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Highlights

- Health intervention system was developed following the PSD model and BCSS framework.
- A total of 43 users were interviewed who had access to the system for 52 weeks.
- Self-monitoring, reminders, and tunneling were found to be very valuable features.
- Need for social support seems to grow in importance at intervention's later stages.
- Unobtrusiveness in all facets of hBCSS design is extremely important.

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