62-year-old resident Aunt Zhang. Based on her yellowish skin tone, a greasy tongue coating, and her complaints of frequent abdominal bloating and sticky stools, the practitioner diagnosed her with an Earth-Element Constitution.

2.2 Implementation Process

S Community utilizes constitution profiling to craft tailored, scene-specific wellness programs for its residents. To see this in action, look at how the center supports its two largest demographics: Wood and Earth types. For Wood-constitution individuals, the overarching goal centers on regulating liver qi, but the actual

plans are smartly stratified by age and baseline health. Younger, healthier Wood-type residents (under 50) are routed into weekly, 40-minute Tai Chi small groups to practice mindful movements like "Cloud Hands" and "Embrace the Sparrow's Tail," alongside receiving dietary blueprints featuring easy recipes like chrysanthemum goji tea. Conversely, for older Wood types battling chronic issues like hypertension—such as 58-year-old Uncle Wang, who has managed high blood pressure for five years—the strategy pivots to gentle, home-based care. Here, social workers drop by daily for 15-minute liver meridian acupressure on the Taichong and Xingjian points, paired with weekly emotional salons that offer meditation and stress relief.

The approach for Earth-constitution residents (traditionally focused on strengthening the spleen and dispelling dampness) prioritizes practical accessibility. Early field assessments revealed that residents struggled to find traditional ingredients like adzuki beans locally, and many seniors were baffled by complex acupoint charts. In response, the team swapped adzuki beans for widely available community market staples like red beans and glutinous rice. To simplify acupressure, local doctors hand-drew a "Zusanli Acupoint Card" with a clear, idiot-proof indicator: four finger-widths below the knee and one lateral to the tibia. For homebound seniors with limited mobility, social workers even conducted bi-weekly home cooking demonstrations for therapeutic yam-millet porridge while teaching family members how to gently massage the Zhongwan point.

2.3 Strengthening the Personalized Transformation of Health

Initially, S Community residents showed little enthusiasm for TCM constitution management, often reacting passively. To spark interest, the team launched a "free assessments + home outreach" campaign, setting up open-air TCM consultations in community squares. Interventions at this stage were purely top-down instructions. However, momentum shifted when the team trained 15 active participants to serve as "health ambassadors" for their respective body types. For example, 48-year-old Aunt Zhao (Wood constitution) and 55-year-old Uncle Sun (Earth constitution) completed a two-week crash course on basic TCM interventions and communication skills. They quickly became grassroots advocates. Aunt Zhao noticed that older neighbors struggled to memorize complex Tai Chi moves; she proactively streamlined the routine into a simplified three-step version and led 10-minute daily sessions at the local pavilion, drawing in over 20 Wood-type residents. Meanwhile, Uncle Sun jumped into neighborhood chat groups to share his Earth-constitution journey, sparking lively debates by suggesting people add red dates to their red bean and coix seed porridge for better texture. This peer influence encouraged residents to tweak plans based on personal comfort—such as when the team advised adding longan to a chrysanthemum tea blend after a participant complained it felt "too cooling."

To lock in these behavioral shifts, the team introduced a "Family Health Partner" initiative, looping in family members to co-manage routines. This collective approach yielded impressive self-optimization. During a fitness re-check, the daughter of 60-year-old Grandpa Zhou noted that her father's Earth constitution benefited from yams, but his poor dental health made them hard to chew. The team immediately suggested steaming and mashing the yams into a smooth paste to mix with millet porridge—a hack Grandpa Zhou loved and later shared with other seniors facing dental issues. Similarly, 52-year-old Mr. Zheng, a Wood-type resident, moved

his Tai Chi practice from morning to evening after his wife pointed out how much better he slept post-workout. He later shared this timing adjustment at a community seminar. By this phase, residents were independently auditing their routines, sharing feedback, and even launching spontaneous peer-support groups. This shift marked the community's successful evolution from an externally pushed program to an internally driven lifestyle transformation.

In short, this case study proves that a health management model anchored in TCM constitution theory is both highly practical and deeply scalable. By blending community ties with existing healthcare infrastructure, this framework offers a viable blueprint for meeting the public's growing appetite for personalized wellness.

V. Industrialization Development and Service Path Based on the Theory of Five Elements Constitution

1. Combination with Community Resources

Maximizing personalized health management hinges on the seamless integration of community resources, a strategy that has proven highly effective at meeting the public's need for tailored care. Local health centers play a pivotal role here; as primary care providers, they supply both the clinical expertise and the data infrastructure needed to anchor these models. When these centers collaborate, shared patient data forms a reliable, scientific foundation for fitness profiling and bespoke interventions (Feng, 2021). In chronic disease care, for example, they can maintain longitudinal health records and run routine physiological screenings to ensure continuity of service. Beyond tracking data, running joint health education campaigns is essential for boosting community health literacy. Evidence suggests that when local clinics team up with dedicated health management firms, the reach and impact of these educational programs expand dramatically, especially among older cohorts managing chronic illnesses. This teamwork directly translates into better patient compliance and a sharper understanding of disease management.

Optimizing community spaces offers another powerful way to support personalized health initiatives. Local landmarks like parks and cultural centers serve as ideal backbones for wellness workshops and fitness routines. Regular seminars, for example, can deeply impact public awareness by educating neighbors on chronic disease prevention, nutrition, and mental health (Zhang, 2023). Moreover, rather than offering generic workouts, organizing tailored activities like Tai Chi or yoga classes directly answers residents' specific fitness goals (Xu, 2021). This alignment not only draws higher participation but expands the program's overall impact. Ultimately, this hyper-local, customized approach strengthens physical wellness while significantly elevating the community's day-to-day quality of life.

2. Integration with the Existing Healthcare System

The implementation of personalized health management models in healthcare institutions requires deep integration with existing medical service systems to ensure patients receive continuous and comprehensive health management services. During diagnosis, doctors can develop precise personalized treatment plans by analyzing patients' physical condition assessments. For instance, studies on high-risk HPV patients showed (Liu, X., 2024) that adopting this model significantly improved disease awareness and medication adherence scores, demonstrating how tailored interventions effectively support clinical treatment. In the treatment phase, healthcare providers can establish electronic health records and follow-up mechanisms to offer dynamic health monitoring and intervention guidance. Moreover, the rehabilitation phase remains a critical component of personalized health management. Through regular follow-ups and outcome evaluations, medical institutions can promptly adjust rehabilitation plans to promote sustained improvement in patients' health status.

The integration of personalized health management models with healthcare service systems hinges on effective information sharing and collaborative mechanisms. Medical institutions must establish efficient information-sharing platforms across departments to ensure seamless data flow between clinical units. A prime example is the "Internet+" (Liu, C., & Jin, S., 2022) chronic disease management platform, which centralizes patient data through integrated modules for screening, case registration, and management, enabling intelligent analysis. Furthermore, healthcare providers can partner with external health management agencies to build a collaborative ecosystem. This (Li, X., & Tang, S., 2022) approach not only enhances operational efficiency but also delivers more comprehensive care experiences. For instance, through AI-powered collaboration with case managers, institutions can implement tiered, personalized health management strategies that better address individual patient needs.

3. Application in Internet + Platform

To make personalized health management models truly effective, healthcare institutions must mesh them deeply into their current clinical workflows. This cohesion ensures patients don't slip through the cracks and instead receive seamless, comprehensive care. Right from the initial consultation, physicians can weaponize constitutional data to build hyper-targeted treatment tracks. For example, trials involving high-risk HPV patients demonstrated that this customized approach led to a dramatic spike in disease literacy and medication compliance (Liu, 2024). Once a treatment plan is in motion, clinics can deploy electronic tracking and dynamic follow-up loops to monitor patient progress in real time. This vigilance shouldn't stop at discharge; the recovery phase requires continuous evaluation so providers can instantly tweak rehabilitation strategies, securing long-term health improvements.

This level of customization, however, relies entirely on robust data mobility and inter-departmental synergy. Breaking down data silos within the hospital ensures that clinical metrics flow effortlessly across different units. A case in point is the "Internet+" chronic disease ecosystem, which consolidates screening, patient registration,

and management modules into a centralized hub for intelligent data analytics (Liu & Jin, 2022). Beyond internal upgrades, hospitals can unlock immense value by partnering with external health agencies. This collaborative framework not only slashes operational bottlenecks but also enriches the patient experience (Li & Tang, 2022). By integrating AI tools with human case managers, institutions can roll out tiered, highly adaptive wellness programs tailored to every unique patient profile.

VI. Conclusion

Applying the FEC framework to personalized wellness directly mirrors the classic TCM philosophy of "treating disease before it occurs," a synergy that points to a highly promising future. As public health expectations rise, this patient-centered methodology will likely become a linchpin for managing health across all life stages. Looking ahead, the next logical step is scaling this model to larger populations, specifically through expansive clinical studies on sub-health cohorts and those with chronic illnesses. Concurrently, "Internet+" digital screening tools need ongoing upgrades to sharpen diagnostic accuracy and smooth out the user experience. Cross-disciplinary teamwork will also be vital; by fusing modern biomedical tech with traditional TCM principles, researchers can design sharper, more practical wellness interventions. For example, we can adapt successful blueprints from diabetes management to tackle the prevention of other chronic conditions. Ultimately, refining these theoretical and practical frameworks ensures that FEC theory remains a driving force in achieving broad public health goals.

References

- Zhang, S., Li, S., Xu, L., & Yang, L. (2022). A service model and application of TCM health management centered on state management. *Fujian Journal of Traditional Chinese Medicine*, 53(3), 4–7.
- Li, M. (2016). Research on the TCM health management system based on TCM theory. *China Health Industry*, 13(1), 91–93.
- Dou, X., Gao, Q., Jia, S., Zhao, R., & Jiang, G. (2022). Promotion of traditional culture and traditional Chinese medicine culture under the background of Healthy China and epidemic prevention and control. *Asia-Pacific Traditional Medicine*, 18(2), 209–212.
- Zhou, B., Chen, B., Liao, R., & Chen, S. (2018). The value of TCM constitution identification in sub-health classification and health guidance intervention. *Modern Diagnosis and Treatment*, 29(14), 2208–2209.
- Li, A. (2023). Application value analysis of health management based on TCM constitution differentiation in the pre-disease population. *Smart Health*, 9(3), 162–165.

- Liang, L. (2020). Precision management model of chronic diseases in TCM characteristic communities. *Science and Technology Information*, 18(11), 189–190.
- Wang, J., Huang, Z., Xu, M., Dai, L., Shen, M., Li, Y., Xie, T., & Chen, D. (2021). Interpretation of “Five Fruits as Assistants” in the Inner Canon and fruit-based health preservation. *China Fruit*, (7), 84–90.
- Zhang, H., Wang, J., Zhang, L., Hu, X., Chen, X., & Li, F. (2021). A health management software based on the five elements theory and its application. *Contemporary Medicine*, 27(35), 107–110.
- Lv, W., Chen, X., Wang, S., Yu, G., Chen, H., & Deng, J. (2020). Application effect of community TCM constitution identification in elderly health management. *China Contemporary Medicine*, 27(25), 174–176.
- Zhai, F., & Gao, H. (2018). Application of TCM constitution identification in health management of chronic diabetes patients. *Journal of Practical Clinical Medicine*, 22(23), 62–65.
- Kan, N., Wang, J., Liu, C., & Xing, X. (2022). Application effect of health education based on TCM constitution theory on physical examination populations. *Sichuan Journal of Traditional Chinese Medicine*, 40(2), 209–211.
- Zhang, M., Xuan, J., & Dai, J. (2021). Impact of nursing based on TCM constitution theory on self-efficacy, BMI, and blood glucose control in type 2 diabetes patients. *Western Journal of Traditional Chinese Medicine*, 34(8), 145–148.
- Wang, W., Ye, W., & Huang, G. (2020). Effect of TCM constitution identification on self-management behavior and quality of life in patients with type 2 diabetes mellitus. *Chinese Journal of Clinical Research in Traditional Chinese Medicine*, 12(14), 122–124.
- Feng, Y., Li, W., Hu, Q., Fan, F., & Li, J. (2021). Application of lifestyle intervention based on TCM constitution identification in diabetes patients at primary healthcare institutions. *Journal of Medical Diet Therapy and Health*, 19(27), 38–39.
- Zhong, D. (2022). Application of TCM constitution identification based on “treating disease before it occurs” in sub-health population nursing. *China Medical Science*, 12(15), 131–134.
- Zhang, Z., Zhao, Y., Wang, X., & Wang, H. (2023). “Internet + community health management” from the perspective of active health. *Journal of Nanjing Medical University (Social Sciences Edition)*, 23(2), 138–143.
- Xu, A. (2021). Application effect of health management models in community elderly patients with chronic diseases. *China Health Standard Management*, 12(11), 147–149.
- Liu, X., Wang, Y., & Zou, Y. (2024). Application and effectiveness evaluation of personalized health management models in physical examination centers. *Hebei Medical Journal*, 46(13), 2024–2026.
- Liu, C., & Jin, S. (2022). Intervention effect of “Internet + health management” model in hypertension detection populations. *China Health Standard Management*, 13(8), 183–186.
- Li, X., & Tang, S. (2022). Impact of health management models on health behaviors of women with high-risk HPV infection. *Health Examination and Management*, 3(4), 345–349.
- Liu, S., Li, H., Zhu, Y., & Fang, Y. (2021). Establishment and practice of the “Internet+” full-process health

management model. *Contemporary Nurse*, 28(9), 5–9.

Wang, X. (2024). Design and application of the “Internet+” chronic disease management platform. *Journal of Primary Care Medicine*, 28(6), 17–20.

Sohu.com. (2025, August 15). The Five Elements Constitution testing device: A millennium heritage meets AI technology.

Phoenix Network. (2025, October 11). Jin Fang Xuan Hu: A smart health ecosystem platform in the digital era.

Yu, J., & Li, B. (2024). Reflections on holistic preventive medicine in TCM health management. *Guangming Journal of Traditional Chinese Medicine*, 39(7), 1421–1424.

Chen, J. (2021). Diabetes health management model based on TCM prevention-first approach. *Guangming Journal of Traditional Chinese Medicine*, 36(13), 2115–2117.