TRACK MY HEALTH

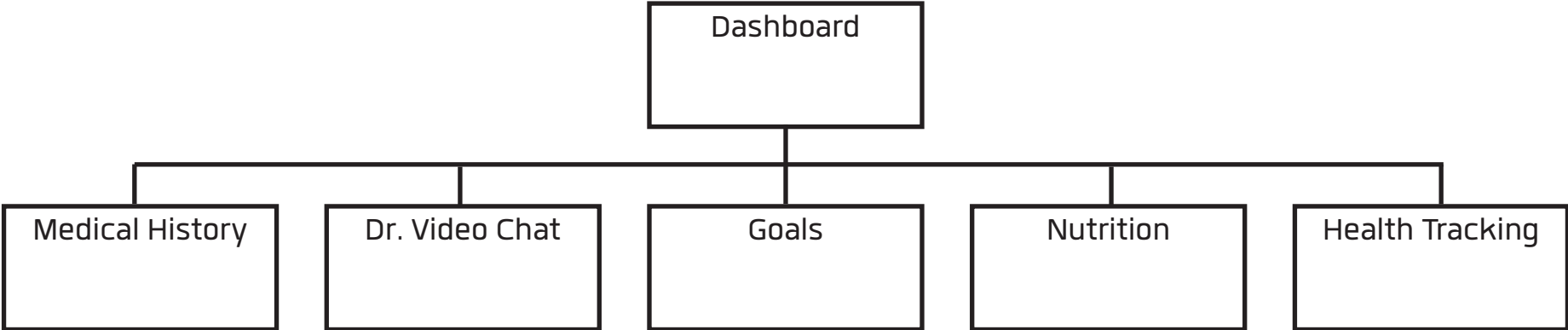MOBILE APP DESIGN - BY AUSTIN BAGLEY

PROBLEM/REQUIREMENTS

It is often difficult to track all the aspects of our health. It can be even harder to make appropriate goals in relation to our health. There are a lot of apps out there to help you do what you would like to do but you may need to download more than one. The requrements for this app include:

• Ability to video chat with a Dr.
• View personal medical information
• Set and Track goals
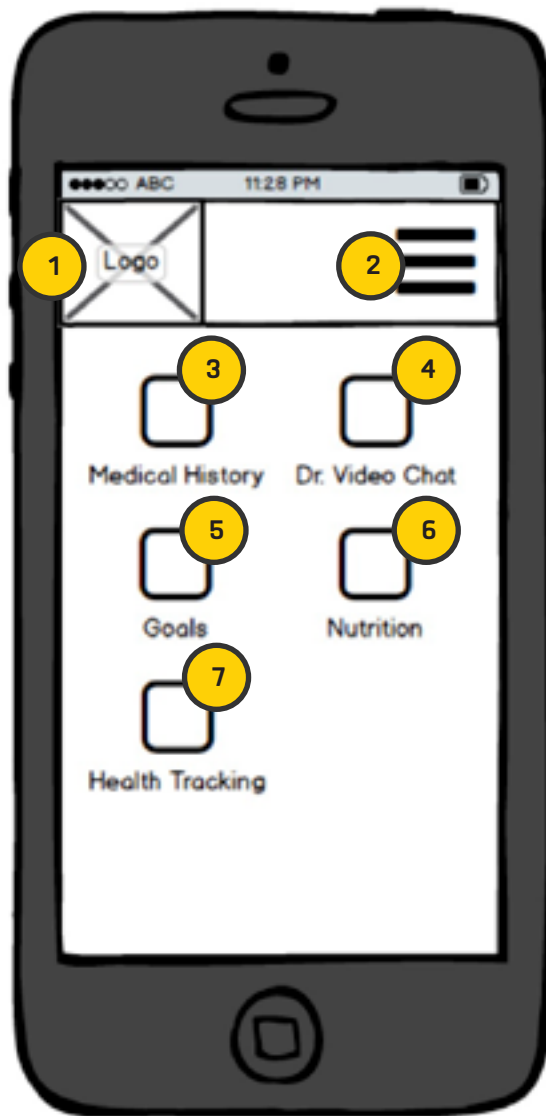• Track medical info such as heart rate or blood pressure data

TARGET USERS

| User Group	Age	Characteristics	Goals
Young Adults	20-29	Very Active, most likely working and going to school.	Track excersice info, and nutrition info.
Parents	30-49	This group will have kids and work and a busy lifestyle as a mom or dad.	Track nutrition data, maybe be able to see medical info for children as well.
Seniors	50+	Still working or retired, kids are all moved out. Has more leisure time.	Be able to track heart rate and blood pressure and insulin intake info

DESIGN

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                    │  Dashboard   │
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│Medical History││Dr. Video Chat││  Goals   ││Nutrition ││Health Tracking │
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DESIGN

Dashboard

1. The Logo is always positioned in the upper left corner and will lead users back to the dashboard page.

2. The menu is consistently in the upper right hand corner of the page and will also lead users back to the dashboard.

3. The Medical History icon will lead users to the Medical History page.

4. The Dr. Video Chat icon will lead users to the Dr. Video Chat page.

5. The Goals icon will lead to the Goals page.

6. The Nutrition icon will lead users to the Nutritional information page.

7. The Health Tracking icon will open up a box with a set of options for users to choose which data they would like to track before proceeding to the appropriate page.
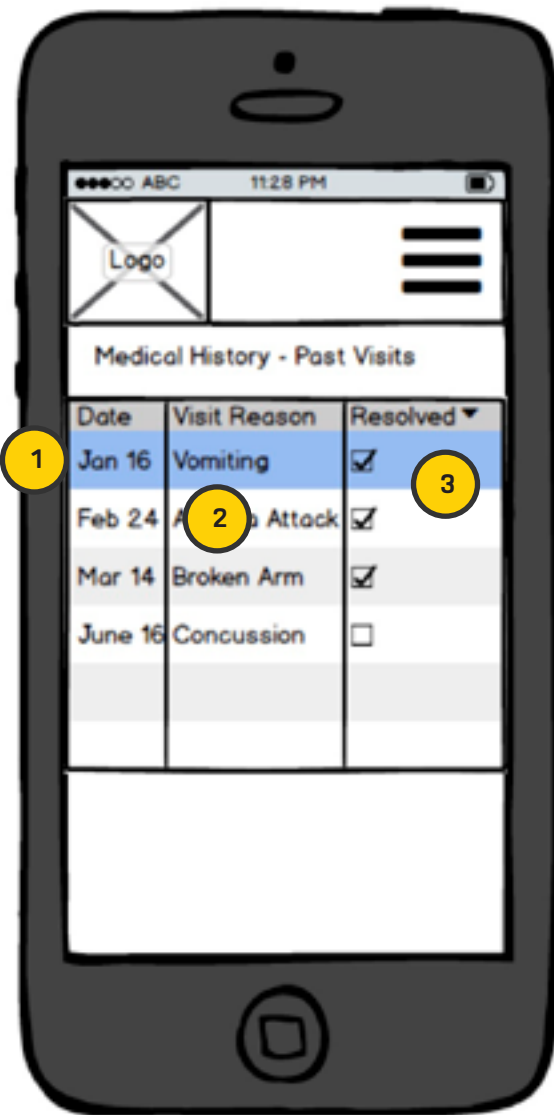
Medical History

1 Data from past Dr. visits is shown in a table, in this first column the date of the event is displayed.

2 In the second column it shows the reason for the visit.

3 And in the following column it is shows whether or not the reason for the visit was resolved during the visit.

DESIGN

Dr. Video Chat
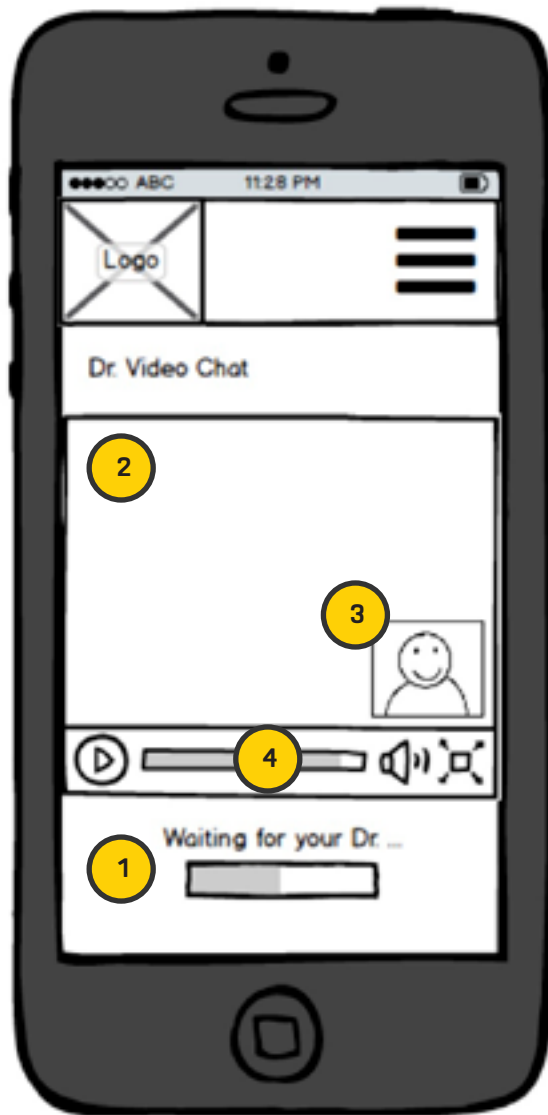
1 On the bottom of the screen is a loading/waiting bar to inform the user the approximate amount of time until the next doctor is available to chat with them.

2 This area of the screen shows where the user will see the doctor and be able to talk with them.

3 This small box shows the user as they would appear to the doctor they are chatting with.

4 These are the controls for the video chatting feature allowing for volume adjustment and to take a full screen mode.

Goals

1. This link will open a box over the screen allowing the user to input their new goal name and associated info.

2. The goals are also displayed in a table format and this first column is where the goal name is listed.

3. The second column provides the progress on the goal in a percentage format.

4. This third column shows the user when the goal was started as a quick reference for how long they have been working on their goal.

5. Finally this fifth column shows whether or not the goal was completed or not.

DESIGN

Adding a Goal

1. This is the add new goal box talked about in the previous page, this input field tells the user to name their goal.

2. The second input field asks users to pick a start date for thier new goal.

3. After the input fields are all completed the user can then use this button to add their new goal to the goals table.
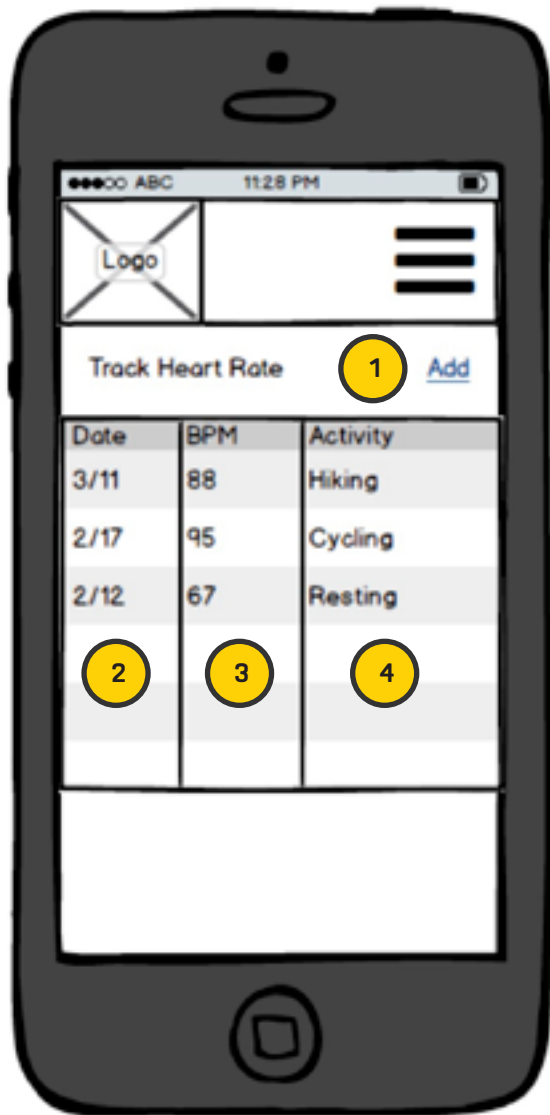
1 This link will open a box over the screen allowing the user to input their new heart rate data.

2 This first column in the heart rate data table is for the date of the event.

3 Next is a column for the recorded heart rate.

4 The final column is to display the recorded activity at the time of the associated heart rate.

Heart Rate – Health Tracking

TEST

I used Balsamiq to build my prototype and their export to pdf to test the prototype. As part of my test I wanted to time users of different age groups. This app use is not limited by the age of the user so I wanted to see how different aged users navigated throughout the app and interacted with the interface. I timed each user to see how long it took them to complete various tasks such as adding a goal or navigating to a certain page within the app. Below are the results of my tests.

Health Tracking App Testing - in seconds
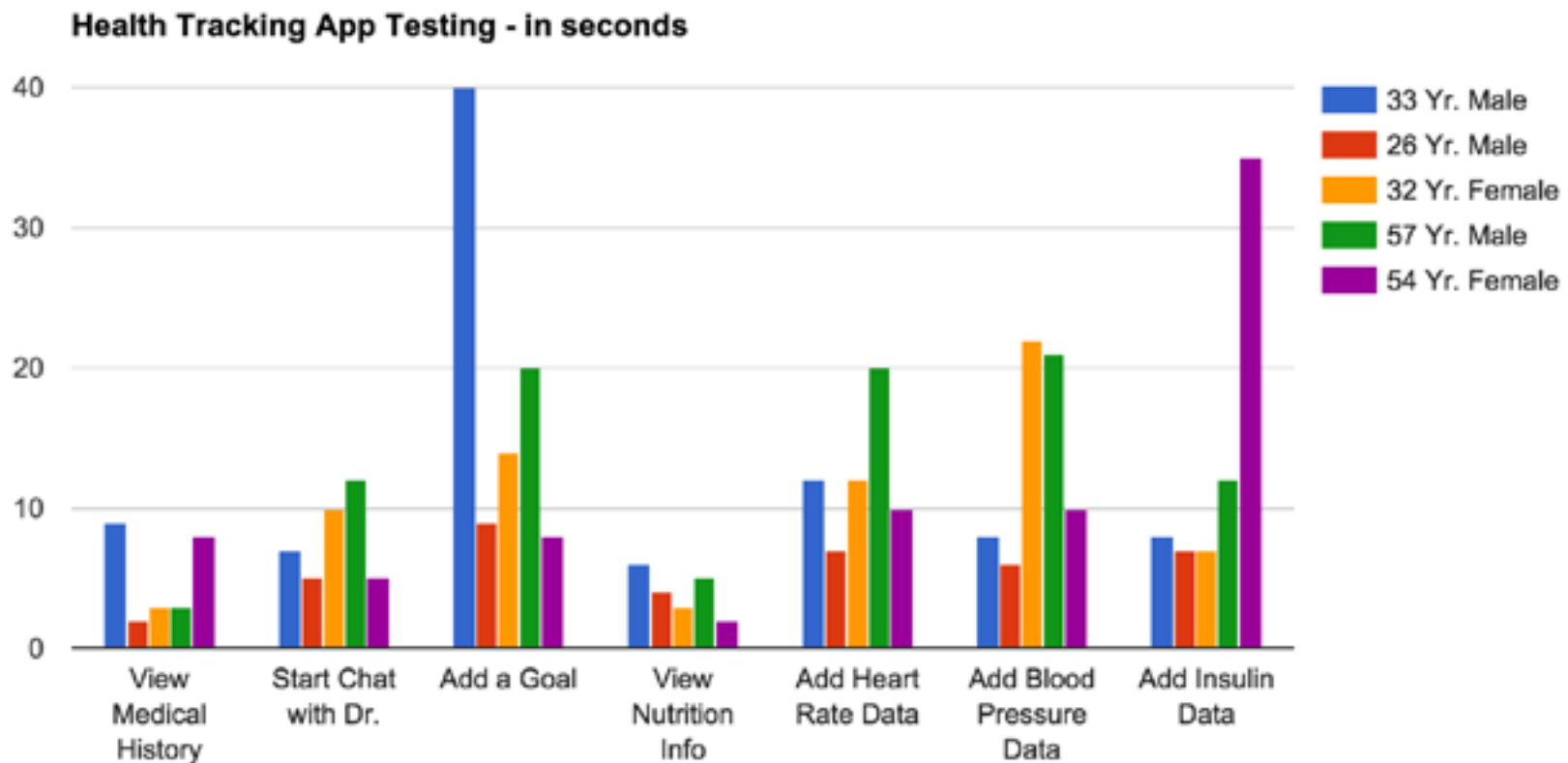
RECOMMENDATION

As I tested my users I found that it was not too difficult for them to navigate through the app; however, at the beginning of each individual test I found that they showed signs of struggle because their times were slower at first and then increased as they continued to use the app, no matter what test I started them on. One user also suggested using breadcrumbs or back buttons to change between screens that allowed for tracking health indicators. I recommend the continue development of the app and implementing the breadcrumbs between the health tracking pages to allow for easier access between data such as heart rate and blood pressure information.