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| **Title of Alternative showing: New technology**  Application prototype for personal health management |
| **Health promoting objectives**  This e-health app aims to enable patients to maximize benefit from the doctor patient interaction and improve health care utilization**.** Its objectives are to have patients prepare for doctor's visits, remember doctors' instructions, and to better understand and control health outcomes.  **Synopsis of the scenario**  The application has been designed to include 6 parts:   1. Identification of screening and health maintenance needs: users answer five simple questions and receive personalized age, risk and gender tailored evidence-based recommendations for preventive testing, screening, vaccines, nutrition, physical activity and suggested medical consultations. There is also a guide for understanding lab tests. 2. Preparation for doctor visits: an e-kit to prompt patients to list health issues and questions, prepare a list of medications, life changes that might affect one's health, previous diagnoses, etc. 3. Management of the doctor visit: The preparatory data pops up during the scheduled visit. The App encourages the patient to record the doctor's instructions, which can be played back later. 4. Increasing adherence: reminders for taking prescribed drugs. 5. Management of scheduling doctor visits: synchronized calendar reminder to make appointment in accordance with doctor recommendations and reminder to prepare for the appointment. 6. Management of health data : a section that allows for uploading medical documents via photography, to be saved according to date and location (head, chest, abdomen, extremities, other.)   **Intended audience**  Hebrew speaking women aged 18-75  **Duration and intended use**  This app will offer a unique and innovative system to organize and simplify management of health care utilization. This tool will provide a user-friendly, e-tool that simplifies access to health maintenance information, maximizes benefit from the doctor-patient interaction and organizes health personal health information. |