SCENARIO

Browsing, booking, attending, and rating a local city tour



Entice

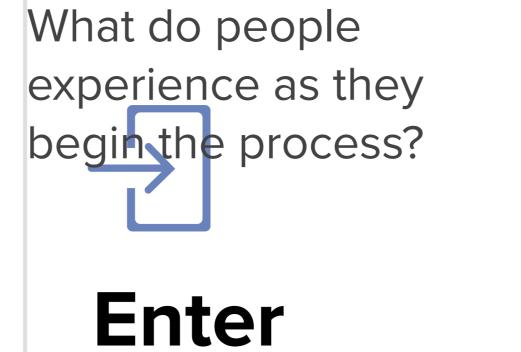
conditionis the

quit smoking Eat heart -healthy foods don't tress.

negative statess of mind including depresion ,anxitety,lonelines,angerand chronic stress.

cause.

How does someone initially become aware of this process?



Eat healthy foods

diabetes

Improves the muscles ability

to pull oxygen out of the blood reducing the need for

the heart to pump more bloo to the muscles.

Engage In the core moments

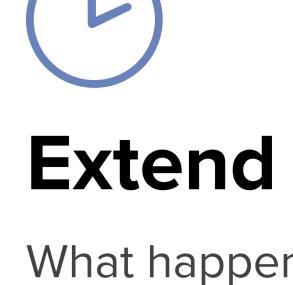
in the process, what

happens?

During exercise, increases in cardiac

Exit

What do people typically experience as the process finishes?



End stage heart failure is the most severe form of heart failure

What happens after the experience is over?

there is no cure

Steps

Interactions

What does the person (or group) typically experience?

What interactions do they have at

People: Who do they see or talk to?

Things: What digital touchpoints or

physical objects would they use?

each step along the way?

Places: Where are they?

Heart diseaes is the leading cause of death for pepole of mostractial &enthnic groups in the united states,including African American,American Take Action Do it Digital. indian and white man. [caption describing

what someone typically experiences typically experiences during this step] typically experiences

tube is placed in the

groin or wrist artery.

commercial wearable measure HRand heart rhythm through

(ECG)or (PPG) by calculating beat-to=beat time interval using

algorithm to classify heart rhythm.

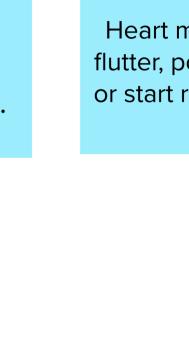
Get Screenced

Learn CPR

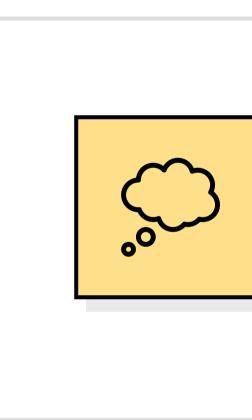
which coupled
with a transient
increase in
systemic vascular
resistance stroke volume and heart rate raise cardiac output

Main suggested
theories about patients'
adherence to treatment
recognize the
importance of
motivation in positive.

The three main
concepts obtained
from this study are
"beliefs", "supporters",
and "group cohesion".





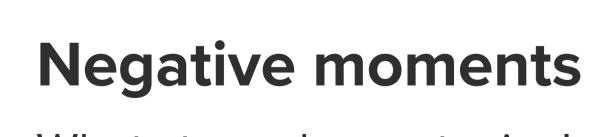


Goals & motivations At each step, what is a person's

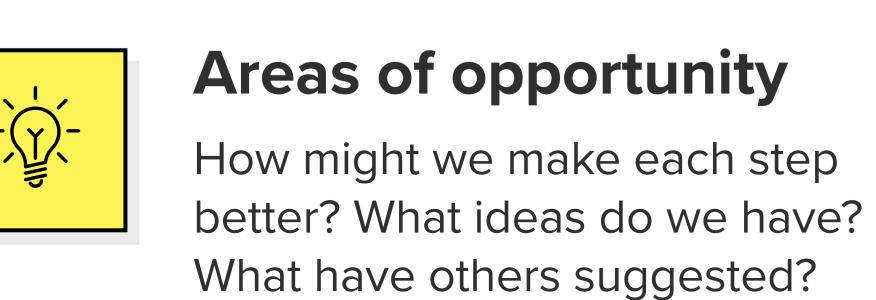
("Help me..." or "Help me avoid...") **Positive moments**

primary goal or motivation?

What steps does a typical person find enjoyable, productive, fun, motivating, delightful, or exciting?



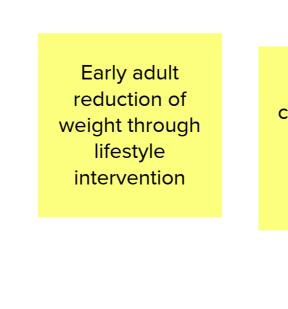
What steps does a typical person find frustrating, confusing, angering, costly, or time-consuming?

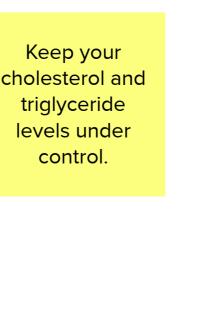




may be increase the risk for heart







May increase the risk for heart disease over time or worsen heart issues that already exist

Your heart
health is
central to
overall good
health.

Your heart is muscle and as with any muscle.

Heart disease is the cause of one of every four deaths in America

Cholesterol deposits, or plaques, are almost always to blame.

Shortness of breath or even a heart attack.

plant based milks with added calcium ,like soy,almond..oat rice milk.

Feel depressed and be anxious and worried about your symptoms the future and condition impacts your family.

belly area or back

We examined whether higher levels of positive affect are associated heart disease

coroney artery diseas sympotoms may be different for men and women.

it can lead to a heart attack,chest pain or stroke.