## **Customer journey**

Creating a user journey is a quick way to help you and your team gain a deeper understanding of who you're designing for, aka the stakeholder in your project. The information you add here should be representative of the observations and research you've done about your users.  $\wp$ 

1 Phases  High-level steps your user needs to accomplish from start to finish	Awarness Phase	consideration Phase	Purchase/Decision Phase	Retention Phase & Advocacy Phase
2 Steps Petailed actions your user has to erform	Create awareness by seeing doctors or seeing awarness programs  Awareness by seeing doctors or specialist in this field which would help them to avoid or overcome from diseases.	A person can experience breathing difficulties before or during a heart attack. Shortness of breath can occur due to increasing pressure in the heart or as a symptom of the blockages in the blood vessels  Some people may feel faint, dizzy, or experience gastrointestinal be due to poor blood circulation, or it can be a direct result of the symptoms of the blockage blockage  Some people may feel experience gastrointestinal symptoms when be due to poor blood circulation, or it can be a direct result of the symptoms of the blockage  Some people experience gastrointestinal symptoms when be a direct result of the symptoms of the blockage	if prescribed. If you think you're having a heart attack and your health care provider has previously prescribed nitroglycerin for you, take It as directed while walting for emergency medical help  Push hard and fast on the center of the person's chest in a fairly rapid rhythm about 100 to 120 compressions a minute	People should follow healthful balanced diets, remain active throughout their lives, never smoke, and seek health care regularly
Feelings  that your user might be thinking and eling at the moment	Avoid trying to fix every problem at once, if possible. Focus instead on changing one existing habit  Talk to your doctor Frequently	Identify the sources of stress in your life and look for ways to reduce and manage them	Improving your mental health after a heart attack can help prevent future attacks	Finding ways to reduce stress
7	A psychologist can also help clarify the diagnosis of depression and work with the physician to devise a suitable treatment program.	Enlist the support of friends, family, and work associates. Talk with them about your condition and what they can do to help	Finding sources of inspiration and motivation	Checking in on how you are feeling several times each day
Pain points oblems your user runs into	Most heart attacks involve discomfort in the center or left side of the chest that lasts for more than a few minutes or that goes away and comes back	The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain	Pain or discomfort in the jaw, neck, or back	Feeling weak, light-headed, or faint. You may also break out into a cold sweat.
Opportunities  otential improvements or other thancements to the experience	Give a set of solutions related to the problem statements that act as a guiding principles and gives basic knowledge to	Emotions shapes the attitude that drive decisions. customers become closely connected because they are Emotionally attatched and they remember how they feel when they use a	Predict or known the customer feedback/result	Use a correct dataframe or framework to achieve the solution .