

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

* 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 *



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)

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.

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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