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In recent years, there has been a growing need on individuals' health management by using sensors and wearable devices to record daily activity and monitor health indicators. A large amount of health data needs to be analyzed to investigate the important impact factors related to individuals' health and help individuals manage their health. In this paper, we investigate the important features that influence personal health from health data obtained from wearable devices and health data based on Traditional Chinese Medicine (TCM). We focus on investigating and selecting more influential health features and then performing machine learning algorithms for modeling. The results show that the daily activity consumption is of a greater influence on wearable device data, and the pulse position that represents the kidney is identified as having the greatest impact on TCM health status among all pulse positions. Moreover, we selected the most influential features to perform the regression model and compared with all the features. The results show that after feature selection, the Mean Squared Error (MSE) is smaller and the R-square Score (R2) is greater than before.

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