Modern Health

Full-Stack Take Home Exercise

Modern Health is the first emotional well-being platform that engages *all* employees. Our platform includes evidence-based digital tools and access to quality trained behavioral health coaches, allowing us to support both employees who want to proactively improve their emotional well-being and employees with clinical mental health diagnoses.

Exercise Scope

Engaging and Effective Online Learning Programs: Self-help tools that are evidence-based help users proactively build the skills needed to be resilient in stressful environments or situations.

Your Task

We would like for you to create a simple tool that will allow a user to progress through our Program library.

Self-Help Programs teach employees valuable skills and ask questions to help guide them.

Examples of Programs include:
- Leadership Development Program (10 sections)
- Cognitive Behavioral Therapy (8 sections)
- New Parenting (4 sections)
- Mindful Communication (4 sections)

A Program includes:
- Name
- Description
- List of sections

A Section includes
- Name
- Description
- Overview Image
- Order Index
- HTML Content

Design Specification
https://docs.google.com/presentation/d/1LrU32joLMOjQagWGStkIfdnJ-0zHlkItcumxy1kuNXY/edit?usp=sharing

Technical Requirements

The project should retrieve Program data from a Postgres database. Fixture / seed data should be optionally loaded at run-time. The data should be served to the front-end with an API conforming to a standard such as GraphQL or REST.

For the front-end, you may use any framework, state management system, or Javascript variant. For the back-end, you may use either Python or Node.js, using any web / ORM framework. With that said, pay attention to the dependency tree!

The deliverable can be a Github (or similar) repository with a README describing the way to run your project locally (ideally a single command).

Evaluation Components

- Ability to work off of a wireframe and create a user friendly UX.
- Design and implementation of APIs.
- Design of data structures to allow for rendering of an interface based on an object model.
- Knowledge of frameworks, tooling, and languages.
- Ability to create a clean, well-organized, and testable codebase.

We've provided high-level directions with some room left for freedom and interpretation. In general, we prefer simpler solutions. If you have any questions or would like any further clarification please don't hesitate to ask kevin@joinmodernhealth.com. We can't wait to see what you come up with! 🎉