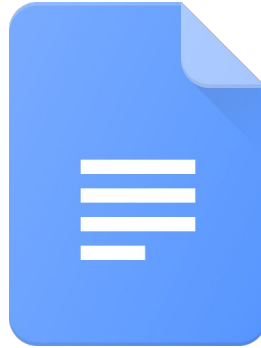# youHealthy

Design Sprint

Product Manager: Danúbia V. Görll

Set the stage

Set the stage for the Design Sprint by framing the problem

Initial PRD

Link your PRD

Understand

Create a shared understanding of the space, problem, and goals

How Might We

How might we share with people important information

How might we help users track their progress

How might we help users to hire professionals

How might we help users to make health choices

How might we encourage users to use our APP daily

How might we encourage people to care their health

How might we promote health habits

How might we use information collected by other Apps

How Might We

How might we help users to make health choices

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How might we share with people important information

How might we help users track their progress

Helping users to take care of their health
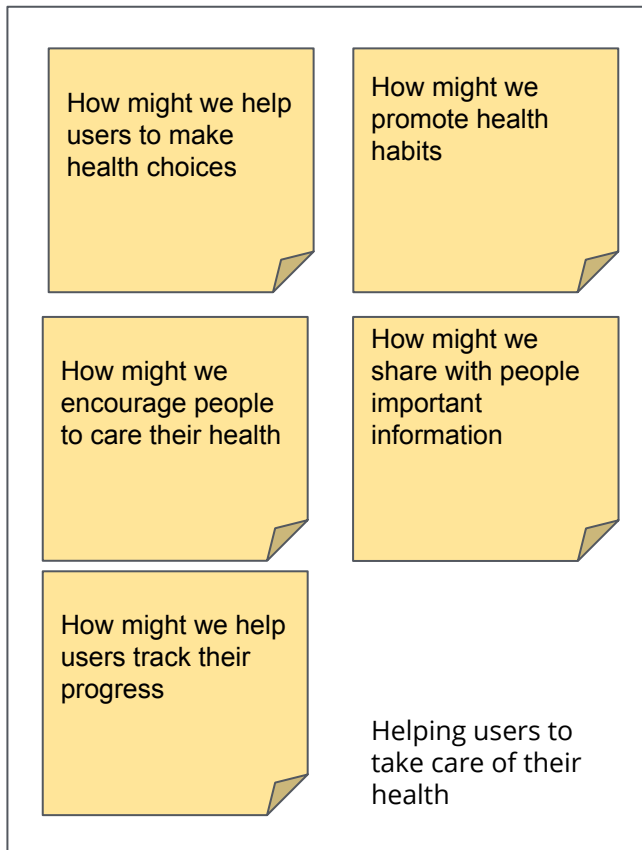
How might we encourage users to use our APP daily

How might we use information collected by other Apps

Engagement and Synchronization

How might we help users to hire professionals

Other

Sorted Stickies

How might we help users to make health choices

How might we promote health habits

How might we encourage people to care their health

How might we share with people important information

How might we help users track their progress

Helping users to take care of their health

Sprint Focus

Focus	Helping users to take care of their health
Slide	Slide 8
I selected this theme because	Assist people diagnosed with type 2 diabetes to control their daily life through measurements and allow follow-up. For people who wants to change their lifestyle the idea is to improve and maintain people's quality of life. By investing in prevention, it is possible to decrease spending on medications, avoid side effects of stronger medications, reduce the chances of illnesses resulting from complications and many other benefits.

Define

With an understanding of the problem space, create focus and align on specific outcomes for the Design Sprint

youHealthy: Made for you

Your health is your greatest wealth, so you need to care for it this time to enjoy every moment.

You are in control of your health.

How daily changes in habits can make you have a healthier life!

Improving the routine through exercises that can be done even when you don't have much time available and prioritizing healthy habits through simple recipes and small healthy tips can be the differential for balance. In this perspective, it is necessary to understand what influences this process, since it is necessary to be attentive to health care at all times of life. Their attitudes and lifestyle create direct impacts on health!

Love yourself to the point of living a healthy life, to the point of taking care every day of the greatest wealth you have: YOUR HEALTH!

Success Metrics

	Goals	Signals	Metrics
Happiness	Efficient activity control	Physical activities and evolution controlled	Average physical and evolution activity per period
Engagement	Exercise and monitor information	Participation in seminars and lectures, Execution of physical activities	Videos views and time Time on app
Adoption	Health operator's suggestion, share with friends	Users download and app	App download
Retention	Customers who tried the app continued to use it	Returning users	Retention rate
Task Success	Track and measure progress	Users use their phones to get exercises, receive tips on simple habits changes	Increasing number downloadas, positive reviews on app store

Sketch

Generate tons of ideas, then narrow them down to two in depth solution sketches
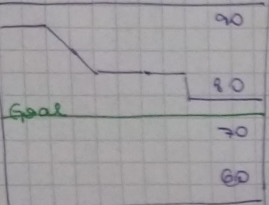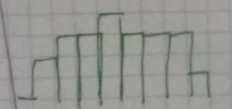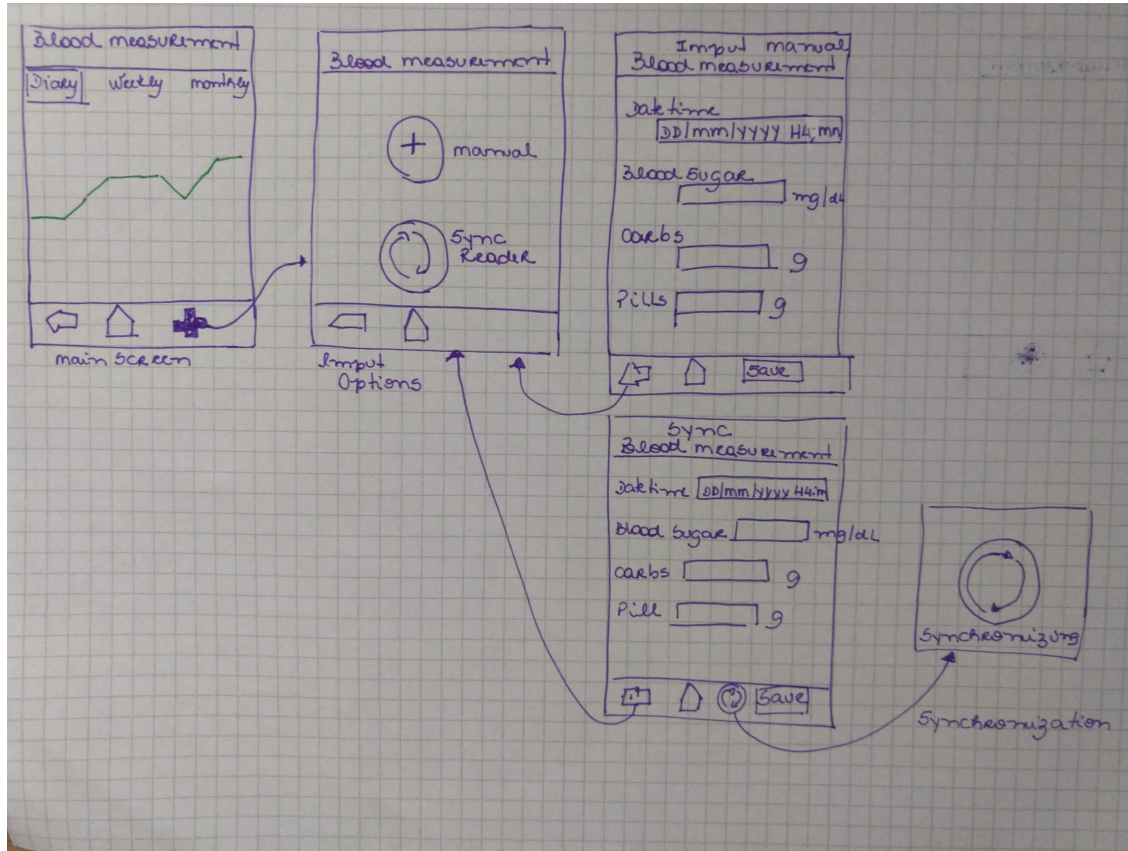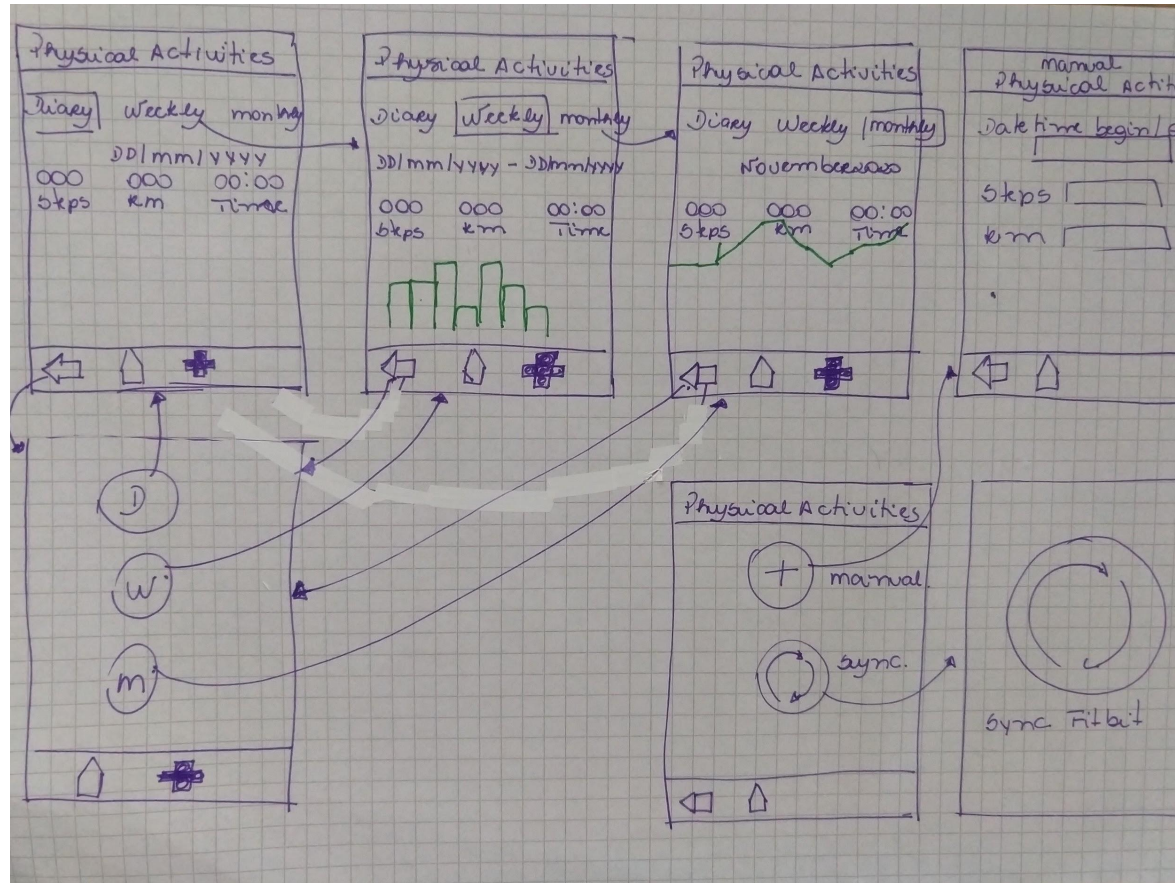
8 Sketches

Solution Sketch 1: Blood Measurement Record

Solution Sketch 2: Record of Physical Activities

Decide

Pick the final concept that you develop into a prototype

Decision

Decision	Blood Measurement
Rationale	Offer a diabetes registration book that assists in controlling the disease. The registration can be made manually or integrated with some blood sugar meters

Prototype

Turn your concept into a realistic, interactive prototype that you will use to validate your assumptions and ideas

Storyboard

SCRIPT 1

Sandy went to a routine appointment with her doctor where she did some tests. After a few days she received the results and one of the tests indicated that she had type 2 diabetes

ACTION

Enter text here...

SCRIPT 2

After talking to her doctor, Sandy was instructed to adopt some healthy lifestyle habits. Thus, she was instructed to use an application where she can store her glucose measurements and do physical activities as well.

ACTION

Enter text here...

SCRIPT 3

After some research, Sandy found that her health plan operator had an app that took measurements, suggested exercise and shared health tips. She downloaded the app and started using it

ACTION

Enter text here...

SCRIPT 4

Sandy started writing down all the glucose measurements taken during the day. Measurements could be made manually or synchronized with measurements made by external glucose meters

ACTION

Enter text here...

SCRIPT 5

In addition to glucose measurements, Sandy also started doing physical activities. The application offers a series of exercises that can easily be done at home

ACTION

Enter text here...

SCRIPT 6

In addition to exercise, Sandy also adopted a healthier diet through recipes available in the app

ACTION

Enter text here...

SCRIPT 7

With all this information, Sandy can easily follow its evolution

ACTION

Enter text here...

Prototype

Description	The prototype gives an overview of the platform to be developed and gives an idea over the the main themes. The platform will show how to make the continuous maintenance of well-being and quality of life.
Description • High level overview of the prototype • What does it do?	
Assumptions • Any assumptions within the prototype	• People diagnosed with type 2 diabetes usually take daily measurements. • People diagnosed with type 2 diabetes usually practice physical activities. • People diagnosed with type 2 diabetes follow a specific diet. • People with a propensity to develop type 2 diabetes tend to take care of their health.
Tasks • What are the tasks that a user can complete in the prototype?	• With the prototype it is possible to record blood measurements. • Record and monitor the weight. • View practical tips that can be adopted daily.

youHealthy
Prototype

Validate

Users will go through your prototype and provide feedback on your concept. This is also an opportunity to have an engineering feasibility discussion

Plan and recruit for research

Link your
research plan

User Testing

Key Findings from Participant 1

What worked well	The participant has been diagnosed with diabetes for some time and keeps a record of her blood measurements. As her measurements today are noted in a notebook, the application would be of great help.
Where participants got stuck	-
Other observations	The prototype user made a suggestion to allow the records to be shared via email. As for example with your doctor.

User Testing

Key Findings from Participant 2

What worked well	The user is an active person who practices physical activities. He showed interest in the option of physical activities as long as the suggestions are updated frequently.
Where participants got stuck	-
Other observations	The user suggested creating an option to read the nutritional packaging table as a way to alter people.

Improvements

Improvement #1	Share option
Rationale	Create an option to allow user to share their trackings can make a doctor analyse easier
Improvement #2	Information Reader
Rationale	Create an option that reads the nutritional information and give some alerts may help people make better choices

Feasibility

	Your Assumptions	Specific feasibility questions
Drawing the UI ● *What data is needed to draw the UI on the screen?* ● *Where is the data coming from*	● User inputs. ● Information kept on the application server.	● Server size for storing information. ● Time the data will be kept.
● **User generated data** ● *Is it stored?* ● *Where/how?* ● *How wll that data be used again?*	● When there is no internet access to store data locally and when possible to synchronize storage. ● Data used for the generation of graphs.	● Minimum space required on the cell phone to store local information when needed.
Latency ● *How quickly should things load?* ● *Are there any operations that might slow down load time (ie: a call to another service)?*	● Integration with external APIs such as wearables and blood meters may be delayed.	● Maximum response time that can be accepted

Handoff

Updated PRD

Link your PRD