



youHealthy

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STATUS: **DRAFT**

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START

Create a copy of this template and include “v1” in the title
Complete the sections below as part of Step 0: Set the stage

Background

Due to an increasingly busy routine, health care is not always a priority. The result is that most people still leave to seek medical treatment only when the symptom of the disease has already manifested. Thus, preventive actions can generate positive impacts on people's health conditions and reduce the negative impacts of a disease on their daily lives. Through more intelligent monitoring, in real time, your individualized information and recommendations for activities can avoid future problems.

Problem

Although there is a genetic component in the development of diseases such as type 2 diabetes - which makes some people more likely to develop the disease than others - studies have already shown that it is possible to delay or prevent its development.

Improve and maintain the quality of life, increasing their disposition and avoiding more aggressive treatments in the future. 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

Goals

Create a mobile platform where you can share:

- Food and exercise tips aimed at preventing a disease.
- Promote the exchange of information between health professionals and the community.
- You can request to create custom programs.
- Keep stored information that allows you to monitor its evolution.

Success Metrics

- Launch an app that has at least 4.5 stars on the app store.
- 20% monthly growth in the first 6 months.
- High user retention rate.

Key Features & Scope

Priority	Feature	Description
P0	Controle Weight	The user can record his body weight to follow his evolution according to the desired goal
P0	Manual Blood Measurement	The user can manually enter their sugar measurements for follow-up.
P1	Synchronize Blood Measurement	The user can synchronize his sugar measurements with the meter he uses
P0	Control Weight Reports	Reports showing the evolution of recorded body weight
P0	Blood Measurement Reports	Reports showing the evolution of recorded blood measurements
P0	Activities	Execution of physical activities
P0	Recipes	Recipe Videos
P0	Tips	Daily tips
P1	Synchronize Wearables	Synchronize activity

		information collected by wearables (Fitbit, Garmin, ... etc)
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Core UX Flow

[Prototype](#)