Mobile-First Design Plan

Feature	Device	Content	Persona	Notes
Landing Page	Content freely accessible to all website visitors.			
Therapy structure	📱 📱 💻	Text, Image, Video	[New Users]	Basic information on the design and structure of the multimodal therapy program makes it easier for new users to overcome their skepticism.
Institutions list	📱 📱 💻	Text	[New Users]	A list shows all institutions in the user's area offering the multimodal program, as well as their contact options, by entering a postal code.
Case studies	📱 📱 💻	Text, Image	[New Users]	Short articles of former pain patients make the therapy program more approachable and activate a sense of group belonging for new users.
Sign Up / Login	📱 📱 💻	Text	👤 👤	Both user groups, patients & doctors/therapists, will be able to easily access or create their account and start using the application. From here: focus on user group patients.
Onboarding	📱 📱 💻	Text, Image, Animation	👤	Short walkthrough of the app's key features and functions to help new users get started.
Home/News	Dashboard base for users who have signed up. Intuitive navigation center with access to all areas and functions.			
Profile / Settings	📱 📱 💻	Text	👤 👤	A way for users to manage and edit personal information (what they want to be shown to other members etc.) as well as how they use the app (kind of reminder etc.).
Notifications	📱 📱 💻	Text	👤 👤	Lets users know when something requires their attention (time to practise, messages, friend requests etc.)
Calendar / Diary	📱 📱 💻	Text, Icon	👤 👤	Allows users to enter appointments, also shows set exercises. Integration of timetable during therapy. (Pain) diary function. Preset daily view, possibility to zoom out / switch between days/weeks/months.
Progress / Badges	📱 📱 💻	Text, Icon	👤 👤	Shows users their exercise progress and rewards them for achieving goals they set for themselves. If applicable, shows other notable successes for motivation, e.g., support provided to others.
Doctors				
Doctors overview	📱 📱 💻	Text, Image	👤 👤	Provides overview of all treating doctors/therapists in the user's therapy group.
Video consultation	📱 📱 💻	Text, Video	👤 👤	A calendar helps scheduling follow-up appointments. Afterwards, medical video calls can be conducted. Invitations to group video calls can be issued by doctors.
Medication	📱 📱 💻	Text, Image	👤 👤	Shows users which medications at what dosage are currently prescribed and stores their history. Entries can also be added by users themselves. Reminders can be set.
File Documents	📱 📱 💻	Text, Image, PDF	👤 👤	Chronological filing of letters/reports for users by doctors/therapists. Old/new documents of other doctors (without platform access) can be added to the structure independently via photo/scan/upload.
Export Documents	📱 📱 💻	Text, Image, PDF	👤 👤	Allows users to print or forward documents to other doctors as needed.
Questionnaires	📱 📱 💻	Text, Graphics	👤 👤	Enables users to fill in repeatedly on request. Saves previous status to avoid retyping and to make the process more transparent. Transmission to the medical team, saved as PDF in the document file.
Training				
Exercises	📱 📱 💻	Text, Image, Video	👤 👤	Here users will find all exercise contents, divided into the categories physical and mental. Every exercise will be labeled with type/subject, duration, difficulty, equipment needed, guiding doctor etc.
Search / Filter	📱 📱 💻	Text	👤 👤	Within the exercises, users can search for specific content using keywords or by selecting various filters (corresponding to labels).
Favorites	📱 📱 💻	Text, Image, Video	👤 👤	Exercises marked as favorites can be viewed in one place. Users can activate exercise days/times, which are then also visible in the Calendar.
Recommendations	📱 📱 💻	Text, Image, Video	👤 👤	Users can also be given exercises as individual recommendations by doctors/therapists (single or compiled as editable daily/weekly plans). Activation and view in the Dashboard like favorites.
Reminders	📱 📱 💻	Text, Image, Video	👤 👤	For active exercises, reminders with short-link to the file can be set via in-app-notification, SMS or E-Mail.
Forum				
Chat / Video with therapy group	📱 📱 💻	Text, Image, Video	👤 👤	Allows users to get in touch with members of own therapy group by single or group chats and video calls.
Organize dates with therapy group	📱 📱 💻	Text	👤	Function for easily scheduling common dates for joint activities.
Search / Make friends	📱 📱 💻	Text, Image	👤 👤	Ability to connect with other like-minded users e.g. by searching for location or pain type (only users willing to get in touch shown) and sending friend requests.
Chat / Video with friends	📱 📱 💻	Text, Image, Video	👤 👤	Allows users to get in touch with other pain patients by single chats and video calls.
Tips & Tricks	📱 📱 💻	Text, Image	👤 👤	Database where users can support each other with helpful tips & tricks by experience (simple input mask and organization by categories).
Search / Filter	📱 📱 💻	Text	👤 👤	Within the tips & tricks, users can search for specific content using keywords or by selecting various filters.
Like & Comment	📱 📱 💻	Text	👤 👤	Possibility to give likes (causes ratings) and comments on tips & tricks.
Doctor list	📱 📱 💻	Text	👤 👤	Register of recommended doctors/therapists by discipline, as well as relevant self help groups, all sorted by postal code. Users can help each other by expanding the register, adding experiences and reviews.
Help				
Video Tutorials	📱 📱 💻	Video	👤	Allows non-experienced users to repeatedly watch video tutorials on individual functions.
Data Security	📱 📱 💻	Text	👤	Informs users about the security and, where applicable, use of their data in a transparent and simple way.