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# MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

**Module 2 - Experiential Training session (2.2)**  
**How to search and select Health Apps**



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# Experiential Training Session: Content

1. What are you interested in?

2. Search for and select apps

3. Write down what you have found





## 2 How to search and select Health Apps

### Objectives

- ✓ Use the criteria learned to search and select apps.
- ✓ Understand why it is necessary to make informed decisions when choosing health apps.
- ✓ Understand how to detect the criteria they have learned in their own research



Source: Image by nuraghies on Freepik



## 2 How to search and select Health Apps – Experiential Training

### Competences

- ✓ Provide the skills to search and select health apps in their own field of interest.
- ✓ Improve their ability to make informed app selection decisions and be able to explain why they have made a choice.



[Image by vectorjuice on Freepik](#)



## 1. What are you interested in?

### Activity – Formulate your interest

- *Think about what health apps would be helpful for you.*
- *Write down what you are interested in – what areas of health apps and what do you want to find for example.*





## 2. Search for and select apps?

### Activity – Searching and Selecting

- *Search for apps in the area you are interested your own.*
- *Use the criteria learned to find and select trustworthy apps.*
- *Select at least one health app in your area of interest based on the criteria.*



### 3. Write down what you have found

#### Activity – Why this app?

- *Write down briefly why you chose this app.*
- *Which criteria that you learned in the lesson to your decision?*
- *Are there any aspects of the app that are n good?*







# MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!  
You have completed the experiential  
training session of this module!

