Midcare

Tailored Health Program

The process of the progect

Problem space

In a high-pressure and fast-paced life, more and more people are living in a sub-healthy state, and in middle age many people will face a series of problems caused by menopause, such as decline in physical function, cardiopulmonary function Health observation is required to avoid problems. Difficulty sleeping. Physical fatigue and a series of health problems. The application designed this time aims to help users improve their unhealthy living conditions and provide health advice. When users are in menopause, they can find peers in the same situation to face it together, share experiences with each other, restore health, and regulate psychological and physiological stress. And the application can monitor the user's physical status, and users can use it in daily life to help themselves stay healthy.

Concept

A customized health application that helps users monitor their health and physical status. Users can use the app to share their experiences about menopause. Help other users eliminate doubts and restore a healthy body and life together. And users can use the software to meet online and offline for activities beneficial to physical health or mutual aid meetings, helping users who are going through menopause and feeling stressed about their own changes to reduce their burden, provide medical help and experience, and help them recover. Body Function.

Target Audience

1. Users who are in menopause.
2. Users who have experienced menopause and want to share their experiences with others and help others.
3. Users who want to know about menopause in advance and prepare for it.
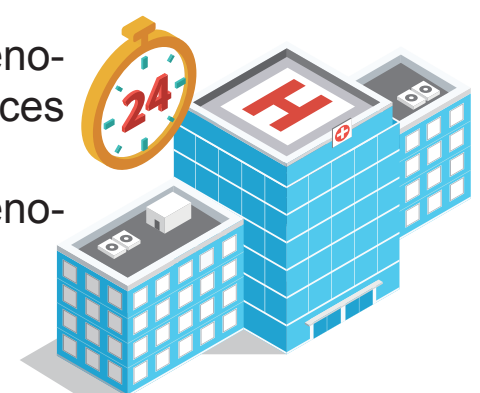
Purpose

Help menopausal users reduce their fears and doubts about not adapting to changes in body functions.
Provide users with an opportunity to socialize, exercise together, and participate in activities together. Restore physical condition.
Monitor the user's physical condition, such as exercise status, heart rate, sleep status, etc.
Provide users with healthy life suggestions to help users stay healthy.

Design Process

1. First we conducted user interviews and literature survey.
2. Organize the collected data and formulate the main functions of the application.
3. Make sketches and low-fidelity prototype.
4. Make mid-fidelity prototype and conduct user testing.
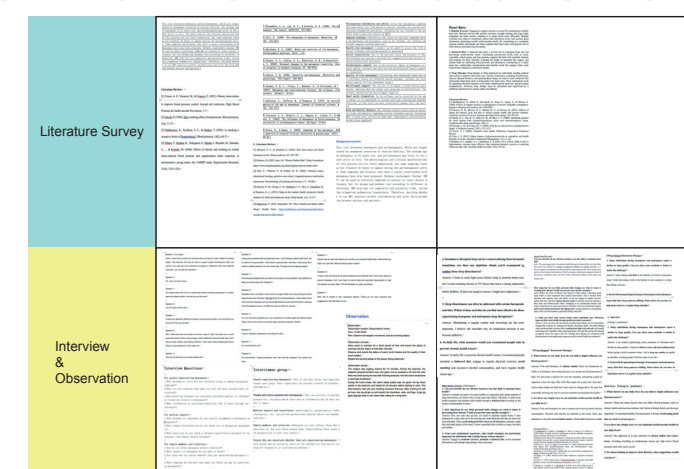5. Make high-fidelity prototype and start code development of main functions.
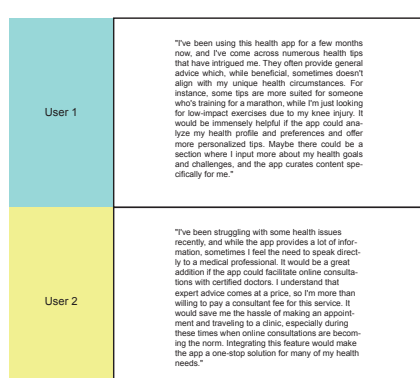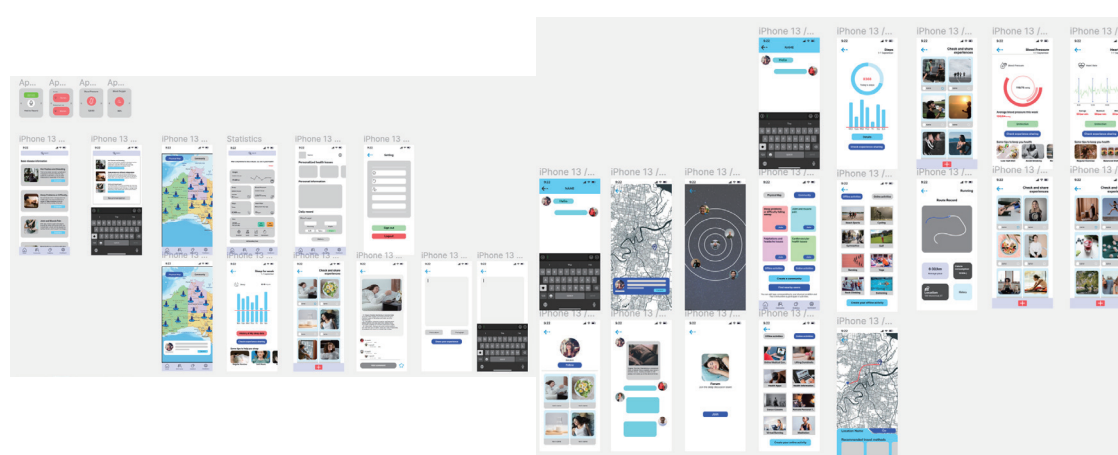
Mid-fidelity prototype

Sketch
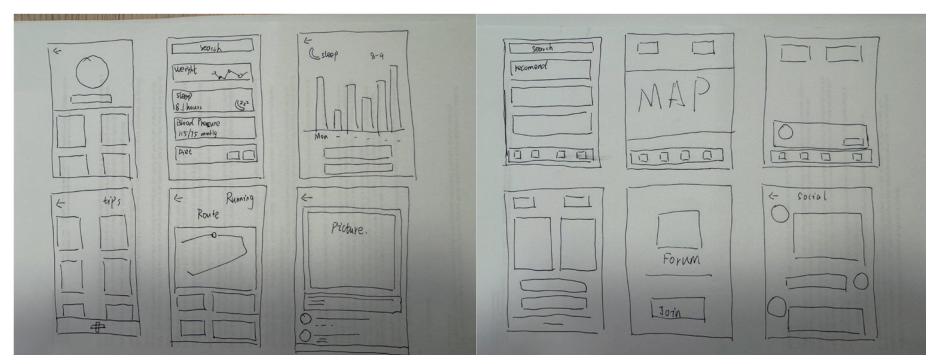
Interview & Literature review

User test

High-fidelity prototype

Code Section