

Patient empowerment via a smartwatch activity coach application



Let the patient gain back control over their physical and mental health condition

CONTEXT

The project is in collaboration with the company Medicine Men. They develop software in the eHealth healthcare domain. eHealth solutions are emerging to tackle the ongoing increase in patients with a chronic disease in The Netherlands.

Medicine Men has developed the Emma Activity Coach smartwatch application which has the aim of empowering patients with chronic diseases in their health management by monitoring their activity to improve their quality of life.

The application is part of the Emma software system which consists out of a smartphone application called Emma.6 and a desktop application which is referred to as the Emma dashboard. The informal caregiver and the healthcare professional of the patient support them during use of the Emma Activity Coach via the Emma system.



The improved activity progress visualization gives clear feedback on the patients activity progress and goal. The Emma Activity Coach makes use of three activity goal zones; green, orange and red. The physiotherapist of the patient sets the activity goals which determines these activity zones.

PROJECT GOAL

The goal of the project is on exploring the target group of the Emma Activity Coach and its needs in order to improve the user interaction and experience of the Emma Activity Coach and the Emma system.

OUTCOME

The main need for the target group is getting to know their activity limits in order to gain back trust in their physical and mental condition.

The improved design of the Emma Activity Coach makes the patient feel in control of their physical and mental health condition, by providing clear feedback on their activity and stimulate them in reaching their activity goals.



The patient gets stimulated in reaching their activity goals via notifications in the Emma Activity Coach.



The patient can communicate to their healthcare professional and caregiver that they experience a bad day.

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Patient empowerment via a smartwatch activity coach application
26-02-2020
Design for Interaction

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