



Story

In today's world people are more and more busy -especially with their job. To spend time with family and friends most people lose overview of other important things like going to the doctor. However our health is one of the most important goods we have in our live. It should definitely be one of our most important goals to stay healthy for us and our family – not always an easy task with a lot of stress and all the unhealthy food in our society.

But when should we go to the doctor? Only for routine checks or simply when we're confronted with pains, accidents etc.? It's not always easy to listen to the body and its needs. Most of us aren't able to realize when it's time to go to the doctor. We need something which motivates us and confronts us with the reality to improve our health and fitness. Especially for elder and sick people. Furthermore, most people don't even like to go to the doctor. So it's a challenge to build a trusted relationship between patient and doctor.

For the purpose to improve our health and fitness a prototype is developed which collects data of vital signs like pulse, motions, body temperature, blood and electrical activity of the brain. When it comes to optimization for specific groups of people the daily habits, handicaps and diseases have to be considered. The collected data shall be transmitted to a doctor who is able to communicate with the patient all the time. This shall help to build up a better patient/doctor relationship.



Point of view

As a busy person with limited time I need an overview of my current health status as well as the permanent medical advice so that I stay healthy and fit as well have a better control of my diseases as diabetes or heart rhythm disturbances.



[John]



[Head of purchasing]

Earning money is important. For me sometimes too important so that I don't find time for other important things in live.

About

- 55, married and 2 kids, 30 years of experience in the field of purchasing
- In the office from 7am to 6pm with little movement and many stressful meetings
- No time for sports or visits to the doctor. A lot of stress, heart rhythm disturbances and diabetes
- I have a passion for good food, but I should lose some weight
- I work with purchasers, external suppliers and the FI/CO department

Responsibilities

- I am managing the purchasing department
- I am taking care of the supplier relationships and observe the market.
- I rate suppliers and chose the right ones and monitor if they fulfil the contracts appropriately
- I lead a department meeting once a month

Main Goals

- Do more sport and lose weight
- Better choice of meals: Eat more fruits and vegetables
- Going more often to the doctor or at least get more medical advice
- Getting a better overview of my health status

Needs

- I need the motivation to do sports after a stressful day
- I need the information when I should go to the doctor especially because of my diseases
- I need an up to date status of my health status to stay healthy and get along with my diseases and also permanent medical advice.

Pain Points

- Going to the doctor is time consuming
- I don't like to go to the doctor
- Lack of motivation to do sports after a stressful day
- Diabetes and heart rhythm disturbances are not checked regularly by a doctor

ACTIONS	- Enter at home - Going to the couch	-Sitting on the couch - check blood sugar level (manually)	- Turning on TV	- Leave the sofa and go to the kitchen - Open the freezer and check what food is available	- Use phone to call delivery service	-Going to the couch and watch TV -Waiting for the delivery service	- Delivery service knocks on the door - Go to the door - Pay food	- Go back to the couch and watch TV - Eat food
MINDSET	"A lot of meetings today - a stressful day" "Finally at home" "Just want to do relax"	-"Just want to chill and do nothing for a while" "Hate to check my sugar level everyday – it's so annoying"	"Yes, my favorite TV show is running" "hmmm, I'm hungry I should eat something" "My heart beat is strange again – I think I should check this sometime"	"Aww just vegetables and fruits, but I want meat" "Probably I should order something"	"I need lots of meat" "This is better and easier than cooking"	"This takes too long for me!" "A great movie is starting soon"	"Damn my back hurts" "What 15\$?" "At least it smells good"	"Tasty! " "I will relax the whole evening on the couch – no workout today"
FEELING	😊							
	😞							
TOUCH POINTS	Couch	Test device for blood sugar level Couch	TV remote control Couch TV	Freezer Food	Phone Employee delivery service	Couch TV	Employee delivery service door	Unhealthy food TV



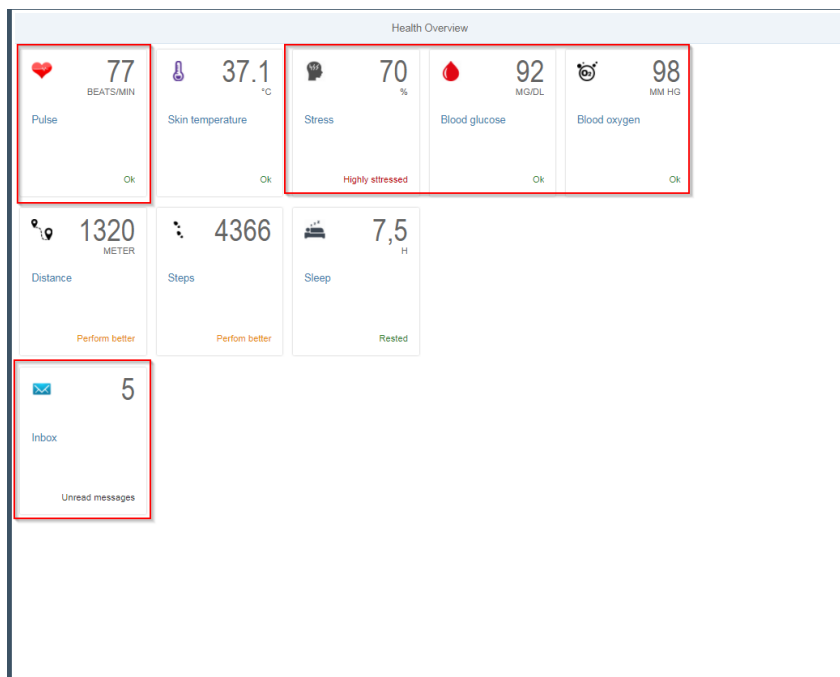
Prototype

Prototype screens for an IoT application

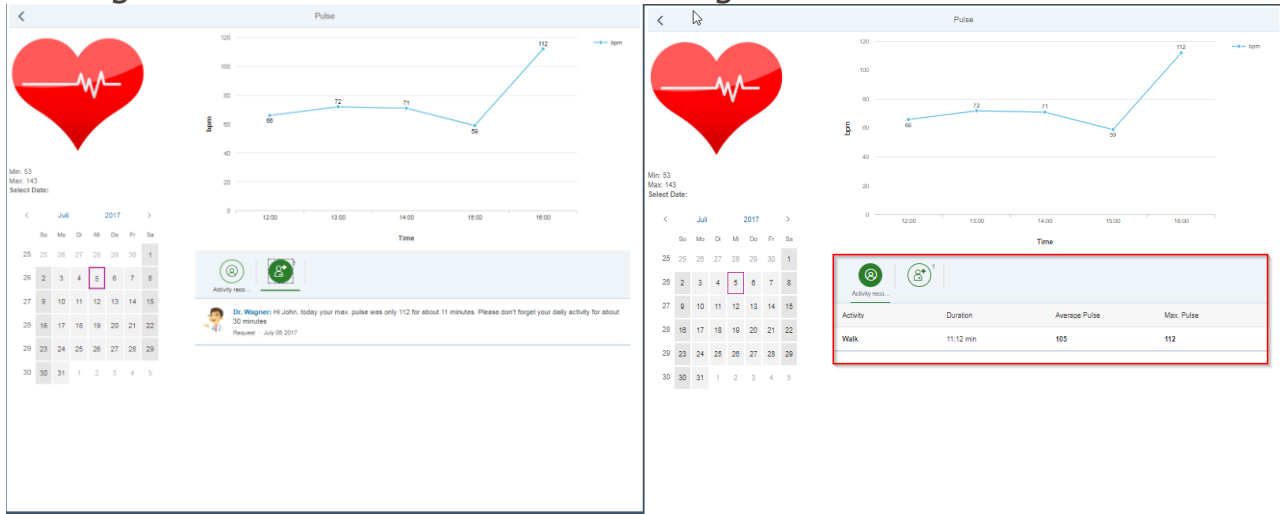
SAP Build link:

https://standard.build.me/prototype-editors/api/public/v1/snapshots/987e92b7c325e2760e1e8061/artifacts/latest/index.html#/overview_health

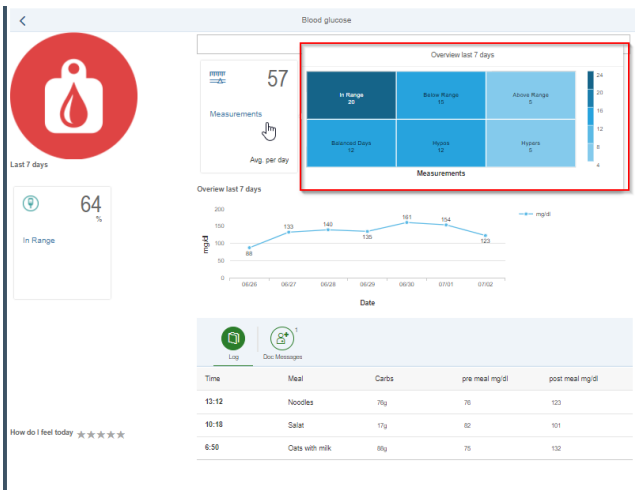
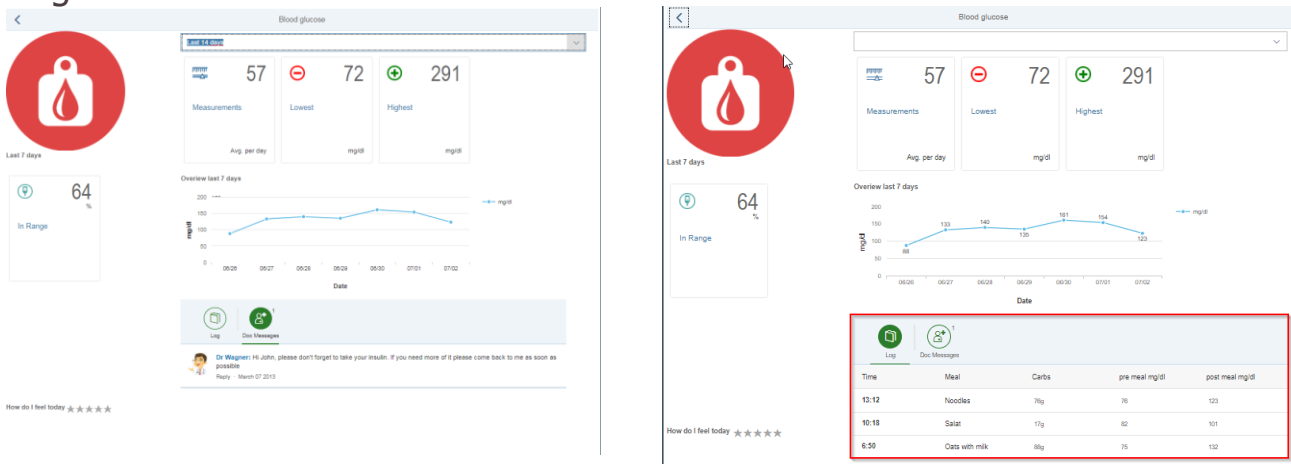
General health overview:



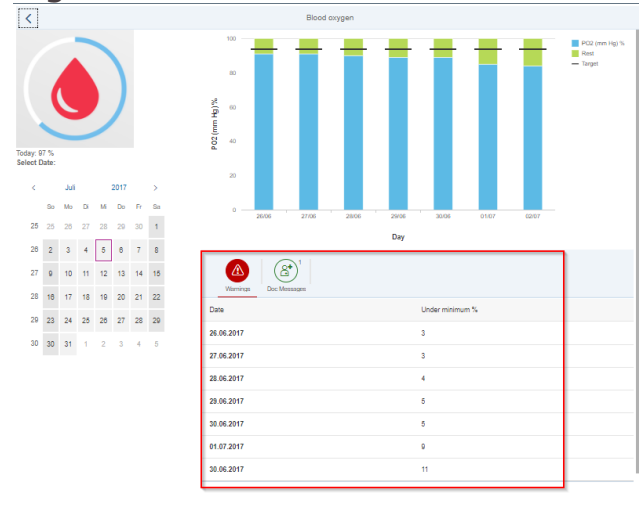
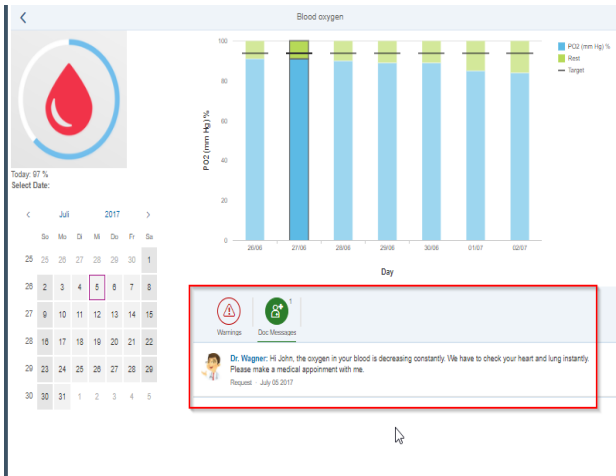
Overview pulse with direct integration of activity tracking and doctor's messages. Data is transferred to doctor to get instant medical advice.



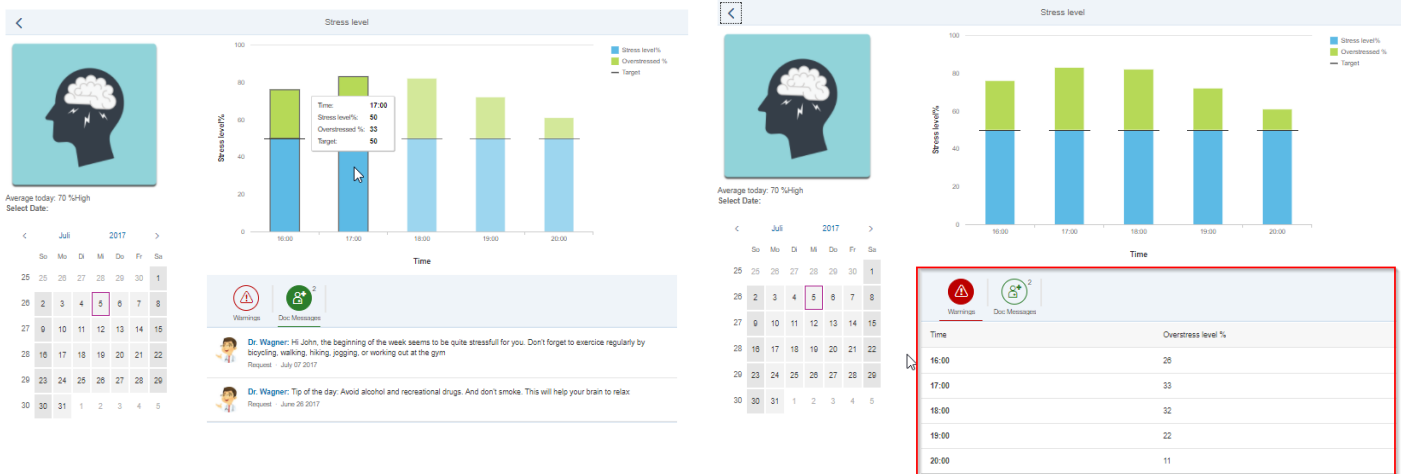
Overview of blood glucose with log, doctor's messages and other important parameters needed if you suffer from diabetes. Data is transferred to doctor to get instant medical advice.



Overview of blood oxygen to track oxygen in blood. This is important to detect heart and lung issues. Integrated warnings and data transfer to doctor. Data is transferred to doctor to get instant medical advice



Overview of stress level (electrical activity of the brain) and warnings to detect /be aware of stress and forwarding the data to the doctor for further analysis, tips and more:



The doctor's messages on the single overview pages are all linked to a central inbox to have an overview and have the chance to answer and make appointments:

