

Healthy Living Partner

Design Sprint

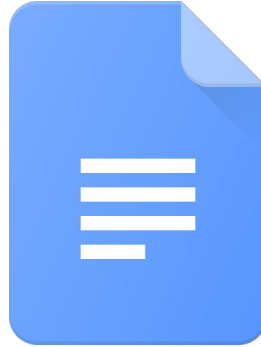
Product Manager: Francis Odo



Set the stage

Set the stage for the Design Sprint by framing the problem

Initial PRD



Link your
Phhttps://<https://docs.google.com/document/d/1vpl350qE55oXriaWMx1HKTMdZSLb9p4WHB79LOSv8/edit>

Understand

Create a shared understanding of the space, problem, and goals

How Might We

Use these digital stickies to capture your ideas. Feel free to rearrange. Colorize. Etc

How might we
make users to
follow healthy
diet plan

How might we
get users to
start practicing
exercise
routine

How might we
motivate users
to use app

How might we
provide
incentives to
early adopters
of the app

How might we
obtain
testimonials
and use it to
promote app

How might we
reduce
healthcare
costs

How might we
collaborate
with KP to get
patients to
participate in
trial program

How might we
capture and
reveal current
state of health

Encourage good habits

How might we gamify healthy habits?

How might we create a rewards system?

How might we reward people for good behaviors?

How might we reduce healthcare costs for healthy patients?

Incentives

How might we make patients feel accountable?

How might we build a social support system?

Accountability

How might we promote health habits?

How might we get people to build healthier habits?

Routines

Change specific behaviors

How might we make it easier to make healthy choices?

How might we warn users about unhealthy choices?

How might we prevent patients from making unhealthy choices?

Prevent bad choices

How do we teach patients how to mediate?

How might we help reduce high blood pressure?

How do we reduce a patient's alcohol intake?

How might we help patients stop smoking?

How might we encourage people to drink more water?

Change other behavior

How do we convince people to exercise regularly?

How might we get people to walk 30 minutes every day?

How might we reduce sedentarism?

Be more active

Education

How might we help people better understand diabetes?

How might we make people aware of risk factors?

How might we raise awareness across society?

General education

How might we identify and warn pre-diabetic patients

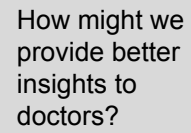
How might we make people aware of their current state of health?

Personal assessment

How might we build good habits at a young age?

Young age

Other



How might we
provide better
insights to
doctors?

Sort and Group

Use these digital stickies to capture your ideas. Feel free to rearrange. Colorize. Etc

How might we make users to follow healthy diet plan

How might we get users to start practicing exercise routine

How might we motivate users to use app

How might we provide incentives to early adopters of the app

How might we capture and reveal current state of health

Accountability

Incentives

Educational Info

How might we obtain testimonials and use it to promote app

How might we reduce healthcare costs

How might we collaborate with KP to get patients to participate in trial program

Feedback

Cost Reduction

Promotion

Sprint Focus

Focus	Accountability
My Reasoning for this Theme	In order to help users achieve a healthy lifestyle, we need measure their commitment to their responsibilities.

Define

With an understanding of the problem space, create focus and align on specific outcomes for the Design Sprint

Future Press Review

- The Healthy Living Partner is a mobile app that monitors, tracks and recommends healthy diet and exercise. It is for anyone that is willing to adopt active healthy lifestyle or anyone facing the threat of chronic disease that diminishes quality of life.
- It offers the user current analysis of the state of health, monitors blood sugar level, recommends diet and exercise activities appropriate for the condition detected from the analysis. With this app, the user will have a complete control of health monitoring capabilities , which will enhance healthy living, preventing chronic disease
- With regular use and consistency, the user will develop a modeled healthy habits and maintain a chronic disease-free lifestyle.
- The Healthy living Partner is built with the main focus of healthcare costs reduction in mind. It offers costs saving advantage to the user, healthcare providers and pharmaceutical industries.
- Chronic disease such as type-2 Diabetes causes damage to both small and large blood vessels of the heart, leading to problems with eyes, lungs, kidney and other vital organs of the body, which is expected to affect about 33% of the population by the year 2050.
- User is presented with an active daily calendar that prompts you with health status and recommendations of diet and exercise activities.
- The core features in motoring, API, diet and exercise are the key strengths, which sets this app apart from competition.

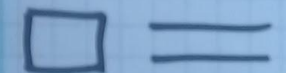
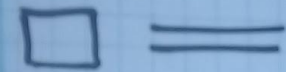
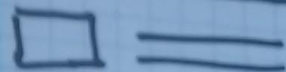
Success Metrics

	Goals	Signals	Metrics
Happiness	Higher App Store and User rating	Increasing ratings from App Store purchase and User	Rating of 4.0 stars or higher within first 12 months
Engagement	Increased app feature usage	Progressively increasing and consistent key feature usage by each user	Daily average number of feature used - 3 minimum With session Length
Adoption	New membership subscription over 12 month period	New user registration	50,000 membership tracked monthly
Retention	Ratio of user staying and dropping out	Stable and increasing membership count with Zero drop-out	Gain/Loss Ratio - Monthly number of user gained Monthly number of users lost

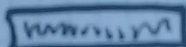
Sketch

Generate tons of ideas, then narrow them down to two in depth solution sketches

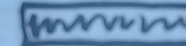
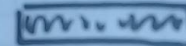
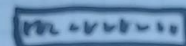
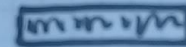
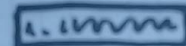
MAIN MENU



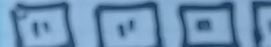
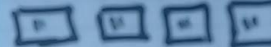
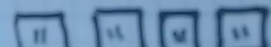
NAVIGATE



Search



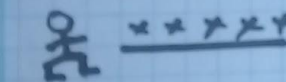
CALENDAR



STATUS CHECK



EXERCISE LIST



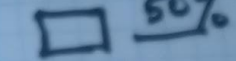
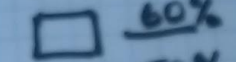
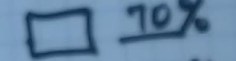
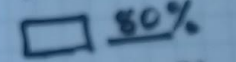
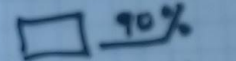
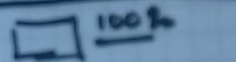
RECOMMENDED



DIET MENU



GLUCOSE MONITOR PERFORMANCE



MAIN MENU

☐ STATUS ☐ SEARCH

☐ CALENDAR

☐ GLUCOSE MONITOR

☐ DIET LIST/MENU

☒ EXERCISE LIST

☐ PERFORMANCE

☐ STRIDE COUNTER
☐ HELP

■ EXERCISE LIST



■ RECOMMENDED EXERCISE
☐ DURATION

RECOMMENDED EXERCISE ACTIVITY SUMMARY



DURATION



TIMER

☐ EXERCISE
[] [] [] [] [] []

☐ DIET
[] [] [] [] [] []

☐ GLUCOSE MONITOR
[] [] [] [] [] []

☐ PERFORMANCE
[] ?? % COMPLETION

Solution Sketch 2

DIET LIST/MENU

BREAKFAST



LUNCH



DINNER



RECOMMENDED

→ B ☒

→ L ☐

→ D ☐

RECOMMENDED DIET

☒ BREAKFAST



☒ LUNCH



☒ DINNER



CALORIE CALC



BREAKFAST REC



CALORIE CALC



LUNCH REC



CALORIE CALC



Decide

Pick the final concept that you develop into a prototype

Decision

Decision	Main Menu
Rationale	I selected the main menu because it is the root of all other aspects of the app. Each of the units is tied to the main menu.

Prototype

Turn your concept into a realistic, interactive prototype that you will use to validate your assumptions and ideas

Storyboard



Link your plot

[Healthy Living Partner Storyboard](#) Upload your storyboard on this slide

Storyboard

<https://app.theplot.io/projects/b7ff4375-4a2d-46bd-a388-e4044fb29b39>

Storyboard_1

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Plot

Healthy Living Partner Storyboard

Dashboard My Account 8 Days Remaining FAQ Logout

1

SCRIPT

First, the Bob is presented with a list of options to navigate within the app.

ACTION

Bob looks at the list and decides what he needs to access in the moment.

2

SCRIPT

Bob wants to become more active so they navigate to the exercise option.

ACTION

Bob select Exercise List

3

SCRIPT

As someone new to the healthy lifestyle, Bob prefers guidance at this stage. He selects recommended exercises and begin new workout routine.

ACTION

Bob select the Recommended Exercises, sets the timer, and begins the workout.

4

SCRIPT

5

SCRIPT

6

SCRIPT

T

- 1 First, the Bob is presented with a list of options to navigate within the app.
- 2 Bob wants to become more active so they navigate to the exercise option.
- 3 As someone new to the healthy lifestyle, Bob prefers guidance at this stage. He selects recommended exercises and begin new workout routine.
- 4 After completing the exercises, the user can access to their 'Activity Summary' which displays data on their performance
- 5 It's time to eat. Bob returns to the Main Menu. He is presented with a list of options.
- 6 Bob wants to follow healthy lifestyle guideline closely using the recommendations.
- 7 Recommended diet list choices are for Breakfast, Lunch and Dinner.

Type here to search

10:44 AM 12/5/2020

Storyboard_2

app.theploit.io/projects/b7ff4375-4a2d-46bd-a388-e4044fb29b39

Apps Gmail Free typing games... Continuing Educati... SQL ORDER BY Key... MongoDB - Environ... How to Make a Gra... Professional Excel C... 1.1.2: Set Up Your F... Other bookmarks

Plot Healthy Living Partner Storyboard

Dashboard My Account 8 Days Remaining FAQ Logout

ACTIVITY SUMMARY

PERFORMANCE

SCRIPT

After completing the exercises, the user can access to their 'Activity Summary' which displays data on their performance

ACTION

Bob select Activity Summary and views data on their health performance

DIET LIST/MENU

BREAKFAST

LUNCH

DINNER

RECOMMENDED

SCRIPT

It's time to eat. Bob returns to the Main Menu. He is presented with a list of options.

ACTION

Bob select Diet List/Menu

RECOMMENDED DIET

BREAKFAST

LUNCH

DINNER

CALORIE CALC

SCRIPT

Bob wants to follow healthy lifestyle guideline closely using the recommendations.

ACTION

Bob select Recommended Diet

BREAKFAST REC

CALORIE CALC

1 First, the Bob is presented with a list of options to navigate within the app.

2 Bob wants to become more active so they navigate to the exercise option.

3 As someone new to the healthy lifestyle, Bob prefers guidance at this stage. He selects recommended exercises and begin new workout routine.

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Type here to search

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Prototype

Description

- High level overview of the prototype
- What does it do?

The flow a user takes to view recommended exercises and access their activity summary

Assumptions

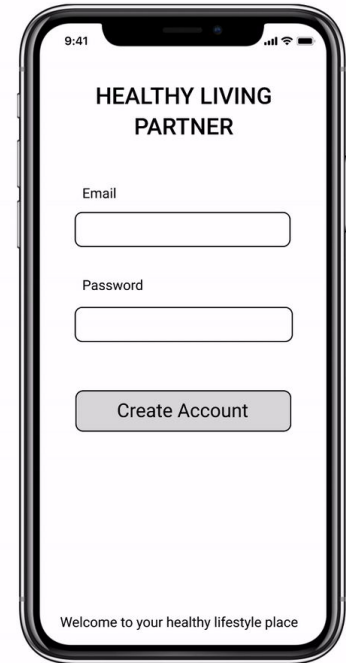
- Any assumptions within the prototype

- The user has downloaded the app and created an account
- User is interested in seeing recommended diet and exercises
- User wants to know their performance history
- User is using the app offline
- User will use the app before and after the workout
- The user supplied the app with personal health data

Tasks

- What are the tasks that a user can complete in the prototype?

- View exercise list
- View Recommended exercises
- Access Activity Summary



View prototype [here](#)

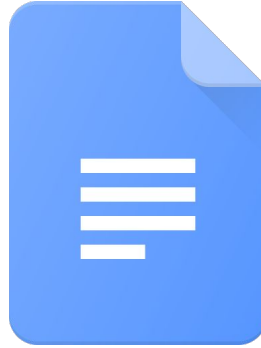
Prototype

[https://www.figma.com/proto/jWkYF0Wsq68aAYEP54olw6/Healthy-Living-Partner-\(New\)?node-id=39%3A0&scaling=scale-down](https://www.figma.com/proto/jWkYF0Wsq68aAYEP54olw6/Healthy-Living-Partner-(New)?node-id=39%3A0&scaling=scale-down)

Validate

Users will go through your prototype and provide feedback on your concept. This is also an opportunity to have an engineering feasibility discussion

Plan and recruit for research



Link your
research <https://docs.google.com/document/d/1uPHawHlKwGyFekETRxZy53U-udq3UiTzhOGUX6zafh/edit>
h plan

User Testing

Key Findings from Participant 1

What worked well	<i>After the user selected the Recommended Exercise, the flow worked well from there all the way to the Performance Monitor</i>
Where participants got stuck	<i>Navigating back to the Main Menu. There is no clear choice for going back to the main menu.</i>
Other observations	<i>User expects every option on the Main Menu to lead to another page. Only the Recommended option works.</i> <i>User registration page with a brief introduction of the product.</i>

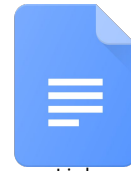


Link <https://docs.google.com/document/d/1NUiU78IA3FeBCwztXOGts6MQ00512xslIApfyCIKvc/edit#heading=h.ozclv6tfv4b4>



Link your audio record https://youfiles.herokuapp.com/videodictionary/?m=Video_Player_Drive&state=%7B%22ids%22:%5B%221jd2hnd_sdeQIGpUpiw42bZdpfOcp4g_RO%22%5D,%22action%22:%22open%22,%22resourceKeys%22:%7B%7D%7Ding

User Testing



Link

https://docs.google.com/document/d/1m89_qpH46lfgs-RX6FRFHYMsX5sOnuy-8DLahIEupu8/edit#heading=h.ozclv6tfv4b4ournotes



Link your

https://youfiles.herokuapp.com/video_dictionary/?m=Video_Player_Drive&state=%7B%22ids%22:%5B%221vhT8ruD_ahiTw4eFx8LBoCZGm5hKUMG0%22%5D,%22action%22:%22open%22,%22userId%22:%22116402669443964013933%22,%22resourceKeys%22:%7B%7D%7Daudio_recording

Key Findings from Participant 2

What worked well

The Exercise List page worked well. Also, the Activity Summary page. User felt very much in control of the app looking at the Exercise List.

Where participants got stuck

User initially got stuck on the Main Menu, not sure what to do. Also, the user was unable to navigate back to the Main Menu from anywhere in the app.

Other observations

User needs a guiding statement on the Main Menu to fully understand what to do next..

User registration page with a brief introduction of the product.