

Exploring the Effectiveness of Implementing Technological Health Management Apps

Ya-Chu Chen¹, Hui-Hua Tsai², Jia-Yu Liu³
Occupational Safety and Health Office, Min-Sheng General Hospital, Taiwan

Background and Objectives

- With the rapid development of information and the widespread use of mobile devices, smartphones have become an essential tool for everyone. Downloading health-related applications (APPS) to engage in health awareness services and activities has become a model and trend in recent years.

Methods/Intervention

In early 2023, our institution introduced a health management app that allows users to record various aspects of their daily lives (such as steps, heart rate, weight, blood pressure, blood sugar, and sleep), maintains a health calendar (linked to personal medical records for access to appointments and test results), checks annual health examination records, makes activity reservations, receives push notifications for health tips and event announcements, and more. We conducted educational training sessions to explain how to use the app and encourage staffs to download it. The Occupational Health and Safety Office is responsible for maintaining all data and ensuring timely updates to facilitate easy access and viewing.

Results

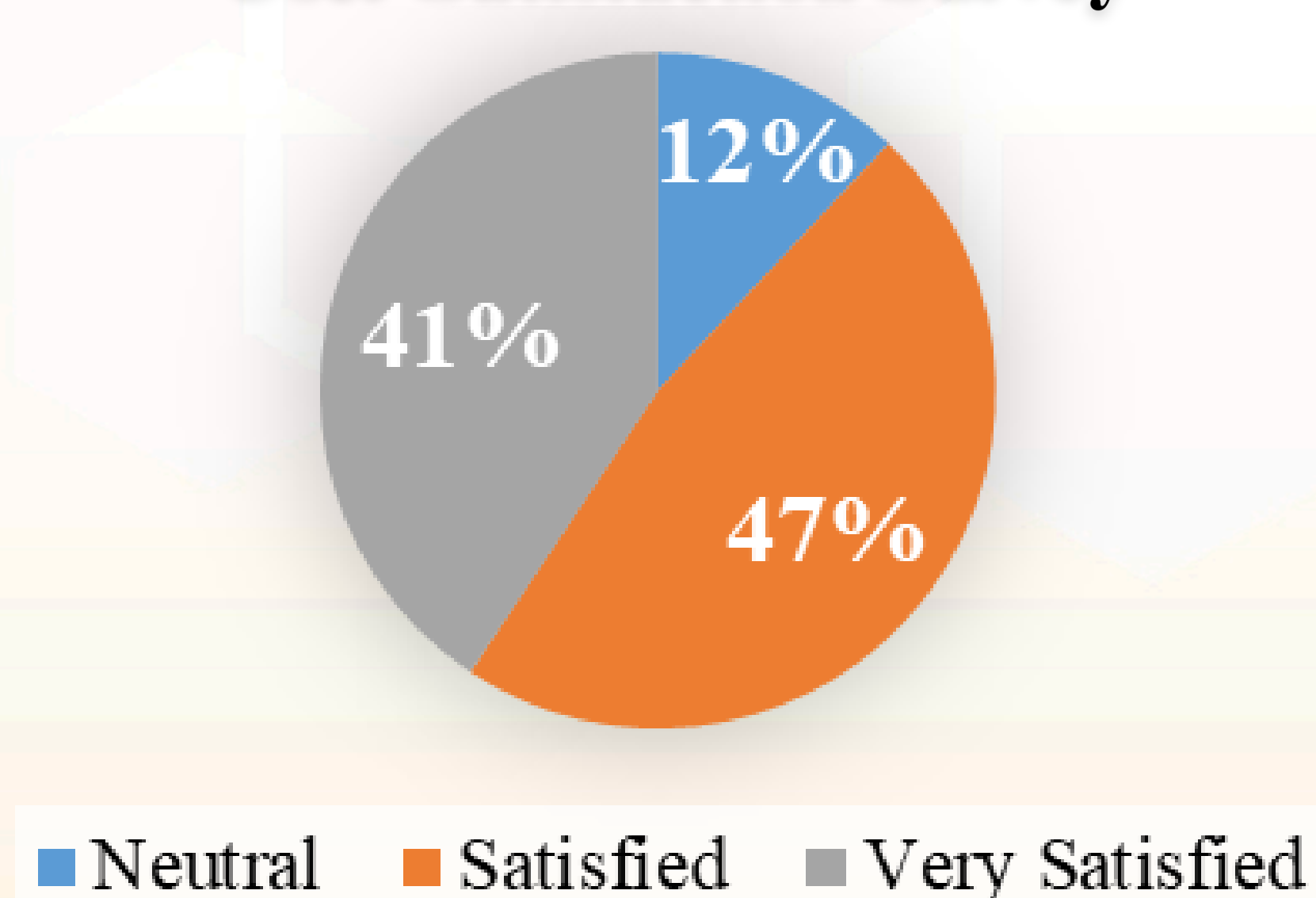
After six months of implementation, a satisfaction survey was conducted, with a total of 306 questionnaires collected, out of which 269 were deemed valid. The statistics revealed that 93.3% of the users had downloaded and used the health app. Regarding user experience, 92.2% found the interface design clear and simple. The most frequently used features were accessing health examination reports (75.1%), registering for activities (32.0%), participating in surveys (29.0%), and recording daily activities such as steps and weight (22.7%). The overall satisfaction with the health app was reported at 88.0%.

expert advice
Internet of Things
self-assessment
medical records

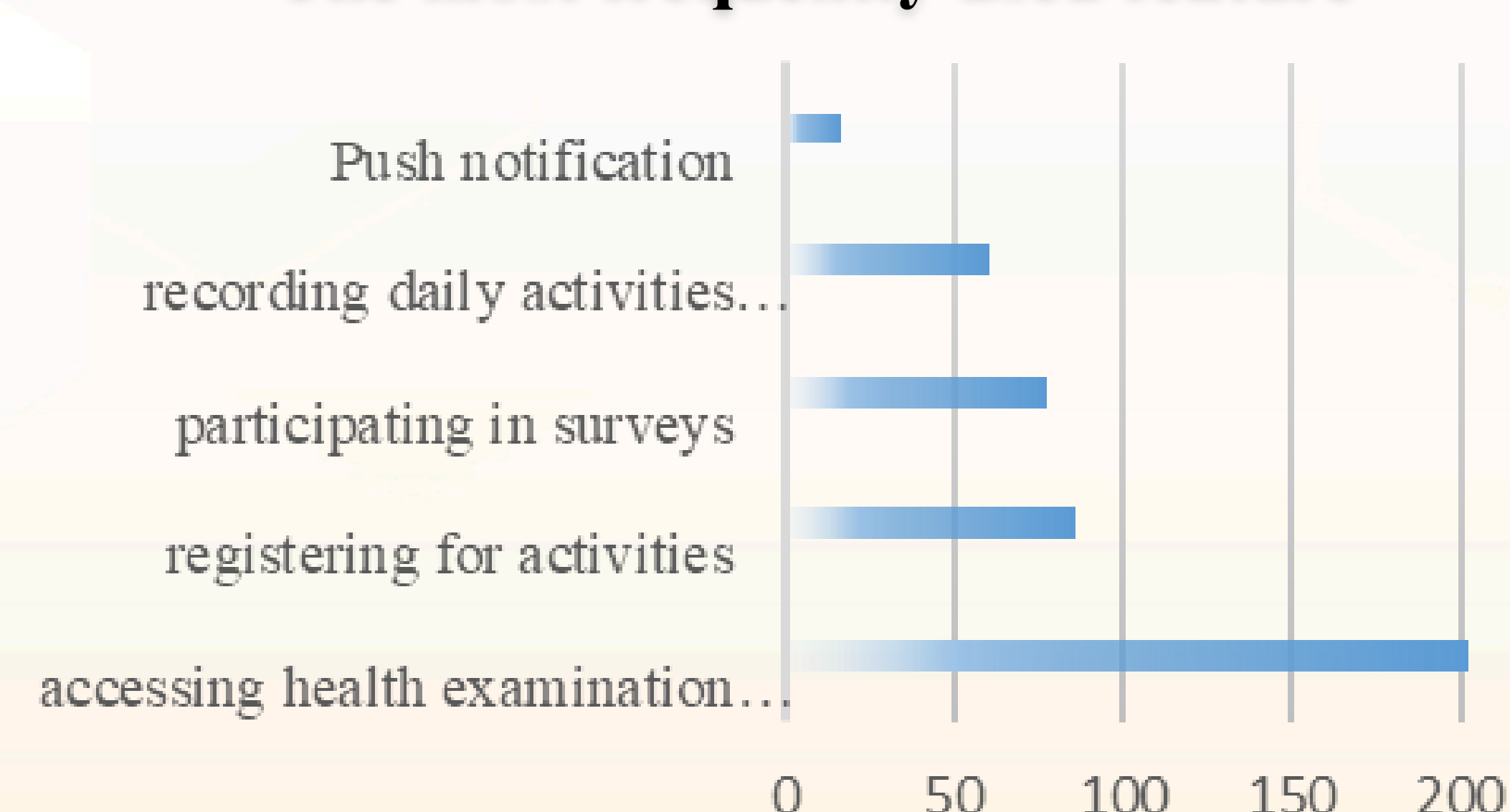


Health Management Apps

User Satisfaction Survey



The most frequently used feature



Conclusion/Lessons Learned

Technology-driven health management app not only offers personalized and convenient services, allowing easy recording and tracking of personal health information, providing educational resources on health topics, but also facilitates various health promotion activities. These apps attract employees' attention to focus on their health, thereby enhancing participation in health initiatives.

Relevance to HPH

This app can provide a better platform for health management, help individuals maintain health condition, and enhances overall health awareness

Key word health management , Health promotion, satisfaction survey

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