

**1**



**2**



**3**



**4**

## Before you collaborate

A little bit of preparation goes a long way with this session. Here’s what you need to do to get going.

**15 minutes**

**Choose your best "How Might We" Questions**

**A**

Create 5 HMW statements before the activity to propose them to the team.

## Define your problem statement

What problem are you trying to solve? Frame your problem as a How Might We statement. This will be the focus of your brainstorm.

**10 minutes**

**QUESTION**

**How might we help the user with personal assisstance**

## Brainstorm solo

Have each participant begin in the "solo brainstorm space" by silently brainstorming ideas and placing them into the template. This "silent-storming" avoids group-think and creates an inclusive environment for introverts and extroverts alike. Set a time limit. Encourage people to go for quantity.

**10 minutes**

## Brainstorm as a group

Have everyone move their ideas into the "group sharing space" within the template and have the team silently read through them. As a team, sort and group them by thematic topics or similarities. Discuss and answer any questions that arise. Encourage "Yes, and…" and build on the ideas of other people along the way.

**15 minutes**

## Prioritise

Your team should all be on the same page about what's important moving forward. Place your ideas on this grid to determine which ideas are important.



**TIP**

You can use the **Voting session** tool above to focus on the strongest ideas.

5 Minutes

# Priorities:

Secure database (IBM cloud)

**Set the stage for creativity and inclusivity**

**B**

Go over the brainstorming rules and keep them in front of your team while brainstorming to encourage collaboration, optimism, and creativity.

1. **Encourage wild ideas** (If none of the ideas sound a bit ridiculous, then you are filtering yourself too much.)
2. **Defer judgement** (This can be as direct as harsh words or as subtle as a condescending tone or talking over one another.)
3. **Build on the ideas of others** ("I want to build on that idea" or the use of "yes, and...")
4. **Stay focused on the topic at hand**
5. **Have one conversation at a time**
6. **Be visual** (Draw and/or upload to show ideas, whenever possible.)
7. **Go for quantity**

**Interested in learning more?**



**C**

Check out the Meta Think Kit website for additional tools and resources to help your team collaborate, innovate and move ideas forward with confidence.

## DIVYA

**QUESTION**

**How might we keep track of all the medication needs of the user**

**KANNAPPAN**

Simple yet better UI for elderly people

# Integration:

Easily accessible to everyone

Integrates with internet for categorizing risks

# Alert:

remind user to take medicine at the correct time

Allow Users to update medical info manually

**Experience:**

Integrates with IBM cloud

Simple yet better UI

Easily customisable

remind user to take medicine at the correct time

Integrates with IBM cloud

# Categorization:

Categorise the emergency risks in case of higher emergeny alert is given

Categorzes the time in which the tablets are to be consumed.

Alert Notifications

Categorzes the time in which the tablets are to be consumed.

Security



**Brainstorm and Idea Presentation**

Personal Assistance for Seniors Who Are Self-Reliant

**30-60 minutes** to collaborate

**3-8 people** recommended

[Created in partnership with](https://about.facebook.com/)

[**Share template feedback**](https://muralco.typeform.com/to/CiqaHVat?typeform-source=app.mural.co)

**Template**



[**Open the website**](https://www.facebook.com/business/m/thinkkit/?ref-northstar)

**GUNA BANU MITHRA**

**QUESTION**

**How can we alert the user, when it is time to take up the medication**

Access to healthcare services

In case of severe emergency, send notification to emergency contacts

# Other:

Various Themes in the App

Security

User Friendly

various Themes in the App

Offer Medical Tips

**QUESTION**

**How can we get the user input manually**

Offer medical tips to stay healthy

Remind the users to take medicine in an effective way

Send notifications to user

Easily customisable according to user needs

Integrates with internet for categorizing risks