



Walk with a Doc SMARTPHONE APP

THE ORGANIZATION

Walk with a Doc (WWAD, a not-for-profit organization) was created by Dr. David Sabgir, a cardiologist in Columbus, OH. The founding premise for WWAD is that all the medical and drug interventions a physician can prescribe to improve the health of their patients pales in comparison to the power of the **SIMPLE PRESCRIPTION** to get patients to be more active. To that end Dr. Sabgir began walking with his patients every Saturday morning. What started out as a single walk is today an **INTERNATIONAL MOVEMENT** with 148 physician-lead chapters in 36 states and 5 countries.

WWAD's **MISSION** is to encourage healthy physical activity in people of all ages and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country.

THE SMARTPHONE APP CHALLENGE

The power of the WWAD movement is rooted in its social aspects. By walking with a physician and a broader community of fellow travelers on the journey to better health, a self-reinforcing **CYCLE OF ACCOUNTABILITY** is kick-started. However, with most walks being held on a weekly basis at best, WWAD is looking for ways to leverage technology and social media to maintain, measure, and reward commitment to a more active lifestyle between WWAD's signature physician-lead walks.

A range of smartphone capabilities would help WWAD participants build their commitment to a new lifestyle and help WWAD grow its footprint to actually achieve its audacious goal to improve the health and well-being of the country! We envision capabilities such as:

MINIMAL DESIRED CAPABILITY: Geo-location check-in to allow walkers to "register" their participation at WWAD walks with the national organization;

OPTIONAL ADDITIONAL CHALLENGES: Let your imaginations run wild and be creative. Some of the things the WWAD Board has brainstormed include:

- Clean connectivity to WWAD website (www.walkwithadoc.org) to check on walk times and locations in their area;

- Ability to send push notifications such as encouraging messages or reminders on upcoming walks in their area;
- Ability to sign up for WWAD's weekly email newsletter;
- Synchronization with other healthy-living applications (e.g. FitBit, etc.) to track steps and/or mileage walked both at WWAD walks and at other times;
- Ability to develop/join groups to foster support and healthy competition among walkers on frequency of walking, distance, steps, etc.;
- Ability to have sponsor messages/images on app screen to assist WWAD in selling sponsorships;
- Ability for a walker to complete an online liability waiver first time at a WWAD walk and then reconfirm the waiver tacitly at any future walk for which they check-in;

ADDITIONAL INFO & RESOURCES

But wait, there's more...**t-shirts** are the currency of college students everywhere and we have really cool ones. The team deemed most successful in completing this challenge will be outfitted with WWAD t-shirts and other swag.



A member of the WWAD Board of Directors will be in Northfield, MN Friday and Saturday of the CarlHacks event and can be available to answer questions in person or via phone (text 614.203.1159 to arrange).

The team most successfully completing this challenge will be invited to present their finished product/concept to the WWAD Board via phone/videoconference at an upcoming meeting (next meeting Tuesday, May 5).

WWAD Website: www.walkwithadoc.org

Twitter: @walkwithadoc

Facebook: Walk With A Doc