User Flows

User Flow 1: No Account User

1. **Landing Page**
   - User visits the home page.
   - **Action**: Clicks on "Start Here" to enter the app.
2. **Select/Enter Conditions**
   - User is presented with a list of common chronic conditions.
   - **Action**: Selects one or more conditions (e.g., diabetes, hypertension).
   - **Alternative**: Can enter a custom condition in a text box.
3. **Receive Recommendations**
   - User is directed to a recommendations page.
   - **Action**: Sees personalized recommendations for educational resources based on selected conditions.
4. **Explore Resources**
   - User can browse through recommended articles, videos, and wellness tips.
5. **End of Flow**
   - User can choose to exit the app or return to the home page to select conditions again.

User Flow 2: Account User

1. **Landing Page**
   - User visits the home page.
   - **Action**: Clicks on "Log In" or "Sign Up."
2. **User Authentication**
   - User enters credentials to log in.
   - **Action**: Successfully logs in.
3. **Select/Enter Conditions**
   - User is presented with a list of common chronic conditions.
   - **Action**: Selects one or more conditions.
4. **Receive Recommendations**
   - User is directed to a recommendations page.
   - **Action**: Sees personalized recommendations for educational resources.
5. **Save Recommended Resources**
   - User can click a "Save" button next to each recommended resource.
   - **Action**: Saved resources are stored in the user's account.
6. **End of Flow**
   - User can choose to explore saved resources or log out.

User Flow 3: No Account User with Signup Option

1. **Landing Page**
   - User visits the home page.
   - **Action**: Clicks on "Start Here."
2. **Select/Enter Conditions**
   - User selects one or more chronic conditions.
3. **Receive Recommendations**
   - User is directed to a recommendations page.
   - **Action**: Sees personalized recommendations.
4. **Sign Up to Save Resources**
   - User is prompted with a message: "Sign up to save your resources."
   - **Action**: Clicks on "Sign Up."
5. **User Authentication**
   - User fills in sign-up form.
   - **Action**: Successfully creates an account and is redirected to the recommendations page.
6. **End of Flow**
   - User can now save resources and explore the app.

User Flow 4: Account User Viewing Saved Resources

1. **Landing Page**
   - User logs in to their account.
2. **Dashboard**
   - User is taken to their dashboard/home page.
   - **Action**: Sees options for viewing saved resources and new recommendations.
3. **View Saved Resources**
   - User clicks on "My Saved Resources."
   - **Action**: Sees a list of resources they have previously saved.
4. **View New Recommended Resources**
   - User clicks on "New Recommendations."
   - **Action**: Sees updated recommendations based on selected conditions.
5. **End of Flow**
   - User can choose to explore saved resources or log out.

User Flow 5: Account User Viewing General Wellness Tips

1. **Landing Page**
   - User logs in to their account.
2. **Dashboard**
   - User is taken to their dashboard/home page.
3. **View General Wellness Tips**
   - User clicks on "Wellness Tips."
   - **Action**: The app generates general wellness tips based on saved and recommended resources.
4. **Explore Tips**
   - User can browse through tips, which may include lifestyle changes, nutrition advice, and exercise recommendations.
5. **End of Flow**
   - User can choose to save tips, explore other areas of the app, or log out.

User Flow 6: Update Profile Information

1. **Landing Page**
   - User logs in to their account.
2. **Dashboard**
   - User is taken to their dashboard/home page.
   - User clicks on "My Profile".
3. **View "My Profile" Page**
   - User sees their profile information (age, chronic conditions, saved resources)
   - **Action**: User can edit any details (e.g., add new conditions, change personal details)
4. **Save Changes**
   - User can make updates to their profile and click "Save".
   - **Action**: Changes are successfully saved.
5. **End of Flow**
   - User is returned to the Dashboard.

User Flow 7: Delete Account

1. **Landing Page**
   - User logs in to their account.
2. **Dashboard**
   - User is taken to their dashboard/home page.
   - User clicks on "My Profile".
3. **View "My Account" Page**
   - User clicks on "Settings" and "My Account"
   - **Action**: User can delete their account from the database
4. **Delete Account**
   - User can delete their account from the database by clicking "Delete".
   - **Action**: Changes are successfully saved.
5. **End of Flow**
   - User is returned to the Dashboard.

User Flow 8: Browse Resource Library By Category

6. **Dashboard**
   - User clicks on "Resource Library".
7. **View Resource Library Page**
   - User clicks on "Search" and is presented with categories for resources (e.g., diabetes management, exercise, nutrition).
   - **Action**: User can select a category they are interested in.
8. **View Resources**
   - User sees a list of resources (articles, videos, etc) related to the selected category.
   - **Action**: User can click on a resource to read or watch.
9. **End of Flow**
   - User can choose to save resources, browse more categories, or exit.

User Flow 9: Search For A Specific Resource

1. **Dashboard**
   ○ **Action**: User clicks on the search bar.
2. **Enter Search Term**
   ○ User types in a specific topic or condition they're interested in (e.g., "hypertension diet").
   ○ **Action**: User presses "Search".
3. **View Search Results**
   ○ User sees a list of resources (articles, videos, etc) related to the search query.
   ○ **Action**: User can click on a resource to read or watch.
4. **End of Flow**
   ○ User can choose to save resources, start a new search, or exit.