

Project Title

Supporting a Healthier SG with Health Buddy's Self Empowering Health Champ!

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- Eunice Liow

Organisation(s) Involved

SingHealth Group Marketing Communications, SingHealth Polyclinics, KK Women's and Children's Hospital, SingHealth Duke-NUS Diabetes Centre

Healthcare Family Group(s) Involved in this Project

Medical, Nursing, Allied Health

Applicable Speciality or Discipline

Nutrition & Dietitians, Marketing Communications

Aim(s)

Enables anyone to regularly track, trend and share health vital readings with family and healthcare teams.

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Conclusion

See poster appended/ below

Project Category

Care & Process Redesign

Quality Improvement, Design Thinking

Technology

Digital Health, Tele-Health, Tele-Monitoring, Mobile Health, Digital Apps

Keywords

Population Health, Healthier SG, Health Champ, Health Buddy

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HealthBuddy

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Authors

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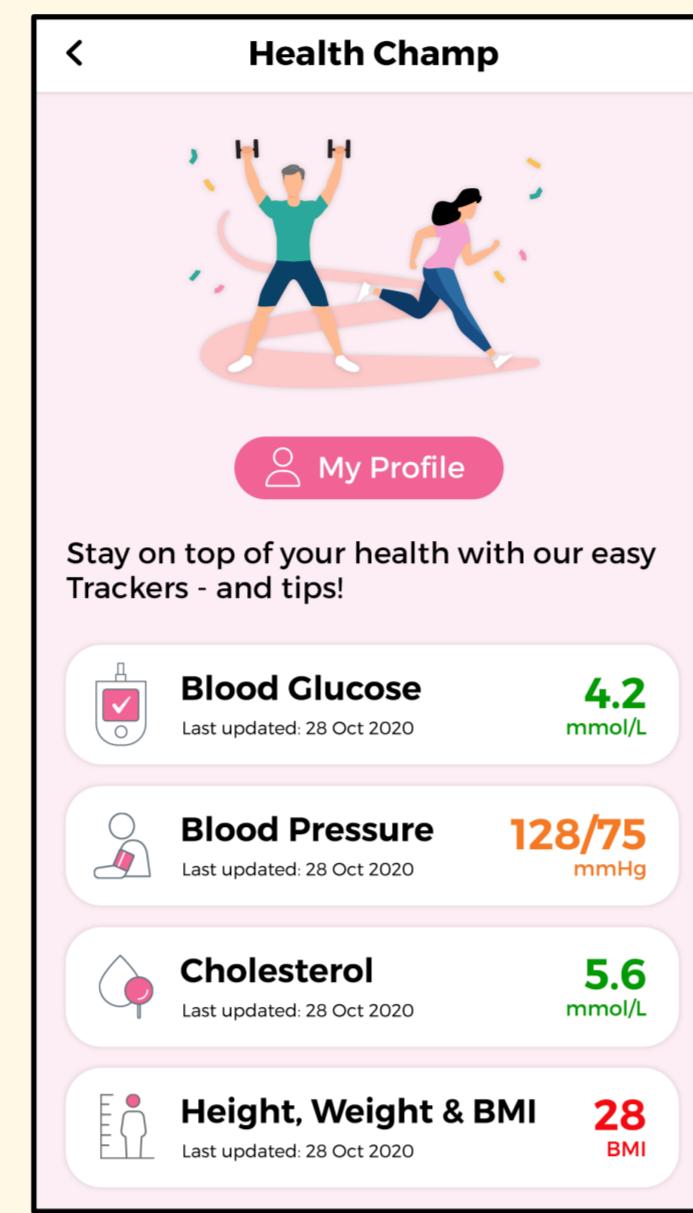
Dr Han Wee Meng (KK Women's and Children's Hospital)

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INTRODUCTION & BACKGROUND

What is Health Champ? (Launched in February 2021)

- Aimed to target **3 core vitals – Blood Glucose, Blood Pressure, Cholesterol**, which are silent killers in Singapore.
- Enables anyone to regularly track, trend and share health vital readings with family and healthcare teams.
- Hassle free secure access via biometric.
- Immediate actionable health advisories.
- Leverage by launching through high usage of SingHealth's Health Buddy app which had increased popularity by Seniors over the Covid-19 period.



PROBLEM STATEMENT & MOTIVATION

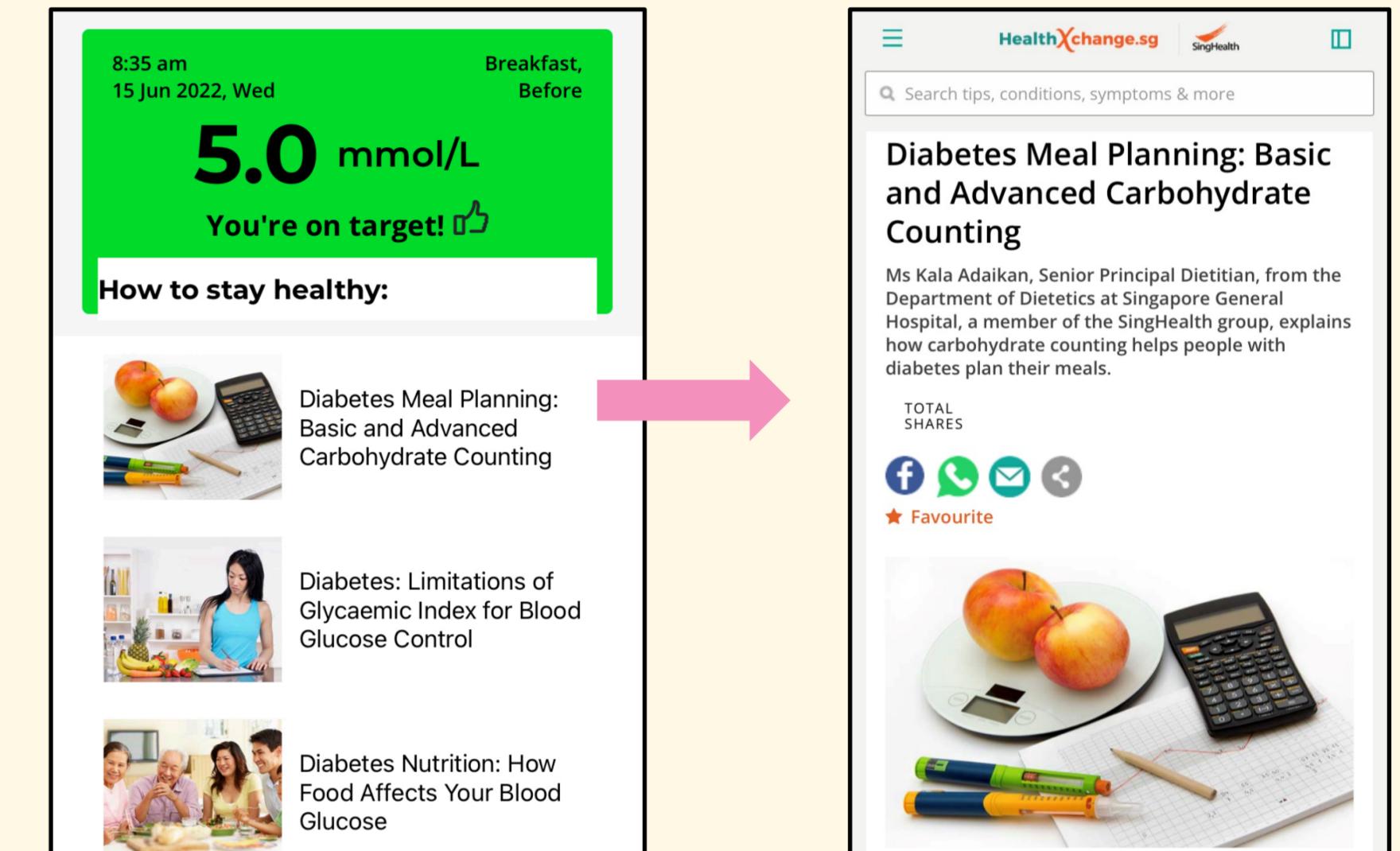
- Inefficient manual logging (pen & paper).
- Doctor takes long time to scan through results for trends, as patients' handwritten results are often hard to read and interpret.
- Patient can only receive intervention after next consultation.
- Many generic trackers with different targets, health guidelines and advisories which may not be applicable in local context.

***SPECIAL:** Women with gestational diabetes need to monitor Blood Glucose levels – 7 times a day! – and often forget to track regularly or remember what to do with each different reading!

METHODOLOGY

- Combined Medical, Nursing, Dietician and Marketing Communications team put together to **formulate suitable user journey, content and other app features** to ensure relevance and appealing presentation to users.
- Detailed **review of trackers available** in the market (benchmarking).
- Strategic workflow on how content can be **refreshed regularly and promoted to users**.

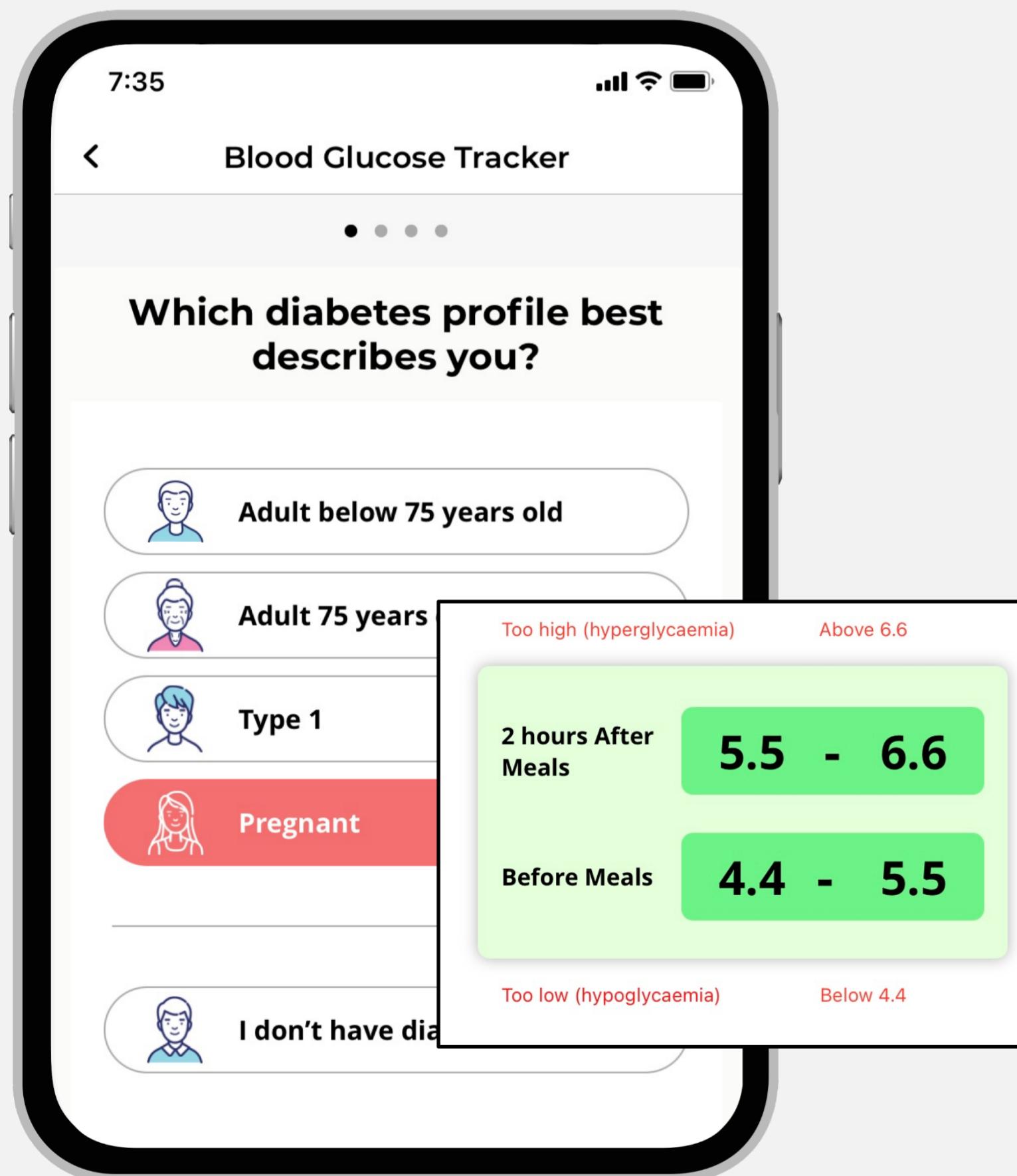
- Leverage on auto links to health advice and content with **HealthXchange.sg portal** for dynamic updates.
- Mockups **tested with target users** for input and feedback.
- Review with wider clinical teams** for buy in and sustainability.



RESULTS & FEATURES

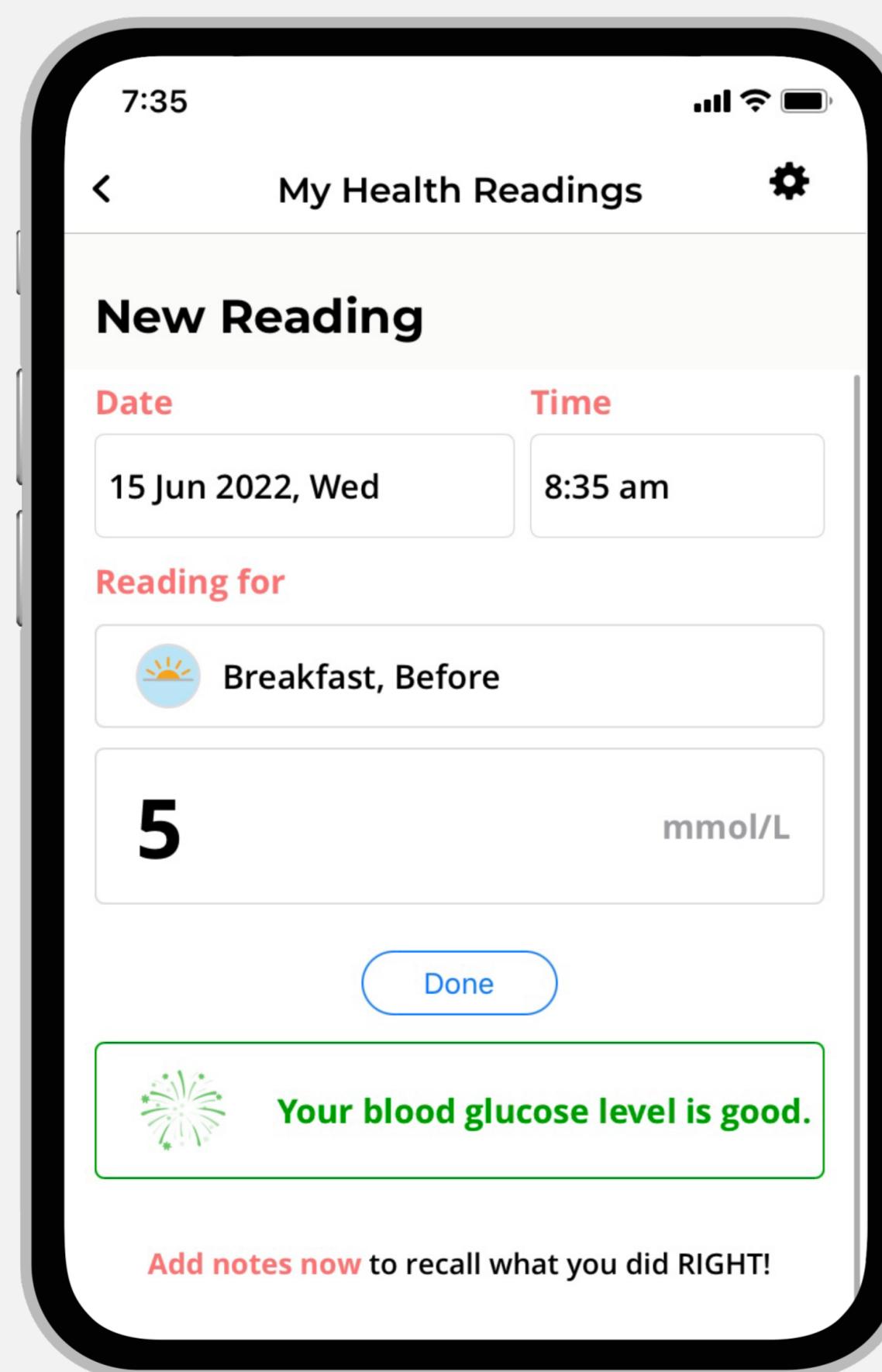
Profile Setup

Health Champ includes suitable targets based on Profile, Medical conditions (eg: Type 1/Gestational Diabetes), Medicines taken.



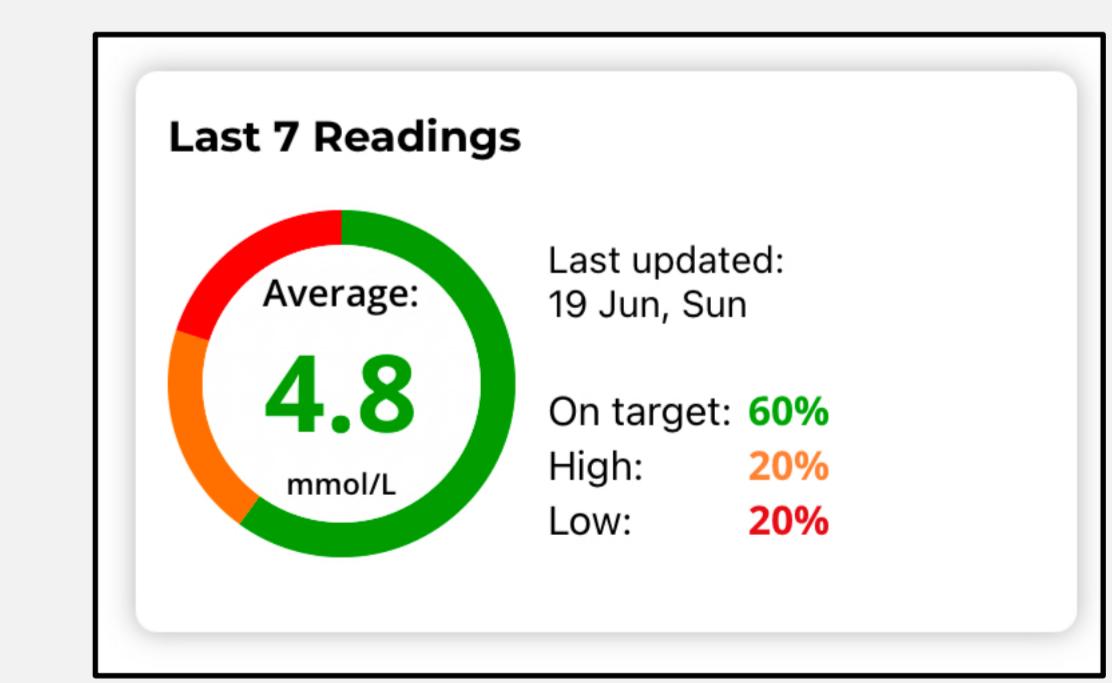
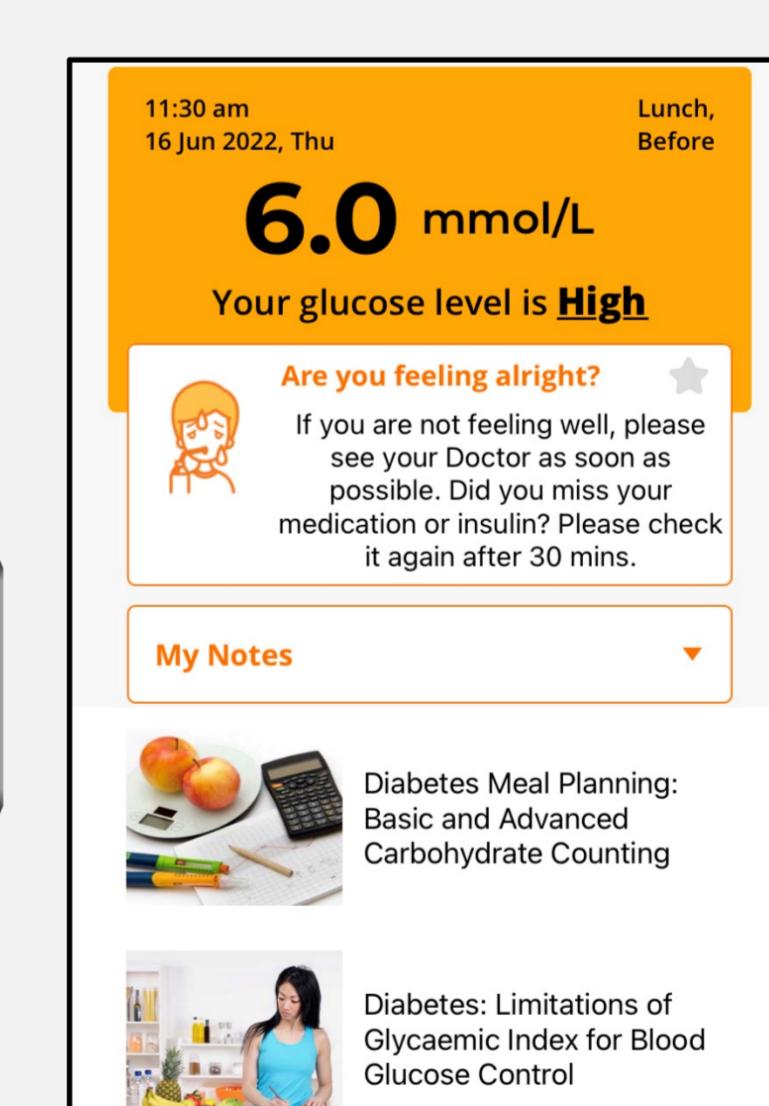
Add Readings

Set date & time of reading, notes field (eg: Past activities/meal intake). Information stored and accessible at your fingertips.



View Advisories, Reports & Articles

View instant results & **colour-coded advisories**. Download reports/graphs presented by trends or averages and read specially curated **Health articles written by SingHealth doctors**.



CONCLUSION

- Easy to use interface draws repeat users
- Currently over **30,000 combined usage per month** and growing
- Immediate actionable advice and tips appreciated by users
- Doctors and nurses advice they can make faster and accurate health vitals monitoring reviews, resulting in improved efficiency at clinics!
- Request for and interest in expansions and partnerships with various clinical teams
 - New calculators, exercises, multi-profile
 - Trackers – behavioural goals, diet, exercises

