User Experience Research Methodologies

# Healthy

Project Capstone

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# Project Overview

Managing medications and medical appointments can be a complex task, especially for busy individuals and older adults. Without reminders or a structured system in place, it's easy to miss doses or forget important visits, leading to health risks and treatment delays. This lack of organization often results in stress and frustration, making it even harder for people to stay on top of their health.

## Key Insights

**88%**
of missed appointments were prevented by SMS reminders.

Hello, Yasmin!
Monday, 20 Oct
Medication Adherence
Appointments
Medication Adherence
Appointments
Medication Adherence
Appointments