A health assessment, prediction, and management system is provided. The system includes a first mechanism capable of acquiring and capturing a data set comprising an individual's health status. The system further includes a local computer server, wherein a first platform is provided for the first mechanism to input the data set. The system also includes a central server in communication with the local computer wherein a second platform is provided for the transmittal of the data set from the local computer server to the central server. The system includes a second mechanism capable of accessing the data set in the central server and analyzing the data set acquired by the first mechanism. The second mechanism is capable of providing an analytical result. The analytical result may include a health score/grade/index generated by the second mechanism and a health risk assessment provided by the second mechanism or anything else that may be required or queried. A third platform is provided in the central server for the second mechanism to input the data set and the health score/grade/index. An expert system is created in the central server based on the data set and the health score/grade/index. The expert system is capable of self-learning and discovery. A method is also provided.