University of Wollongong

RECREATION AND WELLNESS INTRANET MANAGE YOUR HEALTH INC.

A Report submitted as a part of
the Assignment for the subject CSIT883

System Analysis and Project Management

from

UNIVERSITY OF WOLLONGONG

by

Karan Goel - 7836685
Banin Sensha Shrestha - 8447196
Kushal Rimal - 8735876
Dipesh Baral - 8712785
Affan Mehmood - 8228851

School of Computing and Information Technology
Faculty of Engineering and Information Sciences

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Recreation and Wellness Intranet
Manage Your Health Inc.

System Analysis and Project Management

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University of Wollongong

ABSTRACT

A comprehensive workplace health program is crucial for fostering a positive corporate culture and maintaining a productive workforce. Such initiatives encourage proactive health management among employees, reduce absenteeism, and minimize health-related costs, ultimately leading to higher job satisfaction and productivity. By prioritizing wellness, organizations create a supportive environment that values the physical and mental well-being of employees, resulting in long-term benefits for both individuals and the business.

Our client, Manage Your Health Inc., with such goals in their mind, has tasked us with developing a project to seamlessly integrate a suite of health and wellness modules into their organizational framework. This initiative aims to cultivate a culture of wellness, improve employee health, and reduce insurance costs, projecting significant net savings over the next four years.

The accompanying report provides a comprehensive understanding of system specifications and presents a detailed blueprint for implementing such a project. Key elements such as system analysis, resource allocation, stakeholder engagement, risk assessment, and UML modeling coalesce to form a cohesive roadmap that ensures the project's effectiveness in meeting the company's health management goals.

MEMBER CONTRIBUTION

Table 1: Contribution Table

Name	Student Number	Contribution
Karan Goel	7836685	contributed
Banin Sensha Shrestha	8447196	contributed
Kushal Rimal	8735876	contributed
Dipesh Baral	8712785	contributed
Affan Mehmood	8228851	contributed

Part 1

Project Integration Management

Our first step in ensuring the successful delivery of this project for our client is to gain a comprehensive understanding of their primary goals and objectives. This part provides an overview of the main objectives, initial proposals, and business case studies that have been developed in consultation with the client.

1.1 Main Objectives

Manage Your Health, Inc. (MYH) is a Fortune 500 company that provides a variety of healthcare services across the globe. MYH has more than 20,000 full-time employees and more than 5,000 part-time employees. The have recently updated their strategic plan with key goals include reducing internal costs, increasing cross-selling of products, and exploiting new Web-based technologies to help employees, customers, and suppliers. We have summarized the client's goals in Table 1.1:

In response to these challenges, the client has presented three potential solutions and has requested us to conduct a preliminary analysis to determine which option best aligns with their needs:

1. **Health Coverage Costs Business Model:** Develop a secure application to

Objective	Description
Business Costs Reduction	Reduce internal expenses to improve efficiency and profitability.
Business Growth	Expand market reach and revenue by increasing cross-selling opportunities.
Employees and Customer Growth	Foster better collaboration among employees, customers, and suppliers by using new web-based technologies, thereby improving the development and delivery of healthcare products and services.

Table 1.1: Client's Key Objectives

model and analyze healthcare expenses. Although this tool has an initial development cost of $100,000, it is expected to save $20 per full-time employee annually.

2. **Web-Enhanced Communications System:** Create a web-based system to streamline product development and delivery. This system is projected to save $2 million annually, with a development cost of $3 million and annual maintenance expenses.

3. **Recreation and Wellness Intranet Project:** Launch an intranet application to promote employee health and wellness. The project aims for net savings of $30 per employee each year by reducing healthcare premiums through improved employee health.

1.2 Proposal Analysis

As per the request stated by our client we did initial analysis to find the solution that will best fullfill their needs

1.3 Business Case Study

Part 2

Project Scope Management

Need to be added

2.1 Section1

Need to be added

2.2 Section2

Need to be added

Part 3

Project Schedule Management

Need to be added

3.1 Section1

Need to be added

3.2 Section2

Need to be added

Part 4

Project Quality Management

Need to be added

4.1 Section1

Need to be added

4.2 Section2

Need to be added

Part 5

Project Resource Management

Need to be added

5.1 Section1

Need to be added

5.2 Section2

Need to be added

Part 6

Project Risk Management

Need to be added

6.1 Section1

Need to be added

6.2 Section2

Need to be added

Part 7

Project Stakeholder Management

Need to be added

7.1 Section1

Need to be added

7.2 Section2

Need to be added

Part 8

Project Closing and Lessons-Learned

Need to be added

8.1 Section1

Need to be added

8.2 Section2

Need to be added

Part 9

UML Diagrams

Need to be added

9.1 Section1

Need to be added

9.2 Section2

Need to be added

Part 10

Presentation

Need to be added

10.1 Section1

Need to be added

10.2 Section2

Need to be added