



# Motherbear

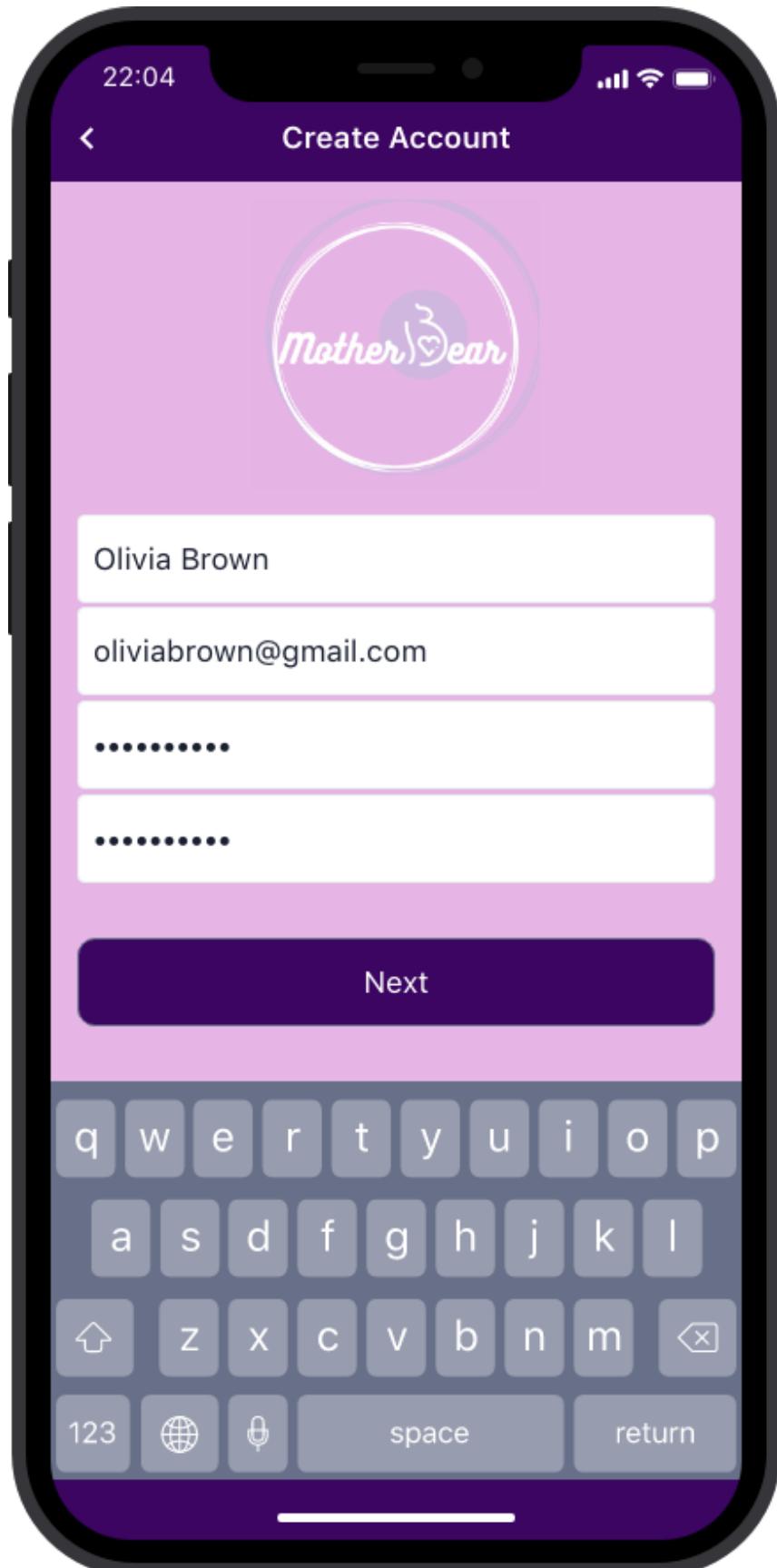
Lorena Morgan



36  
screens







The image shows a smartphone displaying a mobile application interface. The screen has a dark purple background. At the top, it says "18:10" and "Presurvey". Below that is a progress bar labeled "progress". The main title "ABOUT YOU" is centered in large white letters. A sub-instruction "Please answer all questions by using the drop down menus" is displayed below the title. The main section title "SUBOPTIMAL HEALTH STATUS QUESTIONNAIRE" is centered in bold white letters. Below it, a subtitle "SUBOPTIMAL HEALTH STATUS QUESTIONNAIRE" is faintly visible. Underneath the subtitle, the text "What is it?" and "Section 1: Fatigue" are shown. A large white rectangular area contains a play button icon. Below this, a list of questions is presented with dropdown menus for answers. The first question is: "1. were exhausted without greatly increasing your physical activity?". To its right is a "Next >" button. The subsequent questions are: "2. experienced fatigue that could not be substantially alleviated by rest?", "3. were lethargic when working?", "4. suffered from headaches?", "5. suffered from dizziness?", "6. eyes ached or were tired?", "8. muscles or joints felt stiff?", and "9. have pain in your shoulder/neck/waist?". Each question has a corresponding dropdown menu to its right.

18:10 Presurvey

progress

ABOUT YOU

Please answer all questions by using the drop down menus

SUBOPTIMAL HEALTH STATUS  
QUESTIONNAIRE

SUBOPTIMAL HEALTH STATUS QUESTIONNAIRE

What is it?

Section 1: Fatigue

1. were exhausted without greatly increasing your physical activity? Next >

2. experienced fatigue that could not be substantially alleviated by rest?

3. were lethargic when working?

4. suffered from headaches?

5. suffered from dizziness?

6. eyes ached or were tired?

8. muscles or joints felt stiff?

9. have pain in your shoulder/neck/waist?

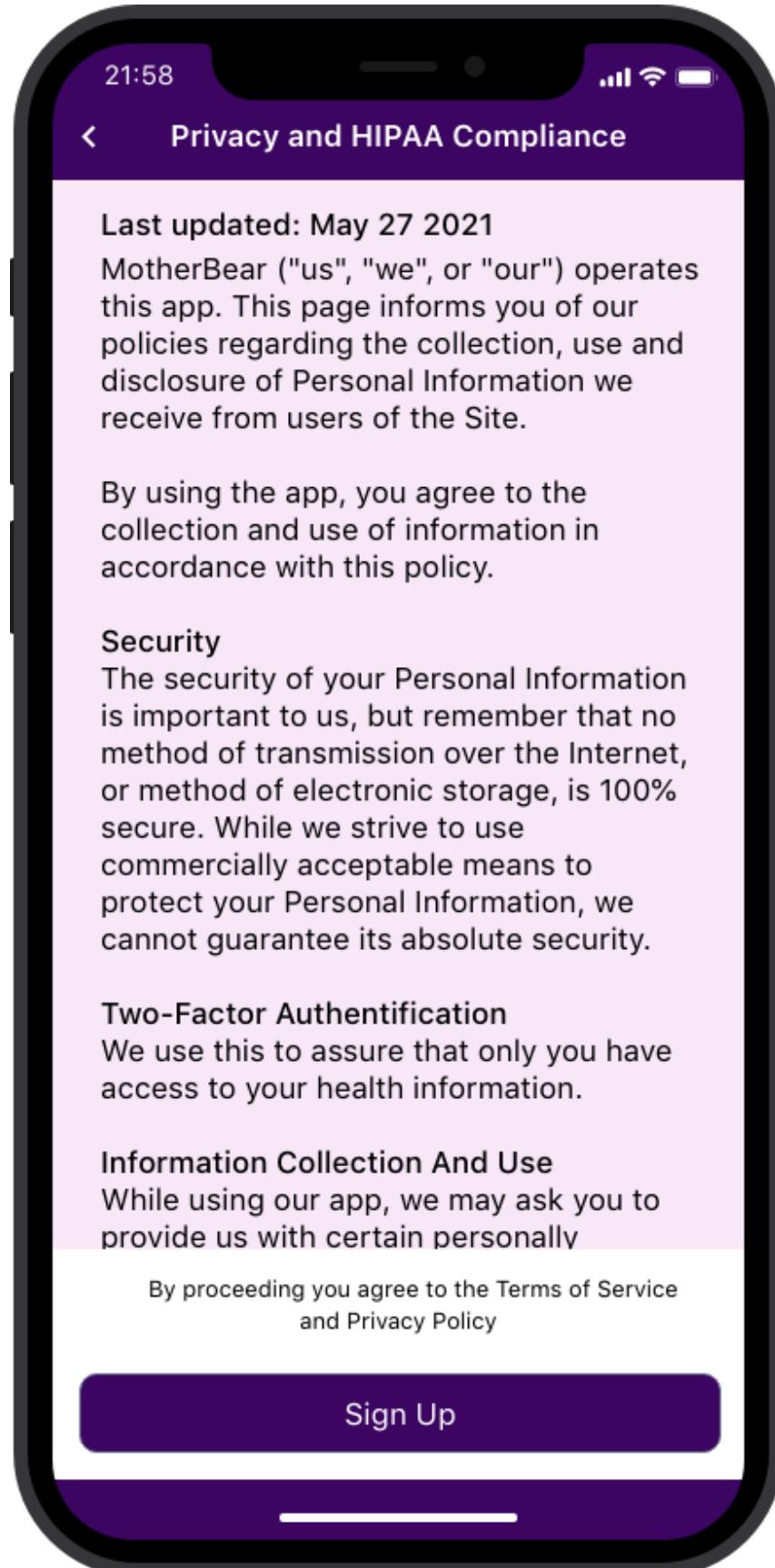
The image shows a smartphone displaying a mobile application interface. The top status bar indicates the time as 18:10 and shows signal, Wi-Fi, and battery icons. The app has a purple header bar with the title "Presurvey" and a "progress" indicator below it. The main content area has a white background and features a large section header "ABOUT YOU" in bold capital letters. Below it, a instruction reads: "Please answer all questions by using the drop down menus". A horizontal line separates this from the next section. The next section is titled "SUBOPTIMAL HEALTH STATUS QUESTIONNAIRE" and "Section 1: Fatigue". Another horizontal line follows. A "Scale" section contains a table mapping numbers to descriptive phrases:

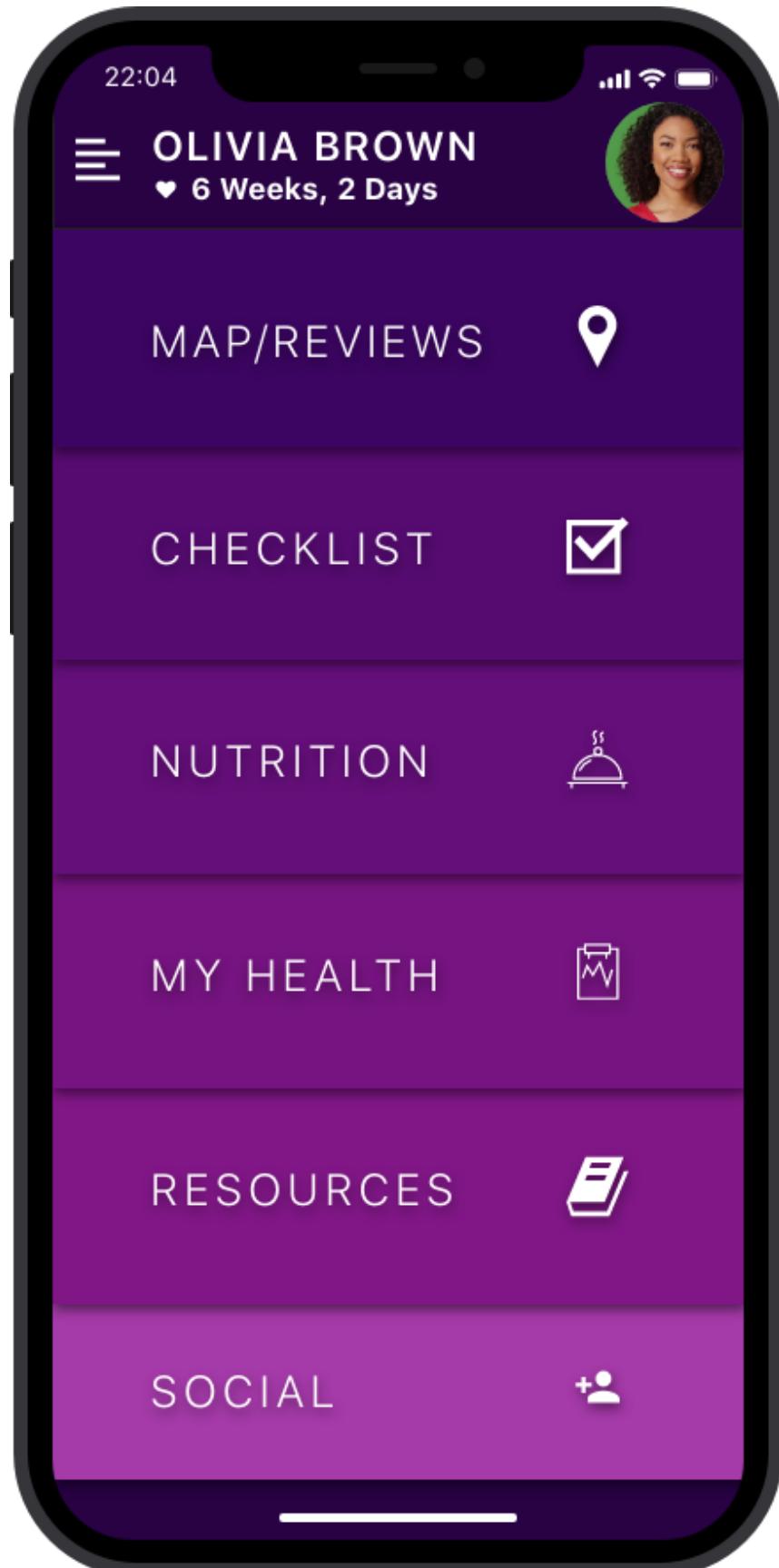
1=never/almost never	4=very often
2=occassionally	5=always
3=often	

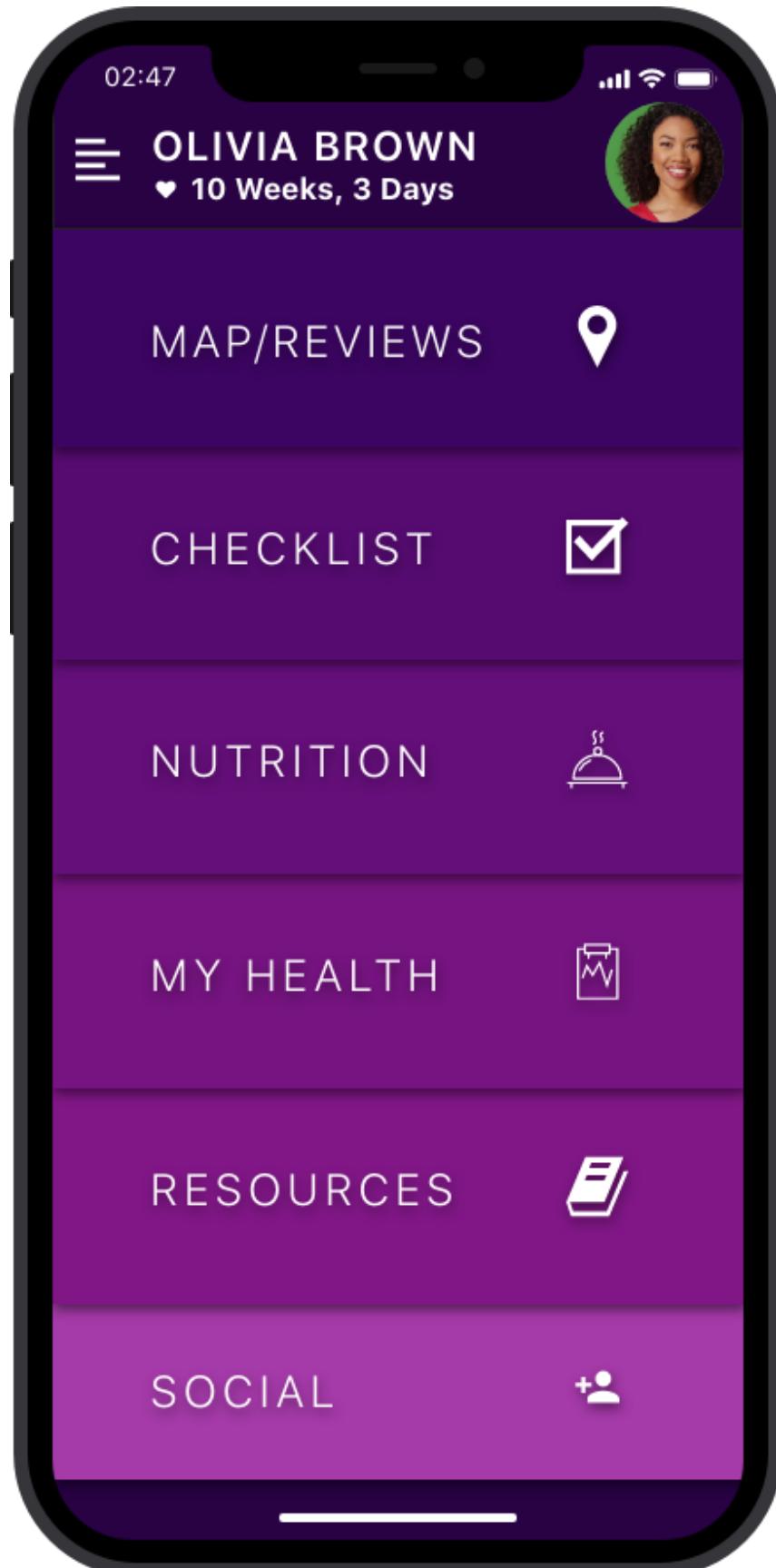
A large pink rectangular area contains the question: "In the preceding **3 months**, how often was it that you (your)...". Below this, there is a numbered list of 9 questions, each followed by a dropdown menu with a minus sign and a downward arrow:

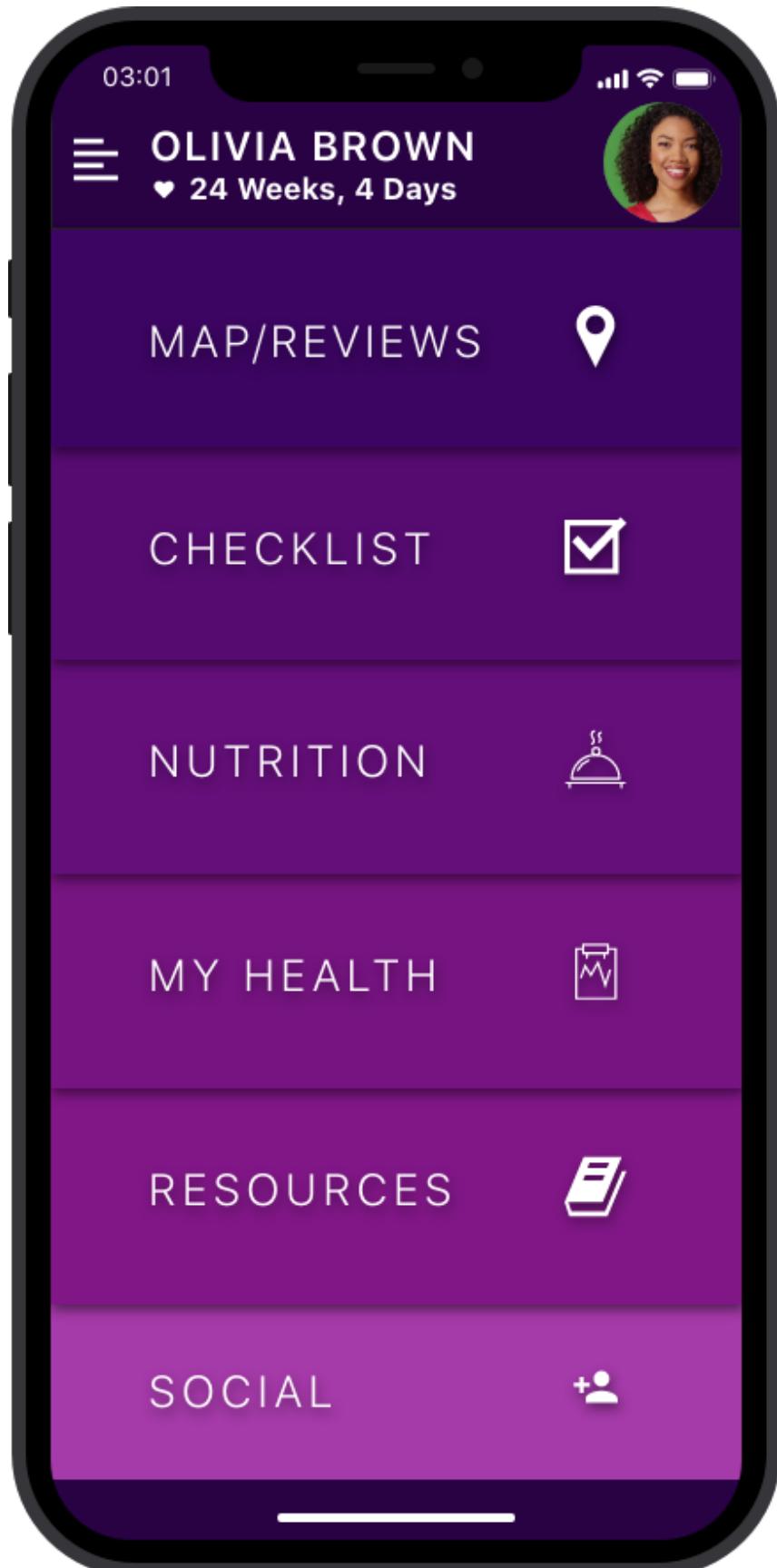
1. were exhausted without greatly increasing your physical activity?
2. experienced fatigue that could not be substantially alleviated by rest?
3. were lethargic when working?
4. suffered from headaches?
5. suffered from dizziness?
6. eyes ached or were tired?
7. muscles or joints felt stiff?
8. had pain in your shoulder(s) or back?

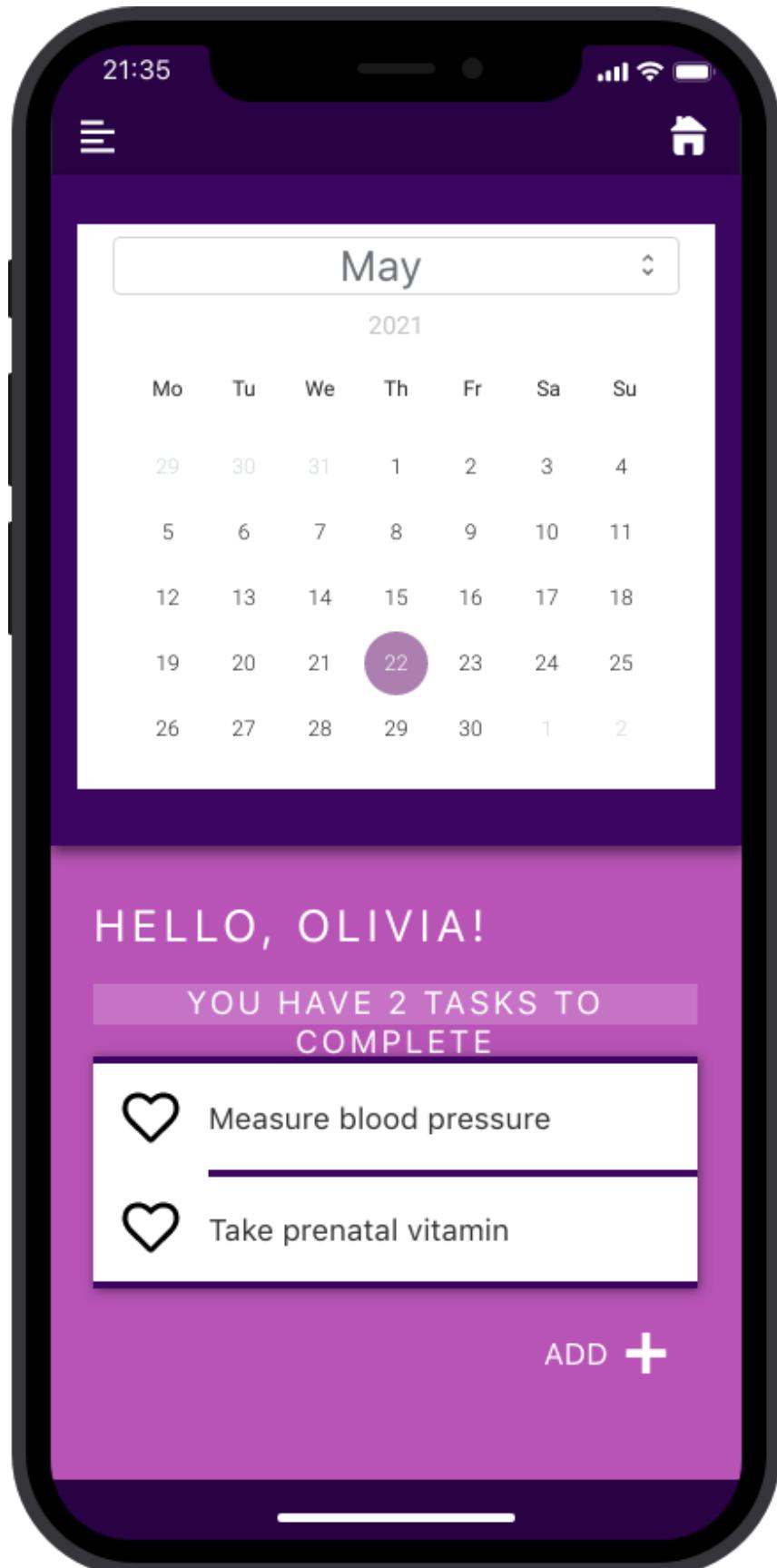
A horizontal progress bar is visible at the bottom of the pink area.

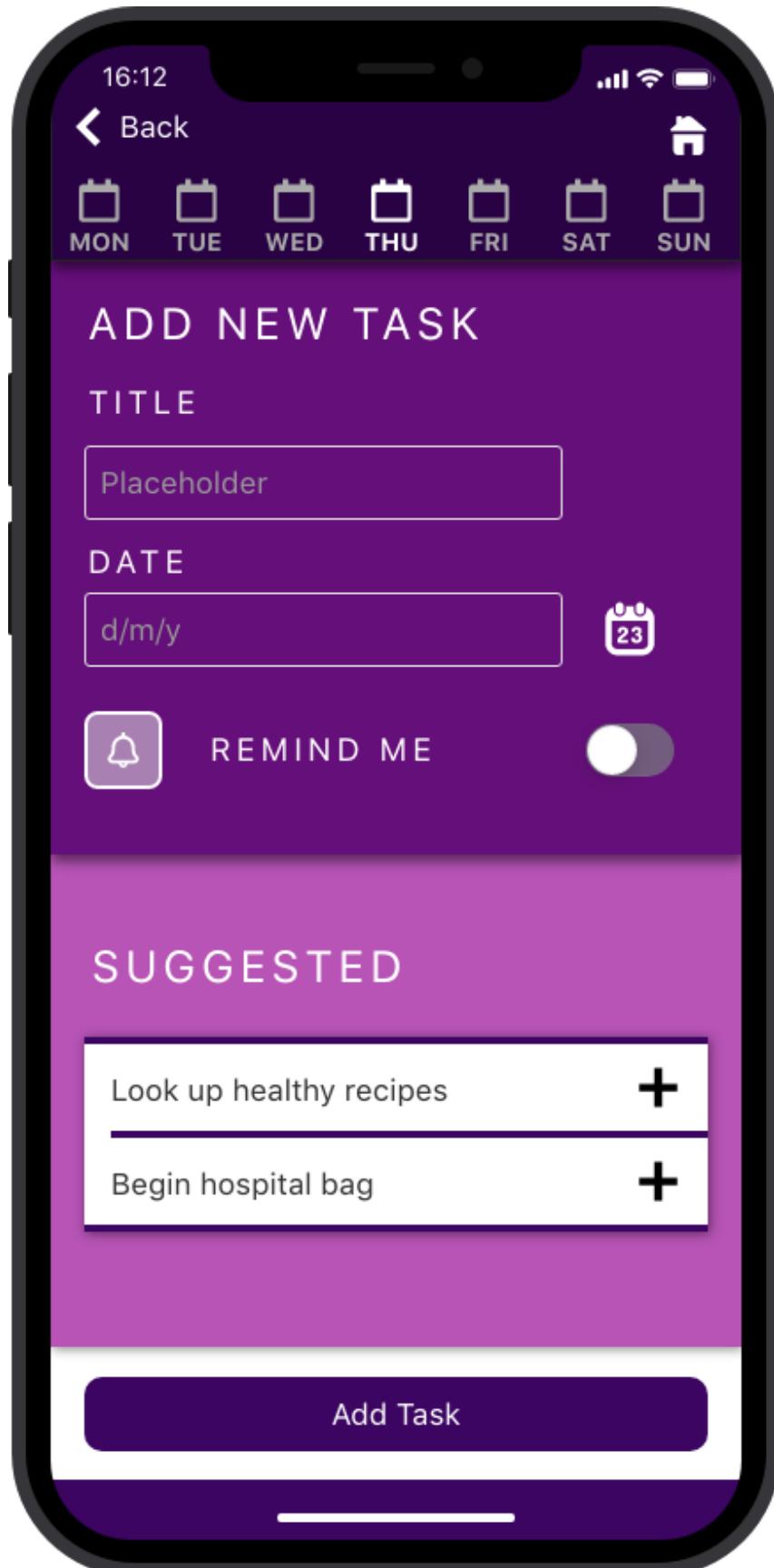


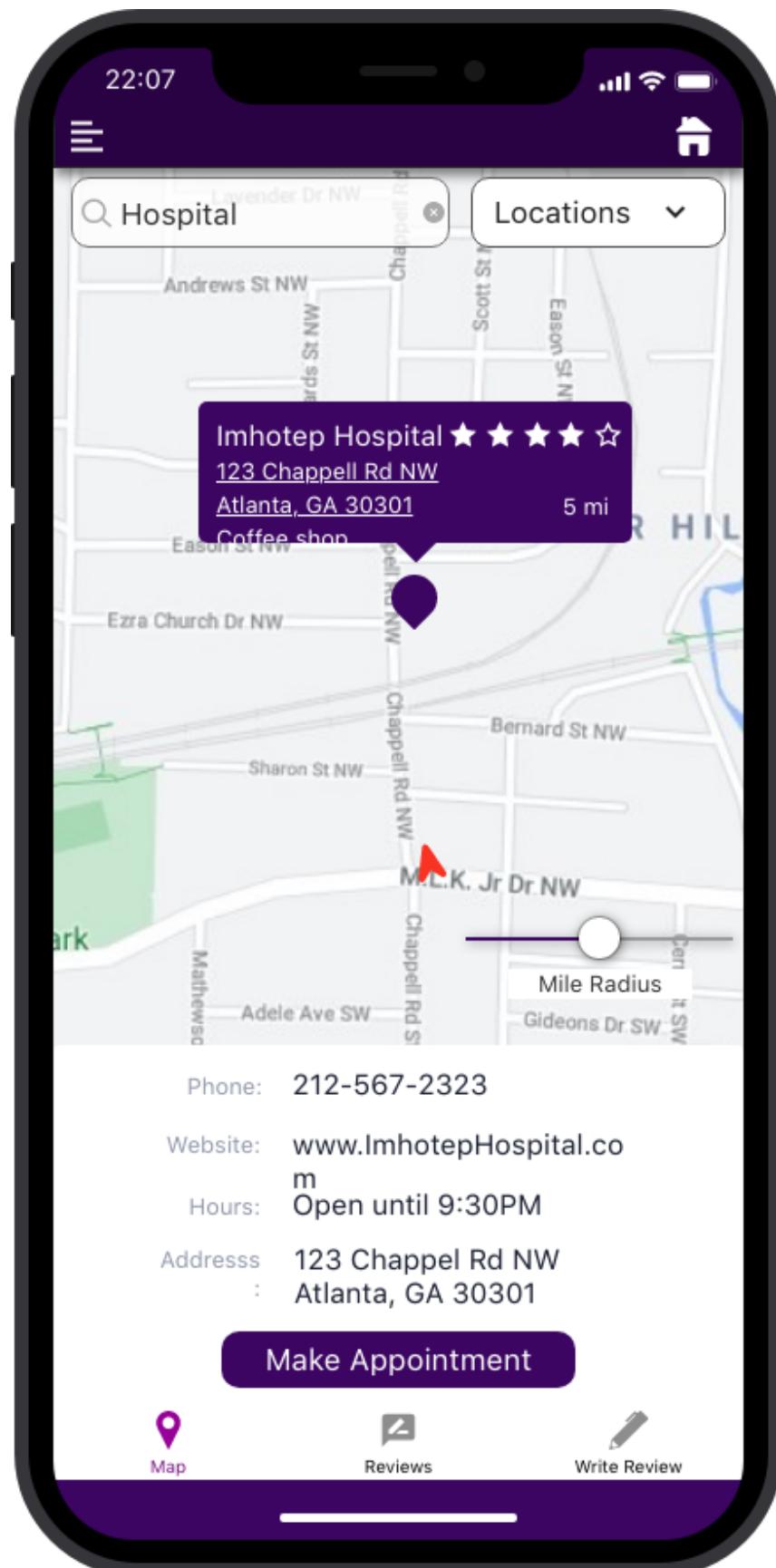












The image shows a smartphone displaying a mobile application interface. The top status bar indicates the time is 22:07 and shows signal, Wi-Fi, and battery icons. The app has a dark purple header with a navigation menu icon, the word "Reviews" in white, and a home icon. Below the header, the word "SEARCH" is prominently displayed in large white letters. A search bar contains the text "Imhotep Hospital". Below the search bar are several filter buttons: "Multilingual", "OB/GYN", "Prenatal Care", a checked "Hospital" button, and "Midwife". The main content area is titled "Results for 'Imhotep Hospital'" and shows "2 Reviews". The first review is by "Christina Pugh" (24 September 2021), rated 5 stars, with the text: "I saw Dr. Tolbert, She was the best. She took her time with me during my appointment and addressed all my needs." The second review is by "Micheal Gray" (24 September 2021), rated 5 stars, with the text: "i saw the maternal health nurse practioner Dr. Harris. She is EXCEPTIONAL!! She is very thorough and attentive to all the concerns of her patients. I did have a long wait, but it seemed very much worth it." At the bottom of the screen are three navigation icons: "Map" (location pin), "Reviews" (document icon), and "Write Review" (pencil icon).

22:07

Reviews

# SEARCH

Imhotep Hospital

Multilingual

OB/GYN

Prenatal Care

Hospital

Midwife

## Results for 'Imhotep Hospital'

### 2 Reviews

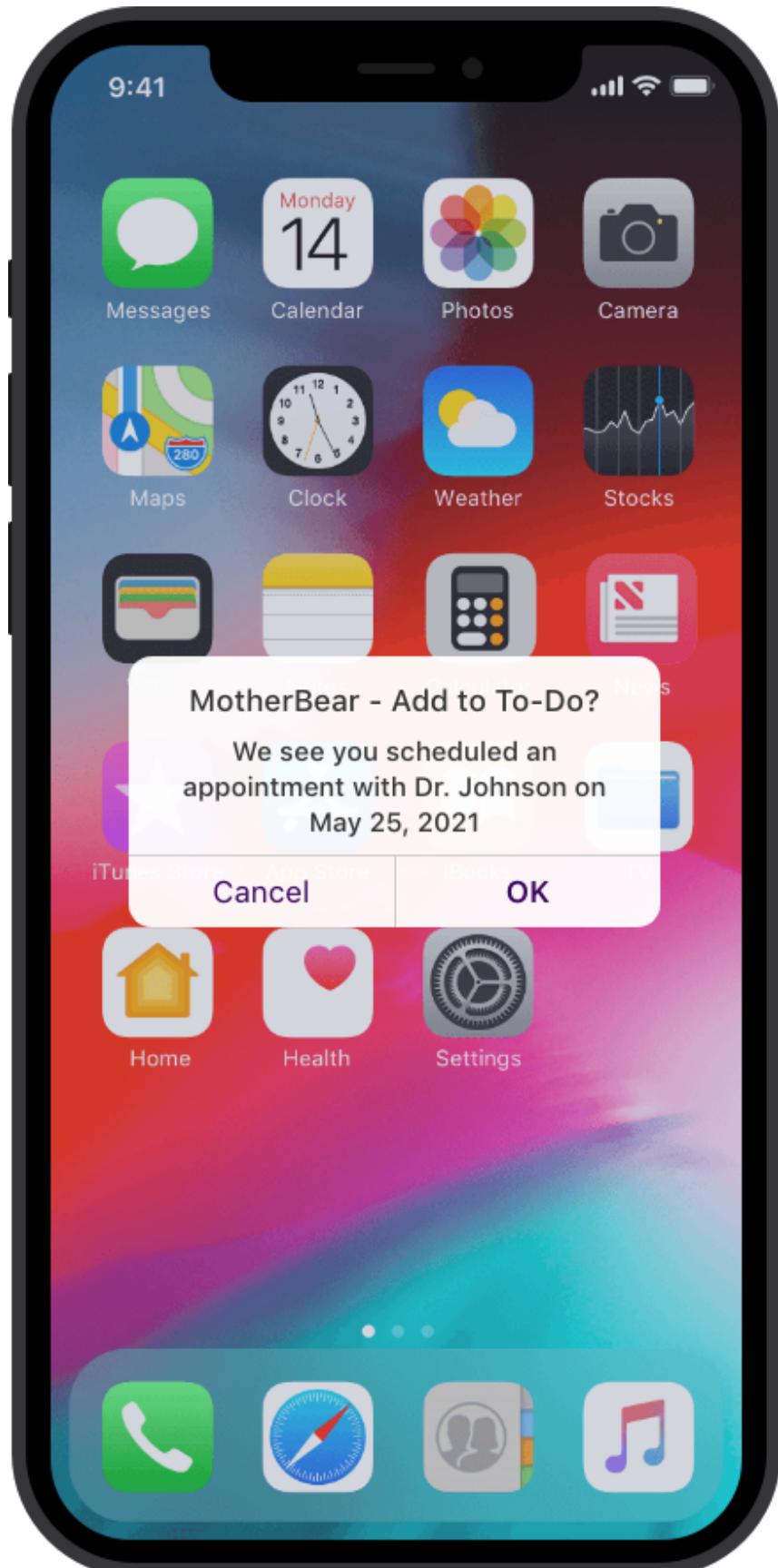
Christina Pugh 24 September 2021  
★★★★★  
I saw Dr. Tolbert, She was the best. She took her time with me during my appointment and addressed all my needs.

Micheal Gray 24 September 2021  
★★★★★  
i saw the maternal health nurse practioner Dr. Harris. She is EXCEPTIONAL!! She is very thorough and attentive to all the concerns of her patients. I did have a long wait, but it seemed very much worth it.

Map

Reviews

Write Review



22:07

## Create Review

**Review Type:**

Hospital

**Location:**

123 Street...

 Imhotep Hospital  
123 Street  
Atlanta, GA

**Create Review:**

Name of Provider: Dr. Johnson

Did you feel respected by the staff?

Yes  
 No

Do you recommend this facility?

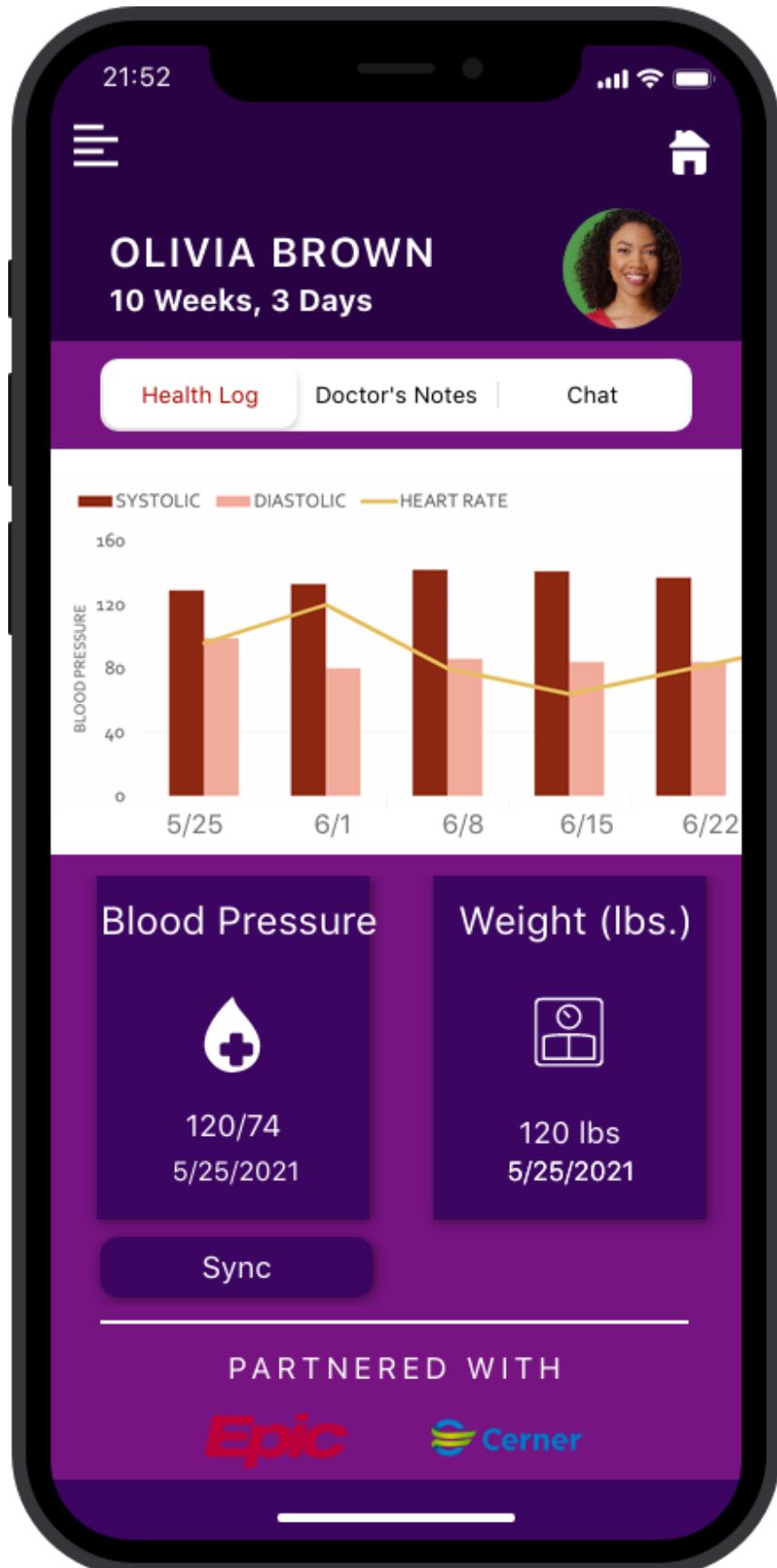
Yes  
 No

Overall Rating: 

**Your Experience:**

The doctor empathized with my situation and answered my questions clearly. She even recommended a prenatal vitamin and gave me nutrition tips to help my baby's development!

Send



21:52

OLIVIA BROWN  
10 Weeks, 3 Days

Health Log Doctor's Notes Chat

Dr. Johnson  
Doctor at Imhotep Hospital

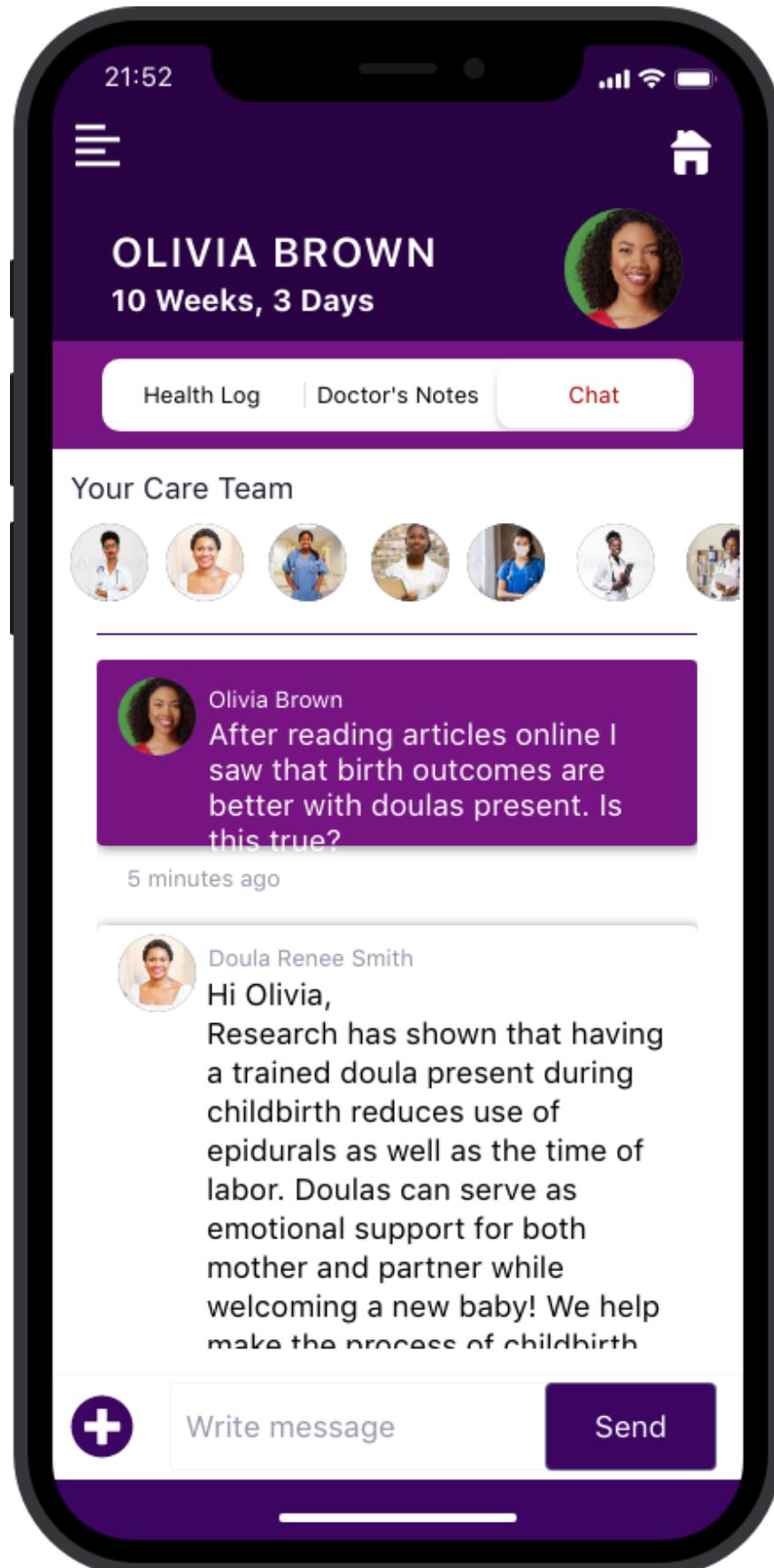
Hi Olivia,

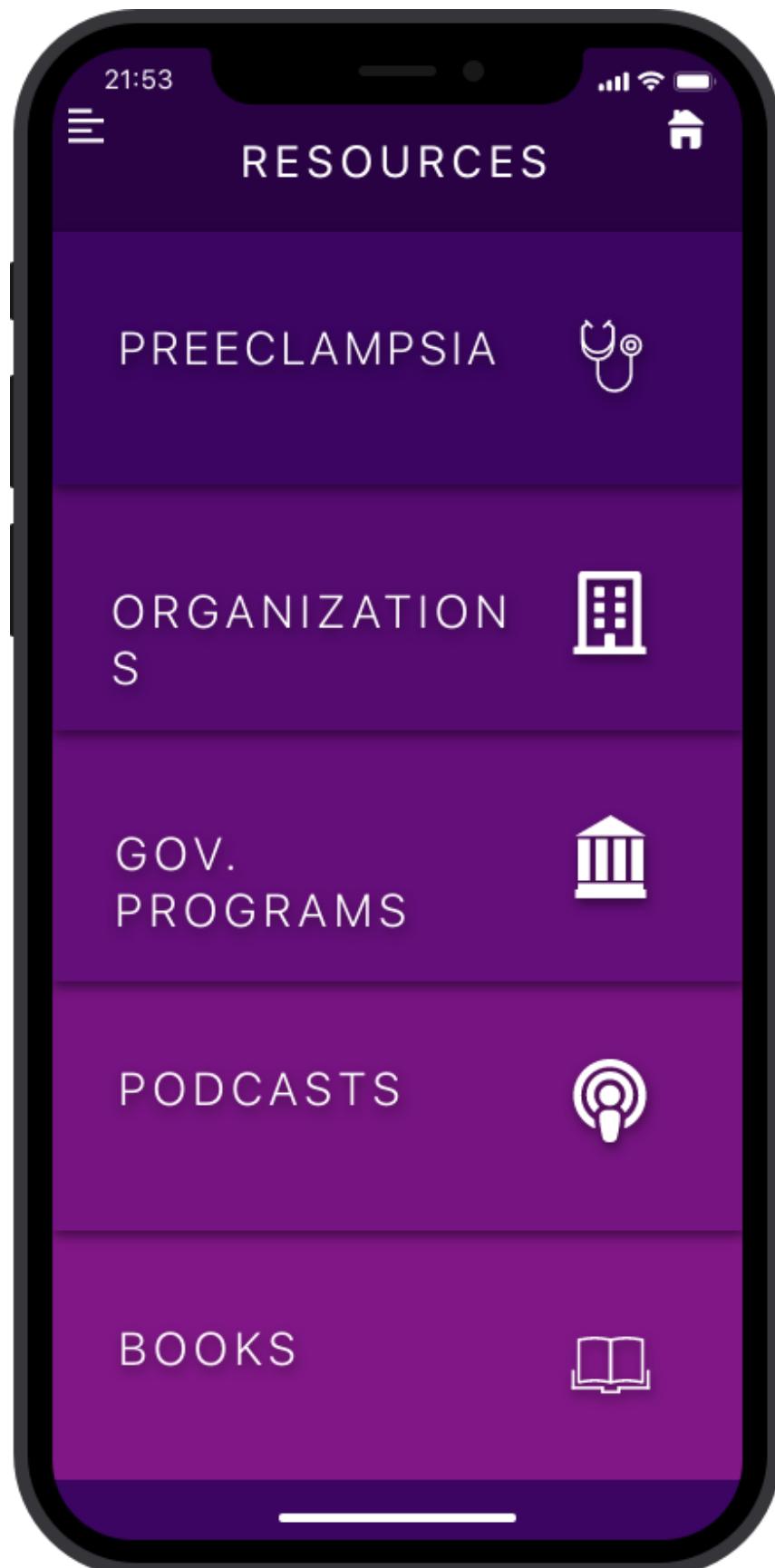
Below is a copy of your visit to Imhotep Hospital. Seeing that your family has a history of hypertension, I also linked a video about taking your own blood pressure and nutrition tips. I look forward to seeing you soon!

PDF healthreportOliviaBrown.pdf

How To Take Blood Pressure Correctly

One of the most important factors in taking accurate blood pressure is having a proper





A smartphone screen showing a mobile application interface. The top status bar shows the time as 02:26 and signal strength. The navigation bar includes a back arrow, the word "Back", and a home icon. The main title "RESOURCES" is centered above a purple header bar. The header bar contains the word "PREECLAMPSIA" and a stethoscope icon. Below the header, a section titled "THE PREECLAMPSIA FOUNDATION" is visible. The text within this section discusses the foundation's mission to eliminate preeclampsia as a threat to mothers during pregnancy, mentions their program to provide blood pressure cuffs, and provides a link for those unable to measure at home or access a health center. A small graphic of a heart and a line graph is located at the bottom right of the page.

02:26

Back

RESOURCES

PREECLAMPSIA

THE PREECLAMPSIA FOUNDATION

The Preeclampsia Foundation seeks to create a world where there is no longer a threat of preeclampsia to mothers during pregnancy.

They have established a program to provide women blood pressure cuffs to monitor.

If you are unable to measure your blood pressure at home or have no access to a close health center, you may be eligible! Apply here:

<https://www.preeclampsia.org/the-cuff-kit>



02:38

Back RESOURCES

ORGANIZATION S

ORGANIZATIONS COMMITTED TO YOU

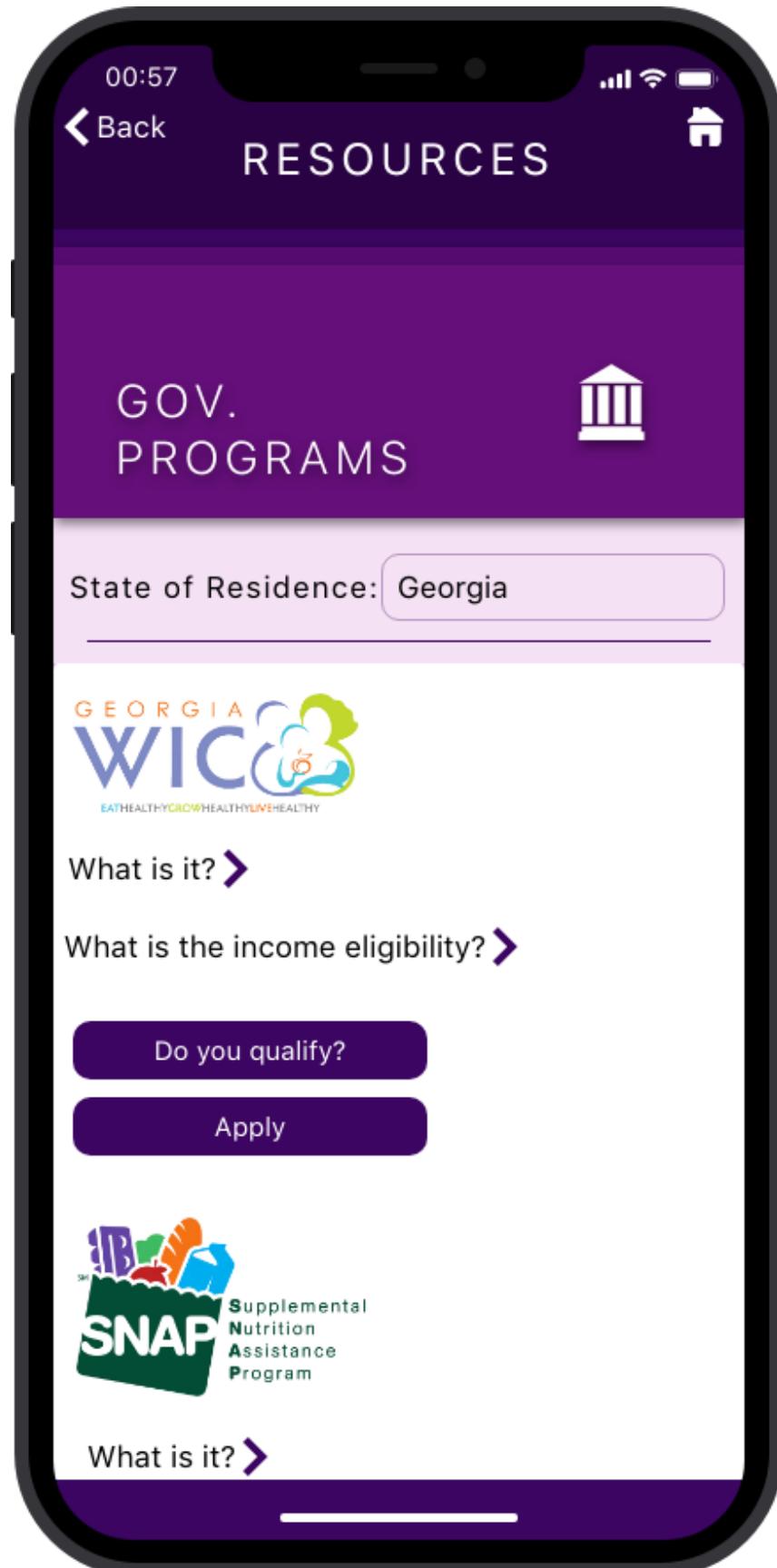
Black Women's Health Imperative

Black Women For Wellness



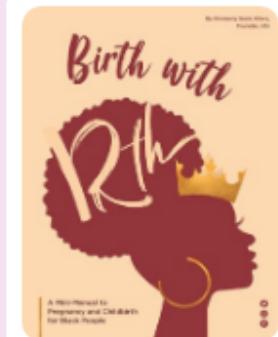
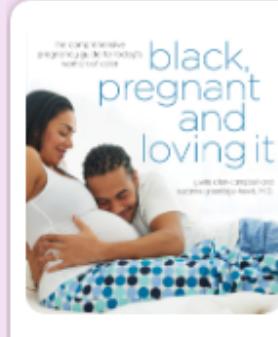
Black Mamas Matter Alliance

Black Women Birthing Justice





The image shows a smartphone displaying a mobile application interface. The top status bar indicates the time is 02:41 and shows signal, Wi-Fi, and battery icons. The app's header "RESOURCES" is at the top, with a "Back" button on the left and a house icon on the right. Below the header, a large purple bar contains the word "BOOKS" and an open book icon. The main content area is titled "FEATURED BLACK AUTHORS". It lists two books:

- Birth with Irth**  
by: Kimberly Seals Allers  
A mini-manual to pregnancy and childbirth for black people...  
  
[Get It Here](#)
- Black, Pregnant, and Loving It**  
by: Lorraine Allen-Campbell  
Let's face it: Not all pregnancies are created equal. African American women are at a higher risk for complications such as hypertension...  


16:12

OLIVIA BROWN  
10 Weeks, 3 Days

FEATURED

MY RECIPES

BREAKFAST

LUNCH

GREENS AND SMOOTHIES

DINNER

16:12

The image shows a smartphone displaying a mobile application for managing recipes. The top status bar indicates the time is 18:51 and shows signal, Wi-Fi, and battery status. The header features a profile picture of a woman named Olivia Brown, with the text "OLIVIA BROWN" and "10 Weeks, 3 Days". Below the header is a banner image of various fresh vegetables and fruits. A navigation bar contains two buttons: "FEATURED" (white) and "MY RECIPES" (red). Below this is a section titled "Upload recipes" with an upload icon. The main content area is titled "MY SAVED" and displays a large image of a bowl of oatmeal topped with banana slices, walnuts, and a drizzle of peanut butter. To the right of the image is a pink circular badge with the text "High Fiber". Below the image, the recipe name "Peanut Butter Banana Oatmeal" is listed, followed by the ingredients: "1/2 cup of oats", "1 cup of milk of your choice", and "1/2 ripe banana".

18:51

OLIVIA BROWN  
10 Weeks, 3 Days

FEATURED MY RECIPES

Upload recipes

MY SAVED

Peanut Butter Banana Oatmeal

1/2 cup of oats  
1 cup of milk of your choice  
1/2 ripe banana

High Fiber

21:55

Lunch



Low Fat

**Turkey and Pesto Panini**

1/3 lb turkey breast  
Foccacia bread  
1 tablespoon basil pesto  
1/2 green red pepper  
1/2 tomato

Overall Rating: ★ ★ ★ ★ ★

Bookmark Share Heart



02:59

Dinners



Low Sodium

**Chicken and Veggie Stir Fry**

1 lb of chicken breast  
1 cup of broccoli  
2 carrots  
1 bell pepper  
1/2 cup of mushrooms  
1/2 cup of brown rice

Overall Rating: ★★★★★

Bookmark Share Heart



The image shows a smartphone screen displaying a mobile application for a breakfast recipe. The app has a purple header bar with the word "Breakfast" and a back arrow icon. The main content area features a large image of a bowl of oatmeal topped with banana slices, walnuts, and a drizzle of caramel or peanut butter. Below the image, the title "Peanut Butter Banana Oatmeal" is displayed in bold black text. To the right of the title is a pink circular badge with the text "High Fiber". The recipe ingredients are listed below the title: "1/2 cup of oats", "1 cup of milk of your choice", "1/2 ripe banana", "2 tablespoons creamy peanut butter", and "1 teaspoon of cinnamon". Underneath the ingredients, the text "Overall Rating:" is followed by a five-star rating icon. At the bottom of the screen, there are three icons: a bookmark icon, a share icon, and a heart icon. A smaller image of two jars of chia seed pudding topped with raspberries and mint is visible at the bottom of the screen.

21:53

Breakfast

Peanut Butter Banana Oatmeal

High Fiber

1/2 cup of oats  
1 cup of milk of your choice  
1/2 ripe banana  
2 tablespoons creamy peanut butter  
1 teaspoon of cinnamon

Overall Rating: ★ ★ ★ ★ 1

Bookmark Share Heart

01:00

Social

OLIVIA BROWN  
10 Weeks, 3 Days

Stories Group Chat

Featured Story:

28 May 2021

**Chelsea's Story**

Chelsea Horn shares her preeclampsia story...

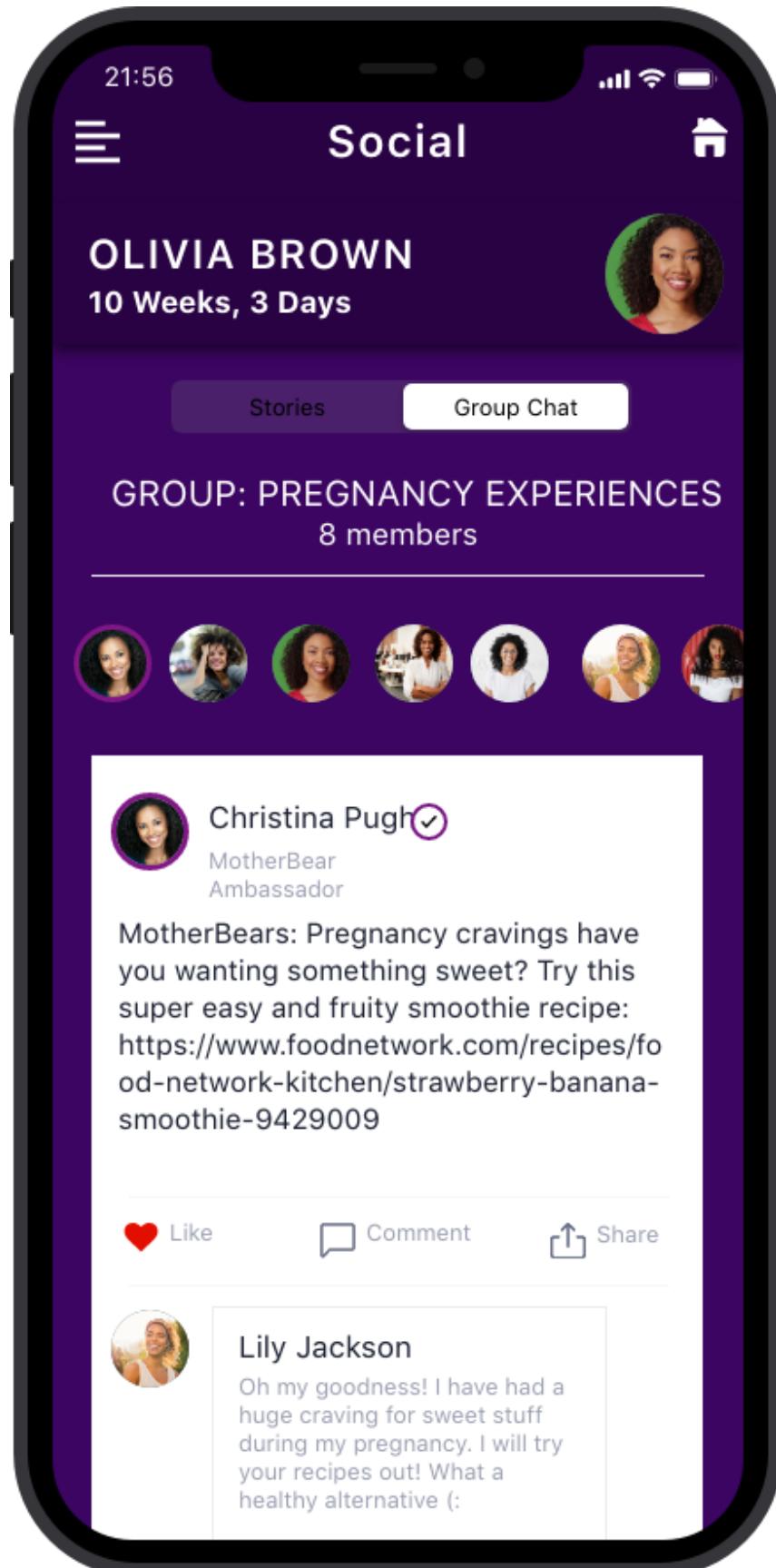
Stories from our community:

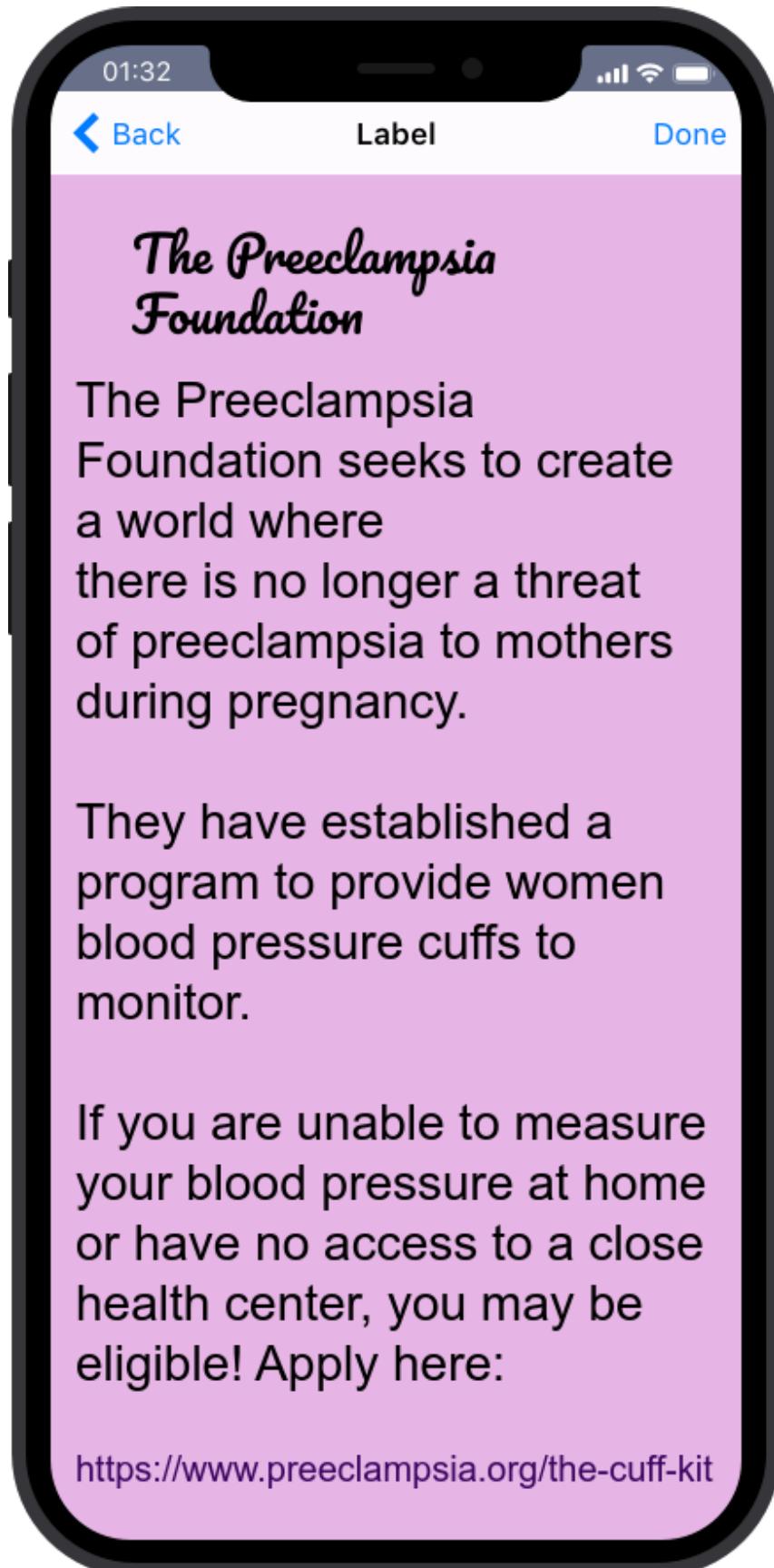
28 May 2021

**Hidden Signs**

28 May 2021

**The Fear of Dying**





The image shows a smartphone displaying a mobile-optimized website for "MOTHERBEAR MERCHANDISE". The screen has a purple header bar with a menu icon and a home icon. The main content area has a light pink background.

## MOTHERBEAR MERCHANDISE

Keeping you and your cubs looking stylish!

### FEATURED



**NEW!**  
MotherBear Ambassador Shirt  
Ambassadors, get yours free today!

### APPAREL

	<p>MotherBear Shirt Customize it! (+\$5) Coral</p>	<p>Qty: 1      \$14.99</p>
	<p>Bear Cub Bodysuit Customize it! (+\$5) Baby Blue</p>	

