

HEALTH HUB WEBSITE

PROBLEM STATEMENT:

People who take medicine, need regular checkups, or want to manage their weight often find it hard to remember their meds, know when to see a doctor, or keep track of their weight. This happens every day or from time to time. Forgetting, not knowing what to do, or struggling to stay healthy are the main reasons. It's a big deal because not taking medicine properly can make you sicker and cost more. Regular checkups catch problems early, and tracking weight helps avoid health issues. So, helping people with these things is really important for their health. Individuals who are managing multiple medications and may struggle with adherence. People with diverse health conditions requiring regular checkups and screenings. Individuals aiming to track and manage their weight for health and wellness.

PURPOSE:

The health hub website is dedicated to encouraging a professional and productive atmosphere.

Here are some persona's related to this:

PERSONA-1 :

Name : Christina Frank

Age: 42

Background: Christina works a full-time job and is a single mother of two children. She also takes daily medicine and routine examinations to treat her high blood pressure and diabetes. Trying to juggle her work, home duties, and child care obligations, Christina frequently overlooks taking her prescription or making her own appointments.

Requirements: Maria wants a platform that will assist her in managing her health issues, remind her to take her medications on time, and encourage her in leading a healthy lifestyle despite her hectic schedule.

PERSONA-2 :

Name: Harry Ageros

Age: 30

Background: Harry is a consultant who travels a lot for projects and client meetings. In addition, he takes care of his allergies and asthma, which means that he needs to periodically visit his doctor and manage his medicines. Harry finds it difficult to keep a consistent medication schedule and make appointments because of his continuously shifting schedule and the differences in time zones.

Needs: Harry wants a platform that can adjust to his travel schedule, remind him to take his medications in multiple time zones, and, for added convenience, set up virtual appointments with medical professionals.

PERSONA-3:

Name: John Young

Age: 80

Background: John is a retired widower who lives alone. He manages multiple chronic conditions, including heart disease and arthritis, which require several medications and regular monitoring. As he ages, John finds it increasingly challenging to remember his medication doses and schedule appointments without the support of a caregiver.

Needs: John needs a platform that can provide him with reminders for medication doses, offer telemedicine options for remote consultations with healthcare providers, and connect him with community resources for additional support.

PERSONA-4:

Name: Sarah

Age: 18

Background: Sarah has been managing cystic fibrosis since childhood and is transitioning to adult care. She now has to take more responsibility for managing her medications, scheduling appointments, and adhering to her treatment plan. Amidst the challenges of transitioning to adulthood, Sarah often forgets to take her medications or follow up with her healthcare providers.

Needs: Sarah needs a platform that can help her transition smoothly to adult care, provide reminders for medication doses and appointments, and offer resources for managing her chronic illness independently.

PERSONA-5:

Name: Chris

Age: 35

Background: Chris works remotely as a software developer and struggles with anxiety and depression. With a flexible work schedule and minimal social interactions, Chris finds it challenging to maintain a routine for taking medications and managing their mental health. They often feel isolated and overwhelmed by their symptoms.

Needs: Chris needs a platform that can provide support for managing their mental health, including reminders for medication doses and virtual therapy sessions, and offer resources for coping with stress and anxiety while working remotely.

PERSONA-6:

Name: Emily

Age: 45

Background: Emily has recently been diagnosed with Type 2 diabetes and is struggling to adjust to the lifestyle changes required for managing her condition. She finds it overwhelming to keep track of her medication schedule, monitor her blood sugar levels, and make dietary adjustments.

Needs: Emily needs a platform that can provide guidance on managing her diabetes, including reminders for medication doses, tracking blood sugar levels, and offering resources for meal planning and exercise routines.

PERSONA-7:

Name: James

Age: 50

Background: James is a military veteran managing service-related injuries, including chronic pain and PTSD. He relies on a combination of medications and therapy to manage his symptoms but often forgets to take his medications or attend counseling sessions.

Needs: James needs a platform that can provide reminders for medication doses and therapy appointments, offer resources for managing chronic pain and PTSD symptoms, and connect him with support groups for veterans.

PERSONA-8:

Name: Rachel

Age: 55

Background: Rachel is the primary caregiver for her elderly mother, who has been diagnosed with dementia. She struggles to manage her mother's complex medication regimen, schedule doctor appointments, and monitor her mother's health status while balancing her own responsibilities.

Needs: Rachel needs a platform that can help her organize her mother's medications, provide reminders for doctor appointments and medication doses, and offer support and resources for caregivers of individuals with dementia.

PERSONA-9:

Name: David

Age: 28

Background: David is a competitive athlete recovering from a sports injury that requires physical therapy and pain management medication. He finds it challenging to adhere to his treatment plan and maintain his fitness regimen while focusing on his recovery.

Needs: David needs a platform that can provide reminders for physical therapy sessions and medication doses, offer resources for managing pain and promoting recovery, and track his progress towards returning to sports.

PERSONA-10:

Name: Mia

Age: 21

Background: Mia is a college student and athlete with dietary restrictions due to food allergies and intolerances. She struggles to find suitable meal options that meet her nutritional needs and manage her allergies while balancing her academic and athletic commitments.

Needs: Mia needs a platform that can provide resources for managing dietary restrictions, including meal planning and ingredient substitutions, offer reminders for taking allergy medications, and track her nutritional intake to support her athletic performance and overall health.

FEATURES AND USER STORIES:

User Story: As Christina, I want to receive reminders for my medication doses and appointments so that I can manage my health effectively while balancing my busy schedule.

Features:

- Smart medication reminder system with push notifications.

- Appointment scheduling and reminders for both Maria and her children.
- Ability to sync family members' profiles for coordinated healthcare management.
- Family calendar integration to keep track of everyone's appointments and medications.

User Story: As Harry, I want a platform that can adapt to my travel schedule and provide reminders for medication doses and appointments across different time zones.

Features:

- Time zone-aware medication reminders with adjustable settings.
- Virtual appointments with healthcare providers for remote consultations.
- Travel itinerary integration to automatically adjust reminders based on location.
- Medication refill tracking and prescription renewal reminders for seamless travel.

User Story: As John, I want a platform that can provide me with reminders for medication doses and virtual consultations with healthcare providers to support my independent living.

Features:

- Simplified user interface for easy medication management.
- Voice-activated medication reminders for accessibility.
- Telemedicine options for remote consultations with healthcare providers.
- Integration with emergency response systems for added safety and peace of mind.

User Story: As Sarah, I want a platform that can help me transition smoothly to adult care by providing reminders for medication doses and appointments, as well as resources for managing my chronic illness independently.

Features:

- Transition support program with personalized guidance and resources.

- Teen-friendly interface with medication reminders.
- Peer support community for young adults managing chronic illnesses.
- Educational resources on self-care and navigating the healthcare system as an adult.

User Story: As Chris, I want a platform that can provide support for managing my mental health by offering reminders for medication doses and virtual therapy sessions, as well as resources for coping with stress and anxiety while working remotely.

Features:

- Mental health toolkit with relaxation exercises and coping strategies.
- Virtual therapy sessions with licensed therapists.
- Mood tracking and journaling features to monitor emotional well-being.
- Community forums for peer support and sharing experiences.

User Story: As Emily, I want a platform that can provide guidance on managing my diabetes by offering reminders for medication doses, tracking blood sugar levels, and offering resources for meal planning and exercise routines.

Features:

- Diabetes management tracker for medication adherence and blood sugar monitoring.
- Personalized meal plans and recipes tailored to dietary restrictions.
- Exercise tracking and goal setting features to promote physical activity.
- Integration with glucose monitoring devices for seamless data collection.

User Story: As James, I want a platform that can provide reminders for medication doses and therapy appointments, offer resources for managing chronic pain and PTSD symptoms, and connect me with support groups for veterans.

Features:

- PTSD symptom tracker with customizable triggers and coping strategies.
- Pain management toolkit with medication reminders and alternative therapies.
- Access to virtual support groups for veterans with similar experiences.
- Educational resources on PTSD and chronic pain management.

User Story: As Rachel, I want a platform that can help me organize my mother's medications, provide reminders for doctor appointments and medication doses, and offer support and resources for caregivers of individuals with dementia.

Features:

- Caregiver dashboard with medication management tools and appointment reminders.
- Dementia-specific resources and educational materials for caregivers.
- Communication portal for coordinating care with healthcare providers and family members.
- Respite care coordination services for temporary relief for caregivers.

User Story: As David, I want a platform that can provide reminders for physical therapy sessions and medication doses, offer resources for managing pain and promoting recovery, and track my progress towards returning to sports.

Features:

- Rehabilitation tracker with exercise routines and progress monitoring.
- Pain management toolkit with medication reminders and pain relief techniques.
- Goal setting and performance tracking features for athletes.
- Integration with wearable fitness devices for real-time activity tracking.

User Story: As Mia, I want a platform that can provide resources for managing dietary restrictions, including meal planning and ingredient substitutions, offer reminders for taking allergy medications, and track my nutritional intake to support my athletic performance and overall health.

Features:

- Allergy-friendly recipe database with customizable meal plans.
- Ingredient scanner for identifying potential allergens in packaged foods.
- Allergy medication reminders with adjustable settings.
- Nutrition tracker with allergy-specific dietary analysis and recommendations.

USE CASE DIAGRAM:

