

Revive

An app created to help people recover from sports injuries
while not losing track of their lives

creator: Yunseon Lee

Motivation

Inspired from my own experience of having sprained my ankle once, gotten it to a stage where normal life is possible, but re-sprained it again due to being at a wrong place at a wrong time.

Design brief - Context

How frequent sports injuries occur?

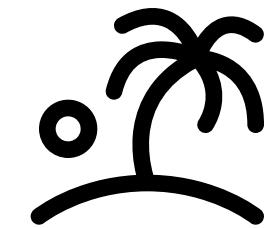
350,000
cases annually

1 / 3
of school-aged
children annually

44%
sports club
members
annually

Design brief - Challenge

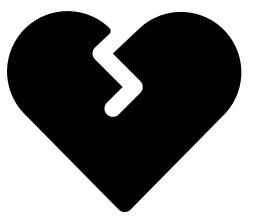
Why the recovery process can be stressful?



social isolation

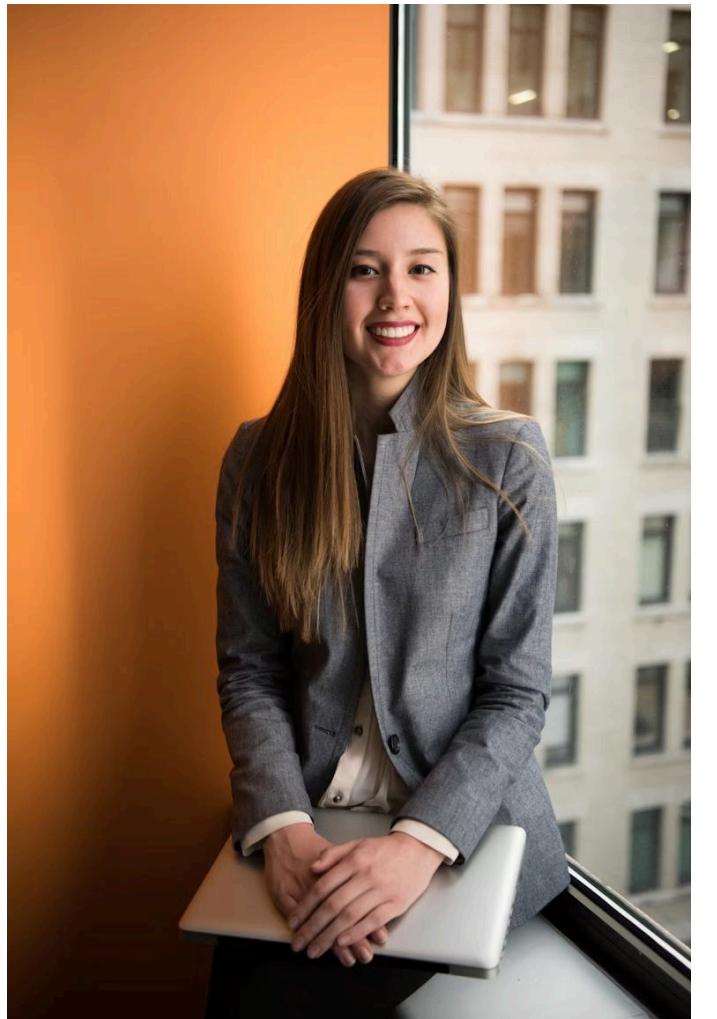


Career
interruption



fear and
anxiety

User Persona



Name: Miina Lehtinen
Age: 27
Location: Helsinki
Occupation: Management Consultant
Family: Married with 2 kids and also has a pet dog

Parkour enthusiast with a busy career

"Hi, my name is Miina. I recently sprained my right ankle and I had to use a crutch for a month before being able to reuse it again. However, I re-sprained it again while doing Parkour.

I am very upset as my ankle was fine while doing Parkour before the initial sprain. Worse, I had to cancel all my business trips abroad and miss some of the quality time with my family and my pet while I was still using crutches due to my initial sprain.

The doctor says that the problem lies in the fact that my ligament had been weakened from the initial sprain, due to me not strictly adhering to his recovery plan. But I did not have time to read it in detail, so I mostly stuck to not using my ankle at all. I think I also missed some of the appointments when I did not have time to navigate through the app properly. Sometimes, I did the steps in the recovery plan but ended up not repeating them as often as I should. Is there a way to do it better? If so, I would like to know more about it."

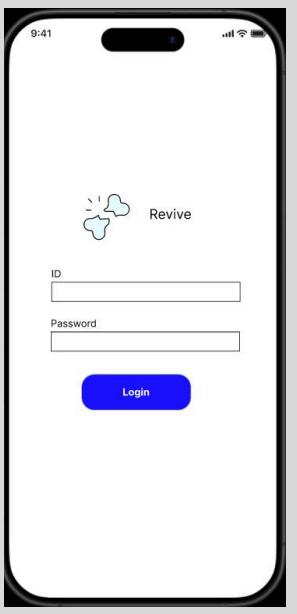
Key goals

- Customize her recovery plan based on her situation
- Keep track of her progress / appointments
- Juggle her work and family life with her recovery plan
- Avoid behaviors that would slow her recovery
- Motivate herself to stick to her recovery plan

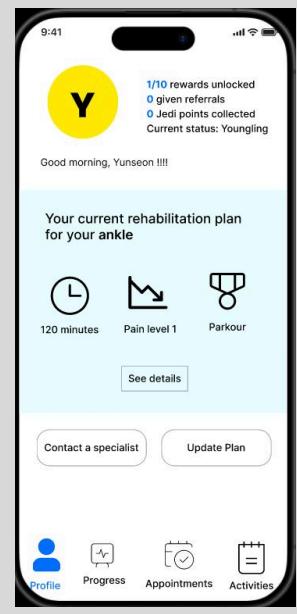
Key pain points

- Many recovery plans given by hospitals do not take into her personal situation into account
- Difficult to see how much she has recovered and how well she followed her recovery plan
- Difficult to keep track of her schedule because multiple things are happening at the same time
- Do not want a lapse in her career or her family life due to her injury
- Worry that she may slow down her recovery due to one careless mistake
- Things that are not related to her work or her family often get forgotten due to her busy schedule

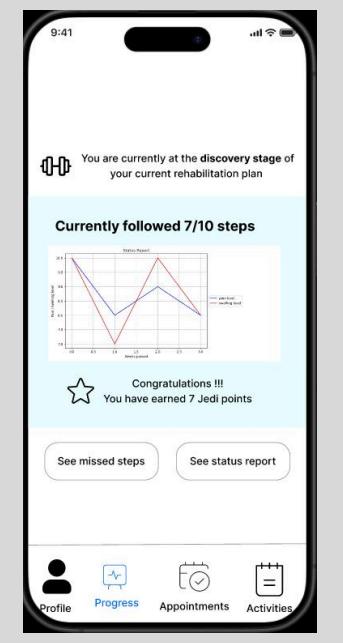
User Flow



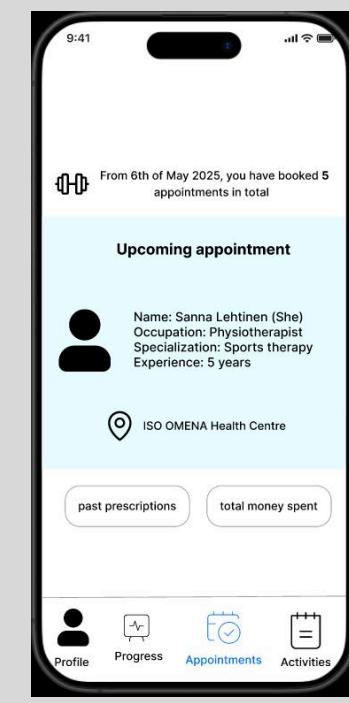
User logs in
(starts)



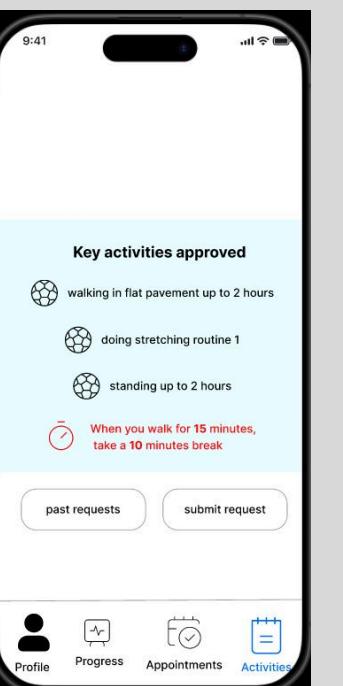
See plan /
reward



See progress

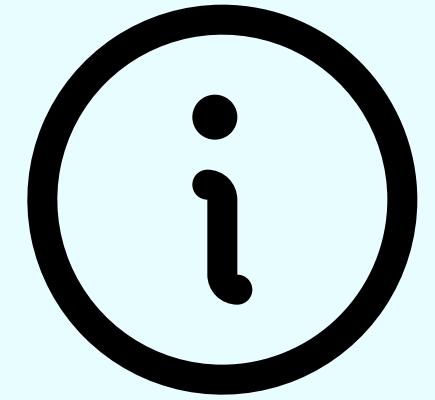


See appointments



See possible
activities

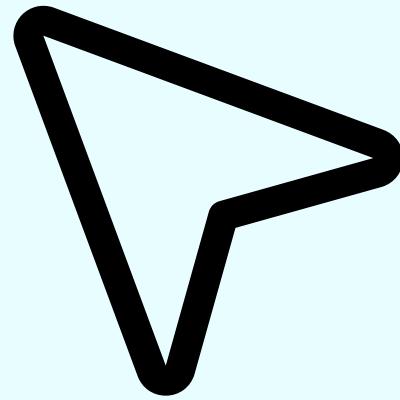
User testing - objectives



Test whether users appreciate the information provided



Test whether users appreciate the features provided



Test how easily users can navigate through the app

User testing - insights

Information relevancy

- People value recovery more than rewards for following the recovery plan
- People appreciate information that allows them to track their progress
- People want to know how they can pay for the service they receive
- Some people value having a tutorial to help them navigate through the app, others don't

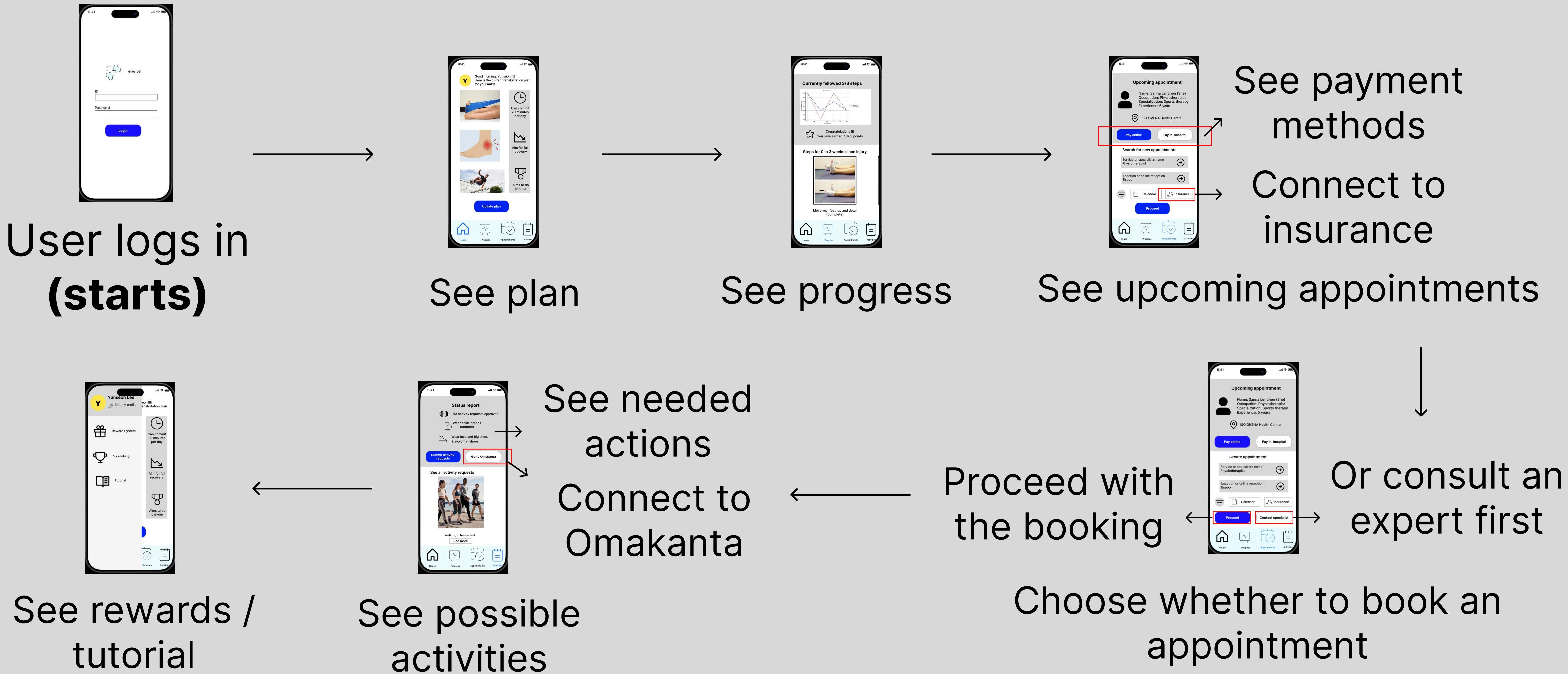
Feature relevancy

- People want a way to connect to OmaKanta service to check their medical data
- People want a way to connect to their insurance

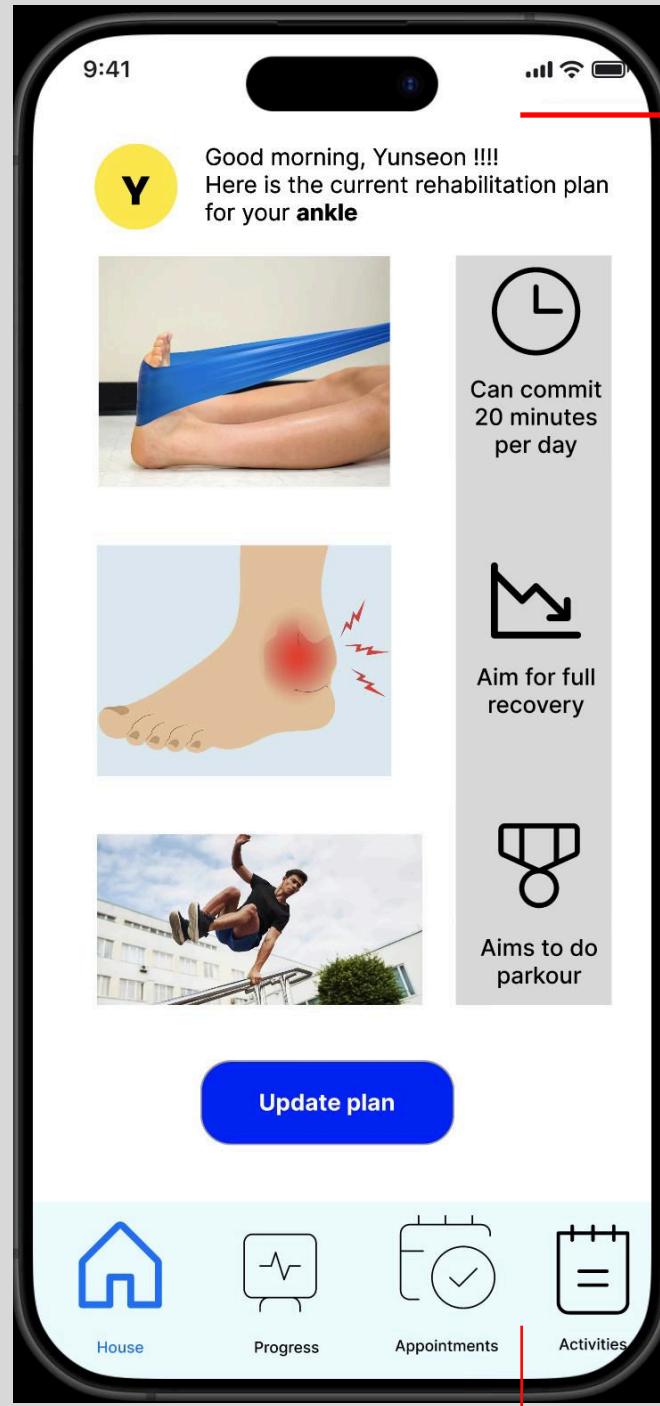
Navigation smoothness

- Some phrases can be confusing / misleading
- Lack of hierarchy is confusing
- Having to navigate through many pages can be cumbersome
- Some buttons are placed in spots where they can create confusion / misunderstanding
- Having the same icon throughout the pages create confusion

User Flow - Refined



Visual Design - Color Palette



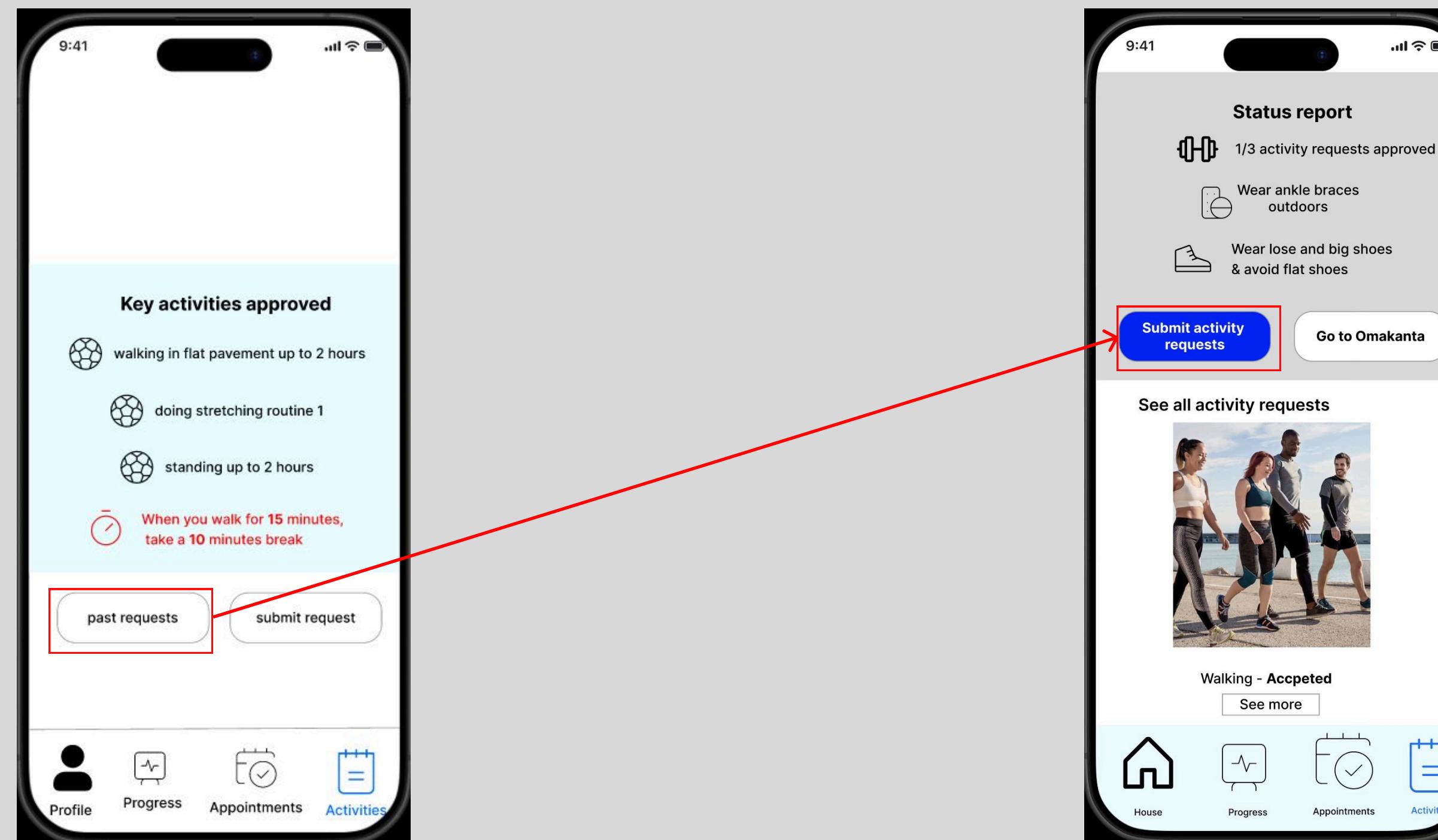
Primary color (60 %) : FFFFFF - white

Chosen to be more **darker** than the primary one to put more emphasis on the importance of **customer action**.

Secondary color (30 %) : E8FDFF - light sky blue

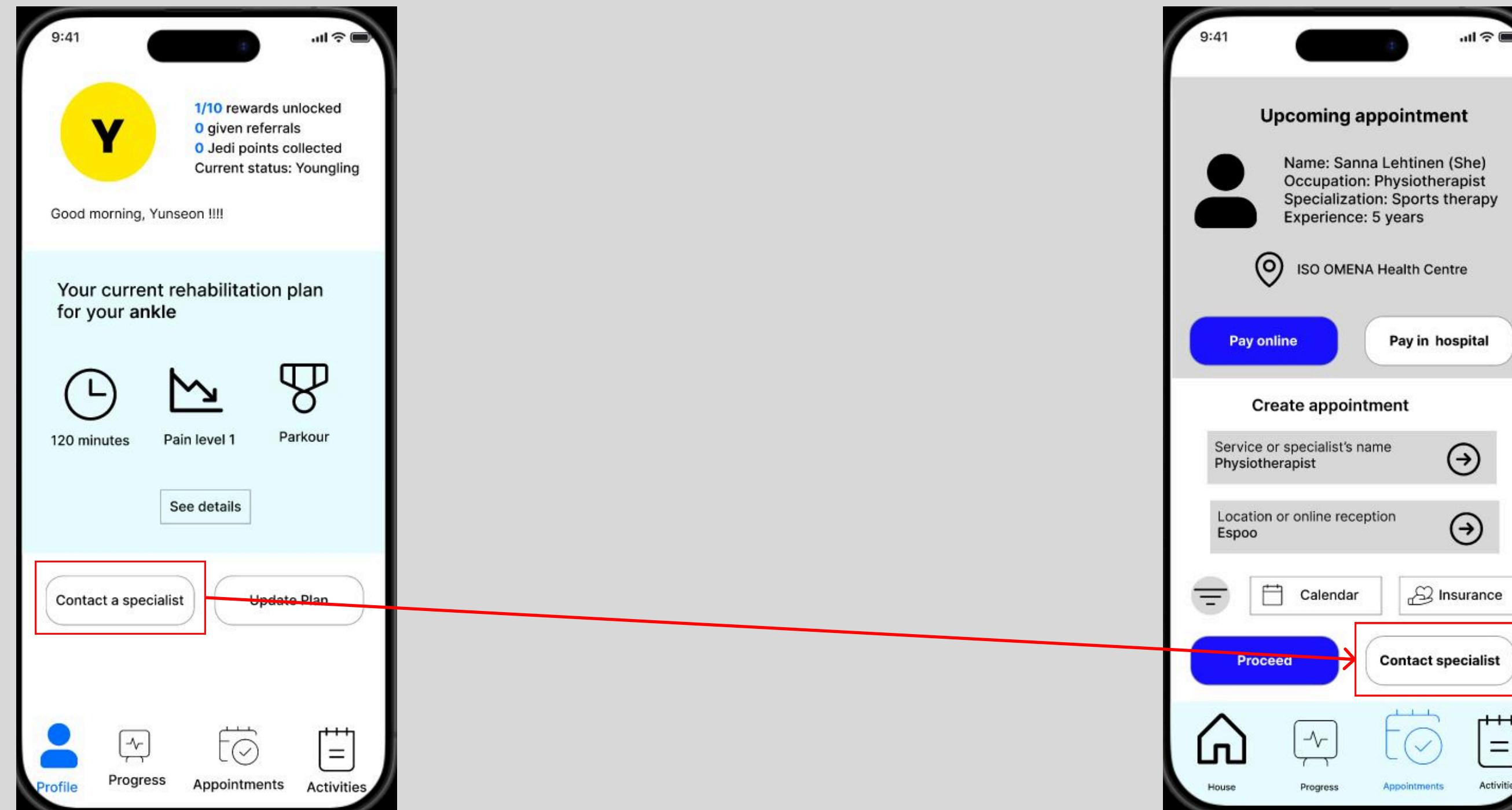
Chosen to be **light** to allow customers to focus less on the background and more on tracking the **recovery progress** itself.

Visual Design - change wording



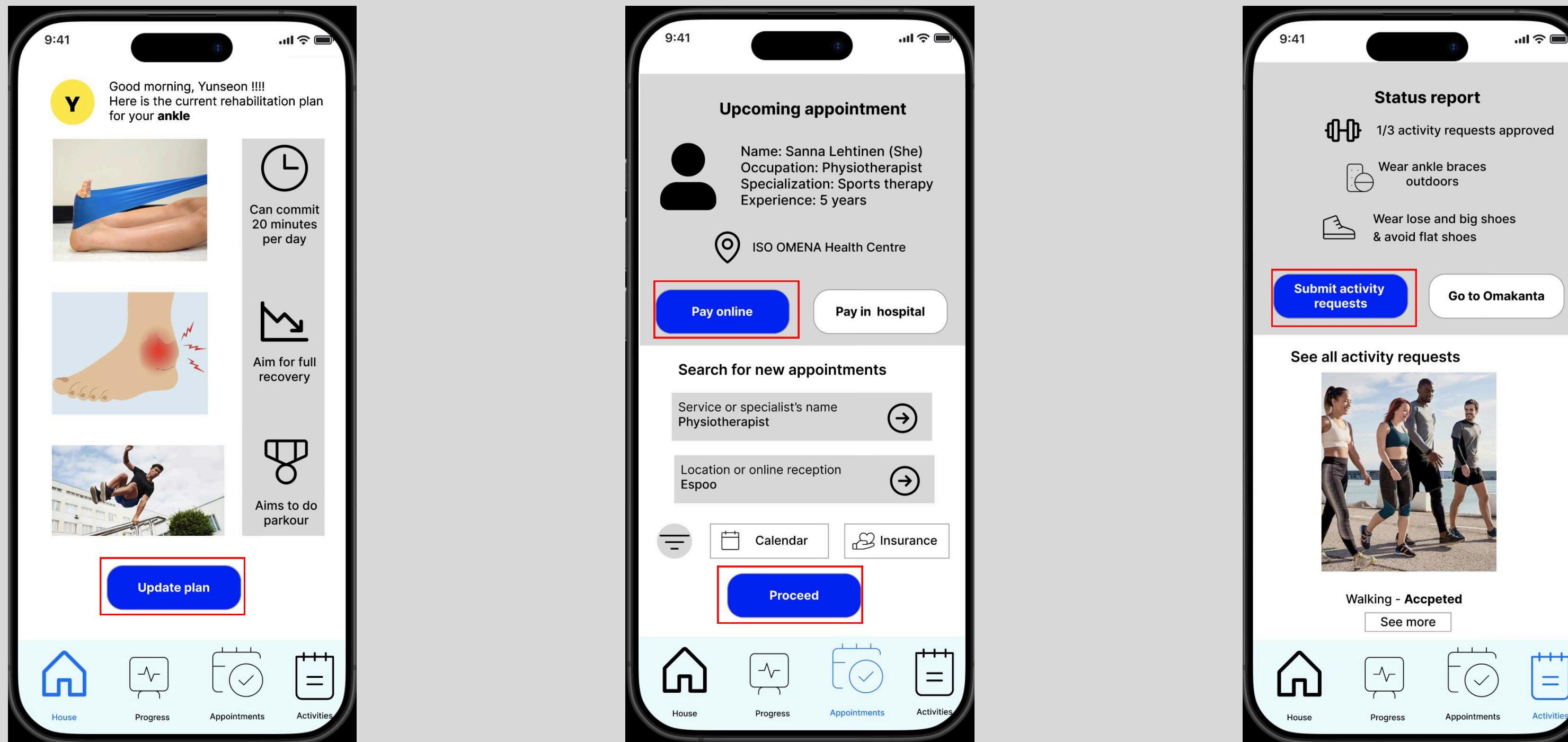
The phrase “submit request” was re-worded to “submit activity requests” for better clarity.

Visual Design - change placement



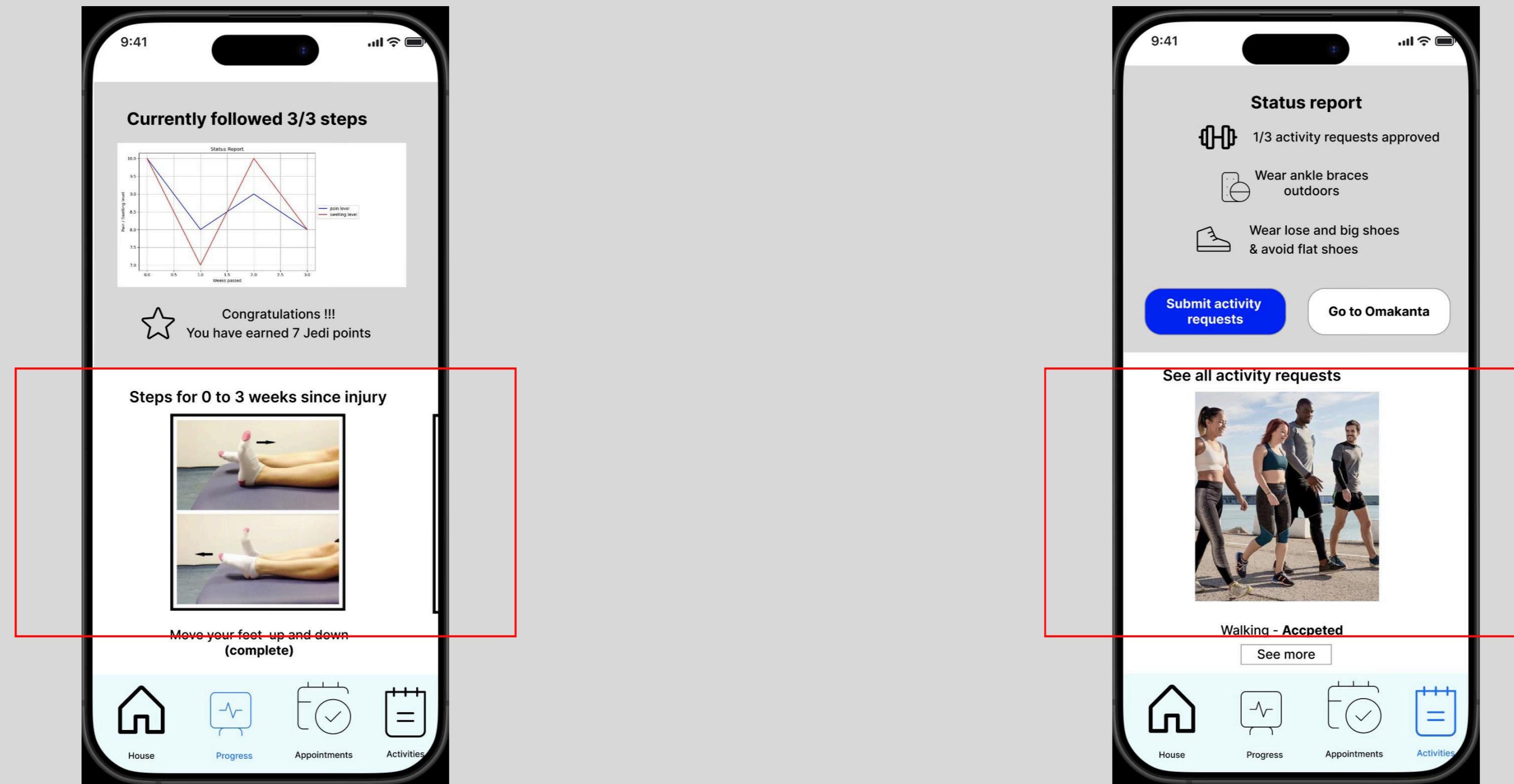
The button “contact specialist” was moved to the appointment booking section for better clarity.

Visual Design - create hierarchy



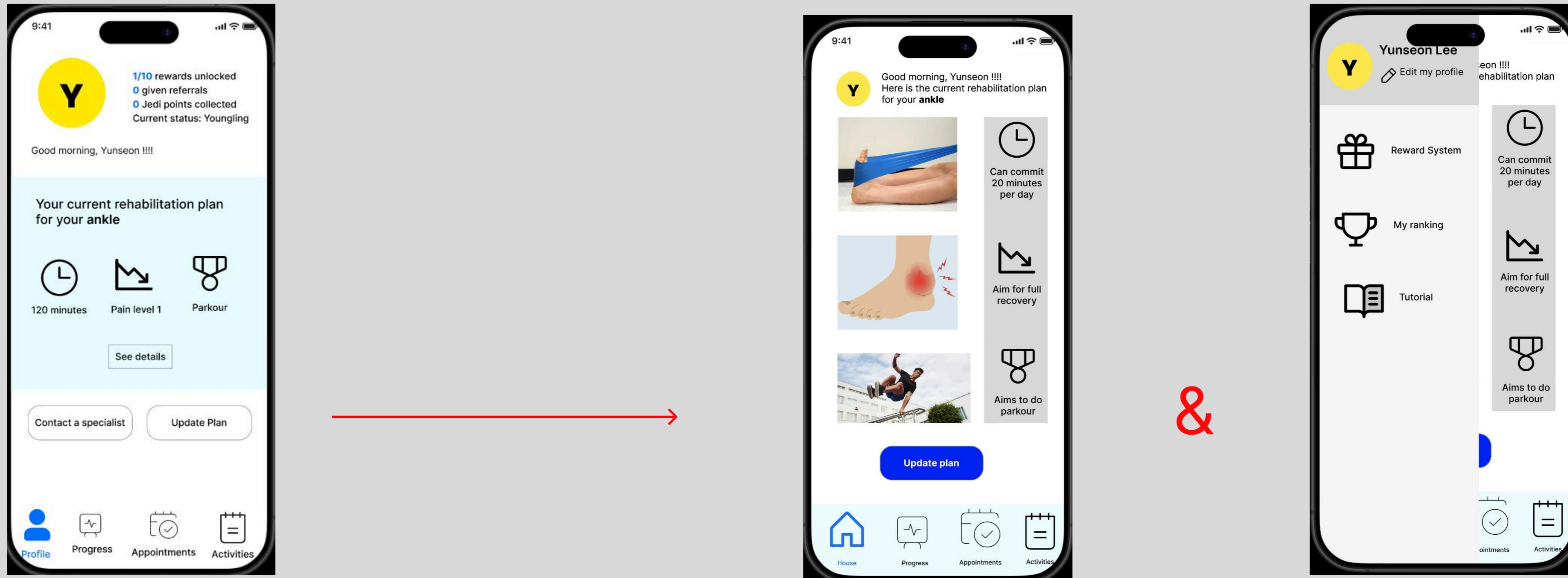
Activities that require immediate attention are put inside **blue buttons** for better emphasis.

Visual Design - cluster information



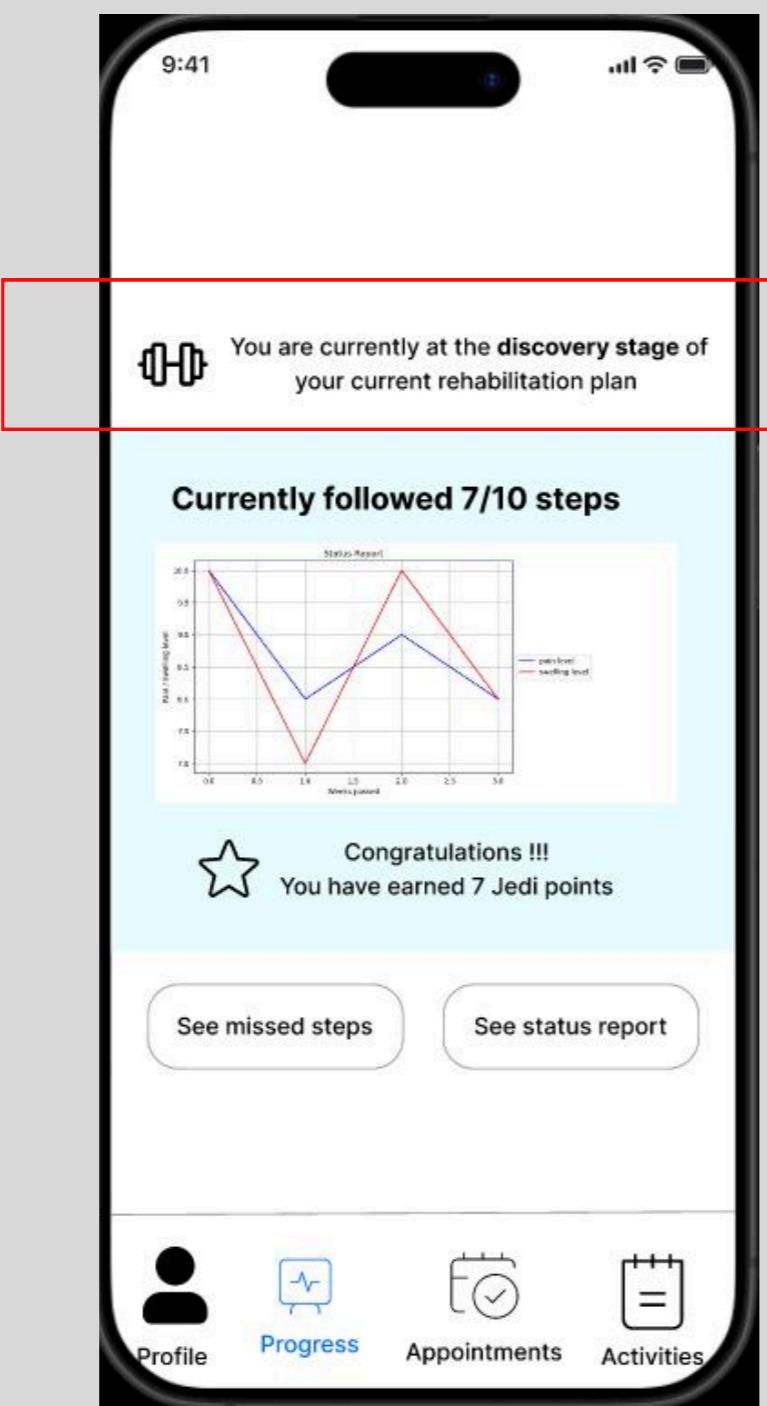
Information about **progress** and **possible activities** are put inside **one page** for **easy navigation**

Visual Design - decluster information

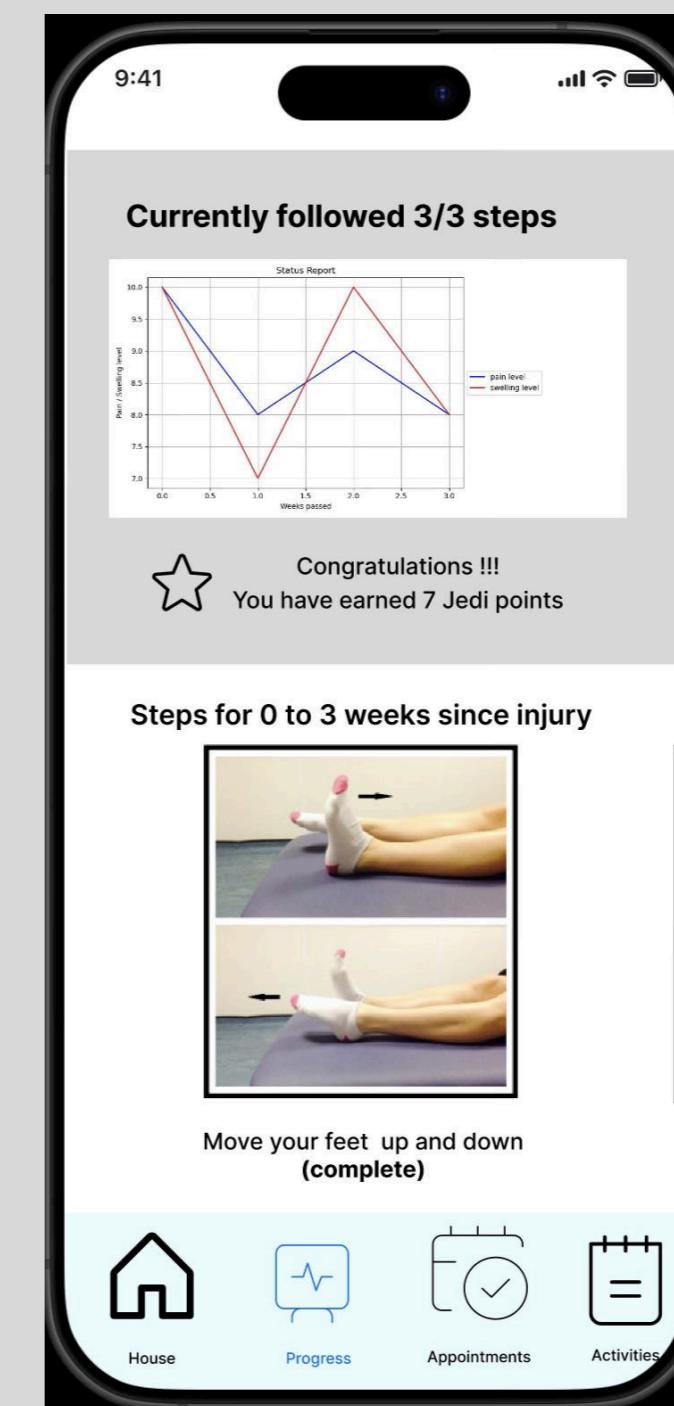


Information about **progress** and **rewards / tutorials** are put inside **separate pages** for easy navigation

Visual Design - delete same icon



No icon !!!

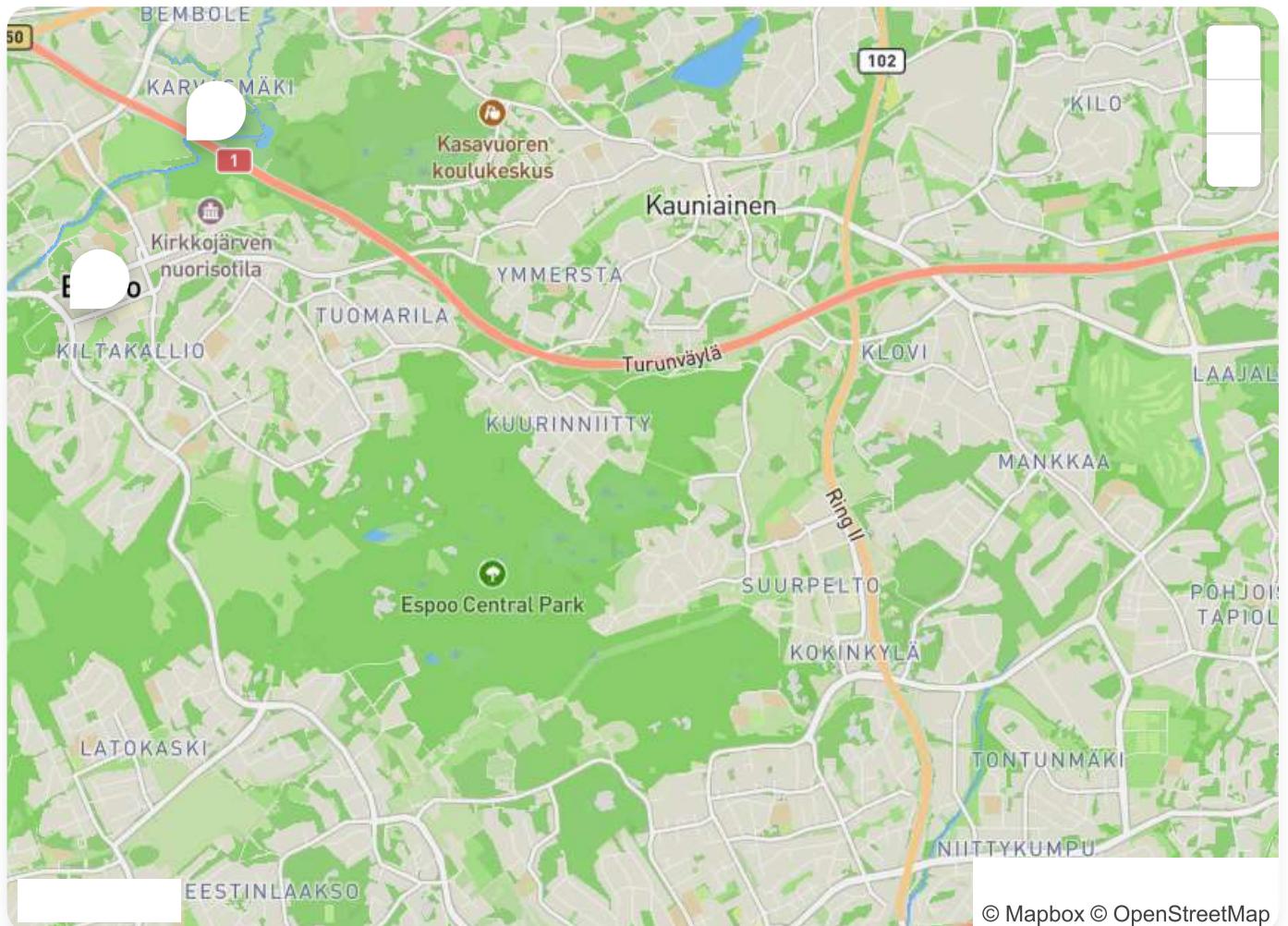


The unnecessary icon across every page was deleted for better clarity.

Link to final prototype

[Link to prototype](#)

 Hi Alex. You are currently in Helsinki, Finland.



Filter by Activity



Hiking



Biking



Running



Camping



Birdwatching

Sort by Proximity

Show nearest locations first

Off

Locations (5 found)

Edit with  x

Central Park Helsinki

 Clear Sky

 Cloud: 10%

Height: 1200m

biking

hiking

running

Lauttasaari Beach

 Clear Sky

 Cloud: 15%

Height: 1100m

kayaking

swimming

paddleboarding

Viikki Nature Reserve

 Clear Sky

 Cloud: 20%

Height: 1500m

biking

birdwatching

hiking

Nuuksio National Park

 Partly Cloudy

 Cloud: 40%

Height: 2500m

hiking

skiing

camping

Espoo Central Park

 Overcast

 Cloud: 80%

Height: 3200m

hiking

skiing

biking

Change city within Finland:

Edit with 

Helsinki



Want to select a different country?