

## ABSTRACT

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*Health is a prosperous state of body, soul, and social that allows everyone to live socially productive. Body health is a very important thing and can not be denied in carrying out daily life. Many people today do not understand the importance of health than technology now. Too busy with work, today's people forget how important health, healthy lifestyles are right and their ideal weight. As a result of the lack of awareness of the health there is malnutrition, weight is not ideal, and the pattern of irregular life will be food intake. The Health Care application builds on android to help smartphone users. With the construction of this application, is expected to help smartphone users in maintaining health. Especially in terms of calculating ideal body weight based on Body Mass Index (BMI). With this application then smartphone users can calculate the ideal body weight, find the location of the nearest hospital in case of unwanted and healthy lifestyle according to blood type and information on healthy food consumption in accordance with blood type for diet program or make ideal body weight.*

*Keywords: Application, Health Information Media, Android, BMI.*