

Maria



Age: 50 years

Occupation: Teacher

Health Condition: High Blood Pressure

Technology Proficiency: Low

Interests:

- Reading about health.
- Outdoor activities.
- Cooking healthy meals.
- Community involvement.
- Art and creativity.
- Yoga and meditation.

Goals:

- Manage her high blood pressure effectively through medication adherence.
- Keep track of symptoms such as headaches and dizziness to report to her doctor.
- Book appointments for routine blood pressure checks and screenings.
- Access easy-to-understand health resources for information on hypertension.
- Find a cardiologist for ongoing management of her condition.

Challenges:

- Limited familiarity with digital tools and platforms.
- Needs assistance navigating healthcare-related apps.
- Prefers clear and concise health information without medical jargon.

Preferred Features:

- Medication Reminder: Simplified medication reminders with easy-to-follow instructions.
- Symptom Tracker: Intuitive interface for logging high blood pressure symptoms.
- Lab Test Booking: Guidance through the booking process for blood pressure screenings.
- Health Resources: Plain language resources explaining hypertension management.
- Search a Doctor: Filter options to find cardiologists experienced in treating high blood pressure.

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Maria Sanchez commits to managing her high blood pressure effectively despite her limited tech proficiency. She pledges to use simplified medication reminders and intuitive symptom trackers, prioritize scheduling screenings, access plain language health resources, and find a cardiologist for specialized care. Maria's determination to engage with digital platforms reflects her dedication to improving her health.