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# MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

**Module 5 - Experiential Training session (5.2)**  
Health apps for addictions and substance use



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# Teaching Session: Content

1. [General knowledge of substance use and screen addiction](#)
2. [Information on tobacco consumption](#)
3. [Information on screen addiction](#)
4. [Interactive use of health apps for tobacco consumption and sensible use of screens](#)
5. [Discussion and Evaluation](#)



## Objectives

- ✓ Discover applications to help you stop smoking and reduce screen addiction
- ✓ Identify the main activities needed to establish better health habits and how these applications can contribute to them
- ✓ Understand the main concepts related to health applications and how they can be useful for migrants
- ✓ Develop digital skills and familiarize with the use of health specific apps



Source: Image by nuraghies on Freepik



## Competences

- ✓ Definition of what substance use and addictions apps are
- ✓ Explanation of how substance use and addictions apps can help improve quality of life and health
- ✓ Familiarization with and ability to navigate different health apps and integrate them into daily life.





## 5.2.1

# Interactive use of quit tobacco apps

## Objectives

- To explore a specific quit tobacco application in an interactive way
- To experiment with the functionalities of the application in a hands-on manner
- To share experiences and lessons learned



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## Stop smoking apps

Applications	Description	Download link
<b>Kwit</b>	This application uses gamification to help you stop smoking. It allows you to earn points and badges for your abstinence, and also offers advice and support.	<a href="#">Android</a> - <a href="#">IOS</a>
<b>Smoke Free</b>	This application is provided by the US National Cancer Institute and offers information and support to people who want to stop smoking. It includes progress tracking, personalised advice and a community forum.	<a href="#">Android</a> - <a href="#">IOS</a>
<b>QuitNow!</b>	This application is simple and easy to use. It offers progress monitoring, advice and support.	<a href="#">Android</a> - <a href="#">IOS</a>
<b>My Quit Coach</b>	This application is provided by Truth Initiative, an American non-profit organisation that tackles smoking. It offers progress monitoring, personalised advice and a community forum.	<a href="#">Android</a> - <a href="#">IOS</a>
<b>Smokerstop</b>	Smokerstop is a free application available on iOS.	<a href="#">IOS</a>
<b>Stop-tabac</b>	Developed by experts at the University of Geneva. Specific day-to-day advice. A timetable for planning ahead.	<a href="#">Android</a> - <a href="#">IOS</a>
<b>Tabac Info Service</b>	This application is provided by the French government and offers information and support to people who want to stop smoking.	<a href="#">Android</a> - <a href="#">IOS</a>

\*\*\*Some of these applications are completely free, while others have paid features.

## Discovering the mobile app Kwit



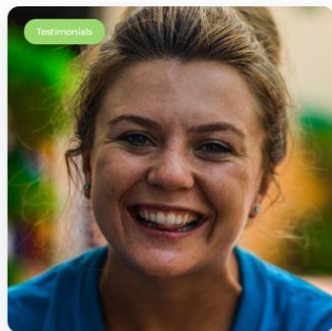


## Kwit mobile app (1)

### Factsheet

- **Name:** Kwit – [Quit smoking for good](#)
- **Owner:** Kwit SAS
- **Website:** <https://kwit.app/en>
- **Available on** Apple App Store and Google Play Store
- **App usable on** smartphones and tablet PCs
- **App requires** user account
- **Languages** of App: French, German, English, Spanish, Italian, Japanese, Dutch, Portuguese, Russian, Turkish, Ukrainian
- Kwit offers a **free 3 day trial** – after completion a yearly subscription comes at a cost of 49,99€
- You can cancel your membership during the first 3 days and enjoy the 3 day trial without costs or use the free version

Discover the latest articles from our blog, and find some information to help you in your journey to quit smoking!



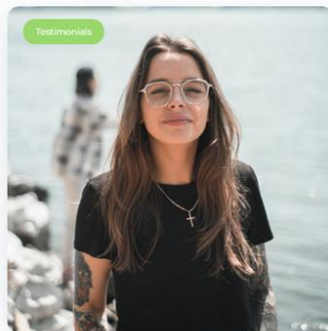
Stop smoking more easily — Rebecca's story

[Read more](#) →



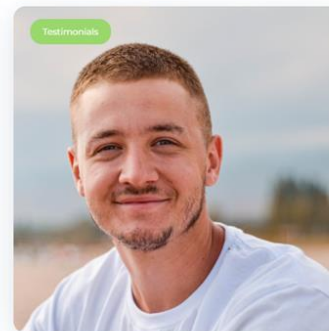
Quitting smoking: how to stay motivated after a relapse — Victor's testimony

[Read more](#) →



Becoming your "ideal self" by quitting smoking — Camille's story

[Read more](#) →



Getting back on track after relapses — Dennis' story of how he said goodbye to cigarettes



## Kwit mobile app (2)

**Get started: Open Kwit App and read introductory information**

**1) First Screen**, when you open the app. Select „Get started“.



**2) Second Screen:** The following screens will introduce the app. You will complete introductory questions to personalize your experience then be invited to create an account.



## Kwit mobile app (3)

### Get started



## Kwit mobile app (4)

How to manage your daily emotions with Kwit ?



## Kwit mobile app (5)

**Drinking water to overcome a craving? It's possible with Kwit's Drinking Water strategy?**



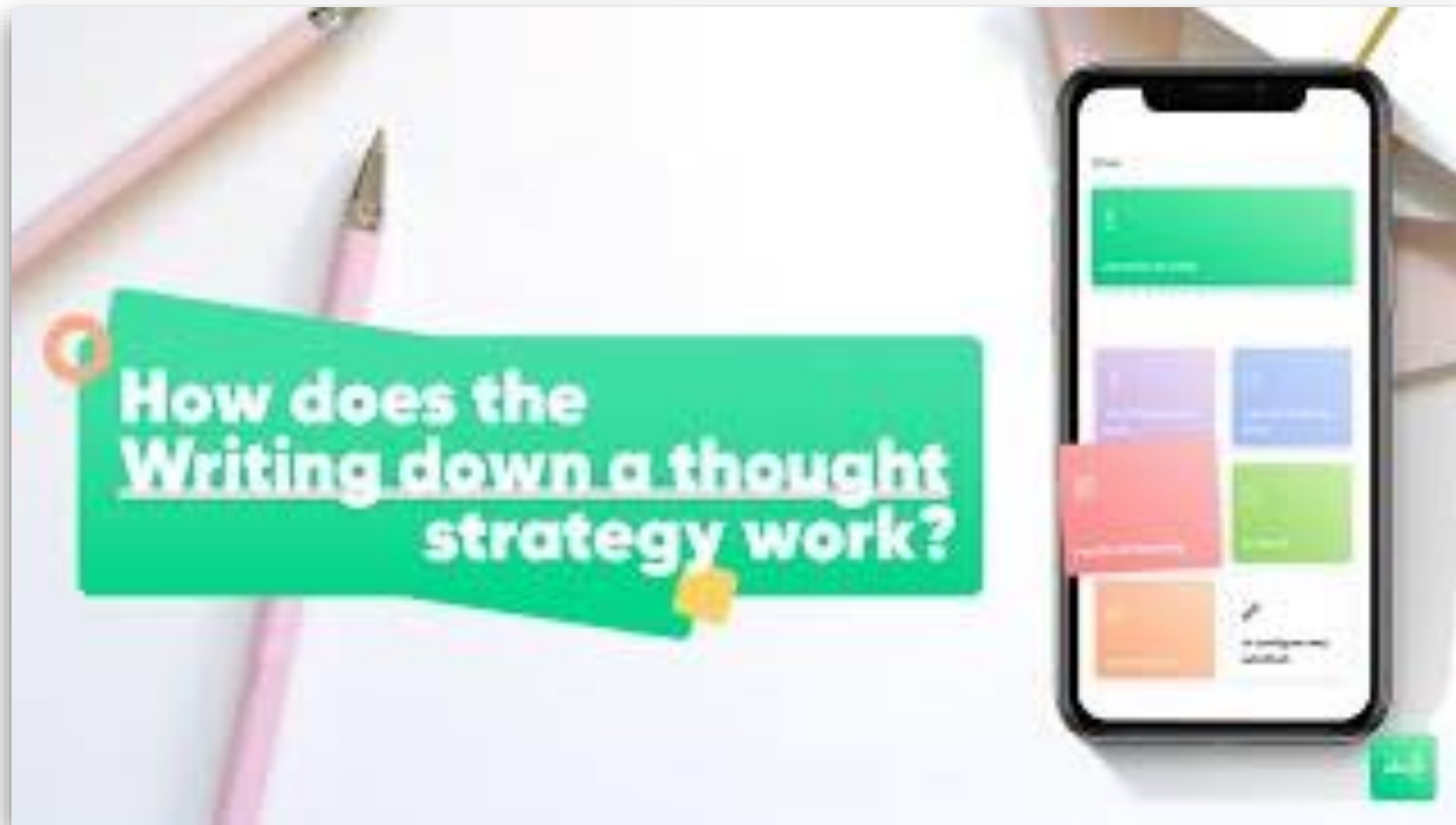
## Kwit mobile app (6)

**Breathing to fight a craving? It's possible with Kwit's Breathing exercise**



## Kwit mobile app (7)

Write your memories with Kwit



## Kwit mobile app (8)

**Need motivation? Shake up your phone with Kwit**





## Kwit mobile app (9)

Follow your substitutes consumption with Kwit





## 5.2.2 Information on screen addiction

### Objectives

- To explore a specific screen addiction application in an interactive way
- To experiment with the functionalities of the application in a hands-on manner.
- To share experiences and lessons learned



\*Some of these applications are completely free, while others have paid features.

## Apps for screen addiction

Applications	Description	Download link
	Available in English, French, German, Spanish, Chinese, Japanese, Korean, Portuguese, Russian and Italian.	<a href="#">Android</a> - <a href="#">IOS</a>
	Available on Android in English, French, German, Spanish, Chinese, Japanese, Korean, Portuguese, Russian and Italian.	<a href="#">Android</a>
	Available in English, French, German, Spanish, Chinese, Japanese, Korean, Portuguese, Russian, Italian, Dutch, Polish, Turkish and Arabic.	<a href="#">Android</a> - <a href="#">IOS</a>
	Available in English, French, German, Spanish, Chinese, Japanese, Korean, Portuguese, Russian, Italian, Dutch, Polish, Turkish and Arabic.	<a href="#">Android</a> - <a href="#">IOS</a>
	This application allows parents to manage their children's screen time on Android devices. It is available in over 40 languages.	<a href="#">Android</a> - <a href="#">IOS</a>
	This application lets you block applications and websites, set screen time limits and track your child's activity on their device. It is available in over 20 languages.	<a href="#">Android</a> - <a href="#">IOS</a>
	This application offers features similar to Kidslox, as well as the ability to track your child's location and freeze their device. It is available in over 15 languages.	<a href="#">Android</a> - <a href="#">IOS</a>
	Available in English, French, German, Spanish, Chinese, Japanese, Korean, Portuguese and Russian.	<a href="#">IOS</a>

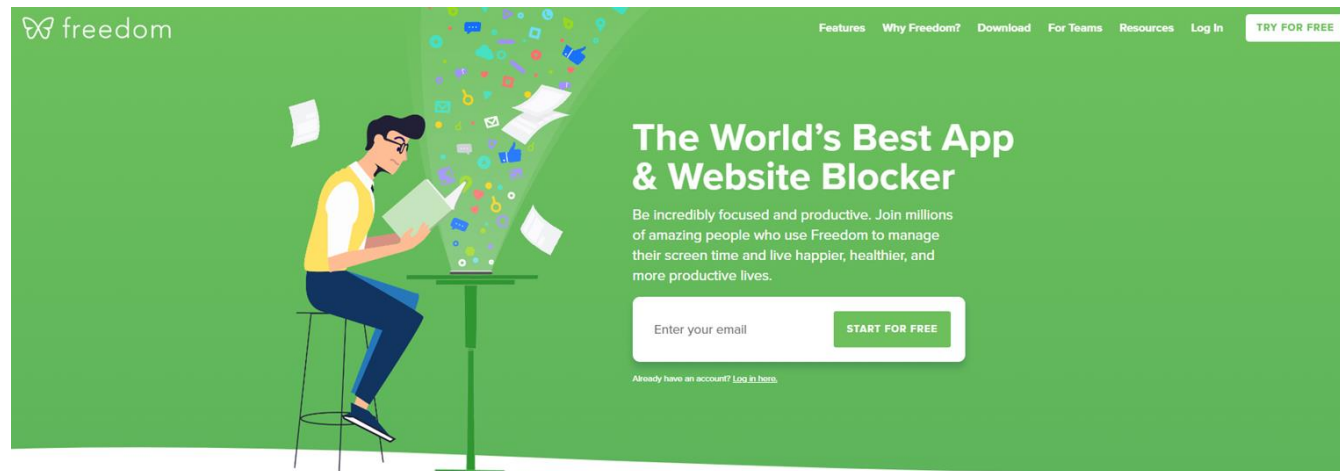
## Discovering the mobile app Freedom - Block Distractions



## Freedom - Block Distractions app (1)

### Factsheet

- **Name:** Freedom – Block Distractions
- **Owner:** [Eighty Percent Solutions Corporation](#)
- **Website:** <https://freedom.to/>
- **Available on** Apple App Store and Google Play Store
- **App usable on** smartphones and tablet PCs
- **App requires** user account
- **Languages of App:** Available in English, French, German, Spanish, Chinese, Japanese, Korean, Portuguese, Russian, Italian, Dutch, Polish, Turkish and Arabic.
- Kwit offers a **free 7 day trial** – after completion a yearly subscription comes at a cost of 44,99€. (4,08€)
- You can cancel your membership during the first 7 days and enjoy the 7 day trial without costs or use the free version



## Freedom - Block Distractions app (2)

Get started



## Freedom - Block Distractions app (3)

### How to Block Apps on iPhone with Freedom



## Freedom - Block Distractions app (4)

### How to Create or Edit a Blocklist in the Freedom App





## Freedom - Block Distractions app (5)

### How to Schedule Block Sessions



## Freedom - Block Distractions app (6)

### How to end a Block Sessions



# Activity: Time for action!

## Activity - Choose one app

- Choose one application
- Explore the different features
- Apply the session in 10-15 minutes

### After completing the session:

- Share the experience
- Lessons learned
- Challenges or difficulties





# MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!  
You have completed the teaching  
session of this module!

