



youHealthy

PRD

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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.

STOP

You've completed all the sections required for Step 0.
Link your v1 PRD to your solution deck
You'll finish the rest of this doc in Step 8.

START

When you are ready for Step 8: Handoff
Create a copy of your existing v1 PRD and add "v2" to the title
Only make changes to your v2 PRD going forward
Complete the sections below and edit the sections above, if needed.

Success Metrics

[Define: How do you measure success?]

Key Features & Scope

[Handoff: What are you building? What are you explicitly not building?]

Core UX Flow

[Handoff: Link to mocks]

STOP

You've completed all the sections required for Step 8.
Link your v2 PRD to your solution deck