

Pitch 4 - TDW



Lumicheck

Battle against digital addiction

MCTW Group 2 2025



Our Team



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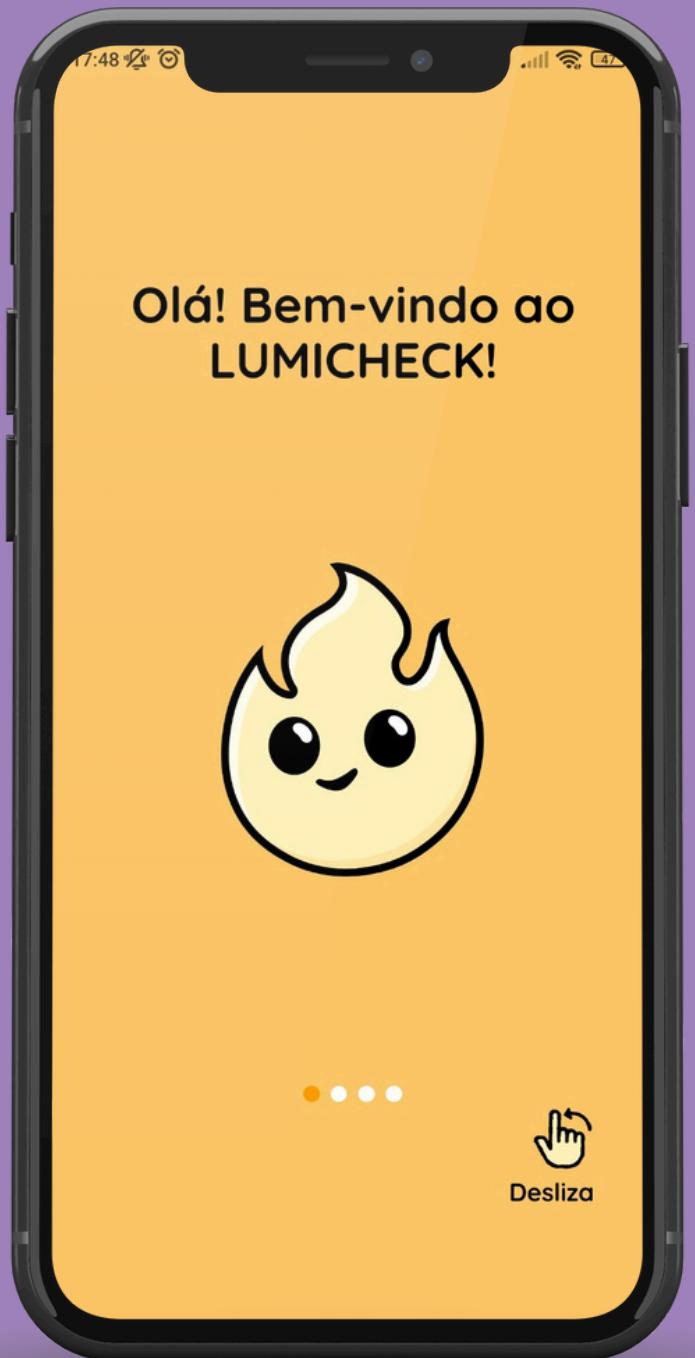
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Lumicheck

Discover the LumiCheck Experience



Our Mission and Vision



Purpose:

Help individuals monitor and improve their digital habits.

Supportive Approach:

Guided by Lumi, the app promotes a friendly and encouraging journey.

Key Features:

Initial questionnaires, background monitoring, and personalized task suggestions.



Our Mission and Vision



Motivation:

Offers achievements and access to resources in health and well-being.

Goal:

Encourage conscious and balanced technology use.



Minimal Viable Product



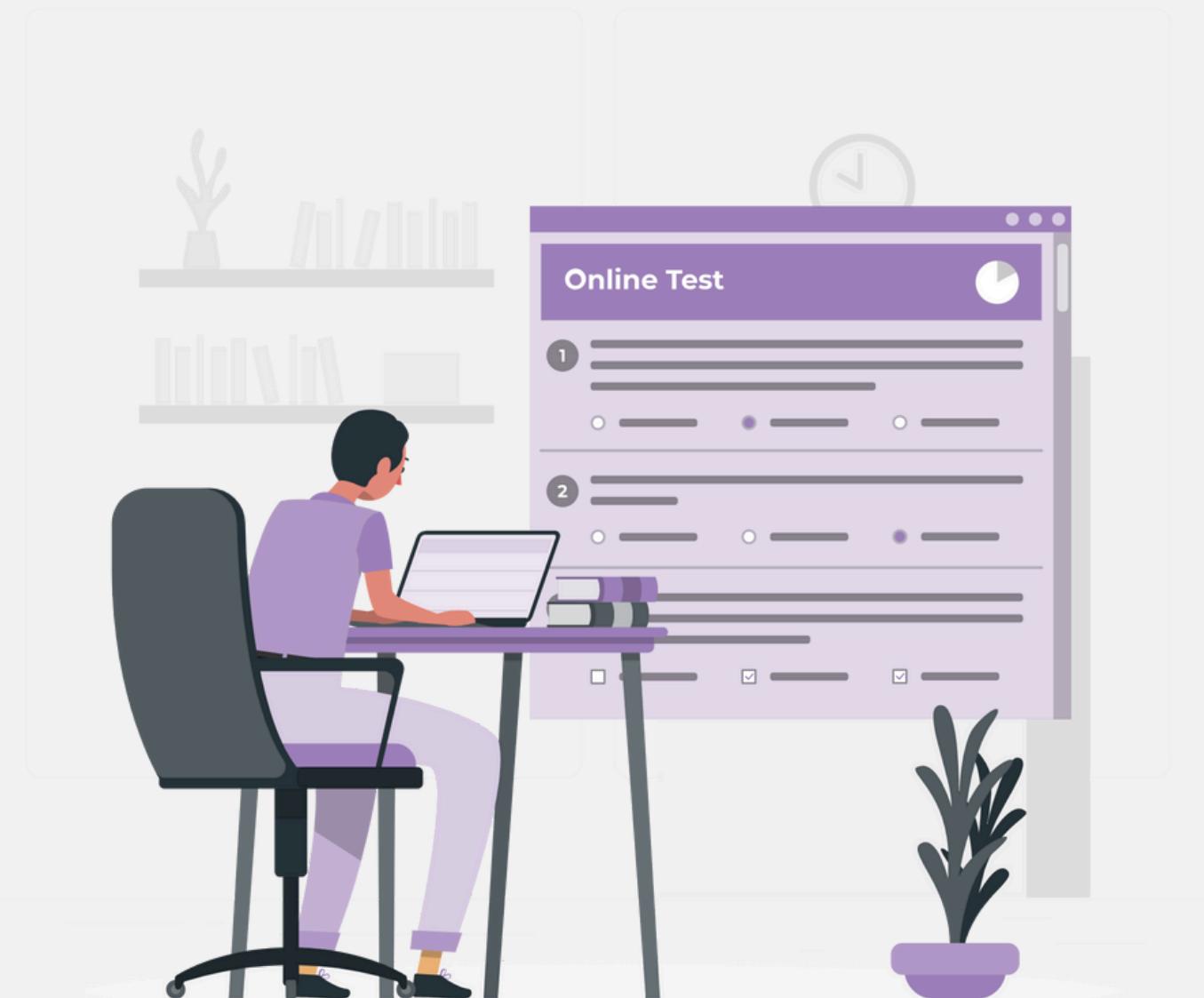
LumiCheck **Core Features**

Our app is designed to help users understand and improve their relationship with technology in a personalized and engaging way. By combining a intuitive assessment, local resources, and practical tasks, it provides a comprehensive solution to promote healthier phone habits.



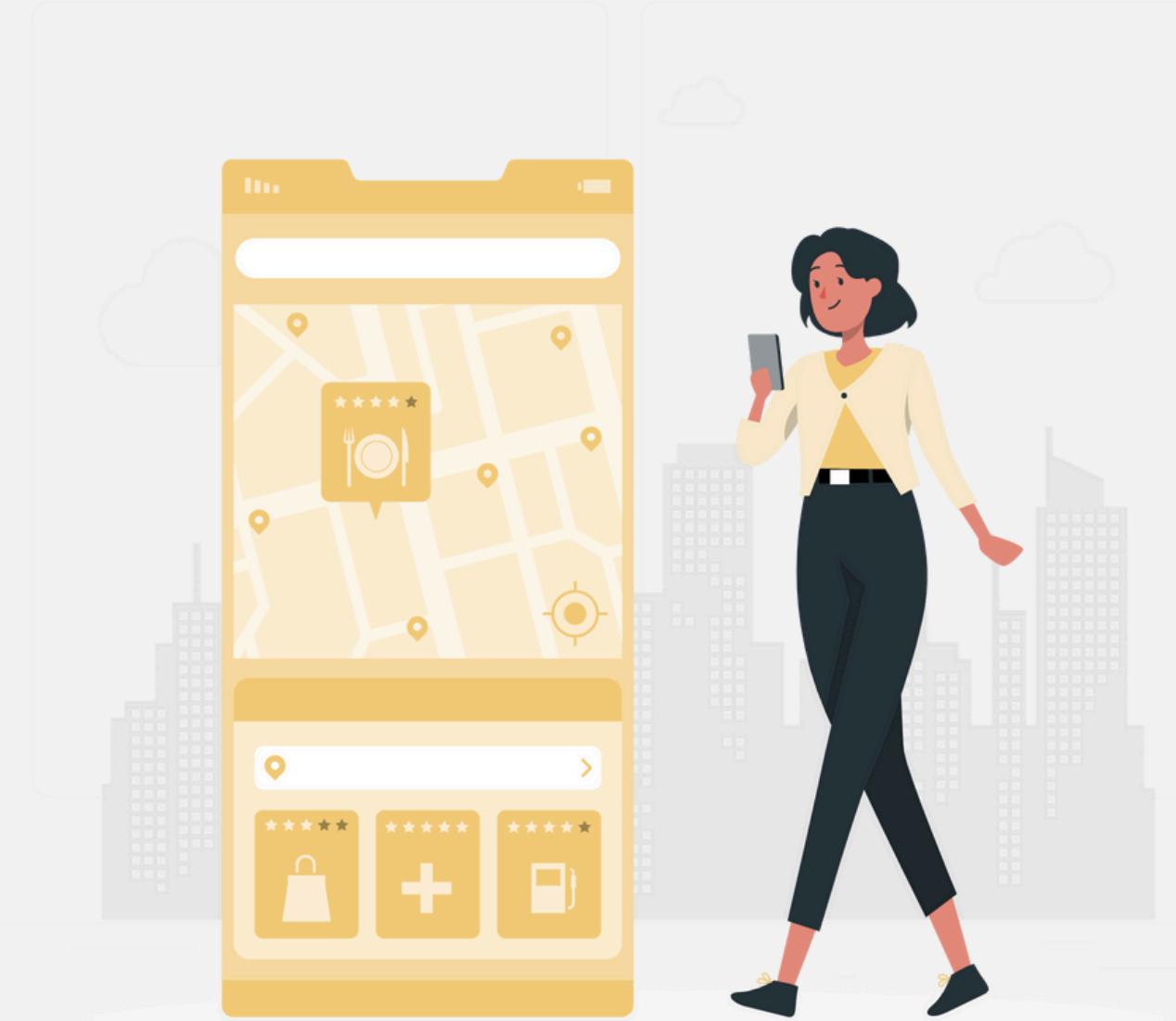
User Assessment

The app's test is the first step toward understanding your phone usage. It evaluates your habits and assigns a personalized score, giving you a clear picture of your current digital dependency level. This feature lays the foundation for tailored recommendations and helps you track your progress over time.



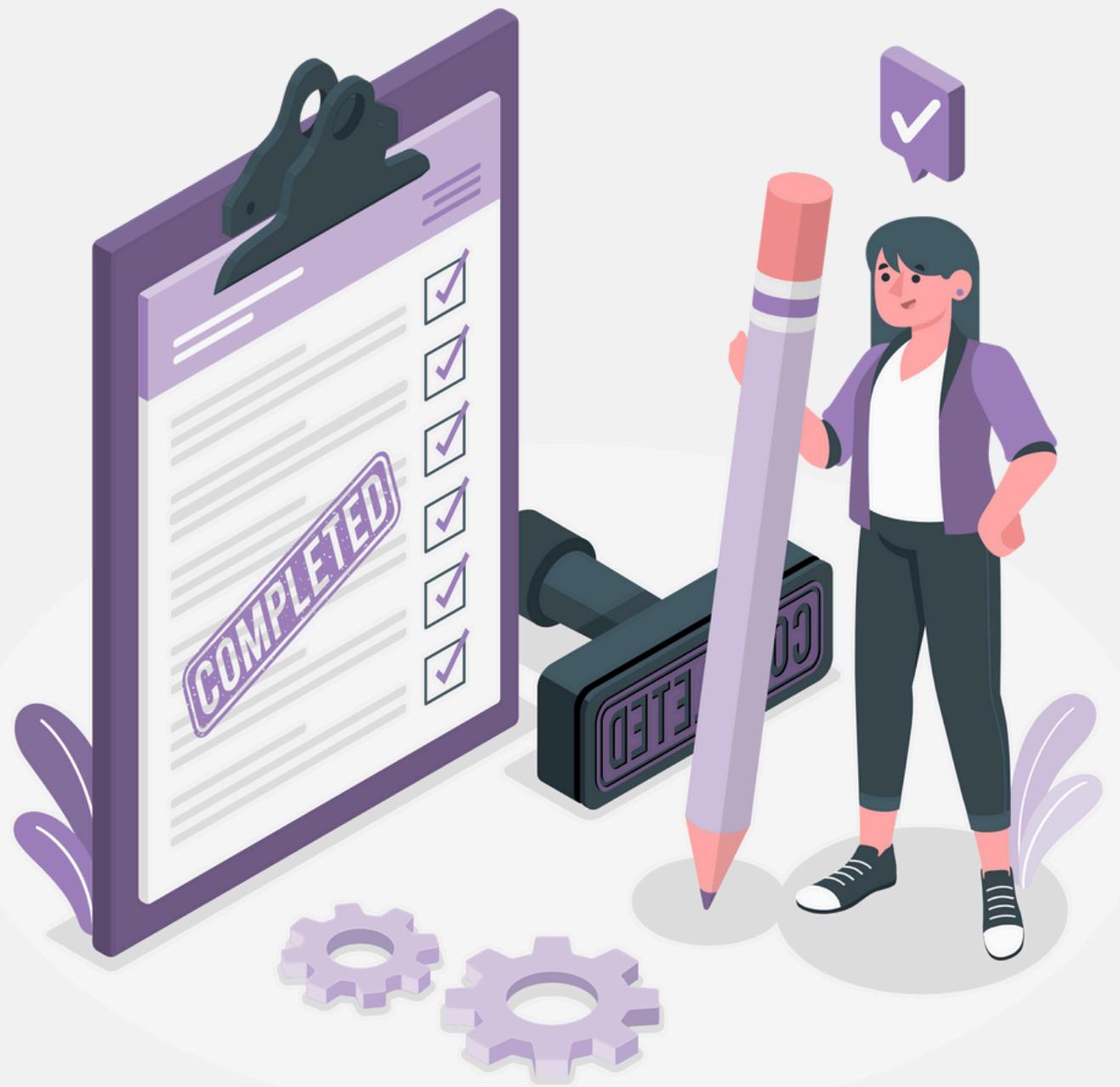
Access to Nearby Support

The app connects you with nearby resources to provide the support you need. Whether it's counseling services, community programs, or educational workshops, these local options empower users to take meaningful steps toward improving their digital well-being.

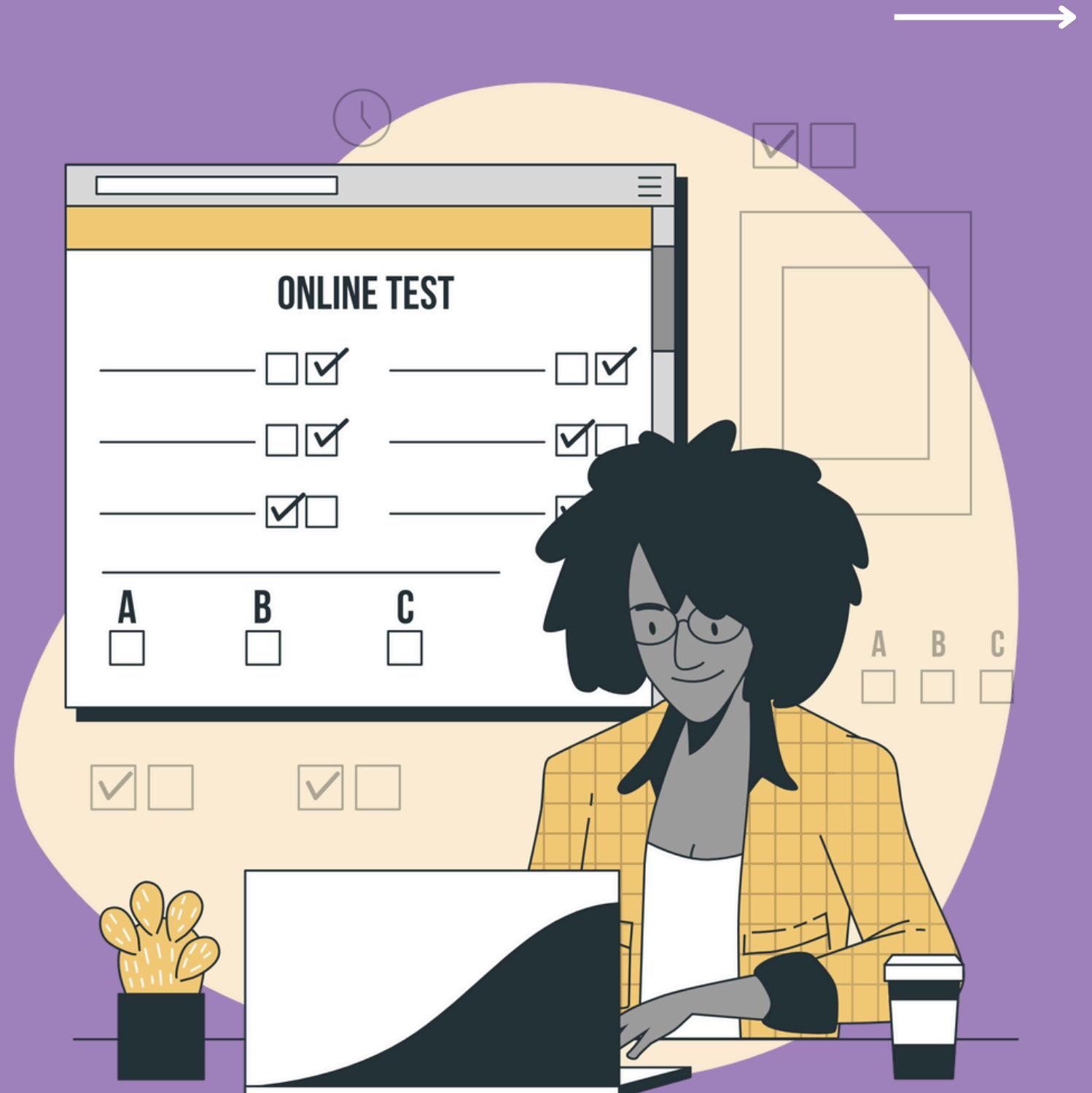


Tasks for Better Habits

To help you build healthier habits, the app offers a variety of simple, friendly tasks. These activities are designed to be engaging and effective, encouraging gradual changes that reduce screen time and foster a more balanced lifestyle. With each completed task, you'll take another step toward a healthier relationship with technology.



How to implement the core functionalities



Decisions



At the end of the semester, our group did a online meeting with a Masters Psychology Student, Joana Dias, which gave us various different insights about the digital dependency area.

Some of the most relevant info was:

- Test to evaluate the user condition;
- Progressive tasks for the user.
- Literacy articles;





IAT

Internet Addiction Test (IAT) is a recognized test in the psychological community that evaluates the level of digital platform use among adolescents and young adults.

0 - 30: Normal Use

31 - 49: Moderate Use

50 - 79: Regular Use

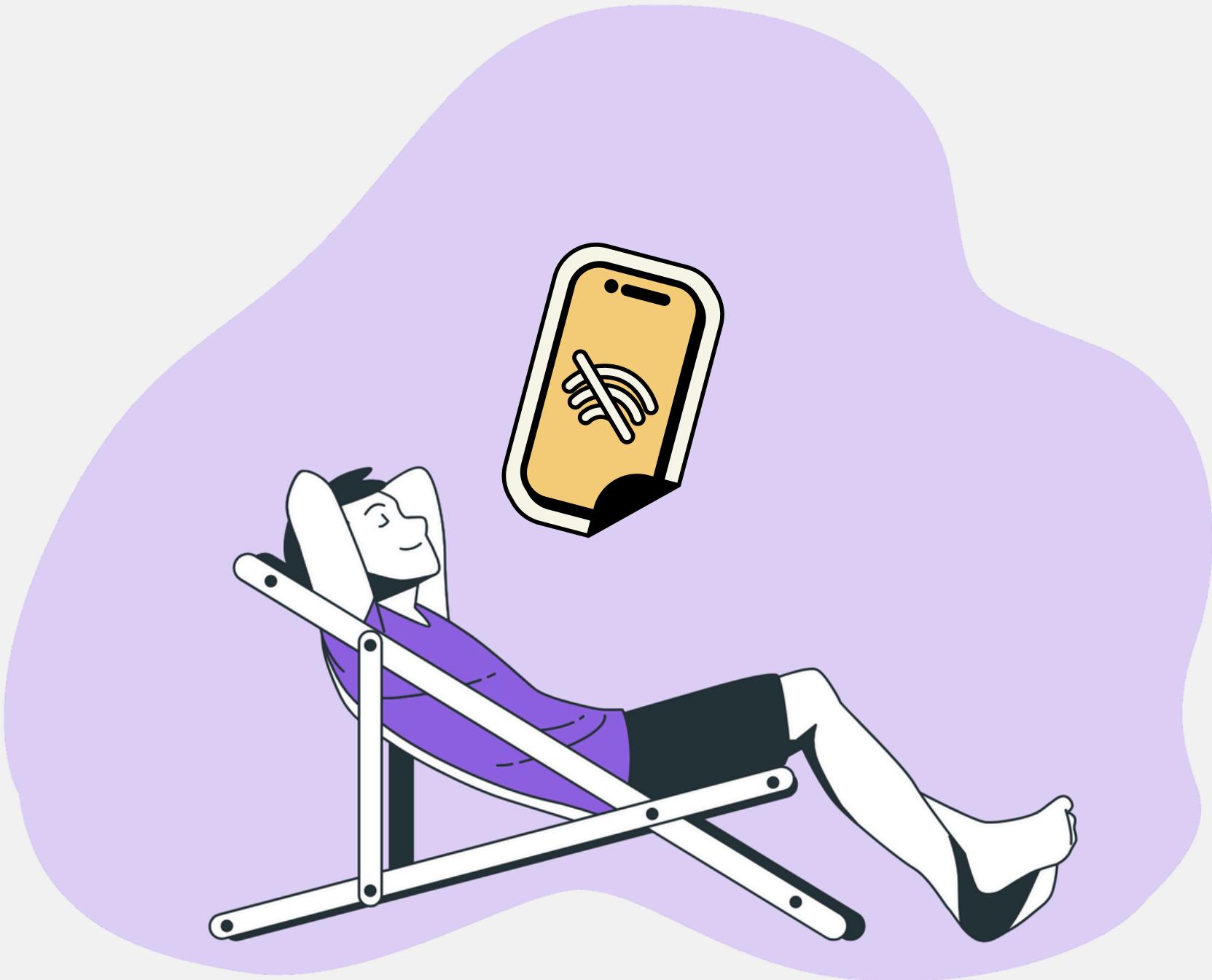
80 - 100: Excessive Use





Tasks

We have developed 30 tasks, divided into specific categories, to help users gradually reduce phone dependence. These tasks promote small, manageable changes, encouraging users to rediscover offline activities and build healthier habits over time. This gradual approach minimizes discomfort and fosters a sustainable, balanced relationship with technology.





Task Process

- 1. “Offline” Introduction;**
- 2. Focus on the Present;**
- 3. Creativity and Connections;**
- 4. Movement and Skills;**
- 5. Reducing Online Time;**
- 6. Explore The Real World;**
- 7. Mind and Body;**
- 8. Habits consolidation.**





Trophies

To encourage users to complete the tasks, we have incorporated gamification into the process. In this approach, users are awarded trophies whenever they complete a set of specific tasks.

This method serves as both a motivator and a positive reinforcement tool, inspiring users to improve their online behavior while making the process engaging and rewarding.

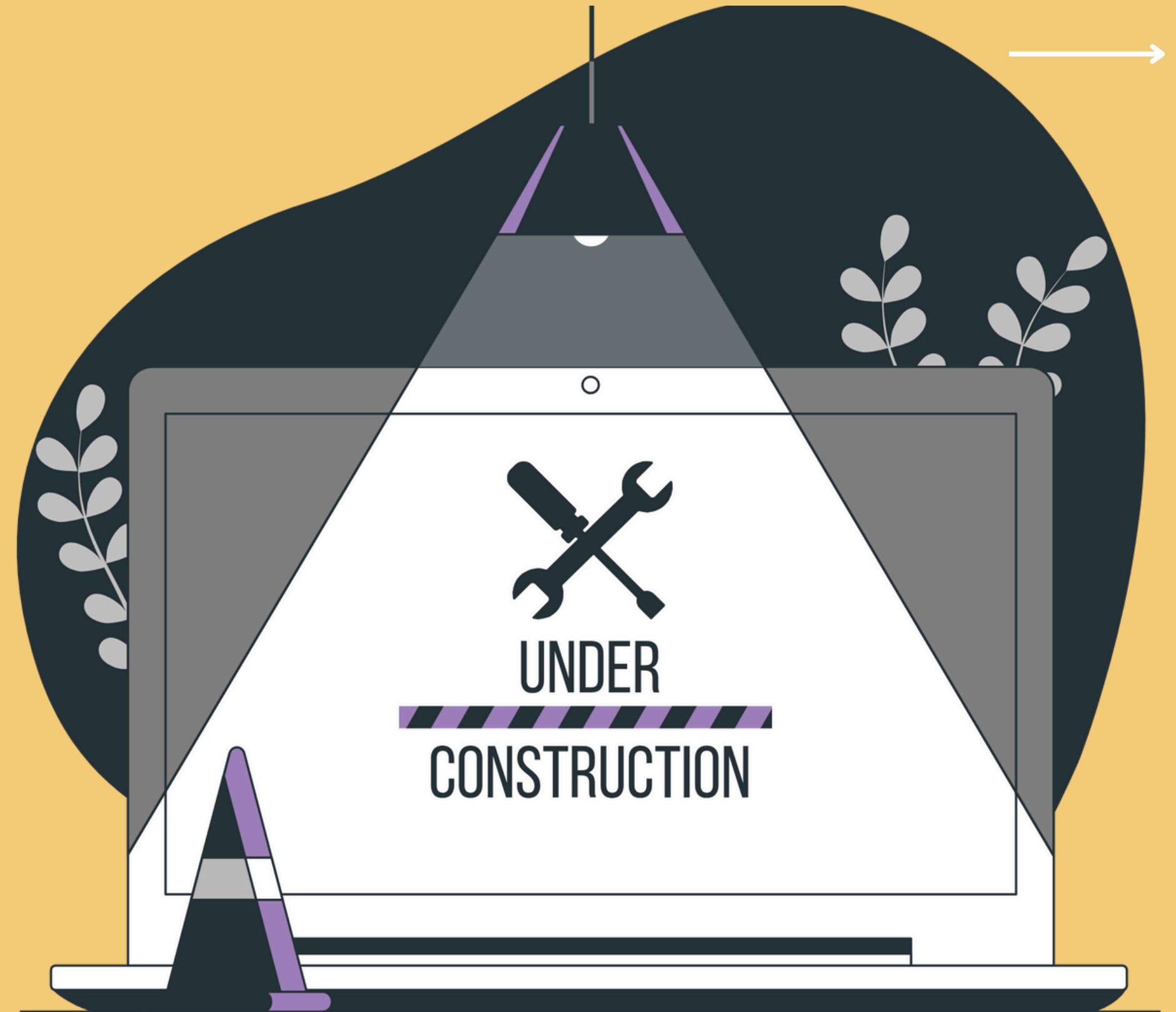




Some of Our Trophies



How to build it?

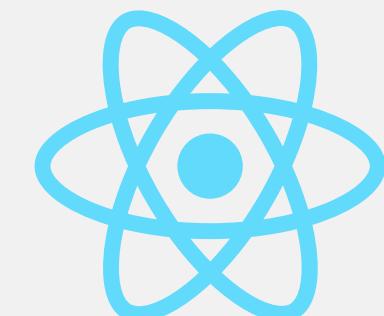


Technologies

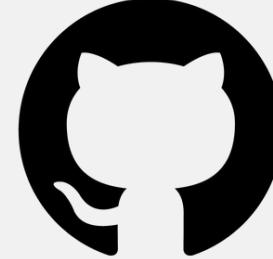


^Expo

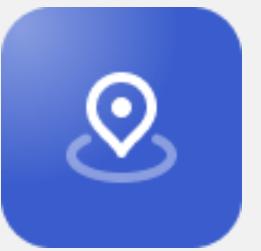
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React Native

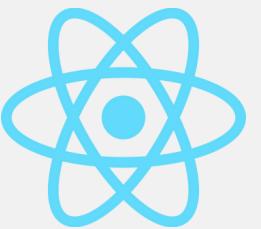
 GitHub

Technologies



Expo Location

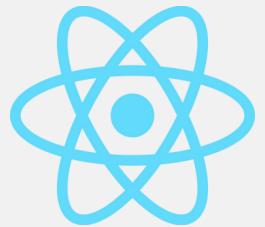
Expo Location enables access to the device's location, which is necessary for the map functionality featuring psychology professionals.



React Native Maps

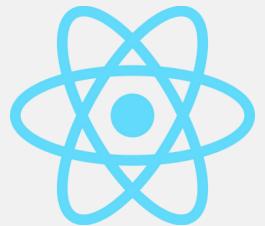
React Native Maps renders the map and geographic information.

Technologies



React Native Reanimated

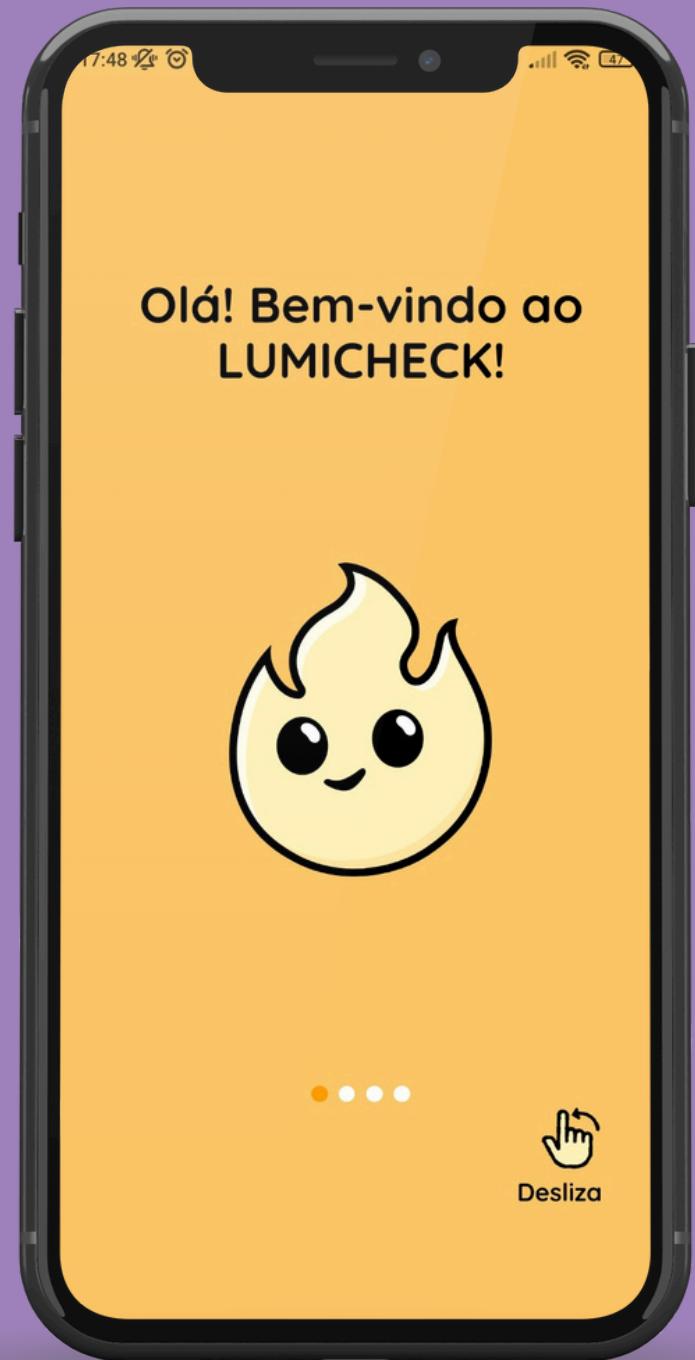
React Native Reanimated is implemented to create smooth and responsive animations, essential for swipe functionality in the app's initial sections.



React Native Gesture Handler

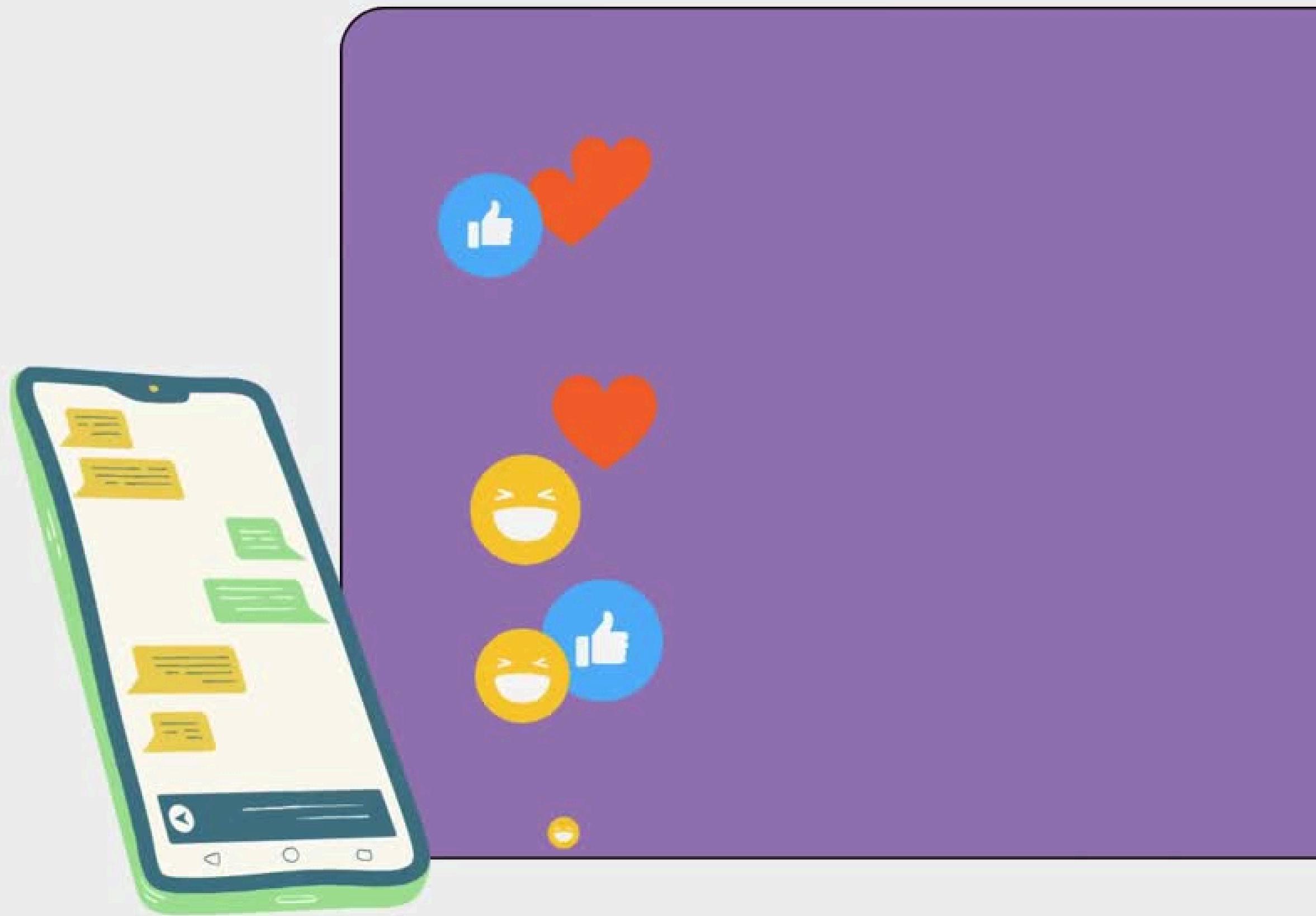
React Native Gesture Handler supports gestures like swiping and tapping, enhancing the app's overall interactivity.

DEMO



Promotional Video





Next Steps



Backend



Support for advanced features

Ensuring scalability

Secure data storage

Data analysis



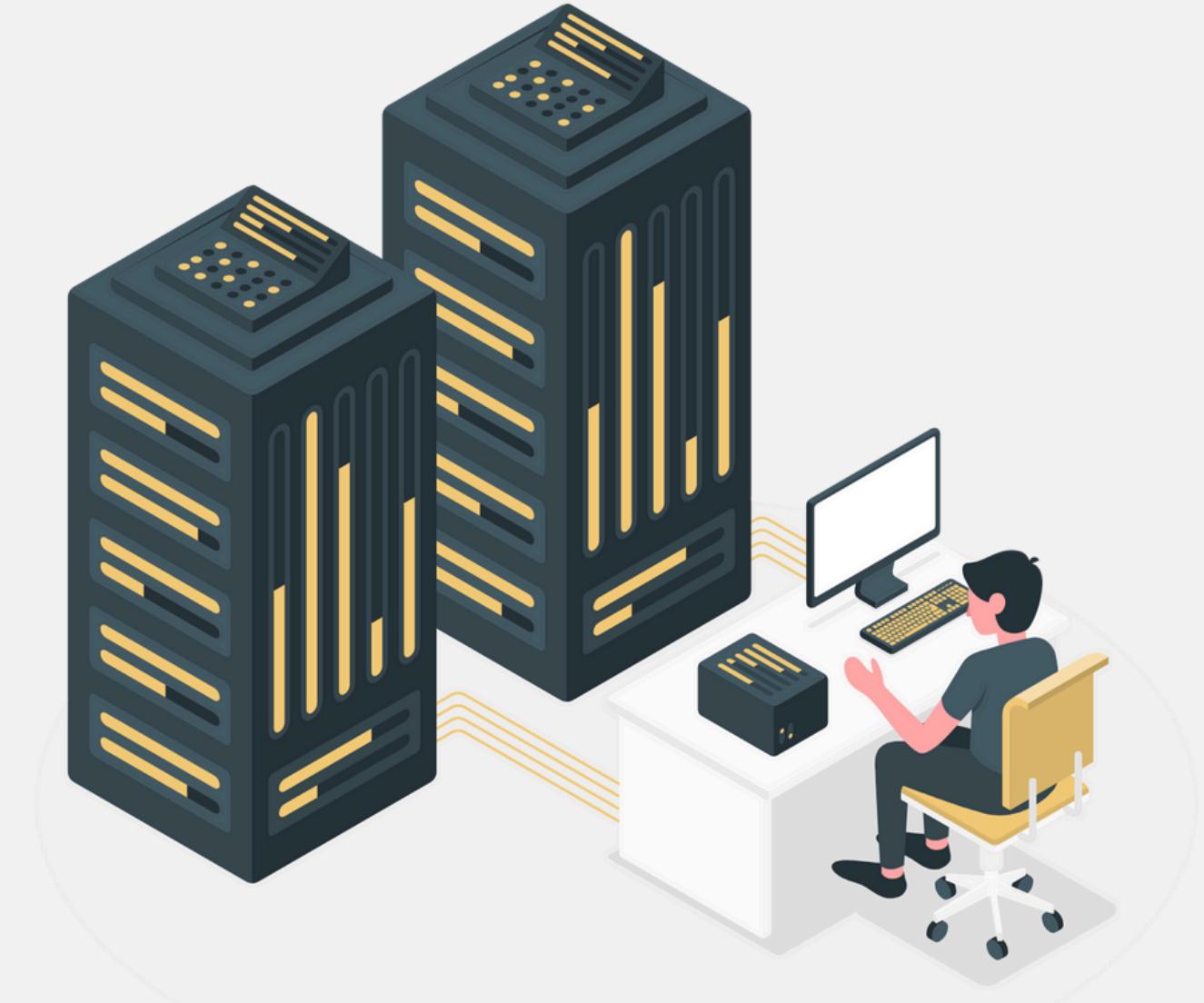
Native APIs



Abandoning Expo

Adoption of native features

Enhanced accuracy and reliability

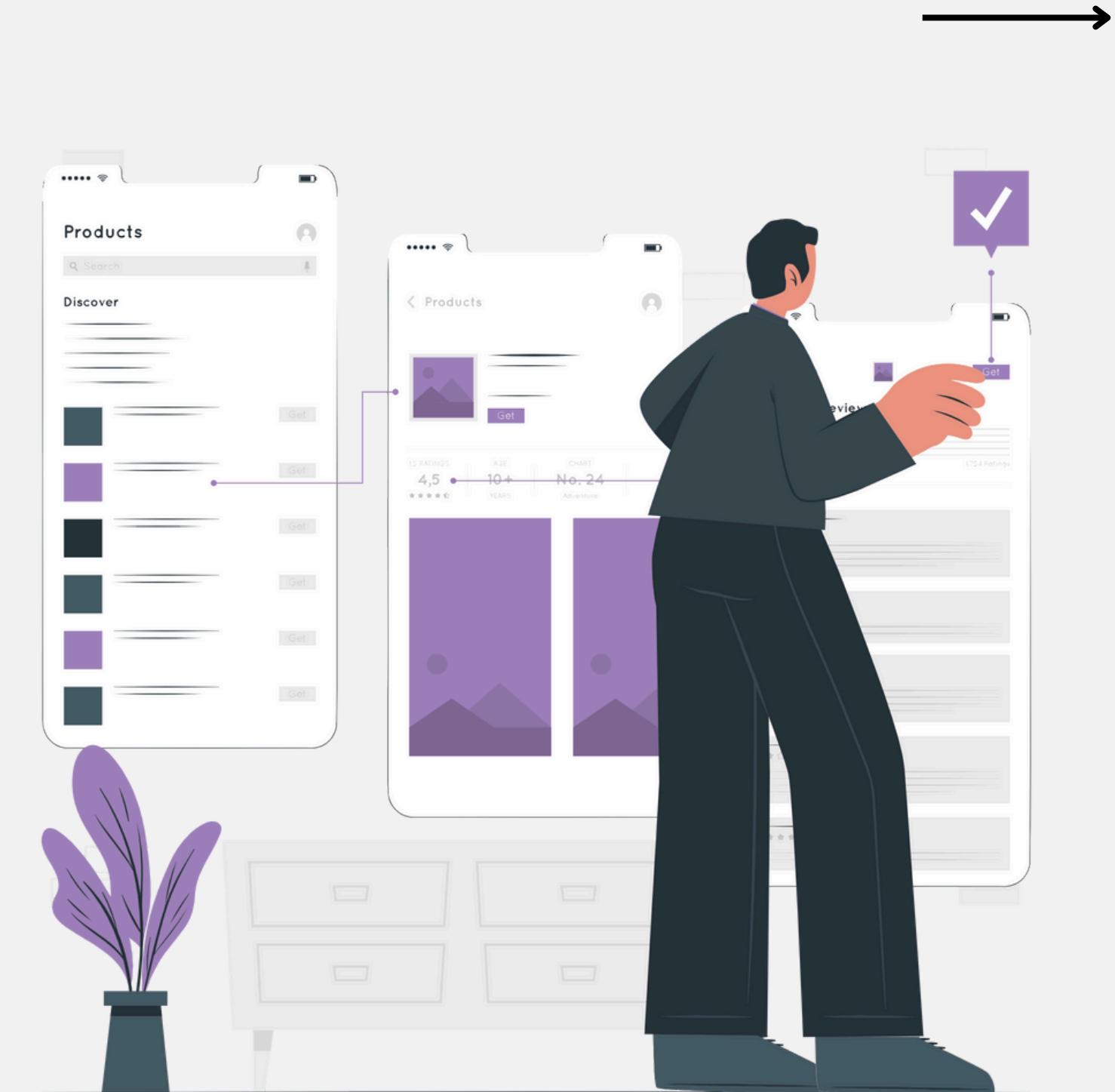


Interface

User Experience as a Priority

Feedback-Driven Improvements

Interface Refinement



Thank You

Do you have any questions?



Our Mission

Encourage conscious
and balanced
technology use.



How?

IAT Test
Progressive tasks for the user
Literacy articles