

# Daily Health Companion App

This short 5–10 minute survey is conducted as part of a UX design project for SOEN 357. The goal is to gather insights to design a mobile app that supports individuals with chronic health conditions in managing their medications, appointments, and communication with healthcare professionals.

Please only answer this survey if:

- You live with a chronic health condition
- OR you have a close relative with a chronic condition and can answer on their behalf
- OR you have previously managed a long-term health condition

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\* Indicates required question

## Your Background

This section aims to collect general information, as the app aims to provide users with a personalized experience.

1. Q1. Please pick your age range \*

⌵ Dropdown

*Mark only one oval.*

- ☐ Under 18
- ☐ 18-24
- ☐ 25-34
- ☐ 35-44
- ☐ 45-54
- ☐ 55+

2. Q2. What chronic health condition do you manage? \*

You may answer generally (e.g. diabetes, asthma, heart condition)

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3. Q3. How many medications do you take regularly? \*

Dropdown

*Mark only one oval.*

☐ None

☐ 1-2

☐ 3-4

☐ 5+

### Current Behavior

4. Q4. How do you currently remember to take your medication? \*

*Tick all that apply.*

☐ Memory

☐ Alarm on phone

☐ Written notes

☐ Pill organizer

☐ Another app

☐ I often forget

☐ Other: \_\_\_\_\_

5. Q5. How often do u forget or miss a dose \*

*Mark only one oval.*

☐ Never

☐ Rarely

☐ Sometimes

☐ Often

## 6. Q6. How do you currently keep track of doctor appointments? \*

*Tick all that apply.*

- ☐ Calendar app
- ☐ Clinic reminders
- ☐ Paper notes
- ☐ Memory
- ☐ I struggle to keep track

Your needs

(we're almost done)

## 7. Q7. What do you find most challenging about managing your medications? \*

*Tick all that apply.*

- ☐ Remembering times
- ☐ Managing multiple medications
- ☐ Understanding instructions
- ☐ Motivation/consistency
- ☐ Nothing is difficult

## 8. Q8. What frustrates you the most about health-related apps? \*

*Tick all that apply.*

- ☐ I don't use any health apps
- ☐ Too complicated
- ☐ Too many notifications
- ☐ Not personalized/Too serious
- ☐ Hard to read

9. Q9. Which feature would you find the most helpful in a health app? (select up to 3 please) \*

*Tick all that apply.*

- ☐ Medication Reminders
- ☐ Medication tracking (taken/missed)
- ☐ Appointment reminders
- ☐ Messaging with healthcare professionals
- ☐ Simple, friendly design
- ☐ Daily overview dashboard (medication reminders of the day)

10. Q10. How important is a friendly and encouraging tone in a health app? \*

*Mark only one oval.*

- ☐ Not important
- ☐ Somewhat important
- ☐ Very important

Last question

11. Q11. What would make a medication reminder app truly helpful for you  
This question is optional but your answer would help.

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Thank you for taking the time to complete this survey! Your responses will directly inform the design decisions of this project.

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