

# #Health@You: Promoting wellness and self-monitoring for diabetic teens

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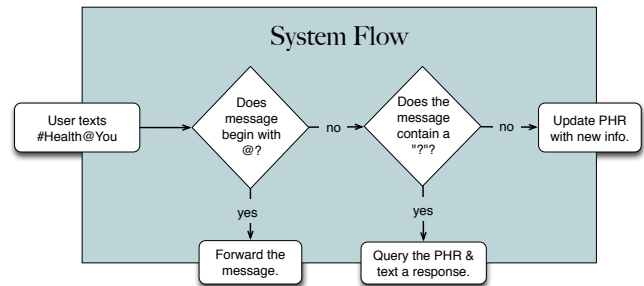
## Background

Parents play an important role in helping diabetic adolescents manage their disease; however, these relationships are strained as children begin to assert their independence while parents must continue to ensure their child remains healthy. It is also important for the child to learn to manage their disease and symptoms on their own. Our goal is to design a system that will facilitate communication between teens and their caregivers, teach teens necessary disease self-management skills, and enable constant reflection through personal engagement by both the teen and the parent.

## System Plan

- use glanceable display technology for simple usage and parsing
- system filters messages as:
  - something to forward to another user
  - a query to send to the user's Personal Health Record (PHR) for a response
  - an update to add to a user's PHR
- store conversations and information to facilitate reflection and personal growth

Sample Message	Message Format	Sample Message	System Action
Forward	@[nickname] [message]	@mom :D egg bagel?	Forward the message " :D egg bagel?" to "mom".
Query	[emoticon/ symbol] ?	bg?	Query the system for the users' most recent blood reading.
Update	[emoticon/symbol] [measurement]	bg 110	Update the PHR with a new blood glucose reading of 110 mg/dL.



## Study Design

**Aim:** Determine if #Health@You's current emoticon system is a barrier to use and adoption.

- send a series of SMS messages using T9-style predictive text input
- send the same messages using QWERTY keyboard input
- randomly select one of the input methods to repeat, this time using #Health@You abbreviations and emoticons

## Feedback

### What Teens Might Text

- Took my white pill.
- How many carbs are in a BLT?
- Ran 15 minutes in PE today.
- What else?

### What Parents Might Text

- What was my daughter's last blood glucose reading?
- What did you eat for lunch?
- Don't forget your meds!
- What else?

## How Would You Text?

**Grab a sticky note** (pink for teens, yellow for parents) and leave a message! Write one of the existing sentences as though you were texting it to our system, or add a sentence you think we've missed. Use a sticker if someone else has already added sentence or phrase you think is good.



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