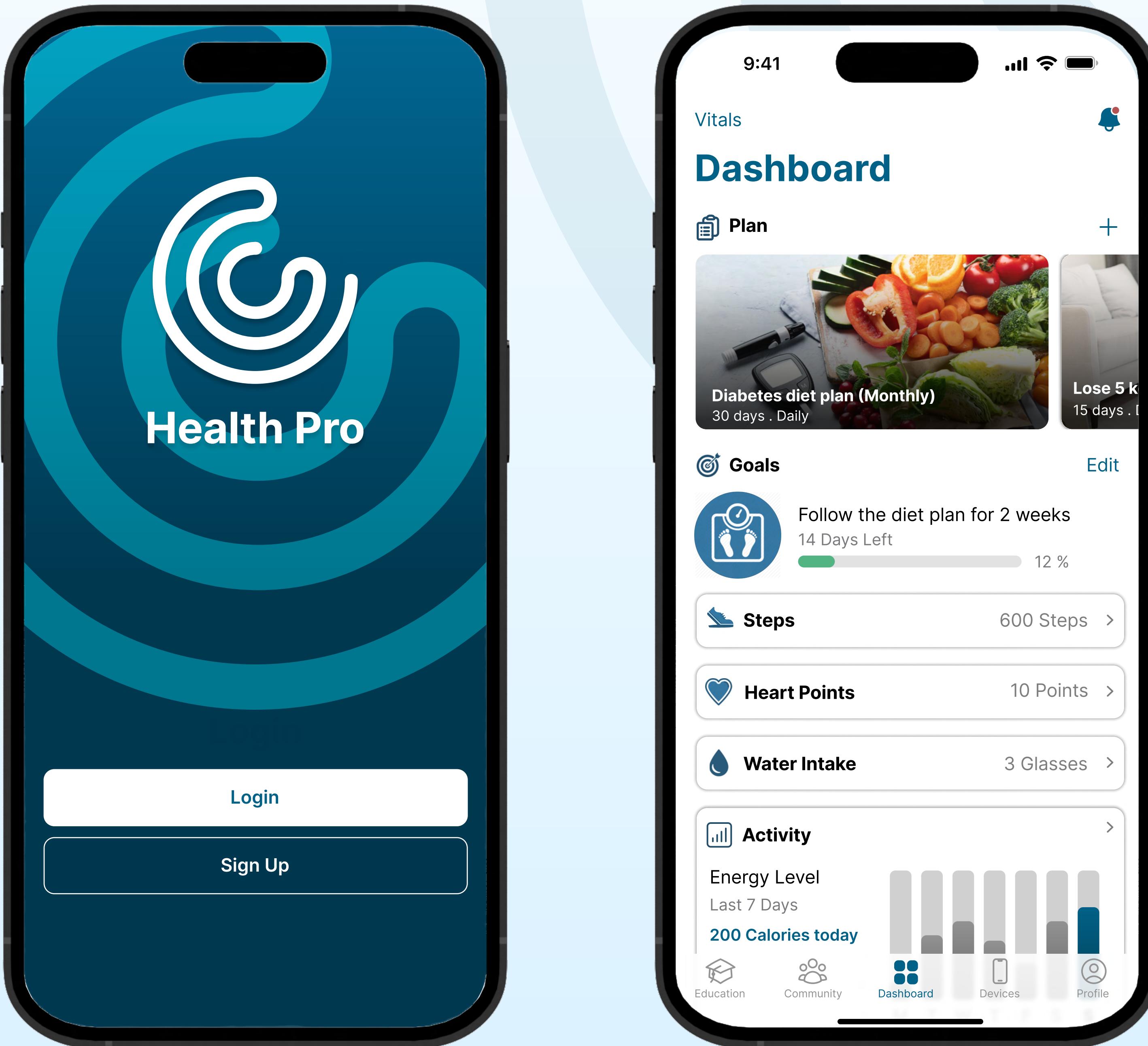


Health Care Application

Mobile Application



Health Pro

About App

Health Pro mission was to create an application for chronic disease patients to prevent it through behavior change, remote monitoring, and personalized interventions for individuals at risk or living with chronic conditions.

Problem Statement



Create a system that helps people avoid and handle long-term health problems by changing their behaviors, keeping track of their health from a distance, and providing personalized guidance. This approach is designed for those who are at risk of or already dealing with chronic illnesses, with the goal of improving their health in a lasting way.



Project Objectives



Create a comprehensive approach to encourage the prevention and control of chronic illnesses by prioritizing:

- behavior modification,
- Remote monitoring,
- Tailored interventions

for individuals who are either susceptible to or already experiencing such conditions.

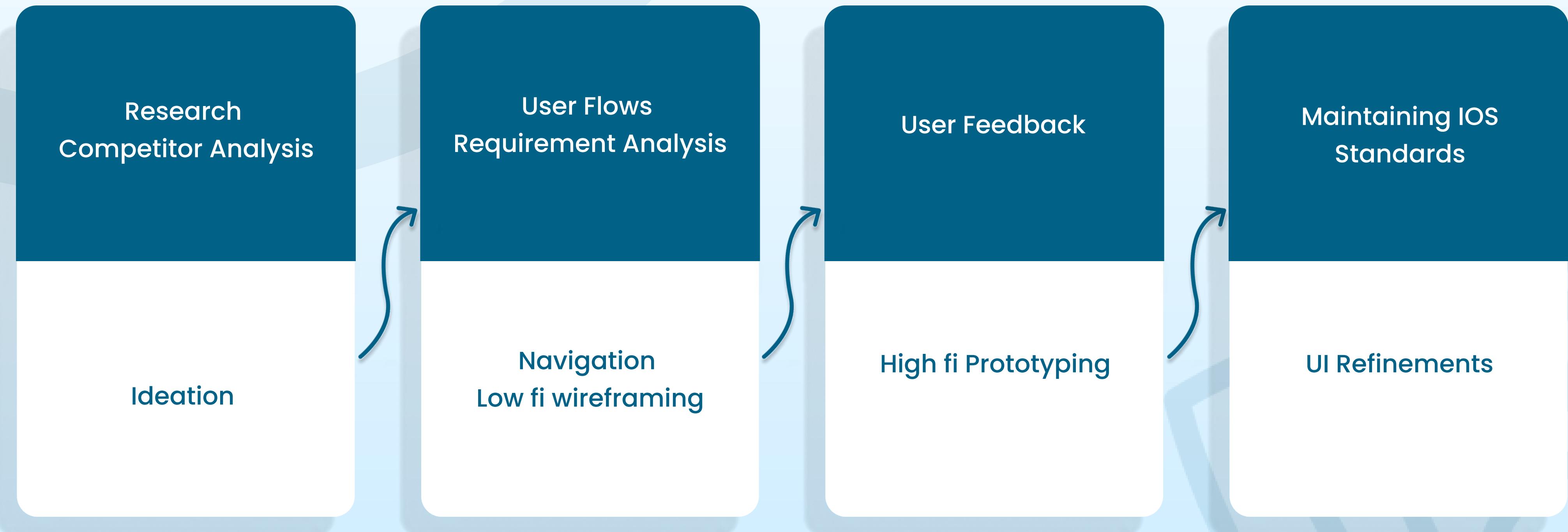
The Challenge

Chronic diseases are largely influenced by lifestyle factors, and early intervention and proactive management are crucial in preventing complications. Your task is to design a solution that empowers individuals to make positive behavior changes, enables remote monitoring of their health parameters, and provides personalized interventions to prevent the onset or progression of chronic diseases.

The Solution

I started with gathering information related to the chronic diseases, created User personas, and then develop the core concept of the solution, defining features, functionalities based on the competitor analysis. The main goal is to prevent or stabilize chronic diseases. Instead creating specific application, I created an application that everyone can use providing behavior modification, remote monitoring, and tailored interventions for individuals .

Design process



Competitor Analysis



Features	Google Fit	Withings	My Fitness Pal	Omada Health
Remotely health monitoring of the user	Yes	Yes	No	Yes
Personalized behavior changes programs	Yes	Yes	Yes	Yes
Educational contents and tools	Yes	No	Yes	Yes
Goals setting and progress tracking	Yes	Yes	Yes	Yes
Medical Adherence	No	No	No	Yes
Data analytics and insights	Yes	Yes	Yes	Yes
Virtual connection to healthcare professionals	No	No	No	Yes
Reminders and notifications	Yes	Yes	Yes	Yes
Privacy and security integration	Yes	Yes	Yes	Yes
Integration with wearable devices	Yes	Yes	No	Yes



Google Fit



Withings



MyFitnessPal



Omada Health

Scope



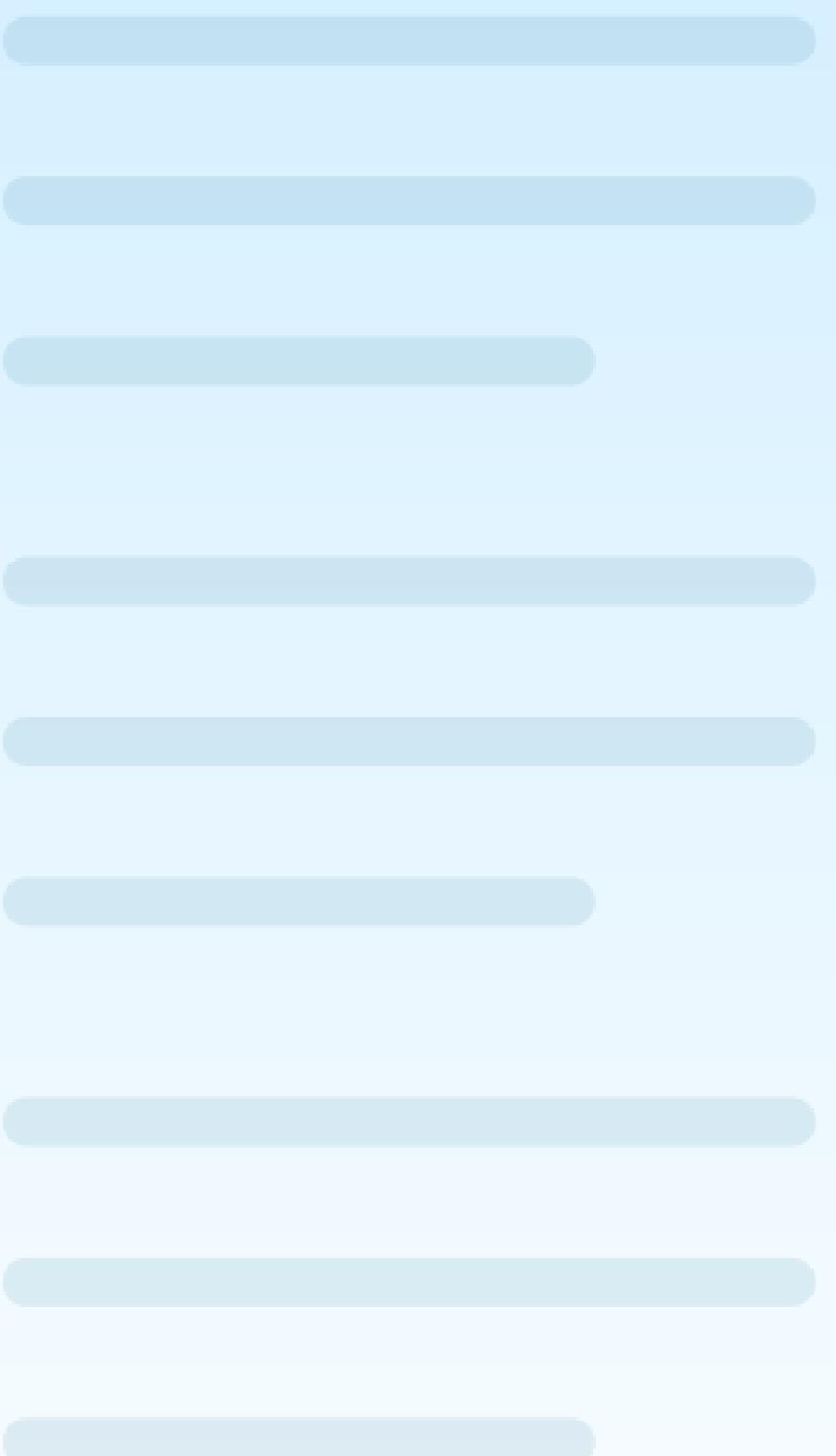
- A mobile application
- Support behavior change , remote monitoring, personalized interventions.
- Progress tracking
- Educational resources
- Goal Setting
- Communication with healthcare professionals
- Plans for chronic diseases will be available



Key Features



- Remotely health monitoring of the user
- Personalized behavior changes programs
- Educational contents and tools
- Goals setting and progress tracking
- Virtual connection to healthcare professionals
- Data analytics and insights
- Reminders and notifications for adherence
- Privacy and security integration



User Journey



STAGES

Feeling Skeptical

Getting Involved

Learning

Actions/
Motivations

- Hears some stories about people using applications which is improving their lifestyle
- Starts finding different application, asking friends or coworkers who are using any application
- Worried about fitness and chronic diseases Nowadays

- Download various applications related to fitness and chronic care
- Learn how to use the app and begins to play with small amounts of buttons
- Searches through ChatGPT and notice some applications are commonly used e.g MyFitnessPal, Google Fit etc.

- Decides fastest way to learn is by knowing how different people around the globe are experiencing and tackling these issues
- Wants to make own decision for setting goals and plans and to chat with professionals
- Starts watching different videos related to the fitness and control

Problems

- Feeling skeptical because there is no solution to fit his/her all goals
- Finding it hard to find people who are actually using the applications
- wants to learn more about chronic diseases and their controlling measure

- User have to download multiple apps in order to fulfill their needs
- Many applications have third party applications integration to record data which is frustrating for the user

- User wants to know about how people are dealing with these issues
- Finding it hard to find a good video tutorials related to his/her needs
- Finding it hard to chat with professionals and personalized goal setting features in applications

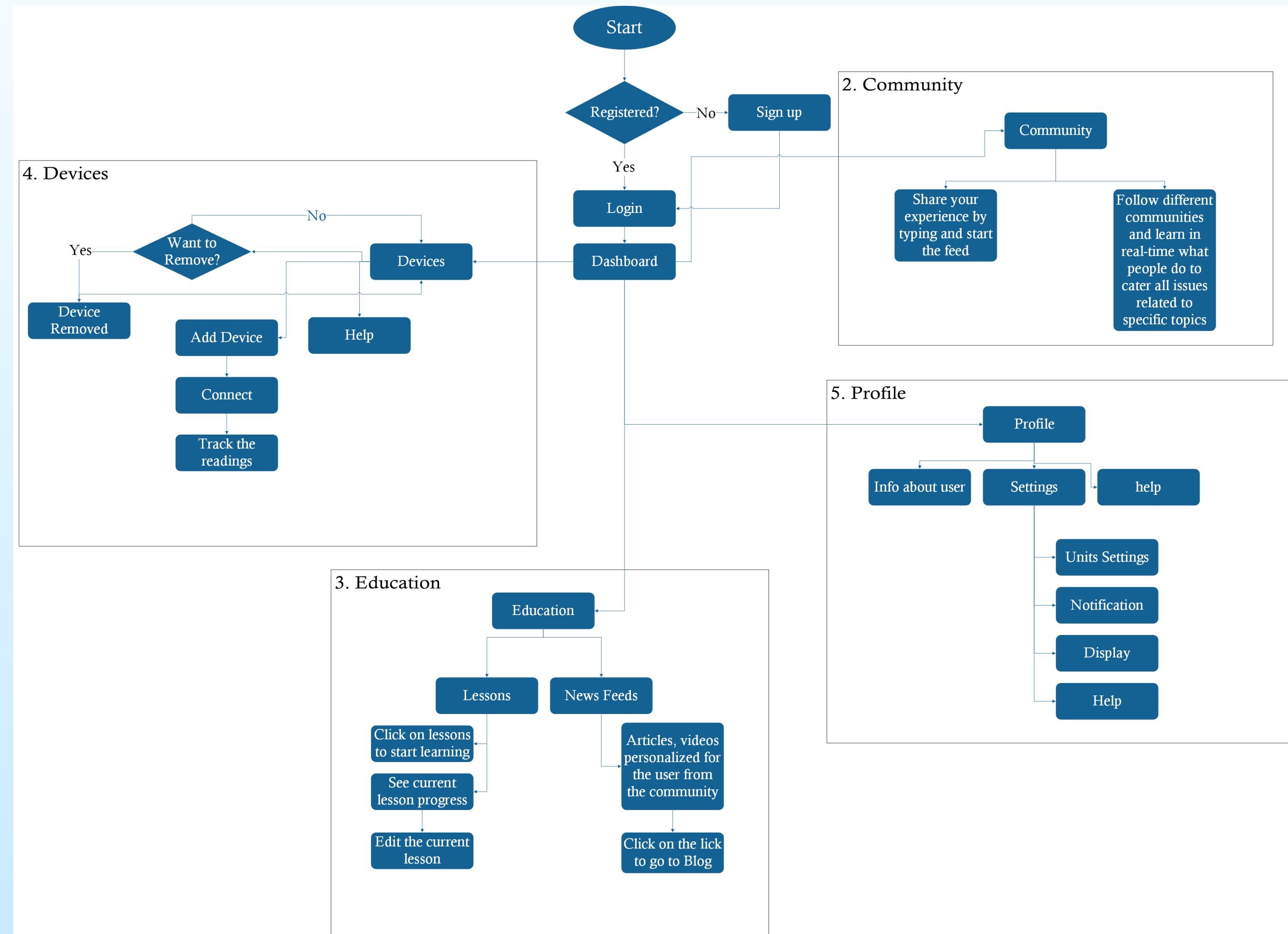
Opportunities

- Setting short term goals
- Start yourself, because if you dont start it then how you know it is good or bad
- opportunity to educate users regarding various medical conditions related to chronic diseases

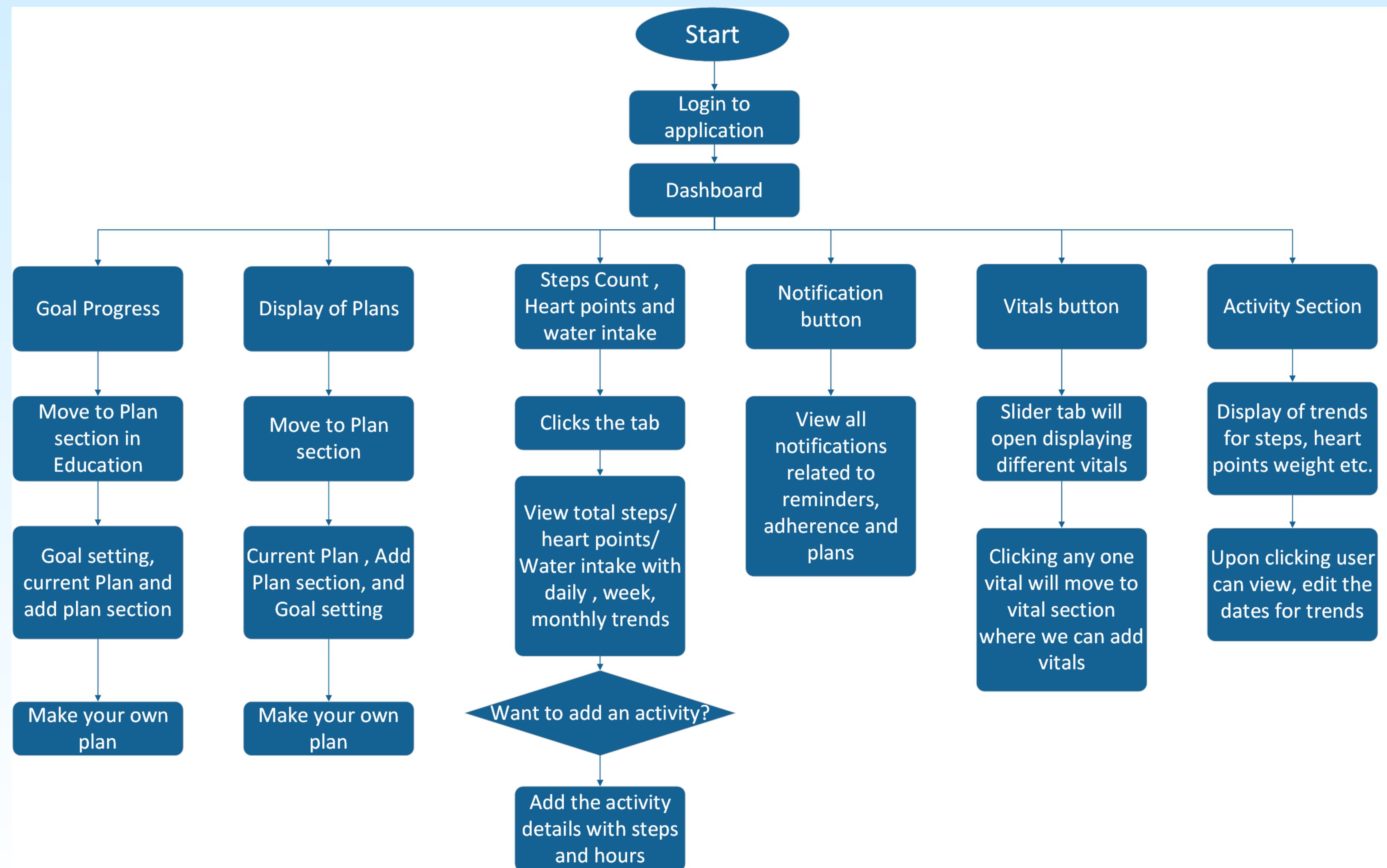
- An all in one solution would be helpful for everyone since everything is on the same page instead of incorporating third party applications e.g commonly Google Fit.

- Opportunity to join various groups related to different health issues to provide knowledge and experience.
- wants a platform where video lessons are available to fulfill their needs
- Chat section and goal setting sections can help the user

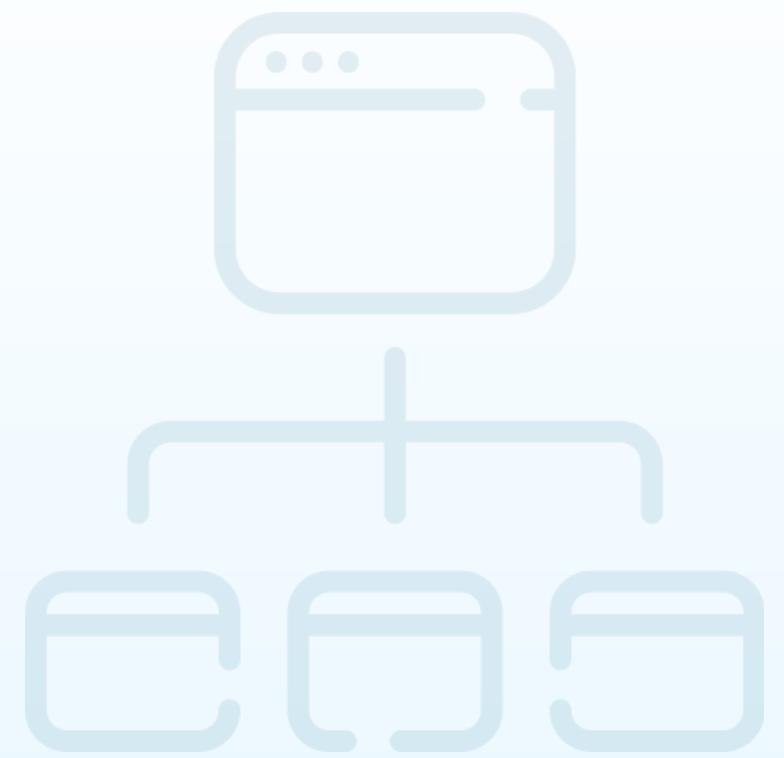
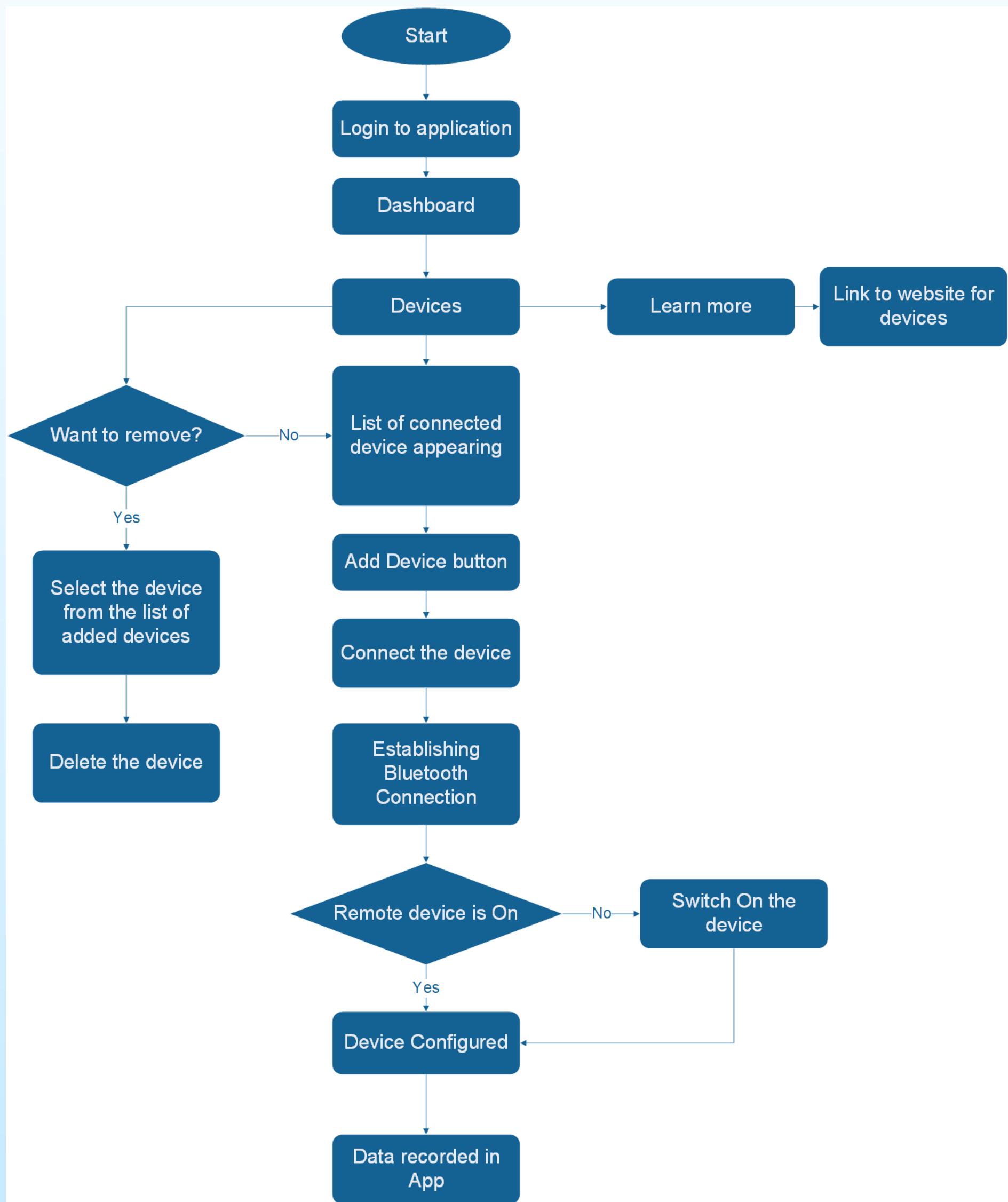
Site Map



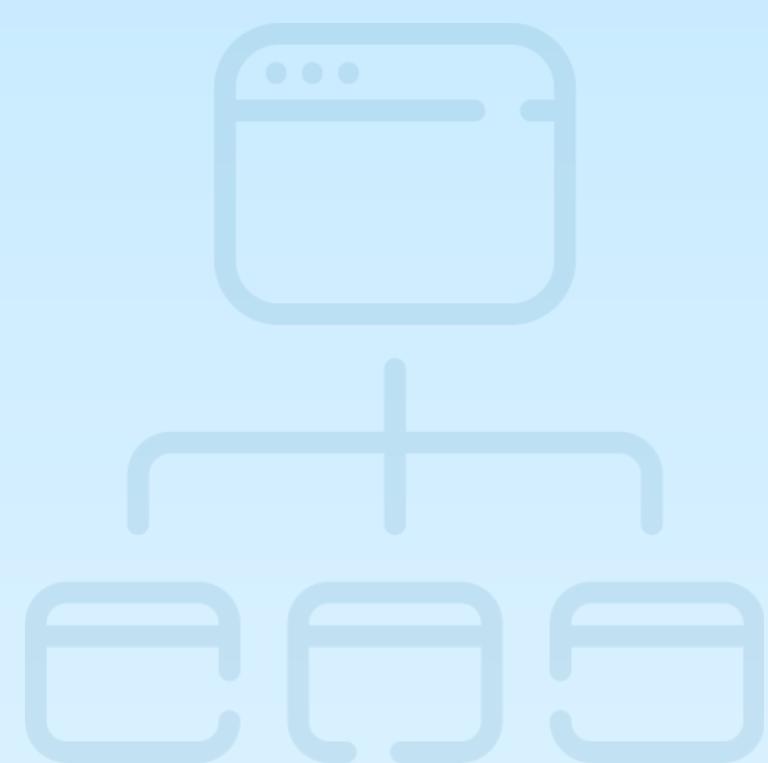
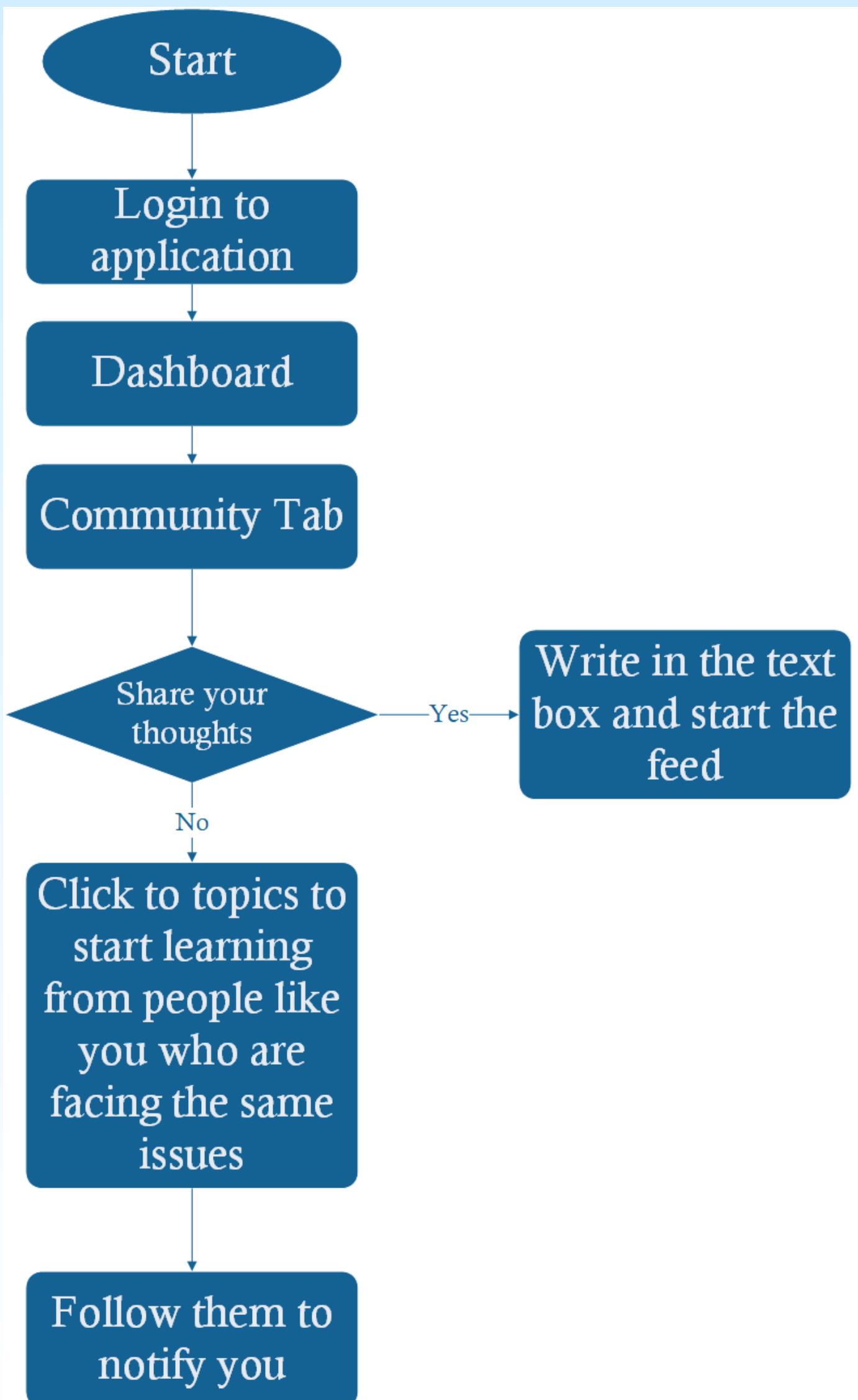
User Flow Diagram - Dashboard



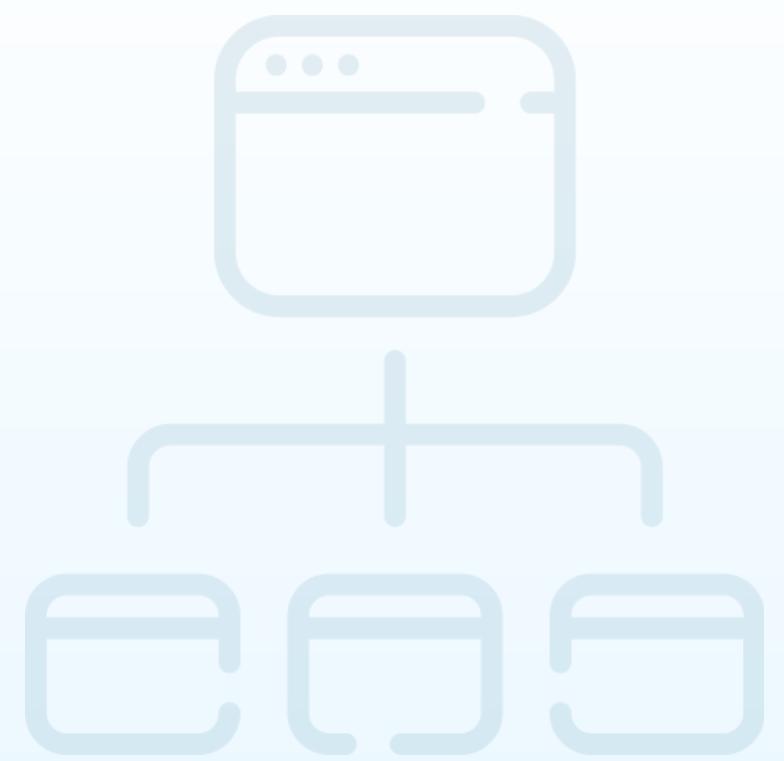
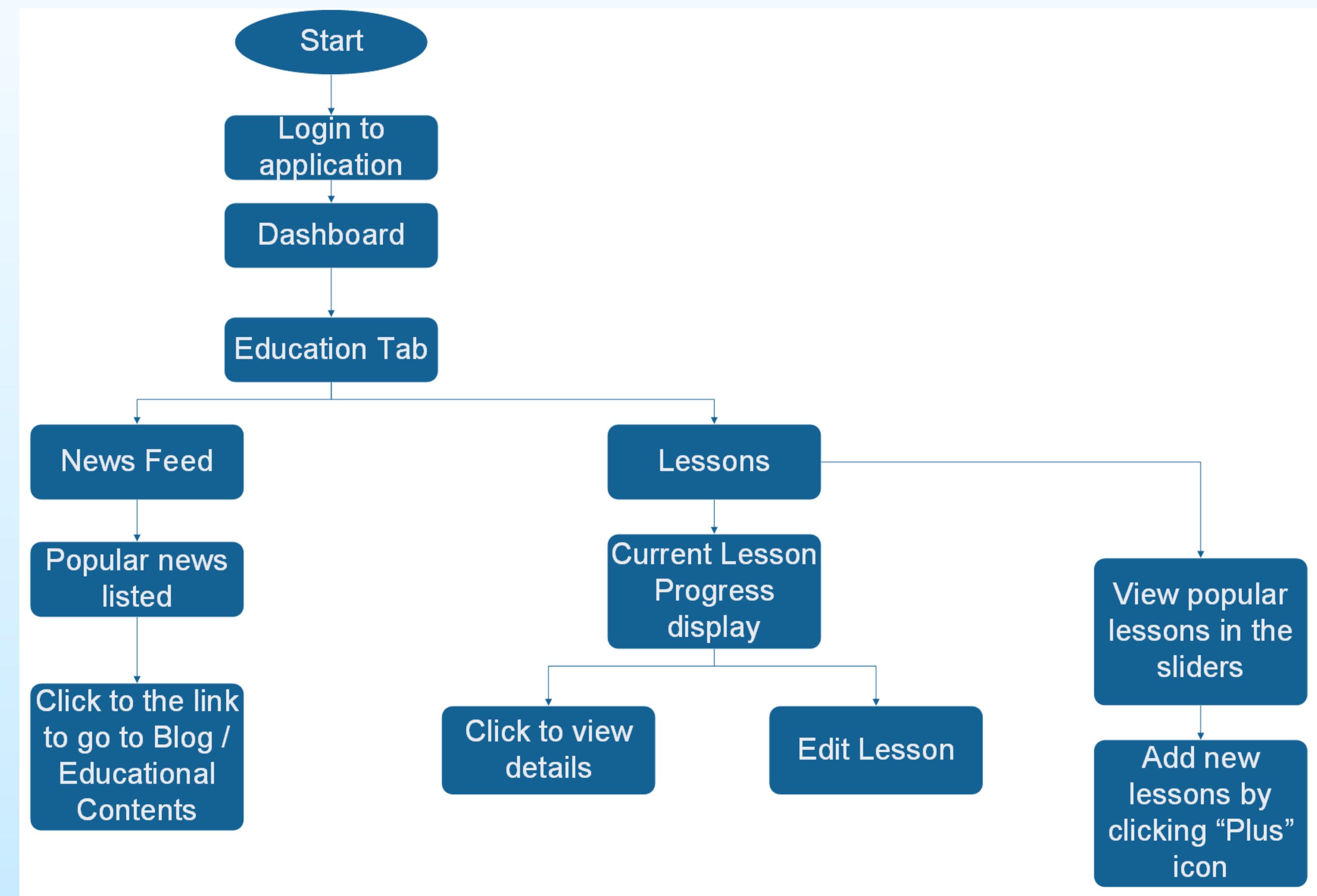
User Flow Diagram - Devices



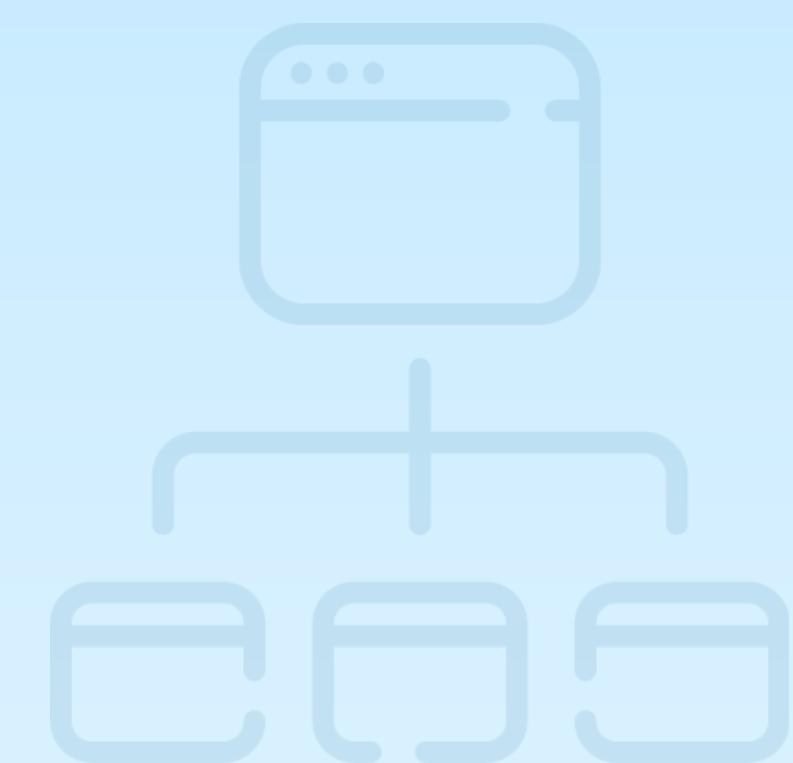
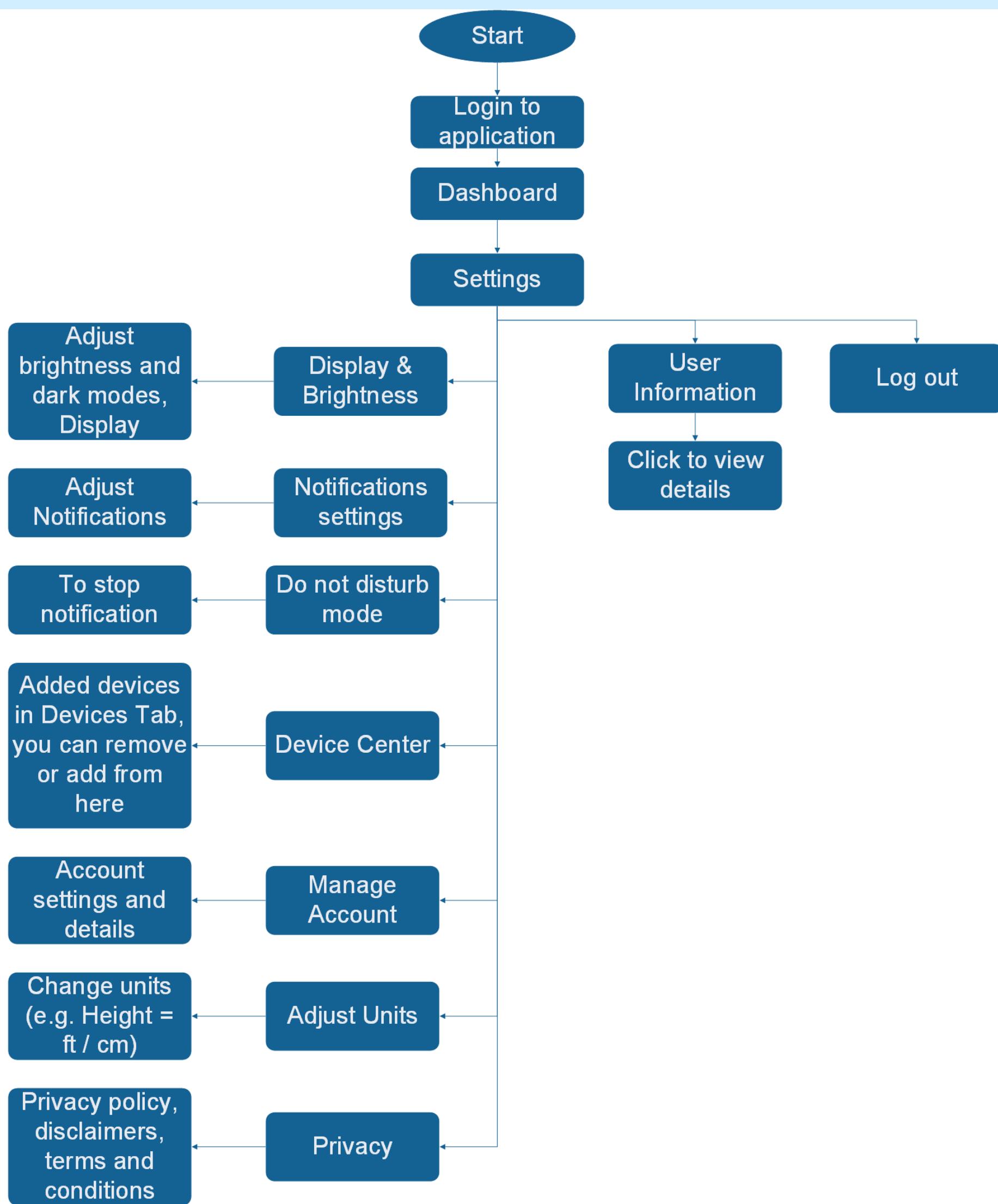
User Flow Diagram - Community



User Flow Diagram - Education



User Flow Diagram - Profile



Low-Fi Wire frames



The first screen shows a placeholder for a logo or image, followed by two buttons: "Login" and "Sign up".

The second screen is titled "Create Account" and contains fields for "Name", "Email address", "Password", and "Confirm password". It also features a "Sign up" button and a link "Already have an account? [Sign in](#)".

The third screen is titled "Welcome Back" and contains fields for "Email address" and "Password". It includes a "Log in" button and a link "Don't have an account? [Sign up](#)".

The first screen, titled "Goal", displays a "Current Goal" section with a placeholder icon and a progress bar, along with "Steps", "Heart Points", and "Water Intake" metrics. Below is a "Trends" chart and a "Available Plans" section.

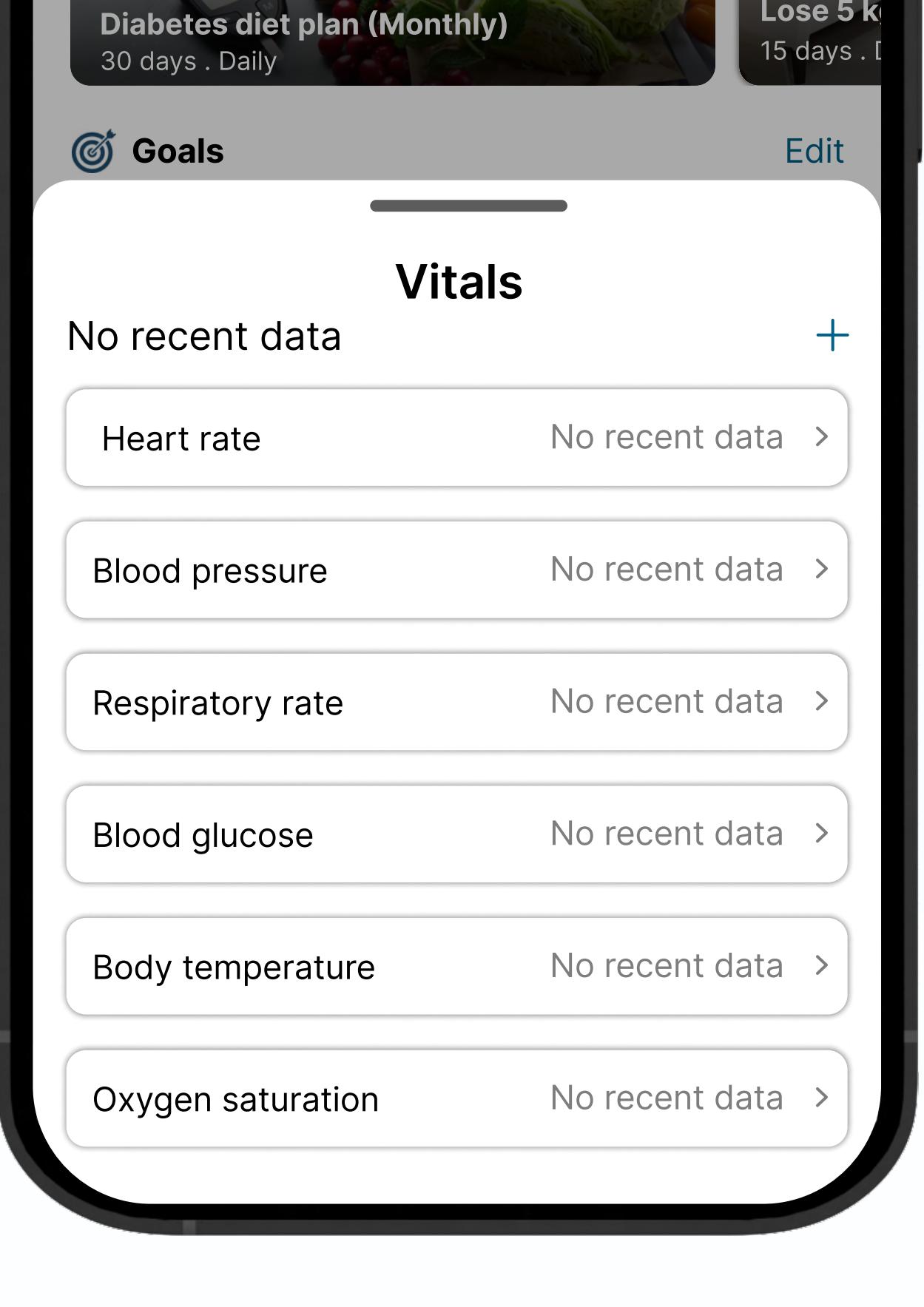
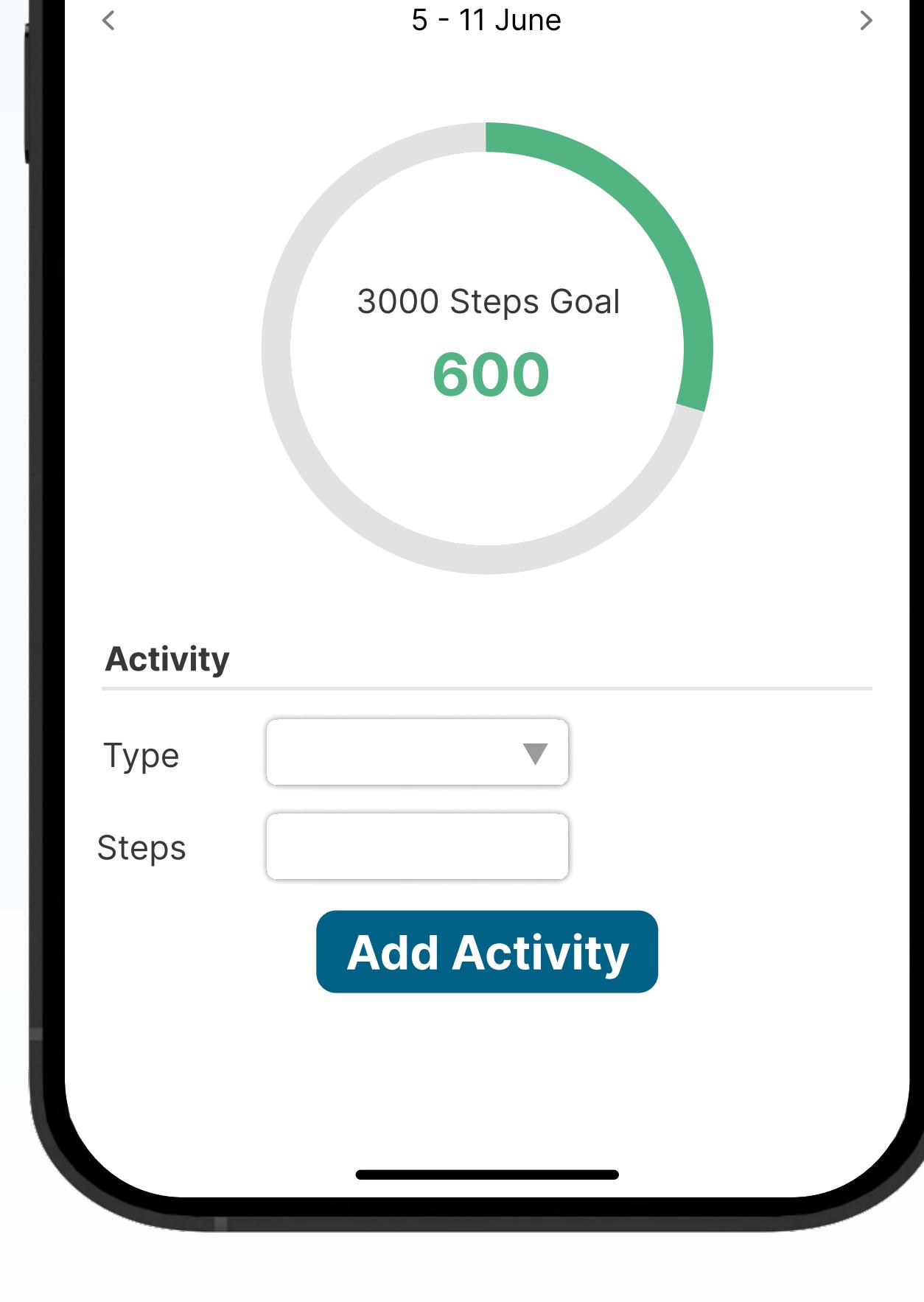
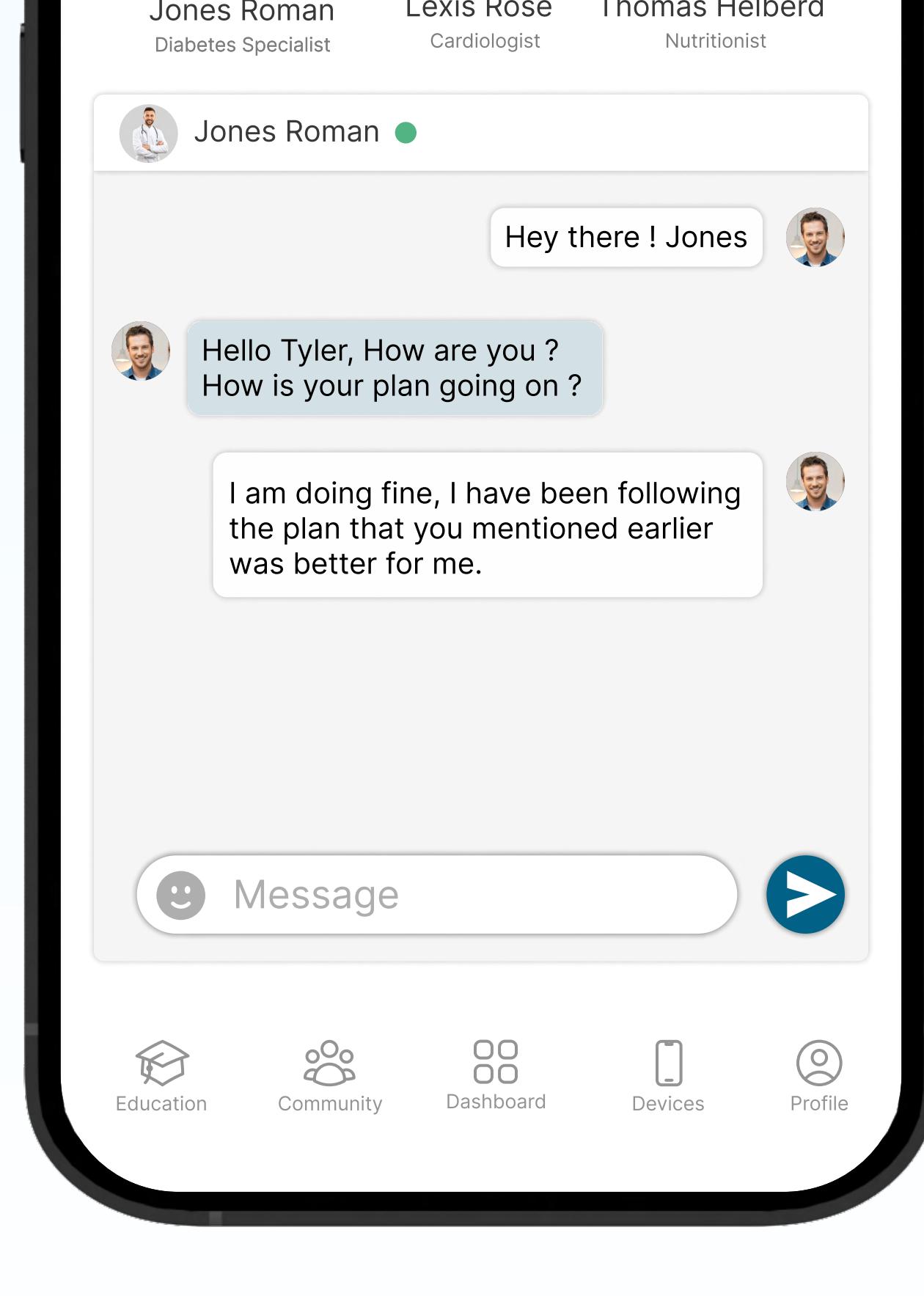
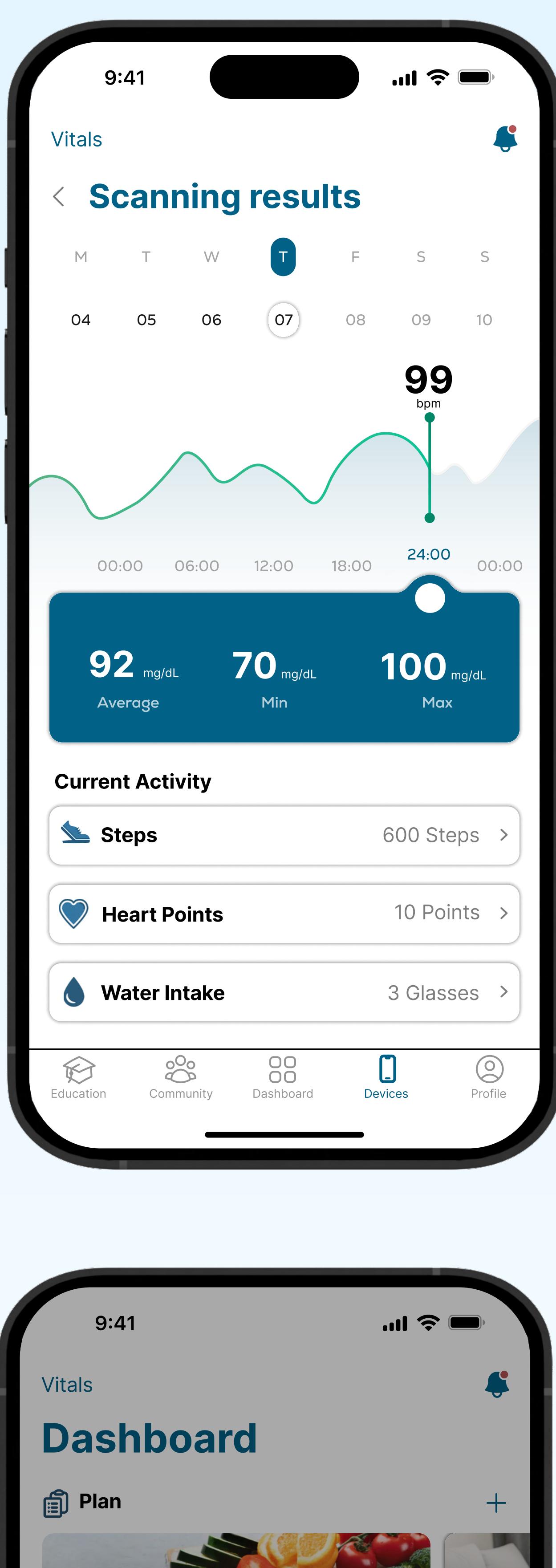
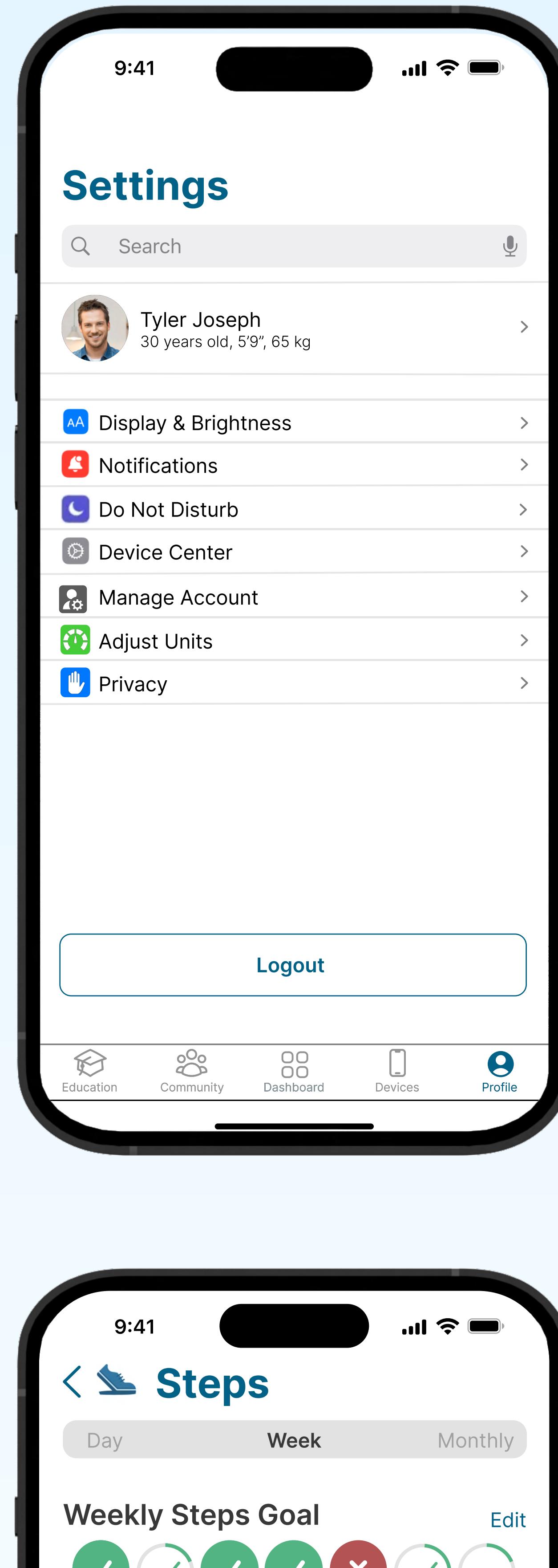
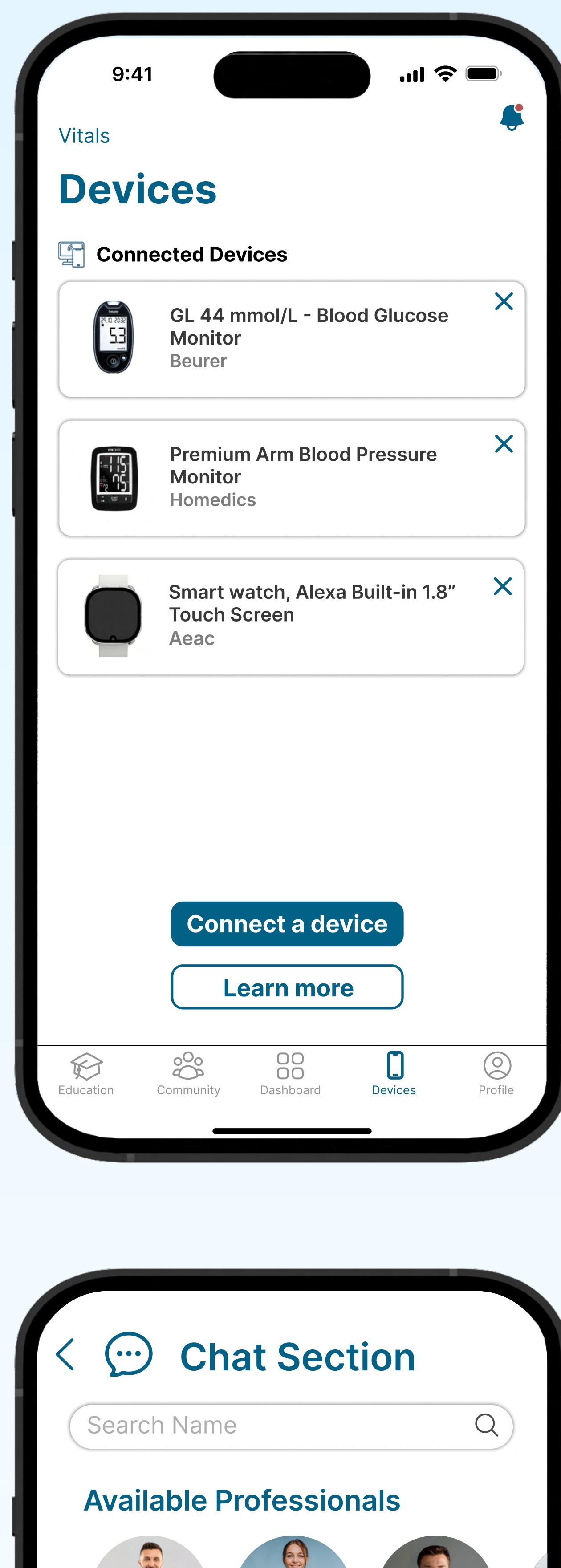
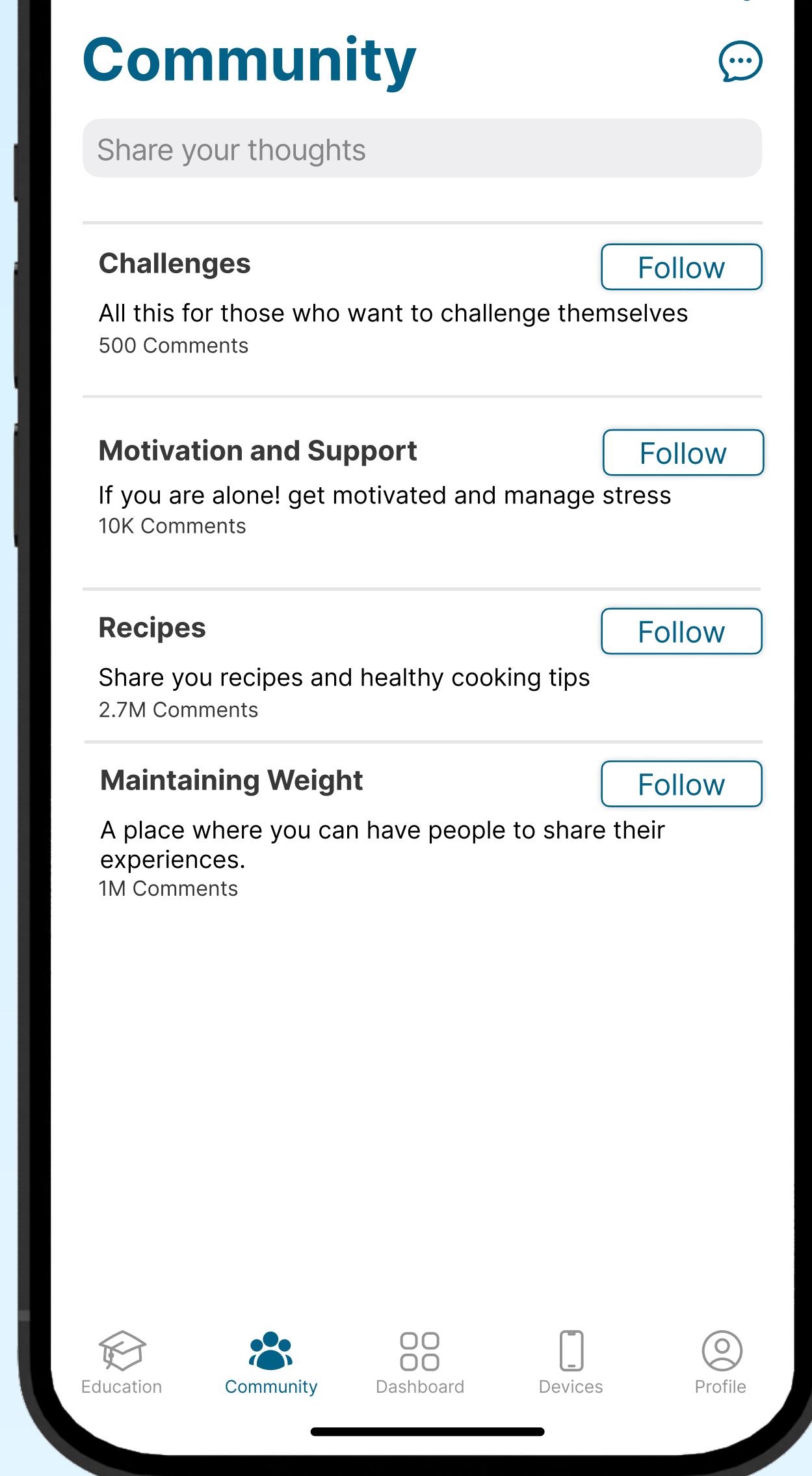
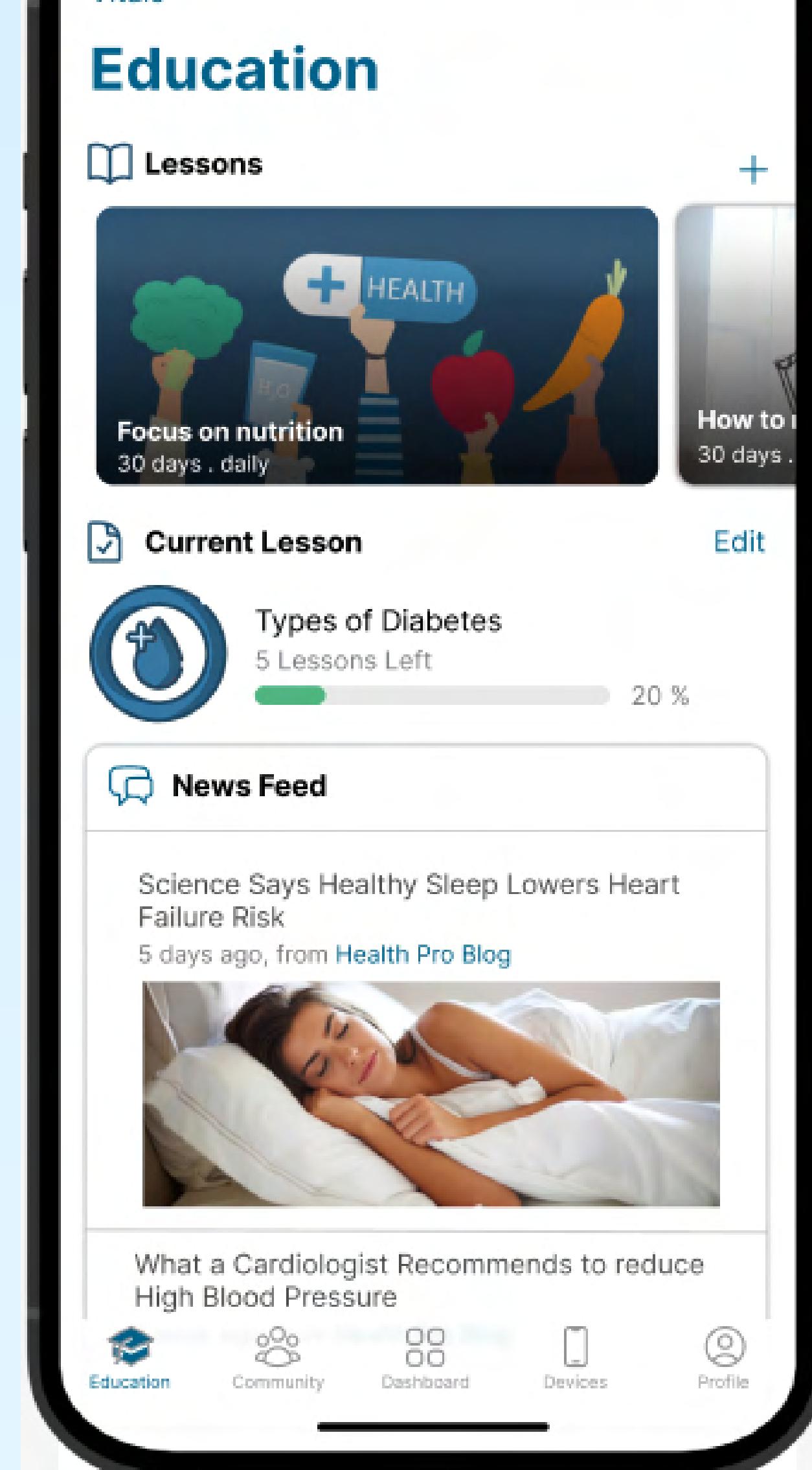
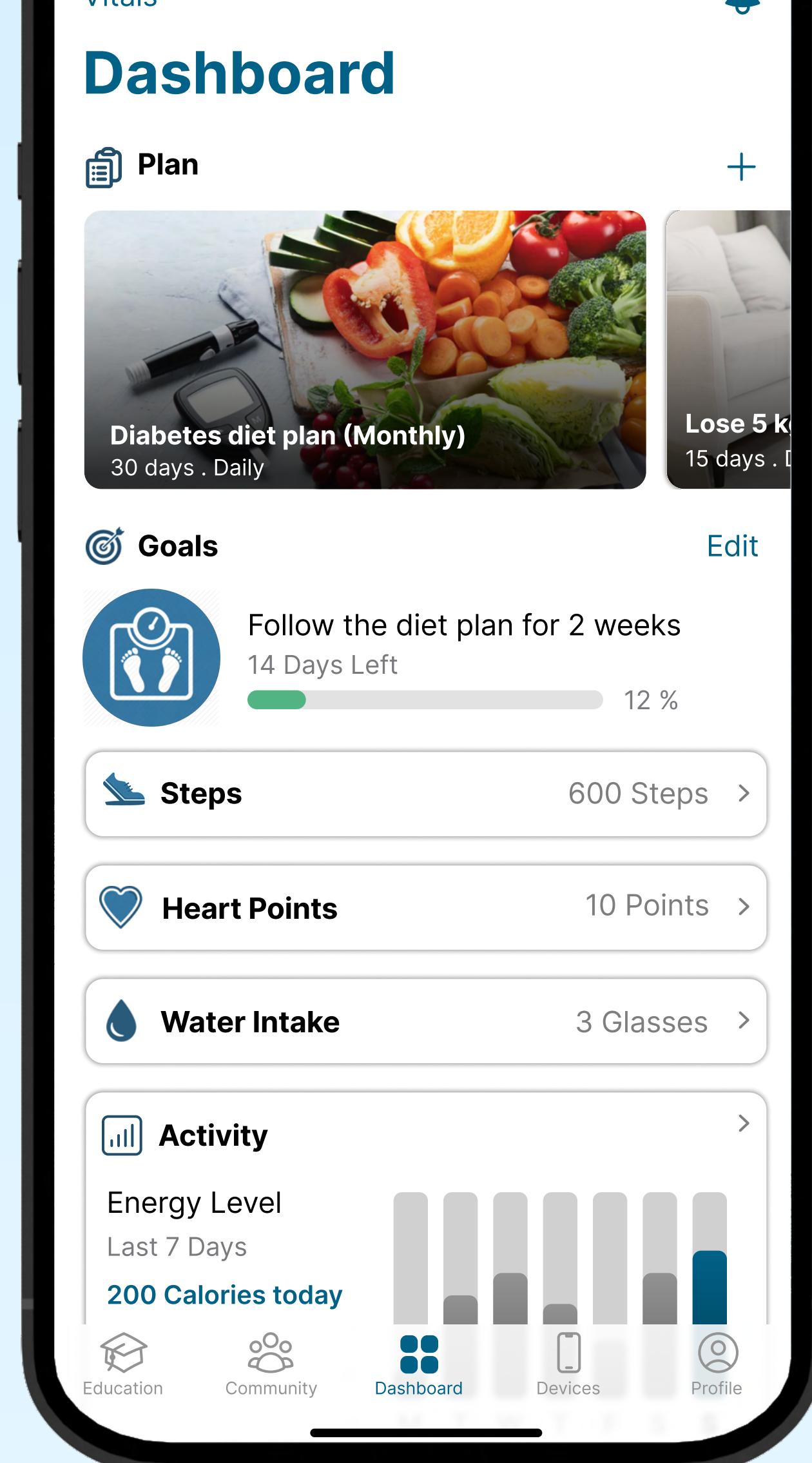
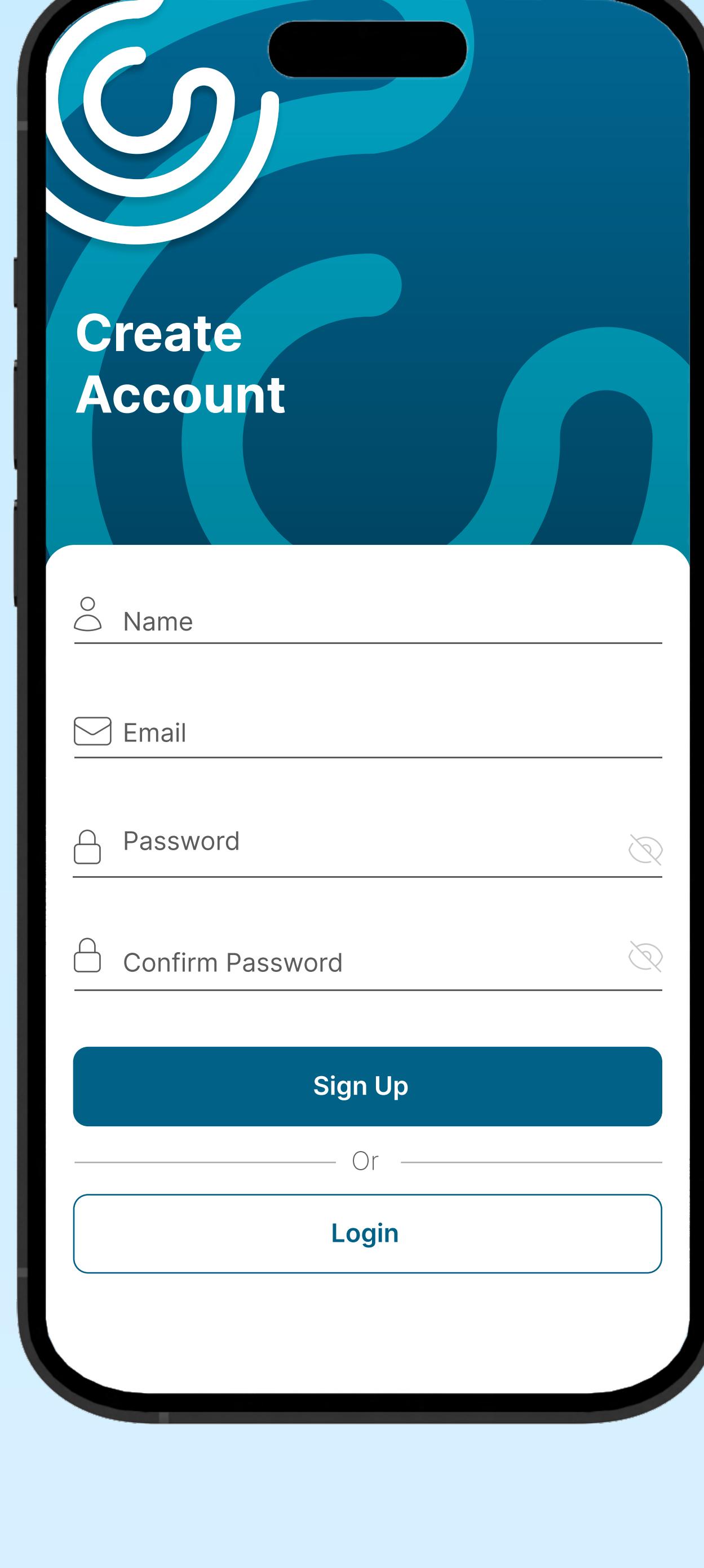
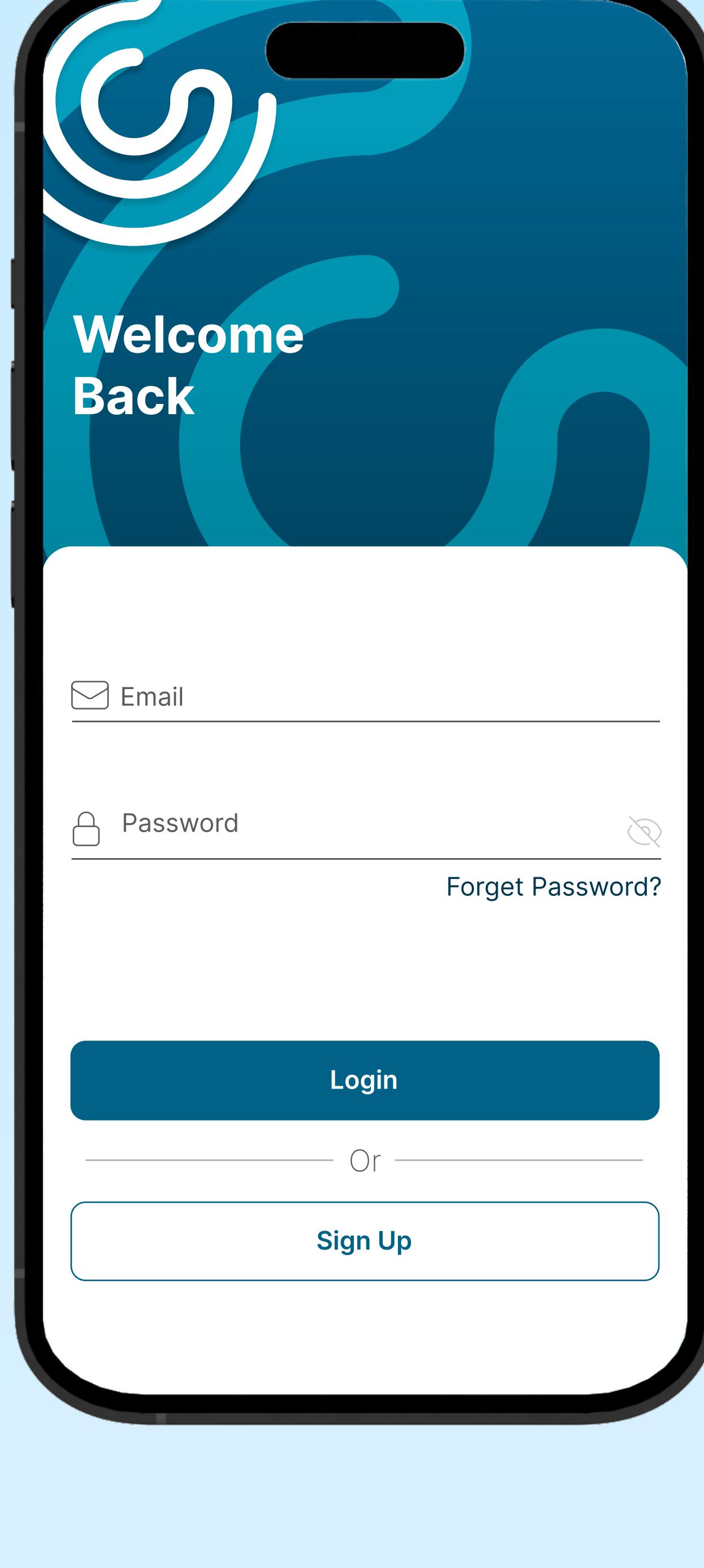
The second screen, titled "Plan", shows a "Current Plan" section with a placeholder icon and a progress bar, and an "Available Plans" section.

The third screen, titled "Lesson", shows a "Current Lesson" section with a placeholder icon and a progress bar, followed by "News" sections for "Articles" and "Video tutorials".

The first screen, titled "Devices", lists "Connected devices" with placeholder icons and progress bars. It includes buttons for "Connect a device" and "Learn more".

The second screen, titled "Name", shows "My info" with several placeholder fields. It includes a "Log out" button at the bottom.

High-Fi Wire frames



Conclusion



Designing User interfaces for this project is totally a new experience for me as a business analyst. I really enjoyed this project from business analysis stage to UI / UX stage. I am very proud of myself for what i have achieved in this project being novice to software and UI / UX. If you have strong motivation to achieve something you dont need a push you just flow with your own mind and do training.

Next Steps:

- Testing the prototype with users, iterate design and update the project.
- Refining my point of view based on testing of an application to have in depth learning.
- Explore more about the chronic diseases.
- Solving the missing scenarios.

Links:

<https://www.figma.com/file/zLzb0IWw14aZm9PmoqaGO/Health-Pro?type=design&node-id=0%3A1&mode=design&t=7w0EvP5H9CbQk3QO-1>

