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Telehealth & Well-Being

Malik Ouda, Chetna Singhal, Sam Bell, Hao Lun Colin Chu

The <Design> Squad



Sam Bell

Persona Introduction



Colin Chu

Research Methodology
Exploration



Chetna Singhal

Idea 1 Experience



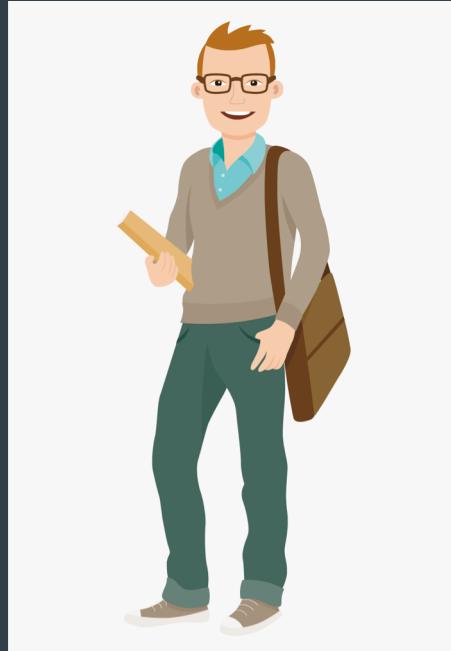
Malik Ouda

Idea 2 Experience

The Busy Bee



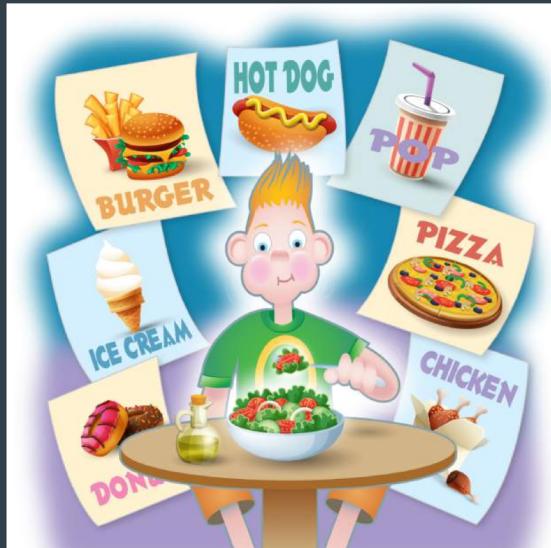
Basics & Demographics



- Full time student
- Millennial
- Owns a smartphone
- Health Conscious
- Has health/medical insurance
- Multitasker



Lifestyle Choices



Means to eat well

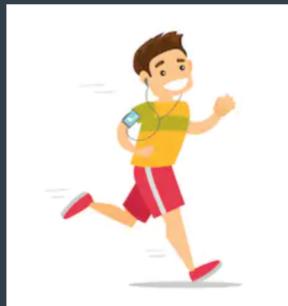


Prioritizes socializing



Has tried a health device and/or app

Activities & Passions



Light Exercise



Watching Online Videos



Studying & Socializing



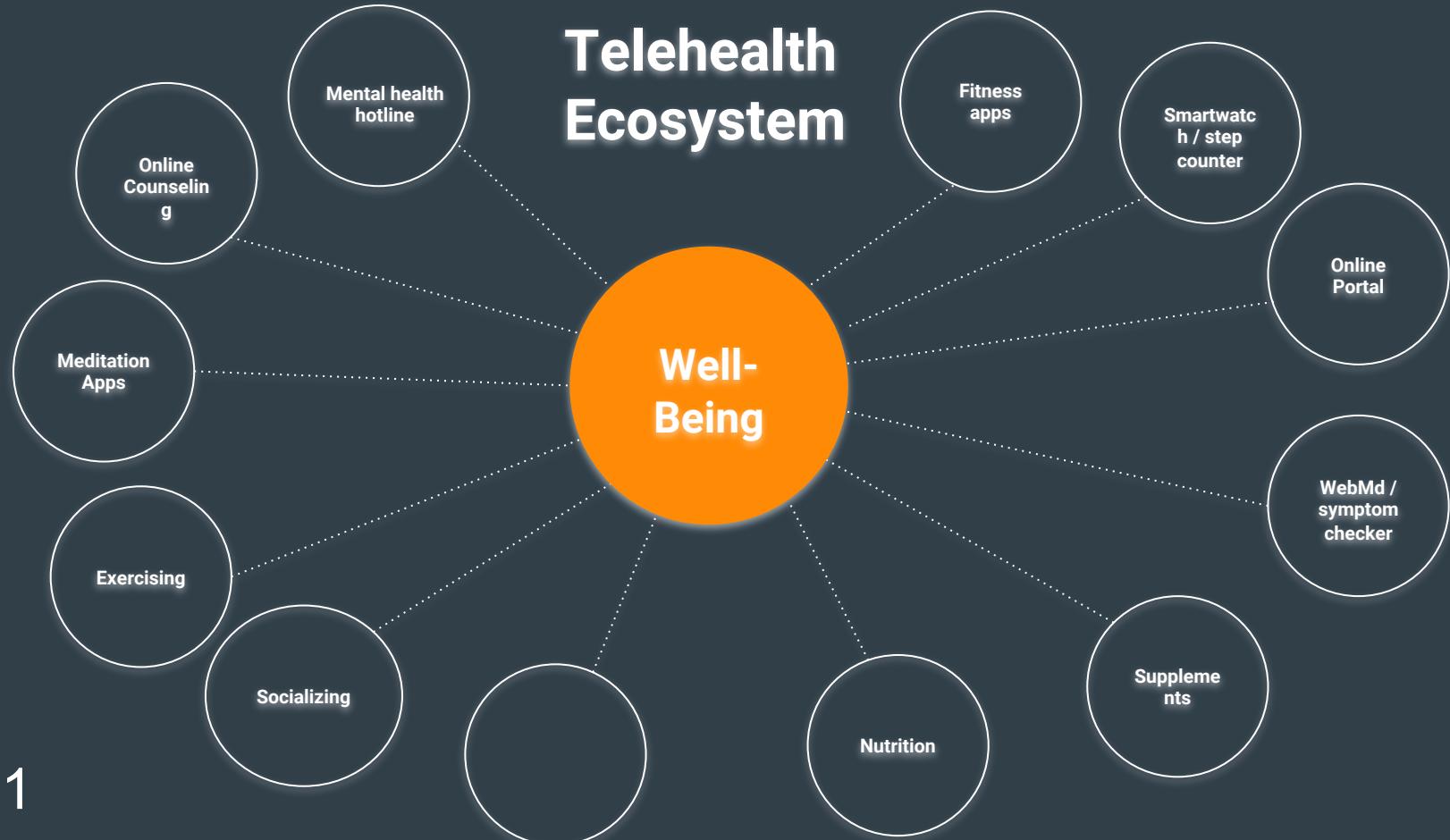
Networking



Academics



Listening to Music



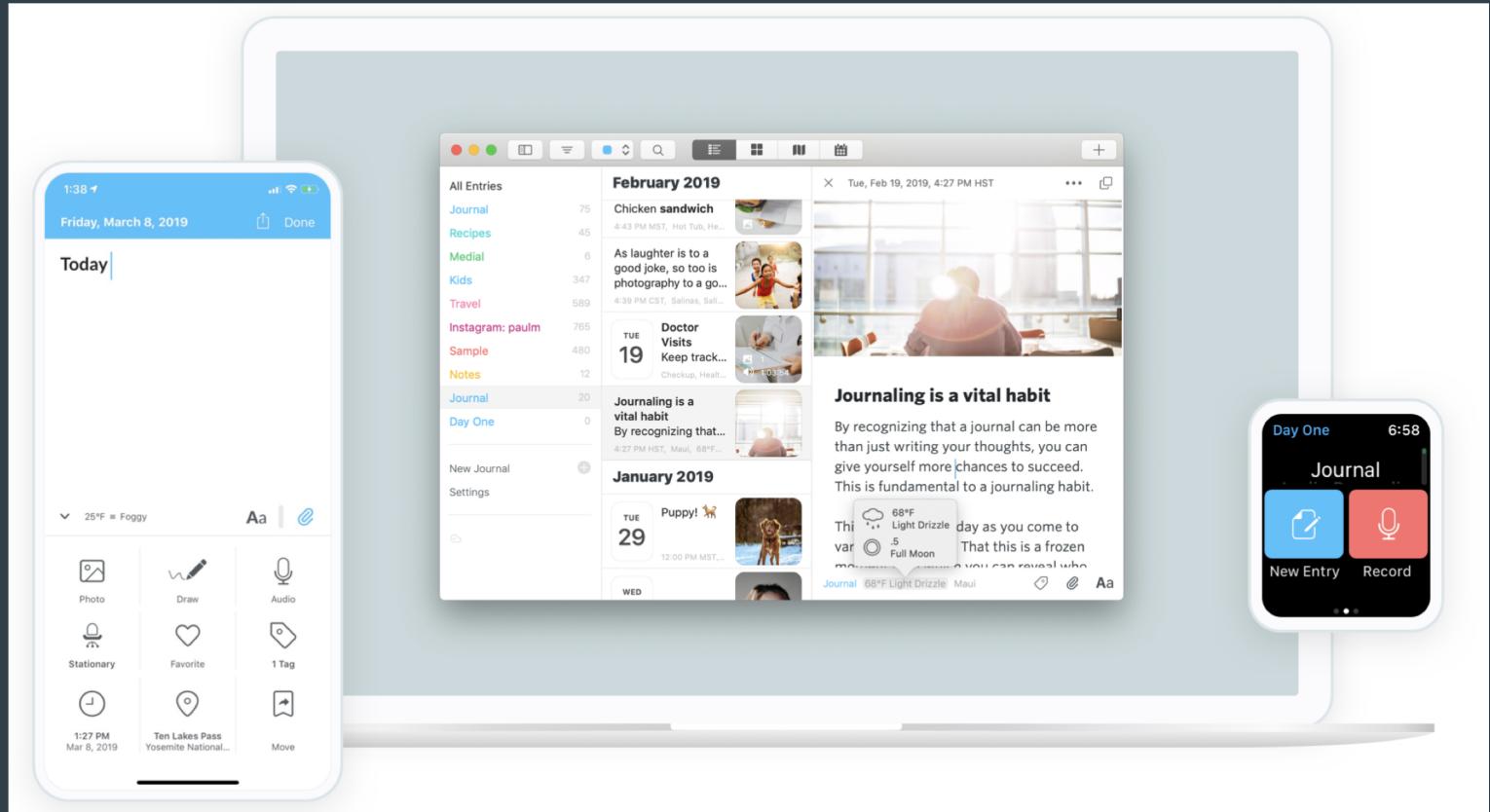
Tool 1

Well-Being Word Map



Tool 2

Photo Journal



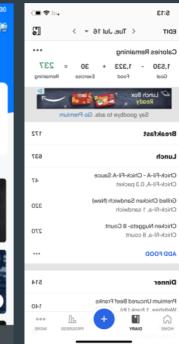
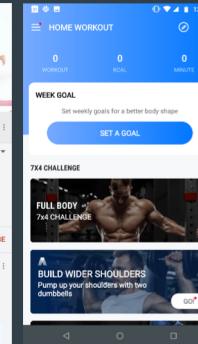
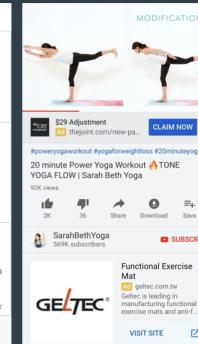
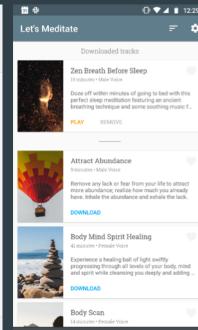
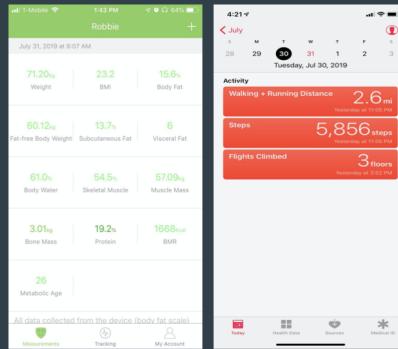
Tool 3

Idea Board

	Emotional				Physical				Social							
What helps	Family (Phonecall)	Music (PlayLister)	Closure	Friday night party	On campus health services	Moderation	Intramurals	On campus health services	Dieting	Listen to music while running	Vitamin D Fish Oil	Group studying	Traveling	State personalities	Going out (to bars and such)	Nights out with friends
	Time for self	Good conversations	Feeling safe	Remind herself by using notes	Friends	Food is fuel	Gym	Running	Sports	Work out at least once a week	Vegan	Not overthink behaviour	Traveling	Gossip	Online chatting/conversation	Spending time outdoors
What doesn't help	Time to work emotionally (CMHC)	Cooking	Private time	Writing down feeling on paper	Chat with friends to talk about frustrations	Walking	Undisturbed sleep	Stamina	Company	When not enough protein food -> Protein powder	Asian dragon is food and diet not work and diet e.g. Dragon wears hot water	Eating	Easy to get along	Happy people	Going out with friends (Dinner)	Find friends and groups through reddit
	Learning to be by myself	Housework				Pokemon Go	Being regular	Healthy eating habits		Parents are health freak		Learn new things				
Technology usage/views	Depressed with free time	Oversleeping	Concern for parents safety	Burnout	Mediation apps only used when necessary, not routine	Body image issues	Walking alone at night	cheat meal for weekends	Less Time	Read receipts	Too many roommates can be stressful					
	FOMO with Snapchat	Ability to focus	Stress	Assignments	Personality Perfectionist	Lazy to cook	Overeating	workout apps break the flow of the workout	Not having access to gym	Drama						
	Didn't like apps that cost money	Didn't like apps that request personal information	YouTube (music/shows)	Meditation Apps (headspace)	Convenience	Didn't like counting calories	Clue (Women's health)	Nike Fitness app	Didn't like apps that cost money	Didn't like apps that request personal information	Facebook Messenger (chatting)	Yelp	Uses meeting services to arrange social meetups	Doesn't like Social Media		
	Didn't like apps that require manual entry	Uses YouTube (ie, yoga videos)	Bad: Snapchat	Spotify (music)	Meditation apps ("Let's Meditate")	Scared to use WebMd	Health apps(fitbit app, Home Workouts)	Not too much	Didn't like apps that require manual entry	Uses YouTube (ie, yoga videos)	Meetup	Google Map	Reddit			
	Apple Health	Bad: Instagram	Bad: Facebook			Not tech enthusiast	Smartwatch (fitbit)	7 minute workout	Run Keeper app Keep track of the distance	Check calories my fitness pal	Facebook					Using communication services to stay in touch with family

Photo Journal - Snapshots

Physical



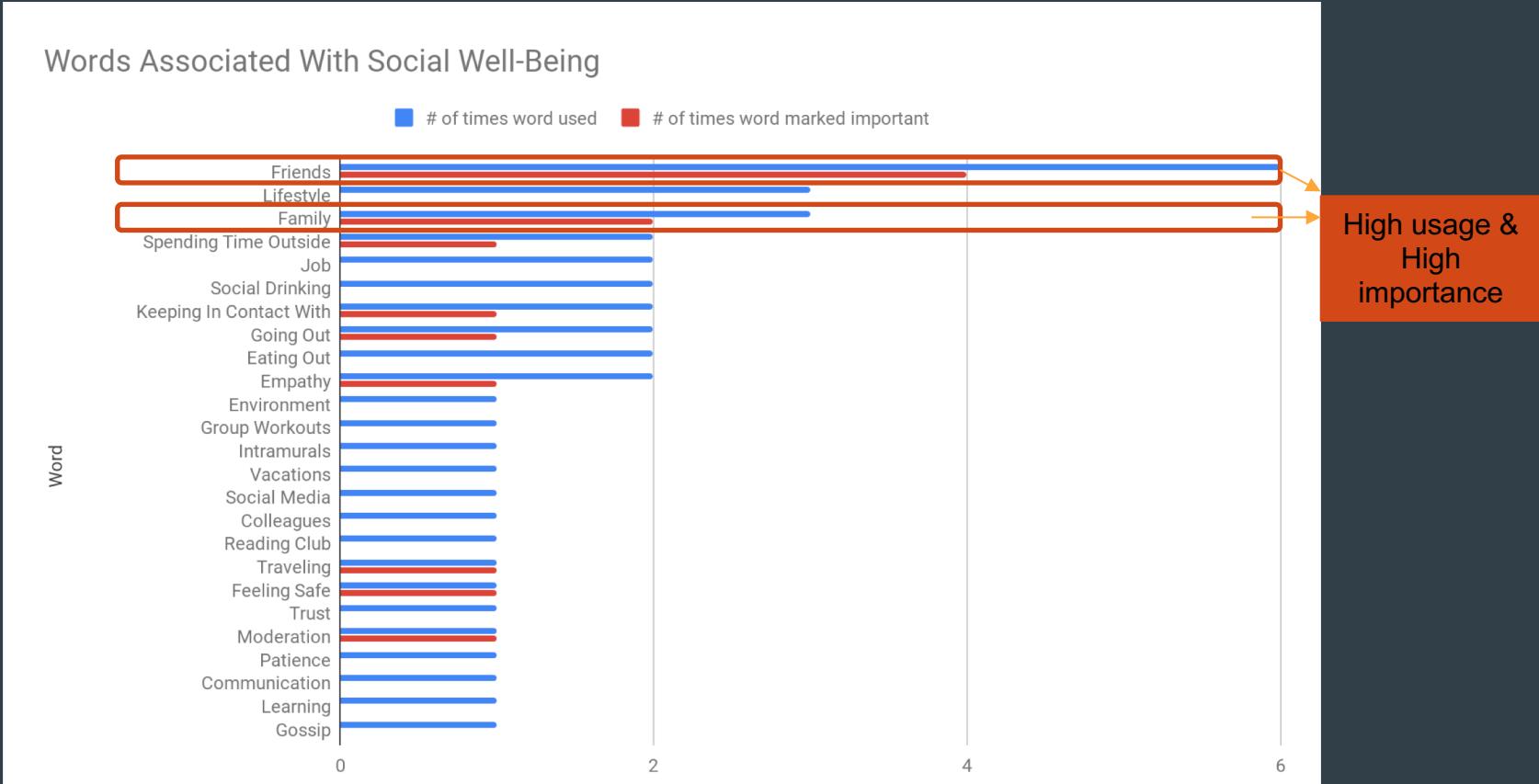
Emotional



Social

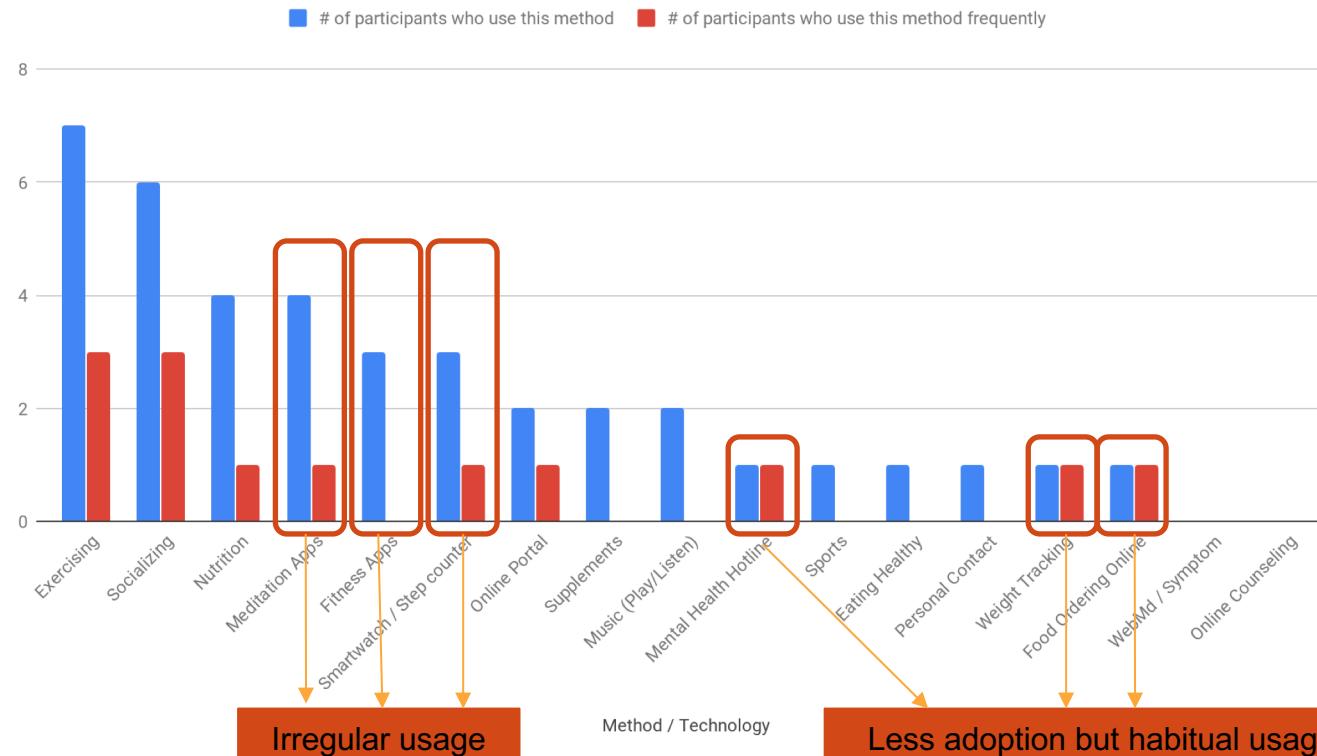


Social Well-Being Word Map - Frequency Chart

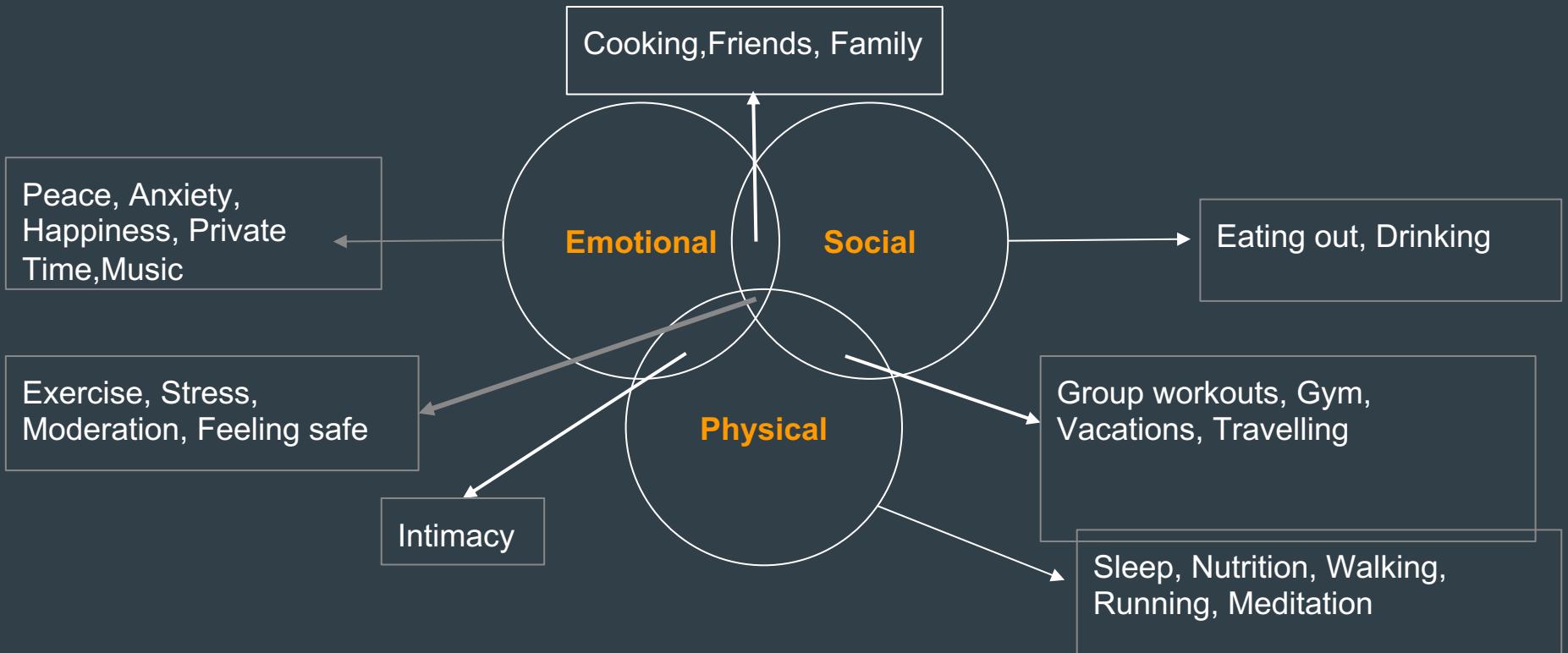


Well-Being Ecosystem - Frequency Chart

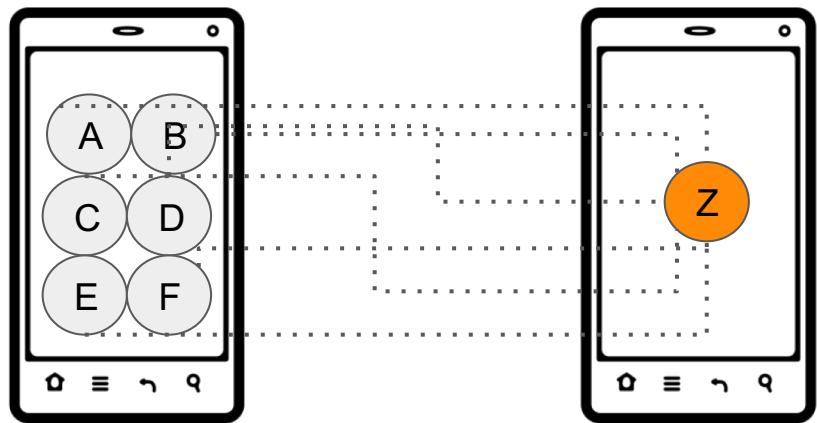
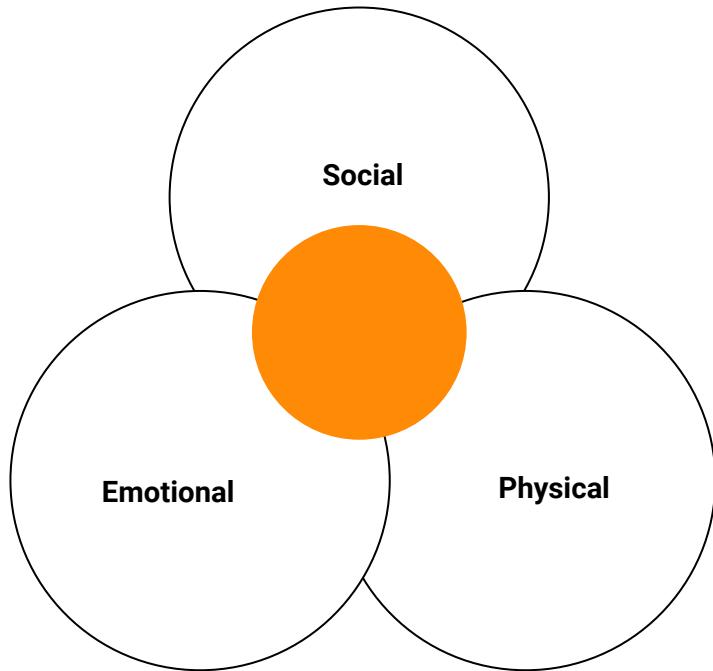
Technologies / Methods Used to Improve Well-Being



Well-Being Ecosystem - Venn Diagram



Imagine...

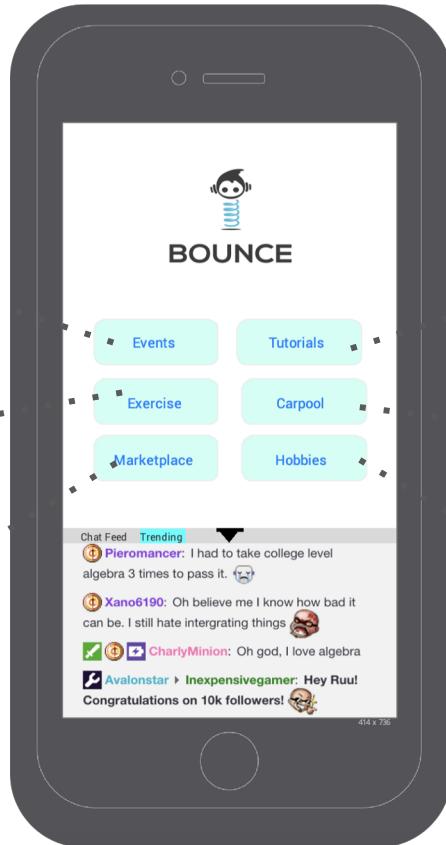


Presenting...

Events

Exercise

Marketplace



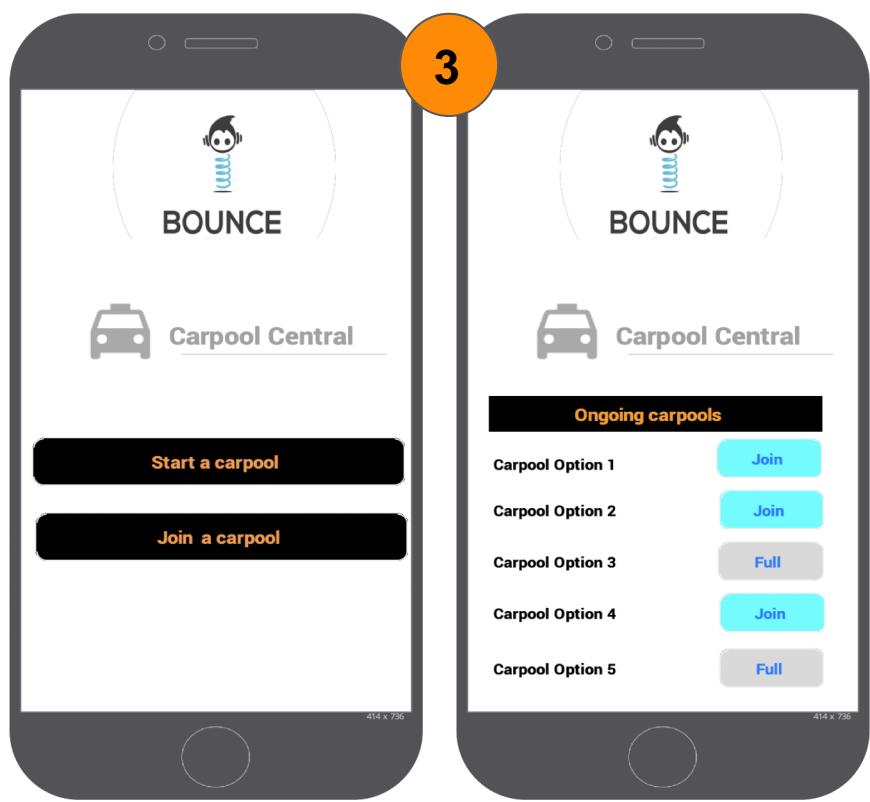
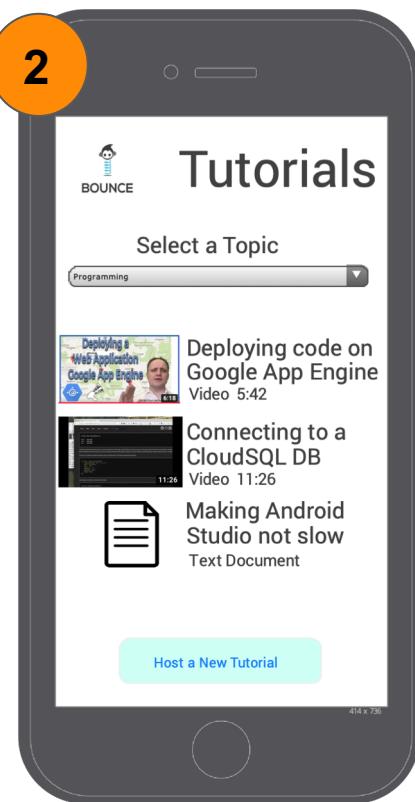
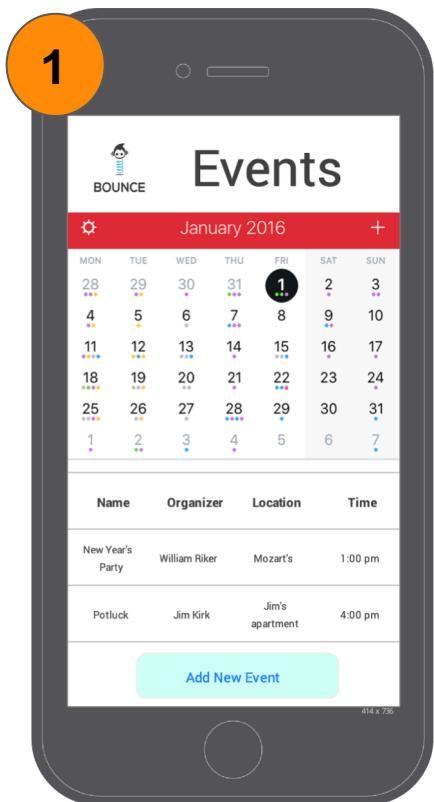
Tutorials

Carpool

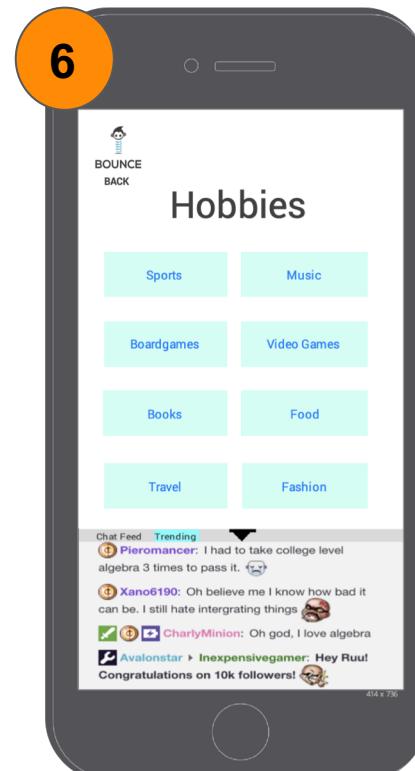
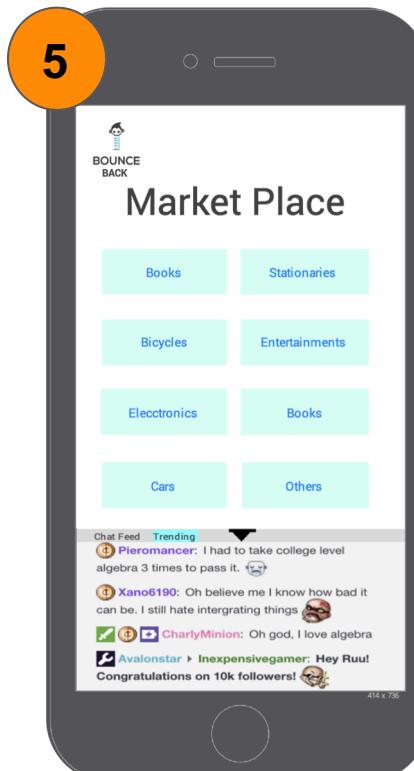
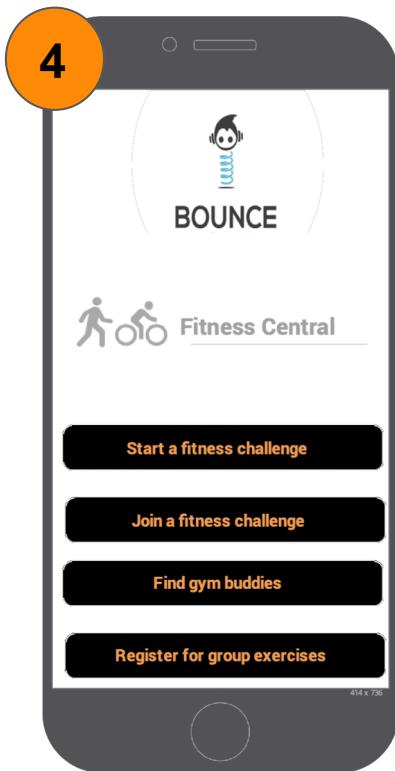
Hobbies

Integration with
external apps

Look & Feel...



Look & Feel...



Lets Evaluate...

Oh No

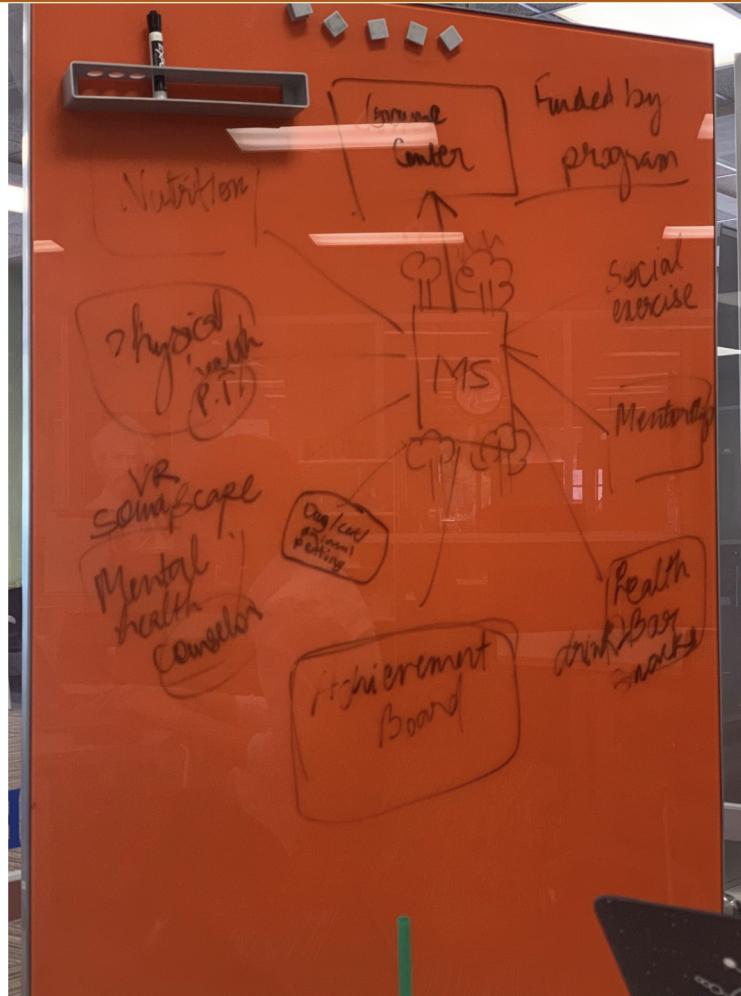
- An additional website and app for students to engage with (Not if it replaces an existing app (Hint: Slack))

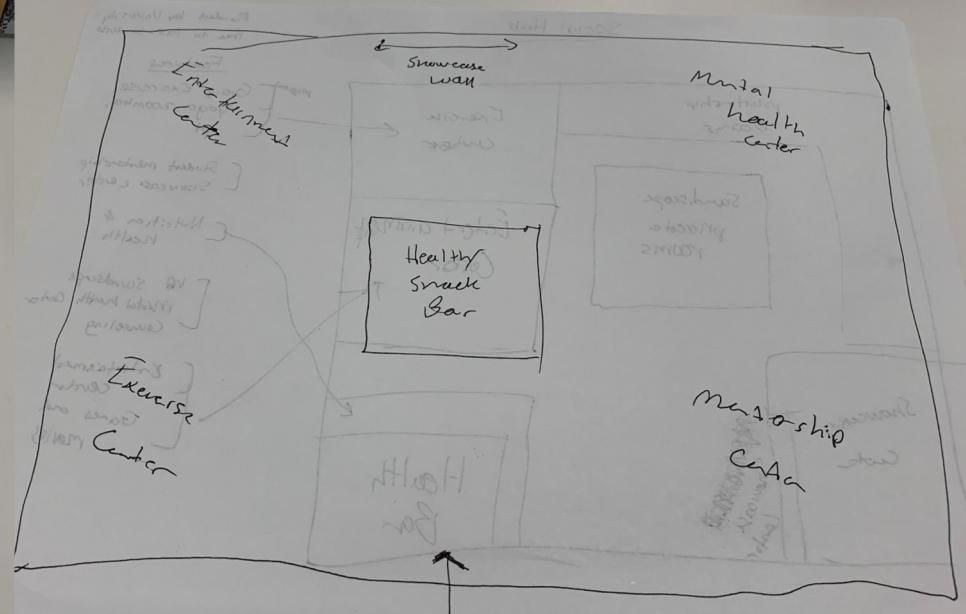
Oh Yes

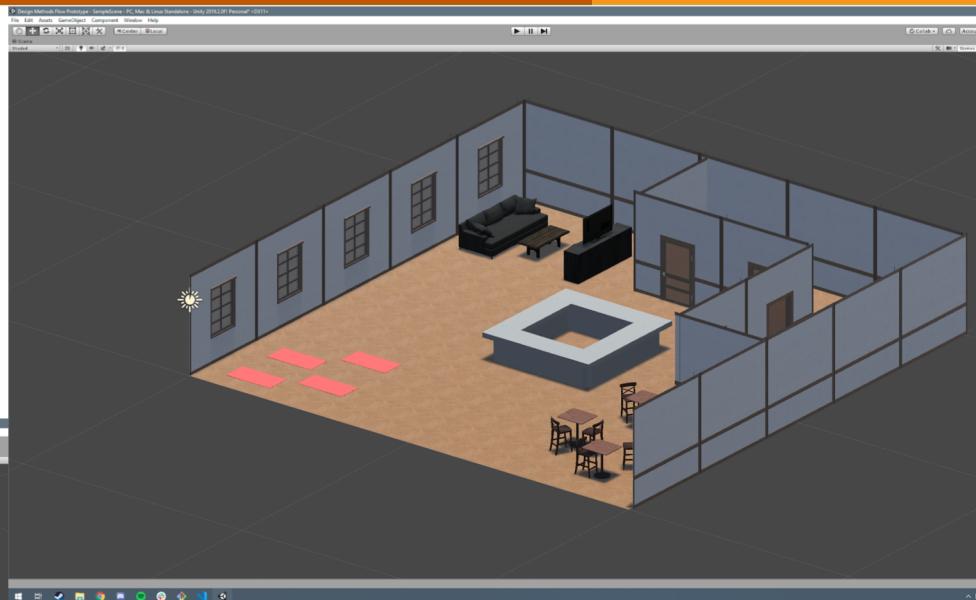
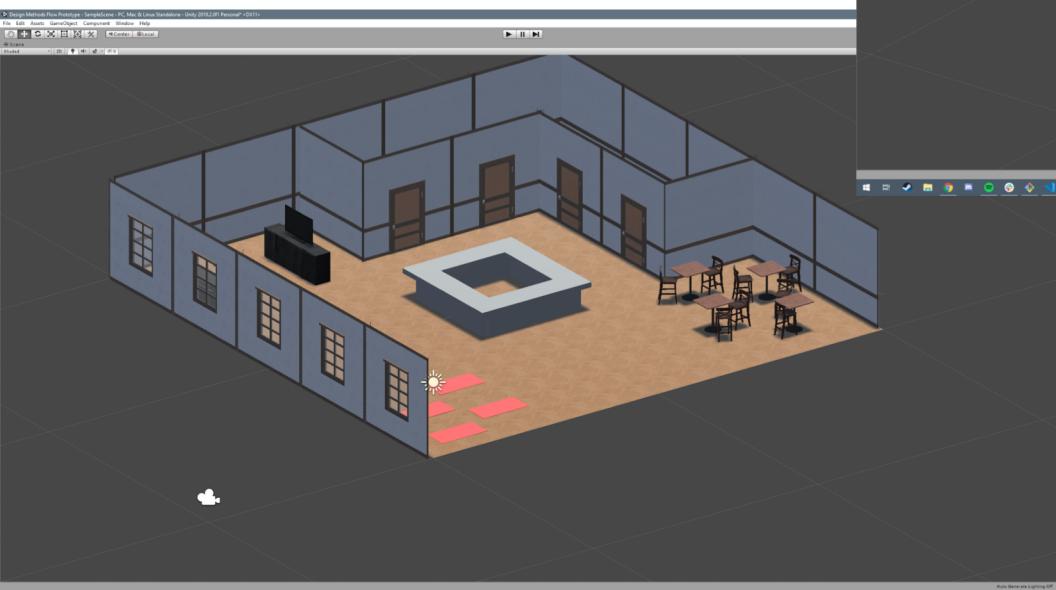
- Curated vs Universal content
- Peer adoption to drive usage
- Fosters student-student interaction and knowledge transfer
- 24/7 support and availability
- One stop shop for all your well-being needs

Prototype 2

“Flow” - A Well-Being Oriented Social Hub









Social Hub?

- Addresses the desire of M.S. students to be social while still promoting their well-being
- Low barrier-to-entry
 - Free
 - Nearby

Prototype 2 - “Flow” Social Hub

Features

Mentorship Center

- Place to get mentored by other students
- Promotes social well-being while helping reduce stress levels

Mental Health Center

- Individual, soundproofed rooms
 - Allow for silent reflection
 - Relaxing soundscapes
- Talk with a counselor privately
- Pet animals

Health Bar

- Healthy drinks & snacks
- Encourages healthy snacking
- Place to socialize while snacking with students
- Place to learn more about healthy eating

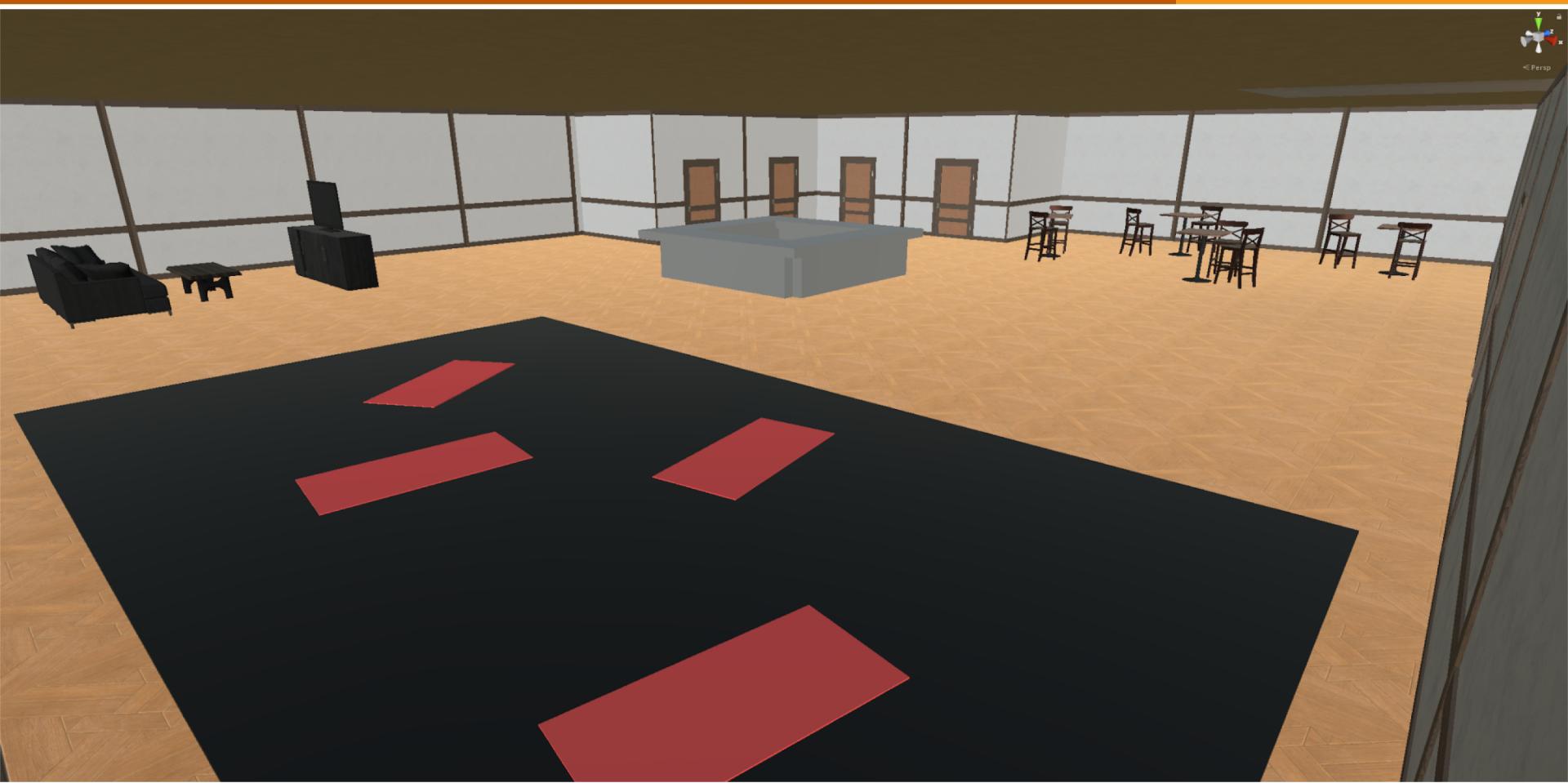
Exercise Center

- Group exercise
 - Yoga
 - Zumba
- Can workout with friends and fellow students
- Promotes both physical and social health

Entertainment Center

- Games
 - Video games
 - Board games
 - VR experiences
- Movies
- Entertainment helps to de-stress and socialize







The University of Texas at Austin

Questions / Comments
