

Shyan Yen  
Professor Shino Ito  
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## Visionary Document

### 1. Introduction

#### 1.1 Purpose

The user will be able to navigate through website site by first being introduced to a splash page (wellness definition) followed by an optional wellness condition quiz. After the quiz the website will give an analysis of the user's condition based on their answers and will have the option to be redirected to the recommended wellness section on the website. I plan to have a hopefully symmetrical looking website to create a calming environment for the user with easy navigation and little background noise or clutter on website.

#### 1.2 Solution Overview

The general purpose of the website will be to spread awareness of the importance of maintaining both physical and mental health while also targeting the user's weakest health aspect in their life, that being either mental or physical. If the user is content with their physical/mental health, the goal will be to improve overall wellness, or if they have a family/friend struggling with mental health, then tips to help them.

#### 1.3 References

- Betterhelp.com: for accessible and affordable counseling
- Healthyplace.com: informative website on mental health conditions that are divided into subcategories
- Mindful.org: articles and tips on meditation

### 2. User Description

In first entering the website the goal is to assess the user's current physical/mental health condition. The issue of most mental health websites in my opinion are that they are boring to look at, they look and are informative but I believe they fail to keep the user's attention. Some also lack interactive aspect where the user may not be sure on how their overall condition is or are aware of their condition and may need pointers on what aspect of their health life to focus more on to improve.

## 2.1 User / Market Demographics

The key market demographics will be teens and college students age ranging from adolescence to early 20s to mid 20s. Demographics will be inclusive to race/religion/income/and education as the goal is to assist and help young adults to better understand the importance of their own mental/physical health and to spread awareness of the importance of maintaining health..

## 2.2 User Personas

Primary user personas will be users with little technical background as the site should be easy to navigate for users and easy to access certain topics and subtopics. Key responsibilities will be redirecting the user smoothly to the correct topics and making articles and links to such topics relevant (ex. Tips for diet, mindfulness, or exercise). Trends that might make the user's job more difficult might be updating the website with more articles which could mean having to provide search widget to access older articles. Problems that might interfere could be articles provided from other websites could not be found in the future or deleted which results in having to delete the article off of my website and replacing it by finding an article relevant to that one.

Secondary user personas could possibly be users that know how to navigate websites easily, which might call for more advanced options for them such as more interactive features on the website such as the quiz in the beginning to keep them wanting to revisit the page rather than accessing articles and other data. Future ideas could be goal checks on the website, where the user is able to make an account and create a goal plan involving their mental/physical health, this may include a diet/exercise regime or even a meditation routine. Having such a feature would possibly have to make the website

accessible through mobile since it would be used more often as opposed to accessible only through a PC.

### 2.3 User Environment

The website will only be accessible through PC but this can later on change if more features are added. For instance if there is a goal checker feature on the website this can turn into a mobile app or will need to be accessed through a mobile phone for users to create their accounts to constantly access and update their goals wherever they go.

### 2.4 Key User Needs

According to mind.org there are a number of reasons why one may have poor mental health. For example, one might be suffering from a mental illness due to (ex. Childhood abuse, isolation, financial reasons, long-term stress etc.) According to health.gov reasons for poor physical health can be affected by things such as diet, drug and alcohol abuse, and those without stable healthcare. Such problems can be addressed by seeking help and through my website the user can be directed to websites that can help them, for instance websites that recommend a therapist for your personal needs. The website will assess users' health conditions and point them to a specific focal aspect in their health lives that can be improved by following certain tips in that topic (diet, exercise, mind).

## 3. Stakeholder Descriptions

Project Stakeholder	Degree of Involvement	Product needs	Program needs
Users struggling with mental/physical health (or those with loved ones that are), fitness trainers/gym-goers, therapists	Users: high Fitness trainers: low Therapists: moderate	<ul style="list-style-type: none"><li>- Accurate assessment</li><li>- Correct flow/redirection</li><li>- Easy navigation</li></ul>	<ul style="list-style-type: none"><li>- Calming website environment (design-wise)</li><li>- Insightful tips</li><li>- Links to other helpful sites</li></ul>

#### 4. Product Overview

##### 4.1 Product Perspective

The wellness website will target an adolescent to mid 20s audience spreading awareness and assessing one's physical/mental health. This website will constitute a younger audience to capture the importance of maintaining and improving mental health. The lack of aesthetic websites out there for younger adults (in terms of information on mental health) calls for a difference in website design aspects and comprehension of such topics (how this information is portrayed), thus it is necessary to build a product that is calming to the user and interactive to keep the user on the website. Other links to websites relevant to topics on my wellness website will be posted under each section in a scrolling grid format using pictures to click on redirecting them to the new website.

##### 4.2 Product Position Statement

For younger adults who seek assistance or information on mental/physical health, the Wellness Website will assess the user's current condition and direct them to the appropriate wellness subtopic for advice on improving their wellbeing. My Wellness Website will serve as an appealing and interactive website to an adolescent to young adult audience that will raise awareness of mental health and possibly attract outside the target audience extending to therapists, counselors, and fitness coaches. Unlike most health wellness websites that only serve the purpose of informing without any form of user interaction my wellness website will assess user condition and attempt to offer input on a solution to their condition.

##### 4.3 Summary of Capabilities

Solution Features	Customer Benefit
Wellness Assessment Quiz	Provides users a better understanding of their own current physical/mental health condition and will direct users to appropriate topic/subtopics on website with guides and tips to help them.
Picture links to other websites	If the advice and tips on my website

	weren't helpful, there will be other sites and articles the user can visit instead.
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#### 4.4 Assumptions and Dependencies

Assumptions could include that the wellness assessment in the beginning is accurate and will have a result that will best fit the user's current condition. Another assumption is that the links used to direct users to other sites are filled with credible information.

### 5. Product Features

#### 5.1 Feature 1

Well Assessment - The Wellness Assessment will be conducted after the splash definition pop up where users will take a quiz to assess their current condition. After the assessment is calculated by each of the categories (physical, mental) the assessment will give the user an analysis of their overall health and state what part of their health they should focus on improving. After the site will redirect the user to the appropriate topic of advice.

#### 5.2 Feature 2

Grid (possible scroll feature) - The grid will depict a selection of other websites in correlation to each topic (exercise, diet, mindfulness) if the user doesn't like the content on my website they can explore the same topic but on different websites.