

Healthy Me: a personal visual health journal for self-reflection and knowledge sharing

Authors: Lakshmi Priya Kenday Sivaram, Lyn Bartram

Summary:

Digital technologies like mobile apps and smart wearable trackers are providing new options for managing healthcare outside of traditional care settings. Though these personal health-tracking devices are good in presenting physiological health data (quantified data) such as blood pressure, heart rate or blood glucose level, they fall short in integrating experiential subjective data like emotions, lifestyle and social interactions for richer contextual information. We introduce "Healthy Me", a personal visual health data journaling application to explore whether the combination of subjective measures and the quantified self-technologies can help a person develop their own digital wellbeing stories as well as enhancing the dialogue between health providers. We carried out a qualitative study with both patient participants and healthcare professionals. Our results, while preliminary, reveal that seeing the subjective metrics along with their physiological health data can help patients and practitioners reason about their behaviors. The feedback from the study suggests that such approaches provoke more self-awareness and curiosity among patients around healthier choices and can serve as a good educational tool for health practitioners to converse with their patients.