MIG-HEALTH APPS
Mobile Health Apps for Migrants

https://apps4health.eu/

Module 7 - Experiential Training session (7.2)
Women's Health and relevant Apps

Partners

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OXFAM ITALIA INTERCULTURA
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PROLEPSIS
ATHENS, GREECE
www.prolepsis.gr

WESTFALISCHE HOCHSCHULE GELSENKIRCHEN,
BOCHOLT, RECKLINGHAUSEN
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www.w-hs.de

CONNEXIONS
ATHENS, GREECE
www.connexions.gr

RESET
CYPRUS
www.resetcy.com

media k GmbH
Bad Mergentheim, GERMANY
www.media-k.eu

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Experiential Training Session: Content

1. Specific Examples of Women's Health Apps

2. Real life integrations

Objectives

✓ Help learners become familiar with Women's Health apps.

✓ Provide real-life scenarios and situations of how women's health apps may help a womans' health in general.

Competences

✓ To equip participants with the skills required to benefit from the use of Women's Health Apps.

✓ To enhance the skills needed to make informed decisions about app selection, utilization, and integration into participants' everyday-life, if they wish to do so.

Image by vectorjuice on Freepik

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the European Union

7.2.1
Specific examples of Women's Health related Apps

Objectives

- To be familiar with the most common types of Women's Health Apps.

- To identify and categorize app's type, main features and sections.

- To be familiar with using an app for the first time.

Example 1:
Euki – Period Tracking App

Period Tracking App offering comprehensive sexual and reproductive health information; A supportive, inclusive, and customizable interface; Privacy and security. Features:

1. **CALENDAR AND LOGGING:** track bleeding, emotions, body changes, sex, contraception, and appointments; Track pregnancy or STI tests and their results; Find patterns in menstrual cycle or body changes that happen around the period; Write notes to share with a health care provider at the next appointment.

2. **PRIVATE REMINDERS:** Set one-time or repeated reminders for sexual health needs, like taking pills, taking a pregnancy test; Receive discrete reminders so that no one will know the details of one's personal life.

3. **ABORTION AND MISCARRIAGE SUPPORT:** Learn about medication and surgical abortion; Prepare for a clinic appointment; Browse FAQs to answer any quick questions that you have and connect to trusted resources for more information; Read stories from other people who've had abortions and miscarriages.

4. **INTERACTIVE CONTRACEPTION INFORMATION:** Learn about options that meet your needs through an interactive quiz; Connect to detailed information about methods that interest you most.

5. **FACTS ABOUT SEXUALITY:** Scroll through easy-to-understand information on sex, gender, and sexual orientation; Lean about consent and where to turn if you need support; Connect to resources that can answer other questions you have about LGBTQ issues, sex, gender, and health.

The image popping up when you open the app for the 1st time

Euki is an inclusive period tracking app that prioritizes your privacy and keeps your data secure.

LET'S START ①

Would you like to set a PIN for added security?

It's optional.

With Euki, all data is stored locally to your phone—not in the cloud or anywhere else.

A PIN will help keep your data safe, but make sure to choose one you'll remember. We can't remind you if you forget it.

SET PIN

NOT NOW ②

You can also set a PIN to further protect your personal data

Before you start, please accept Euki's Terms of Use

Terms of Service

Effective: March 2019

Welcome!

We've drafted these Terms of Service (which we call the "Terms") so you'll know the rules that govern our relationship. We have tried our best to strip the legalese from the Terms, but there are places where these Terms may still read like a traditional contract. There's a good reason for that: these Terms do indeed form a contract between you and Women Help Women ("us" or "we"), so please read them carefully.

I AGREE

CANCEL

③

After clicking on the LET'S START button, ① deciding whether you want a PIN or not ② and agreeing on the terms of use you may ③ start to track your period.

Euki

DAY SUMMARY   CYCLE SUMMARY   SETTINGS
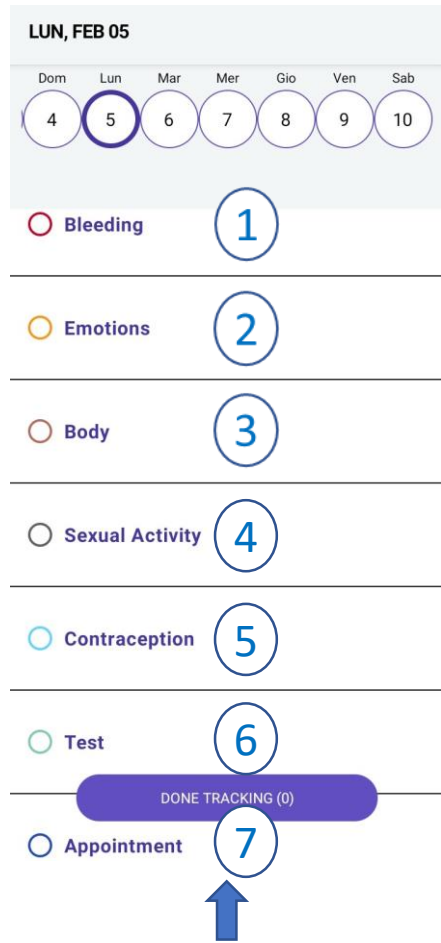
Ven, Feb 02

Get to know your cycle

Check in with your body daily and learn more about your cycle.

Cycle

Click on track now and you can start!

Euki

SETTINGS

DAY SUMMARY | CYCLE SUMMARY

Mar, Feb 06

What's new with your body?

TRACK NOW

Cycle | Calendar | Track | Info | Privacy

LUN, FEB 05

Dom	Lun	Mar	Mer	Gio	Ven	Sab
4	5	6	7	8	9	10

○ Bleeding — 1

○ Emotions — 2

○ Body — 3

○ Sexual Activity — 4

○ Contraception — 5

○ Test — 6

DONE TRACKING (0)

○ Appointment — 7
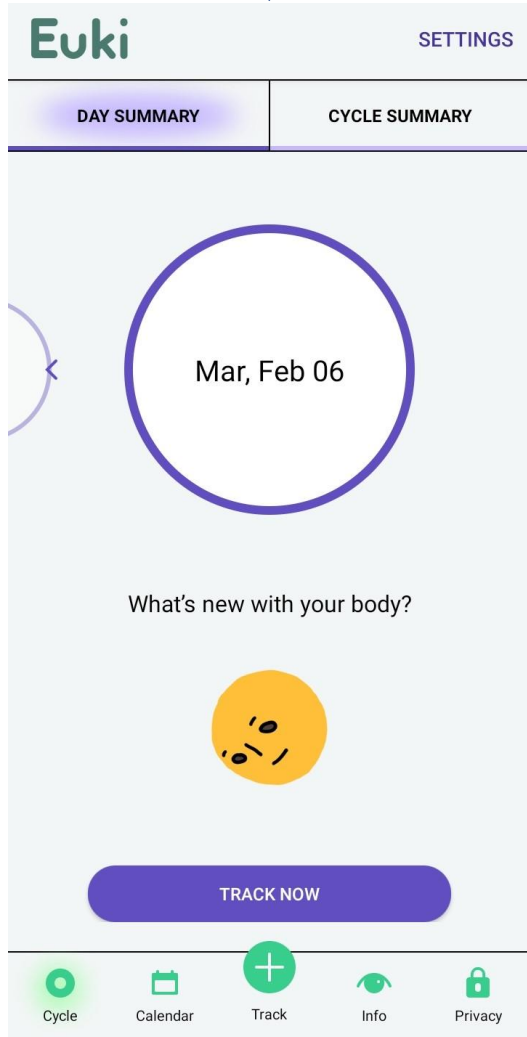
The app allows you to keep track of many different aspects of your reproductive health.

You can keep track of your menstruation and the products you use to cope with it.

1

LUN, FEB 05

Dom	Lun	Mar	Mer	Gio	Ven	Sab
28	29	30	31	1	2	3

○ Bleeding ⓘ

Spotting | Light flow | Medium flow

Heavy flow | Small clots | Big clots

Products used

DONE TRACKING (0)

Pad | Liner | Tampon

LUN, FEB 05

Dom	Lun	Mar	Mer	Gio	Ven	Sab
4	5	6	7	8	9	10

○ Emotions

Calm | Stressed | Unmotivated

Sad | Happy | Irritable

Angry | Energetic | Horny

DONE TRACKING (0)

○ Body

2
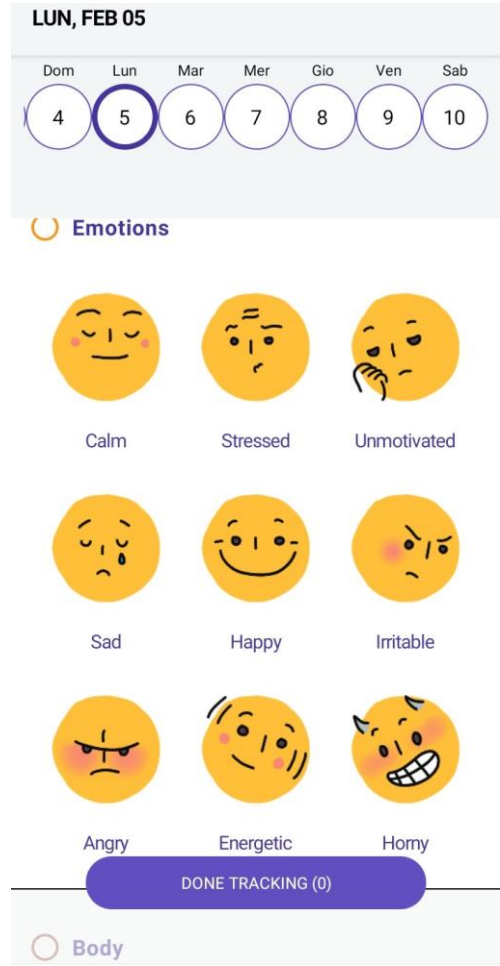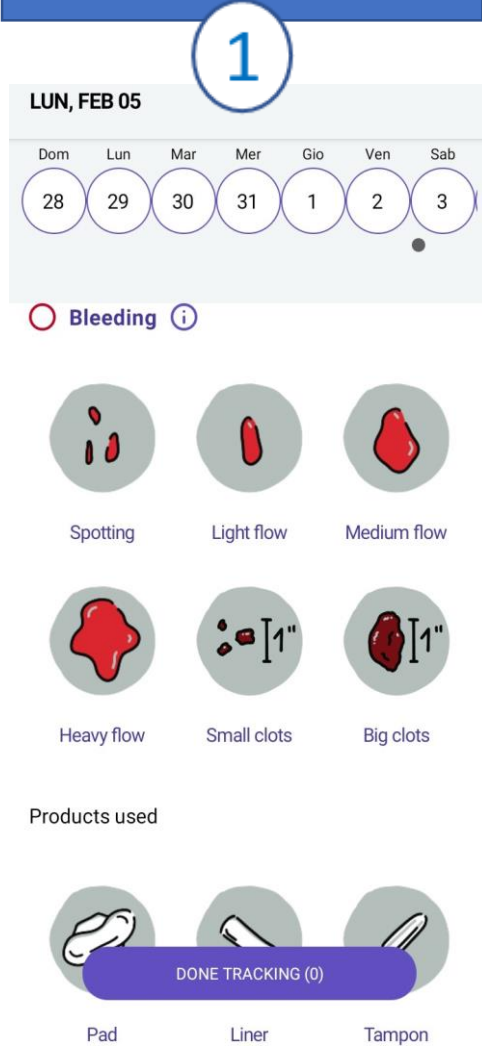
You can also track your emotions.

LUN, FEB 05

Dom	Lun	Mar	Mer	Gio	Ven	Sab
4	5	6	7	8	9	10

○ **Body**

Acne — Bloating — Cramps

Cravings — Discharge — Fatigue

Fever — Headache — Itchy

DONE TRACKING (0)

③

... and your PMS symptoms.

④

You can even track your sexual activity and various aspects related to it.

LUN, FEB 05

Dom	Lun	Mar	Mer	Gio	Ven	Sab
4	5	6	7	8	9	10

○ **Sexual Activity**

Protection from STIs
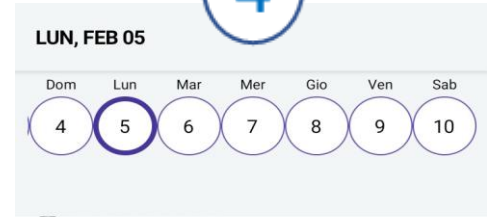
Protected — Unprotected

Protection from pregnancy

Protected — Unprotected

Other

DONE TRACKING (0)

LUN, FEB 05

Dom	Lun	Mar	Mer	Gio	Ven	Sab
4	5	6	7	8	9	10

○ **Contraception**

Daily methods

Longer-term methods

○ Test

○ Appointment

DONE TRACKING (0)

○ No

⑤

The app helps you track your contraceptive methods, including possible missed doses.

LUN, FEB 05

Dom	Lun	Mar	Mer	Gio	Ven	Sab
4	5	6	7	8	9	10
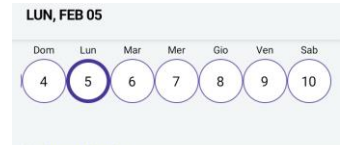
Daily methods

Pill

Took — Missed — Double

Other

Condom — Diaphragm — Cervical cup

Sponge — Spermicide — Pull out

DONE TRACKING (0)

LUN, FEB 05

Dom	Lun	Mar	Mer	Gio	Ven	Sab
4	5	6	7	8	9	10

Longer-term methods

IUD

New — Checked strings — Removed

Implant

New — Removed

Patch

DONE TRACKING (0)

You can also track if and when you took a test to detect any sexually transmittable disease or a pregnancy test.

6

LUN, FEB 05

Dom	Lun	Mar	Mer	Gio	Ven	Sab
4	5	6	7	8	9	10

◯ **Test**

STI test

Positive   Negative

Pregnancy test

Positive   Negative

◯ A   DONE TRACKING (0)

MAR, FEB 06

Dom	Lun	Mar	Mer	Gio	Ven	Sab
4	5	6	7	8	9	10

◯ **Appointment**

Title

Location

mar, feb 6, 2024 12:00 AM

None

CANCEL   SAVE

SET FUTURE APPOINTMENT

DONE TRACKING (0)

◯ **Note**

● **Appointment**

Title

Location

mar, feb 6, 2024 12:00 AM

Alert

CANCEL   ADD

7

You can also track your appointments and set reminders for future ones.

If you are not interested in tracking so many details you can decide to remove some features from the menu.

MAR, FEB 06

Dom	Lun	Mar	Mer	Gio	Ven	Sab
4	5	6	7	8	9	10
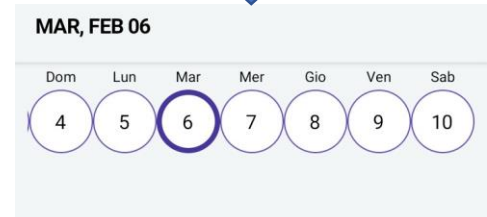
◯ **Bleeding**   ✕ ═

◯ **Emotions**   ✕ ═

◯ **Body**   ✕ ═

◯ **Sexual Activity**   ✕ ═

◯ **Contraception**   ✕ ═

◯ **Test**   ✕ ═

◯ A   DONE TRACKING (0)   ═

Euki   SETTINGS

| DAY SUMMARY | CYCLE SUMMARY |

Mar, Feb 06

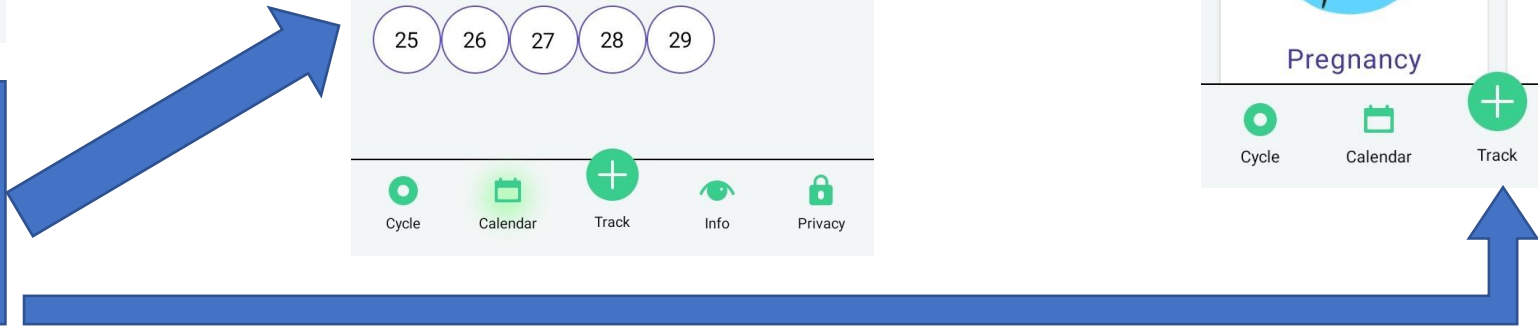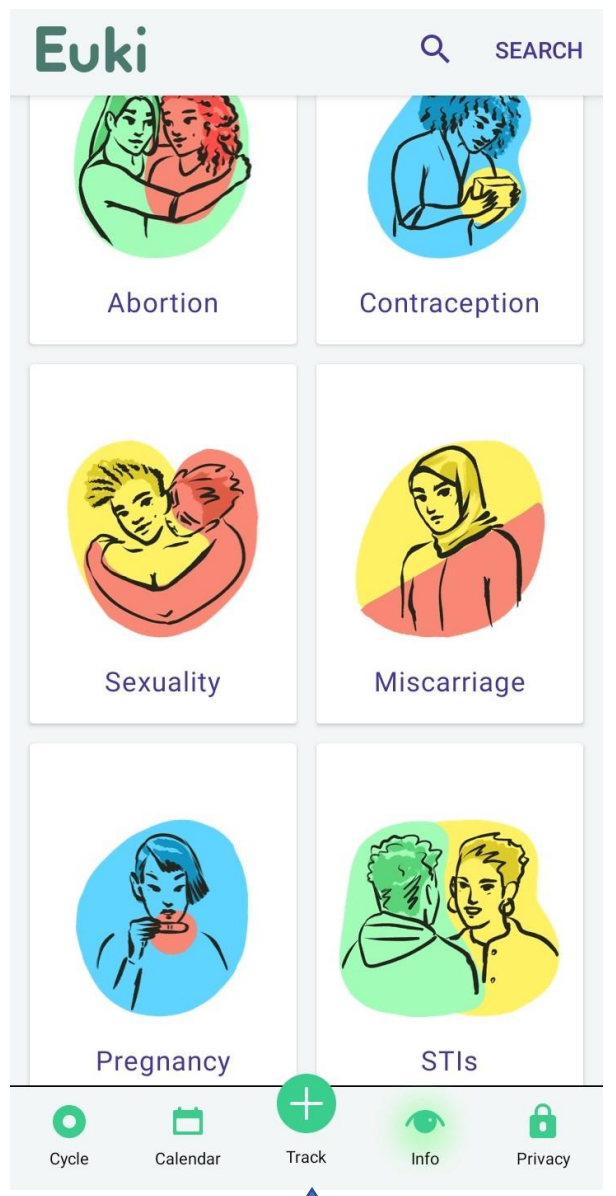What's new with your body?

TRACK NOW

Cycle   Calendar   Track   Info   Privacy

Dots in different colors, according to the aspect you decided to track, will appear under each day. By clicking on the day you can also see the details.

CALENDAR   REMINDERS   FILTER

| CALENDAR VIEW | LIST VIEW |

Today   < Marzo 2024 >

Febbraio 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

Cycle   Calendar   Track   Info   Privacy
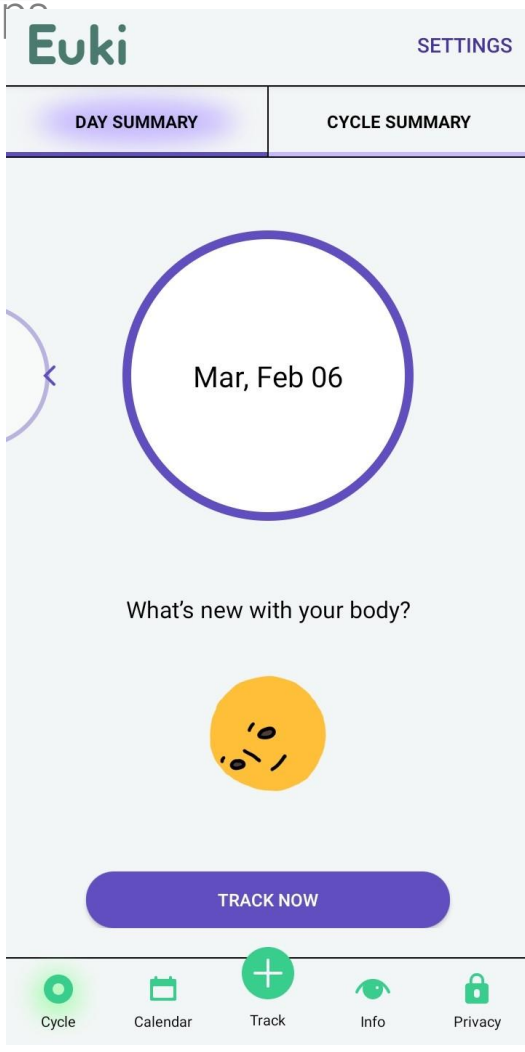
From the home page you can also access the calendar and a very rich information section

Euki   Q   SEARCH

Abortion   Contraception

Sexuality   Miscarriage

Pregnancy   STIs

Cycle   Calendar   Track   Info   Privacy
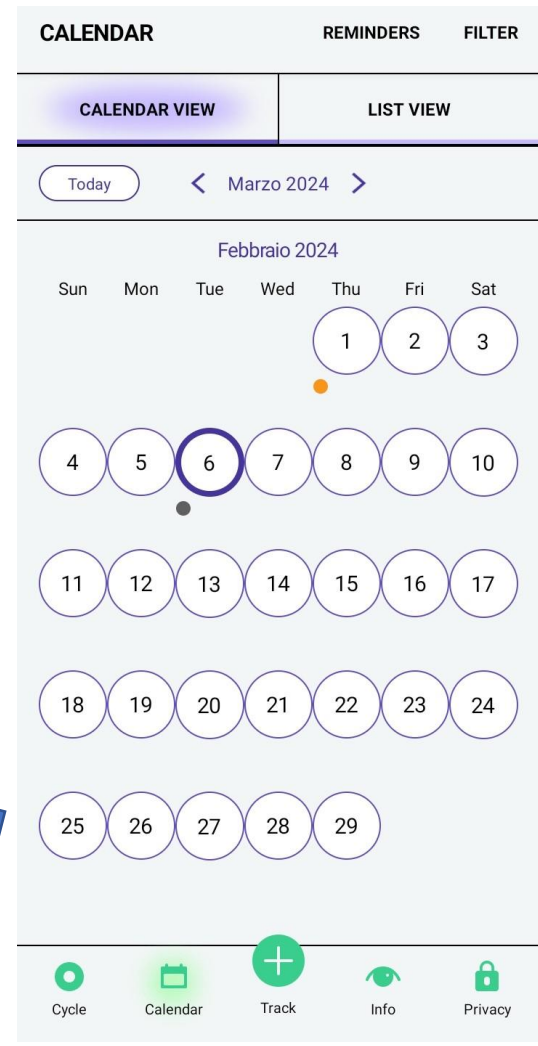
Example 2:
Know Your Lemons – Self Exam

- App designed to improve early detection of breast cancer and period tracking. It's free and doesn't collect your data.
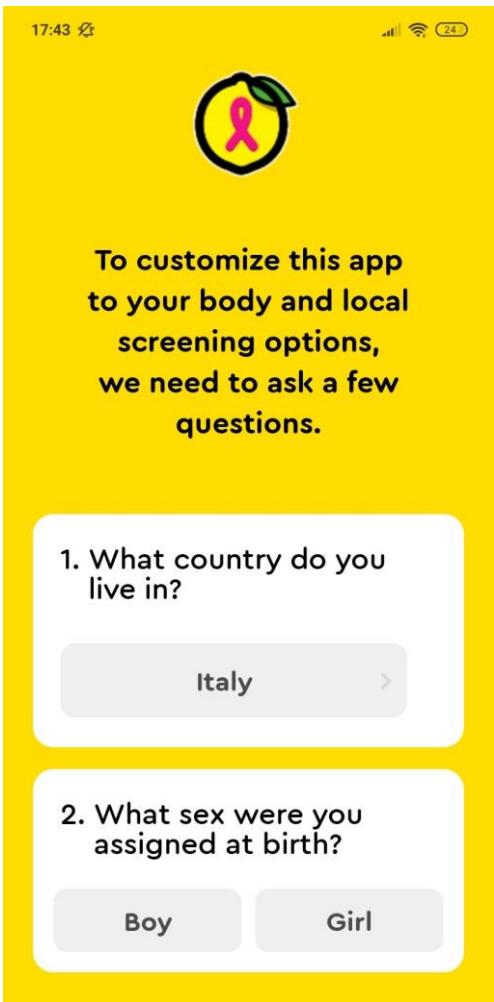
Main features:

- #1 app for breast self exams;

- Monthly reminders timed to your breast cycle;

- Understanding your screening plan;

- Information about risk factors, details about signs and symptoms, preparing for mammograms, and more.
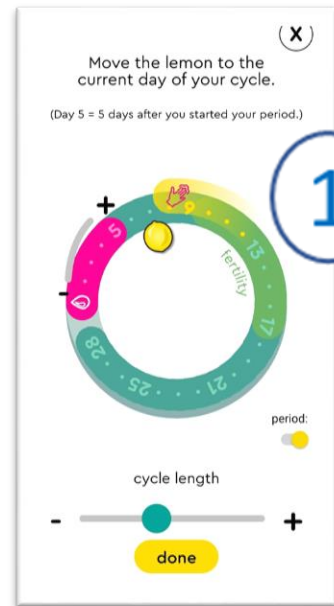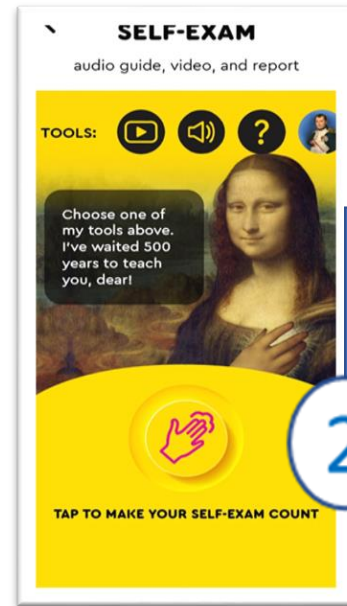
When you open the app for the 1st time, it will ask you brief questions to tailor the content to your personal situation.

17:43

To customize this app to your body and local screening options, we need to ask a few questions.

1. What country do you live in?

Italy

2. What sex were you assigned at birth?

Boy   Girl

KNOW YOUR LEMONS

1 — Set up your breast cycle and get reminders

3 — Start Screening Guide

2 — Do a self-exam

donate

(because we don't sell your data)

2

After logging in with your username and an email address you can start using the app.

Move the lemon to the current day of your cycle.

(Day 5 = 5 days after you started your period.)

1

period:

cycle length

−   +

done

Submitting in which day of your cycle you are will allow the app to send you timely reminders.

SELF-EXAM
audio guide, video, and report

TOOLS:

Choose one of my tools above. I've waited 500 years to teach you, dear!

2

TAP TO MAKE YOUR SELF-EXAM COUNT

Tapping on "Do a self-exam" you find tutorials (video, audio, text) to help you conduct a self-exam properly.

QUIZ

Welcome to the Know Your Lemons® Screening Quiz!

Begin

SCREENING

Based on your risk factors, here is your early detection plan:

(tap on each test for tips)

Do you have a symptom?

no   yes

doctor visit
YEARLY CHECKUP

(3) Taking the quiz will help the app customise your personal screening guide.

SYMPTOMS
check, investigate, next steps

view / report symptoms

investigation tools

doctor conversation guide

VIDEO ▶

steps to investigate   posters

(1)

SCREENING + RISK

Get your custom recommendations when you take the screening quiz below:

SCREENING QUIZ

9 RISK FACTORS

INVESTIGATION TOOLS

For educational purposes only. Always talk to your doctor when making health decisions.

(2)

From the homepage you can always access the different sections: Self-exam, Symptoms (1); Risk factors and Familiarity (2); Screening (3) and Account (4)
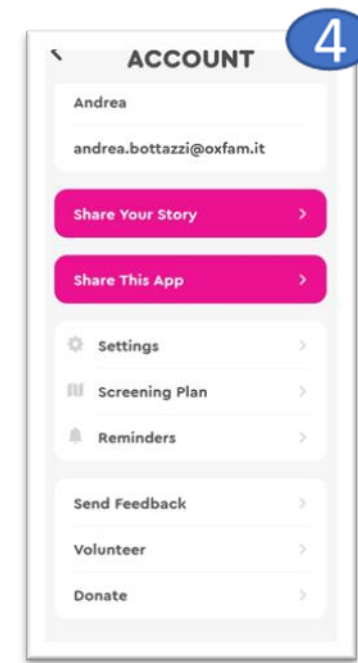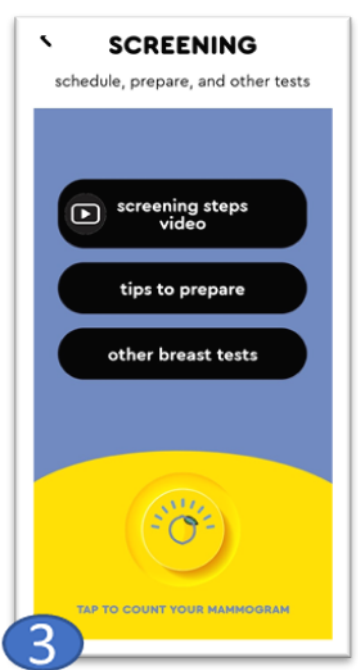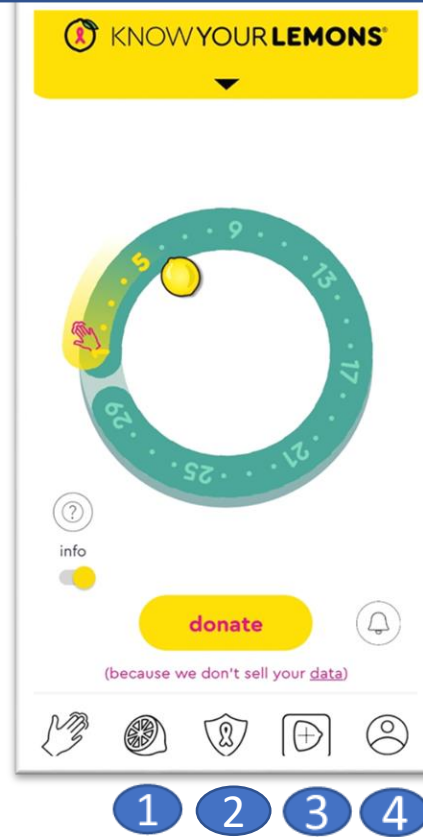
KNOW YOUR LEMONS®

info

donate

(because we don't sell your data)

(1) (2) (3) (4)

SCREENING
schedule, prepare, and other tests

▶ screening steps video

tips to prepare

other breast tests

TAP TO COUNT YOUR MAMMOGRAM

(3)

ACCOUNT

Andrea

andrea.bottazzi@oxfam.it

Share Your Story   >

Share This App   >

⚙ Settings   >

▥ Screening Plan   >

🔔 Reminders   >

Send Feedback   >

Volunteer   >

Donate   >

(4)

Each section contains further information and suggestions.

From the Symptoms section you will be able to acquire specific information.

12 SYMPTOMS

See something like this? Don't panic. Many changes are normal, but it's always smart to check them out.
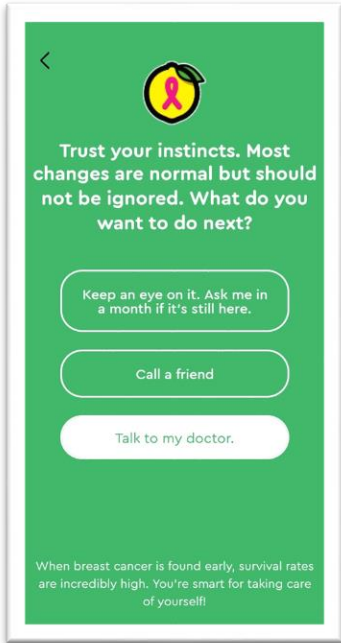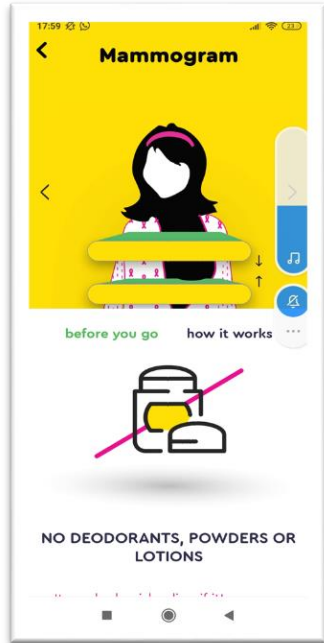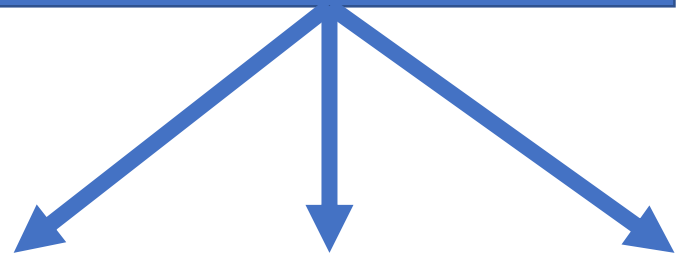
share + follow:

dimple

A dimple (or indentation) in the breast can happen when tight clothing leaves a temporary mark in the skin, or is caused by cellulite. But if a dimple in the breast doesn't move with the rest of your skin when you raise and lower your arms, gets worse, or appears on its own, it can be a sign of breast cancer.

This symptom is caused when a tumor (lump) deep in the breast pulls the skin

See something like this?

can't.

Had this symptom when you were diagnosed?

head to see if the whole breast skin

If you spot something during your self-exam the app can give you hints about Doctor Exam or further Screenings.

Mammogram

before you go   how it works   ...

NO DEODORANTS, POWDERS OR LOTIONS

Doctor Exam

before you go reporting symptoms help

4 THINGS TO SAY TO YOUR DOCTOR ABOUT YOUR SYMPTOM:

Trust your instincts. Most changes are normal but should not be ignored. What do you want to do next?

Keep an eye on it. Ask me in a month if it's still here.

Call a friend

Talk to my doctor.

When breast cancer is found early, survival rates are incredibly high. You're smart for taking care of yourself!

Real life integrations

Objectives

- To provide real-life scenarios of how health apps may help women's health in general.

- To present different real-life scenarios where women's health apps could be beneficial.

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Scenario 1

Planning an important event

- B. a 34-year-old woman and M. have been together for a very long time

- They decide to get married and want to organise a big ceremony, inviting families and friends and want everything to be perfect. B. is afraid that her heavy menstrual flow might make the day more difficult. The ceremony is supposed to take place in a few months.

- B. decides to download a menstrual cycle tracking app, in order to keep track of her period and decide which date fits best for the wedding.

Scenario 2

Cope with an unexpected situation

- F. a 40-year-old woman has a friend who has just been diagnosed with breast cancer.

- F. tends to be a slight hypocondriac and she's very moved by this news. She starts having bad thoughts and she's scared she might have breast cancer too.

- Another friend suggests F. to download a self-examination app, that can help her conduct a self-exam, collect further information about breast cancer and its possible symptoms.

Scenario 3

Pregnancy

- M. is a young mother-to-be, expecting her first child in a foreign country and she doesn't speak the local language. Her partner is supportive but also inexperienced and struggling to speak the local language.

- M. wishes to be as prepared as possible and to live a relaxed and happy pregnancy.

- She downloads a pregnancy tracker app because she understands English and she can extract useful information from it.

Scenario 4

Menopause transition

- R. is a 49-year-old woman transitioning into menopause.

- R. experiences perimenopause cycle changes and would like to be able to predict her menstruation, as it used to be very regular.

- She downloads a menopause app, which could help her predict her period based on her patterns.

Scenario X?

Suggestions?

- Any other scenario in which a Women's App could be useful?

MIG-HEALTH APPS
Mobile Health Apps for Migrants

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