MIG-HEALTH APPS
Mobile Health Apps for Migrants

Experiential Training Activities

ETA 7

Health Apps for Women's Health

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Content

1 About the Module

Objectives

In many societies women represent a disadvantaged group characterised by a discrimination that is rooted in sociocultural factors. Nowadays, even in developed Countries, medical science still suffers from the consequences of gender bias and social stigma that fostered a male-centred approach to health. Therefore, women's health is a matter of global interest as inequalities in accessing healthcare persist, especially in developing countries and among migrant women. Women's Health Apps could help women address these inequalities, as one of the components of the self careself-care approach.

Hence, the main objective of this module is to raise awareness of what women's health is and the impact it has on the daily lives of women themselves and the community as a whole. This Experiential Training Activity also aims to increase the awareness of learners about health self-management and the benefits it can bring, especially to migrant women. During this module, a series of women's health related applications will be presented and participants will be taught how to use them through case studies and activities. The aim is to help learners become familiar with the use of this family of health apps, in order to empower them (and possibly the community they belong to) by improving their health self-management.

Participants and roles

- Newcomer migrants; learners. Migrant women interested in improving the self-management of their health and their family memebers.
- Migrants Peers; learners or trainers after being trained as trainers. When they will attend as trainees, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language and cultural barriers.
- Supports: learners or trainers after being trained as trainers. When they will attend as trainees, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language and cultural barriers.

Learning outcomes

- Learners will be able to identify which aspects of Women's health are more relevant for them and the community they belong to, e.g. by becoming a peer supporter or a Community Health Educator.

Μορφοποιήθηκε: Βασικό, Εσοχή: Αριστερά: 0,63 εκ.

- Migrant women will be able to identify the main areas where their health self-management can be reinforced.
- Learners will know how to use a set of Health Apps and can benefit from them.
- Learners will benefit more from accessing local health services, being more aware of women's health issues.

Training contents

- Women's Health and Gender Bias.
- Self-care.
- Basic concepts of women's health and related apps:
- Menstrual cycle tracker Apps;
- Pregnancy & Baby Tracker Apps;
- Menopause related Apps;
- Screening and Prevention related Apps.

Estimated duration

- Teaching sessions: 3:30 hours
- Experiential training session: 1 30 hours
- Self-study supported by e-learning tools: 2 hours
- ~~Experiential training session: 1 30 hours~~
- Closure session: 30 minutes

Resources

- Training materials: ppt. for didactic session.
- Training material: activities, quizzes.
- E-training platform and App training tool.
- Health Apps: Examples of Health Apps covering different areas of Women's health (menstrual cycle, Pregnancy and Post-partum, Perimenopause and Menopause, Screening and prevention).
- Other: Complementary readings, links to external websites, videos, content and tools from existing projects.
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Μορφοποιήθηκε: Παράγραφος λίστας

2 Training Content

2.1 Teaching Session

Step and duration	Content
7.1.1. **Introduction & Presentation** 30 minutes	The trainer will shortly introduce the Mig-Health Apps project and the organisation of the training course to the learners. The trainees will introduce themselves and will outline their main characteristics, including level of basic digital skills. This introduction will highlight the following aspects: ▪ Health Apps project short introduction ▪ Icebreaker Activity Resources: PPT
7.1.2. **Health Apps for Women's health** 30 minutes	The trainer will introduce to the learners the concept of women's health, its importance for the community as a whole, the concept of Self-care and its benefits. The trainer will then introduce the main aspects of women's health (without detailing them, as they will be detailed in further training activities) and ask the learners to give first feedback on their own knowledge of the topic. Some guiding questions could be: • What are the most important women's health issues for you? • Are you familiar with Self-Management of these issues? • What are the main problems you find?

Step and duration	Content
	The trainer will collect the main opinions and promote the sharing of experiences.
	The session will cover the following topics:
	- What is women's health and its importance - What are women's health apps - Advantages of using women's health apps
	Resources: PPT
7.1.3. **Menstrual cycle and Contraception methods** 30 minutes	The trainer will introduce the concept of Health Apps related to Menstrual cycle tracking and contraception methods. After a general overview about the topic, the trainer will show some examples of these health apps. The aspects to be covered in this session are: - Basic concepts about menstrual cycle and contraception methods. - Reasons for using menstrual cycle trackers. - Identify and classify menstrual cycle tracker apps. - Compare the features and functionalities of each of them. Resource: PPT
7.1.4. **Pregnancy and post-partum** 30 minutes	The trainer will introduce the concept of Health Apps related to Pregnancy and post-partum. After a general overview about the topic, the trainer will show some examples of these health apps.

Step and duration	Content
	The aspects to be covered in this session are: ▪ Basic concepts about pregnancy and post-partum. ▪ Maternal health and pregnancy care. ▪ Identify and classify pregnancy tracker apps. ▪ Compare the features and functionalities of each of them. Resource: PPT
7.1.5. **Screening and Prevention** 30 minutes	The trainer will introduce the concept of Health Apps related to Screening and Prevention. After a general overview about the topic, the trainer will show some examples of these health apps. The aspects to be covered in this session are: ▪ Basic concepts about gender differences in health. ▪ Gynecologic & Breast cancers. ▪ Prevention and Screening. ▪ Examples of Health Apps in this area. Resource: PPT
7.1.6. **Menopause** 30 minutes	The trainer will introduce the concept of Health Apps related to Menopause. After a general overview about the topic, the trainer will show some examples of these health apps. The aspects to be covered in this session are: ▪ Basic concepts about menopause. ▪ Benefits of menopause apps. ▪ Examples of Health Apps in this area.

Step and duration	Content
	Resource: PPT
7.1.7. **Assessment** 30 minutes	Learners will sit in a circle and discuss what they thought of the women's health related apps. Each of the learners will evaluate these apps and what they think are their greatest benefits. A satisfaction questionnaire will then be handed out, and the trainer will thank everyone for attending the sessions.

2.2 Experiential training session

Step and duration	Content
7.2. **Interactive use of health apps for Women's health** 2 hours	The trainer will ask learners to participate in a challenge in which they will have to use a women's health application. The trainer will explain how to do it and what the parts are. The activity will be carried out as follows: The trainer will upload to the online platform step by step how learners have to perform the activity in order for them to do this activity asynchronous - The first step is to define a specific area of interest in women's health. - Afterwards, they have to establish the objectives they want to achieve in order to know how to deal with the situation in an appropriate way.

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Step and duration	Content
	- Once the objectives have been established, each of the users has to select the women's health application that they believe will help them the most to achieve their previously set objective. - Once the app is selected, users have to download it to their mobile phone. - Their mission is to search the app and see all the functions it has. Use it for approximately 15 minutes every day for a week. - After using the app for one week, each learner will comment on the online platform on how they found the application they selected, and if its functions really help and correspond to the objectives they had set for themselves. With this activity, the trainer will assess that learners are aware of the main aspects of women's health and are able to set goals to manage them, and if they are able to select the health app that best corresponds to the proposed objectives, as well as knowing how to use it correctly. Resources: - Online Platform, - PPT and Mobile Apps

2.3 Self-learning supported by online training tools

Step and duration	Content
7.3. **Self-Assessment** 1:30 hours	The trainer will ask the learners to complete a Quiz in the e-Training Platform in order to assess the knowledge gained from the two previous sections. This questionnaire will assess: - Importance of women's health and the impact it has on the community as a whole. - Basic knowledge of Women's health issues. - Role of women's health apps in self-care. Based on the results, the trainer will help each of the users in the aspects that they have more difficulties with. Trainees will report to each other their experiences using the health app and share a conclusion on benefits of the apps for women's health in their own lives. Resources: - Questionnaire. - Online training platform.

2.4 Closure session

Step and duration	Content
7.4. **Closing** 30 minutes	This part includes a summary of main lessons learned from the training. Trainers facilitate a discussion based on individual experiences during self-learning and experiential

	training sessions to draw conclusions on perceived benefits of health apps for women's health.
	
	Resources:
	
	   ▪ PPT
	   ▪ Communication tools available in the e-Training Platform

3 Bibliography

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▪ World Health Organization. Self-care interventions for health.

https://www.who.int/health-topics/self-care#tab=tab_1

▪ Medecins Sans Frontieres. Practicing self-care: empowering women to manage their own health.

https://www.msf.org/empowering-women-practice-self-care

▪ NHS. Your contraception guide.

https://www.nhs.uk/conditions/contraception/contraceptive-implant/?tabname=methods-of-contraception

▪ Ministero della Salute. Salute della donna.

https://www.salute.gov.it/portale/donna/homeDonna.jsp

▪ Ministero della Salute. Salute riproduttiva.

https://www.salute.gov.it/portale/fertility/homeFertility.jsp

▪ World Health Organization. Maternal health.

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https://www.who.int/health-topics/maternal-health#tab=tab_2

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- Office on Women's Health. Addressing sex differences in health.

https://www.womenshealth.gov/30-achievements/27

Αλλαγή κωδικού πεδίου

- NHS. Osteoporosis.

https://www.nhs.uk/conditions/osteoporosis/

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- Centers for Disease Control and Prevention. Screening Tests.

https://www.cdc.gov/cancer/dcpc/prevention/screening.htm

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- Centers for Disease Control and Prevention. Gynecologic Cancer Awareness.

https://www.cdc.gov/cancer/dcpc/resources/features/gynecologiccancers/index.htm

Αλλαγή κωδικού πεδίου

- World Health Organization. Cervical cancer.

https://www.who.int/health-topics/cervical-cancer#tab=tab_1

Αλλαγή κωδικού πεδίου

- World Health Organization. Breast cancer.

https://www.who.int/news-room/fact-sheets/detail/breast-cancer

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- Office on Women's Health. Menopause basics.

https://www.womenshealth.gov/menopause/menopause-basics

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- MSD MANUAL. Women's Health Issues.

https://www.msdmanuals.com/home/women-s-health-issues

Αλλαγή κωδικού πεδίου

4 Appendix - Health Apps for Women's health

Name	Owner	Country	Cost	Platform (link)	Target Group	Description
Maya	Plackal Tech	India	Free/Premium	Android https://play.google.com/store/apps/details?id=in.plackal.lovecyclesfree APP Store https://apps.apple.com/us/app/maya-my-period-tracker/id492534636	Women's health – Menstrual cycle	Cycle and Health Tracking, Fertility Prediction, Pregnancy Tracking, Community for Women
WomanLog	Pro Active App SIA	Latvia	Free/Premium	Android https://play.google.com/store/apps/details?id=com.womanlog&hl=it&gl=US APP Store https://apps.apple.com/it/app/womanlog-calendario-mestruale/id421360650	Women's health – Menstrual cycle	Cycle Tracking, Fertility Prediction, Symptoms Tracking, Reminders

Name	Owner	Country	Cost	Platform (link)	Target Group	Description
Flo	Flo Health Inc.	United Kingdom	Free (14 days)/Premium	Android https://play.google.com/store/apps/details?id=org.iggymedia.periodtracker&referrer=af_tranid%3DH0ias6piPXqj2Ib59yaLlQ%26c%3Dandroid_top_banner%26af_ad%3Dbanner-main_page-top%26pid%3DWebsite%26af_adset%3D%2F APP Store https://apps.apple.com/it/app/calendario-mestruale-flo/id1038369065	Women's health – Menstrual cycle	Cycle Tracking, Fertility Prediction, Pregnancy Tracking, Resources and articles
Clue	Biowink GmbH	Germany	Free/Premium	Android https://play.google.com/store/apps/details?hl=en&id=com.clue.android&referrer=adjust_reftag%3DcgN0r3ThhT3Y7%26utm_source%3DContent%26utm_campaign%3DNon-Article%2BPage%26utm_content%3D%252F%26utm_term%3DHome%2BPage&pli=1 APP Store https://apps.apple.com/us/app/clue-period-tracker-calendar/id657189652	Women's health – Menstrual cycle	Cycle Tracking, Symptoms Tracking, Reminders, Fertility Prediction, Pregnancy Tracking

Μορφοποίησε: Αγγλικά (Ηνωμένου Βασιλείου)

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Name	Owner	Country	Cost	Platform (link)	Target Group	Description
Period Calendar Period Tracker	Simple Design Ltd.	Hong Kong	Free/Premium	Android https://play.google.com/store/apps/details?id=com.popularapp.periodcalendar&hl=en&gl=US	Women's health – Menstrual cycle	Cycle Tracking, Fertility Prediction, Symptoms and moods tracker, Reminders
My Calendar Period Tracker	SimpleInnovation LLC	United States of America	Free/Premium	Android https://play.google.com/store/apps/details?id=com.lbrc.PeriodCalendar&hl=en&gl=US APP Store https://apps.apple.com/pl/app/cycle-tracker-period-calendar/id1064911742	Women's health – Menstrual cycle	Cycle Tracking, Fertility Prediction, Symptoms and moods tracker, Reminders, Highly customizable
Pregnancy Tracker	Amila Tech Limited	Cyprus	Free	Android https://play.google.com/store/apps/details?id=com.easymobs.pregnancy&hl=en_US APP Store https://apps.apple.com/in/app/pregnancy-app/id1243672846	Women's health - Pregnancy & Baby Tracker	Pregnancy Tracking, Resources and articles, calculate current week of pregnancy, calculate due date, track pregnancy weight, track baby kicks and contractions, track the progress of pregnancy bump, make notes of pregnancy symptoms and doctor appointments

Name	Owner	Country	Cost	Platform (link)	Target Group	Description
Pregnancy App & Baby Tracker	BabyCenter	United States of America	Free	Android https://play.google.com/store/apps/details?id=com.babycenter.pregnancytracker&hl=en APP Store https://apps.apple.com/us/app/pregnancy-tracker-babycenter/id386022579?mt=8	Women's health - Pregnancy & Baby Tracker	Pregnancy Tracking, Fertility Prediction, 3-D Fetal development videos, tips, pregnancy workouts and nutrition advice, Pregnancy calendar, Baby Names Finder, Baby Registry Checklist, Online Birth Class and more
Ovia Pregnancy & Baby Tracker	Ovia Health	United States of America	Free	Android https://play.google.com/store/apps/details?id=com.ovuline.pregnancy&hl=en_US APP Store https://apps.apple.com/us/app/ovia-pregnancy-baby-tracker/id719135369	Women's health - Pregnancy & Baby Tracker	Womb View 3D illustrations for each pregnancy week, visual baby due date countdown and weekly videos and content about pregnancy symptoms, body changes, and baby tips, Baby Size Comparison, Baby Names Finder, Pregnancy tracker and baby growth calendar and more
Pregnancy & Baby Tracker – What to Expect	Everyday Health Inc.	United States of America	Free	Android https://play.google.com/store/apps/details?id=com.wte.view&hl=en_US APP Store	Women's health - Pregnancy & Baby Tracker	Due Date Calculator, Pregnancy Tracking, Baby Size Comparison, Keep track of symptoms, pregnancy weight, kick counts and memories, Expert-reviewed articles on pregnancy symptoms and health, videos and more

Name	Owner	Country	Cost	Platform (link)	Target Group	Description
				https://apps.apple.com/us/app/pregnancy-baby-tracker-wte/id289560144?mt=8		
Pregnancy Tracker - Sprout	Med ART Studios	United States of America	Free/Premium	Android https://play.google.com/store/apps/details?id=com.mas.apps.pregnancy&hl=en_US APP Store https://apps.apple.com/ng/app/pregnancy-tracker/id441977097	Women's health - Pregnancy & Baby Tracker	Due date calculator, Daily and weekly information about mother and developing baby, Weight Tracker, Kick Counter, Contraction Timer, Checklists and more
Pregnancy Tracker – Momly	Listonic	Poland	Free/Premium	Android https://play.google.com/store/apps/details?id=com.pregnancy.tracker.due.date.countdown.contraction.timer&hl=en_SG	Women's health - Pregnancy & Baby Tracker	Pregnancy Week by Week – Tips and Articles, Baby Size Visualizer, Due date countdown, Pregnancy calendar, List of baby names, Contraction timer, Birth plan, Hospital bag Checklist, Baby shopping list and more
Keep a Breast App	Keep a Breast Foundation	United States of America	Free	Android https://play.google.com/store/apps/details?hl=en_US&id=org.keep_a_breast.kabapp APP Store	Women's health – Screening & Prevention	Step-by-step self-check tutorial featuring animated gifs, Scheduling feature based on menstrual cycle, Breast health resources and information, Direct connection to virtual care via Carbon Health, Stories from breast cancer survivors, Rewards for users who

Name	Owner	Country	Cost	Platform (link)	Target Group	Description
				https://apps.apple.com/us/app/keep-a-breast/id1518953075		check themselves monthly, In-app sharing feature
Know Your Lemons – Self Exam	Know Your Lemons Foundation	Global	Free	Android https://play.google.com/store/apps/details?id=com.knowyourlemons.app&pli=1 APP Store https://apps.apple.com/us/app/know-your-lemons-breast-check/id1420212829	Women's health – Screening & Prevention	Self-check tutorial, Scheduling feature based on menstrual cycle, personal screening plan, Breast health resources and information
Becca – Breast Cancer Support	Breast Cancer Now	United Kingdom	Free	Android https://play.google.com/store/apps/details?id=com.yourcompany.becca&hl=en_GB APP Store https://apps.apple.com/gb/app/becca-breast-cancer-support/id1228082090	Women's health – Screening & Prevention	Collection of information and support from a variety of sources, including specialists, online publications and the breast cancer community: medication side effects, stories from surgery, tips on relationships, dealing with menopausal symptoms. Blogs, suggested podcasts, recipes, makeup tutorials, exercise regimes and articles from qualified dietitians, nurses and medical professionals
OWise Breast Cancer Support	Px HealthCare Group Ltd.	United Kingdom	Free	Android	Women's health – Screening & Prevention	Personalised medical information, tracking tools (treatment experiences, side effects, overall quality of life), Reminders and more

Name	Owner	Country	Cost	Platform (link)	Target Group	Description
				https://play.google.com/store/apps/details?id=nl.onesixty.owise&hl=it&gl=US APP Store https://apps.apple.com/us/app/owise-breast-cancer-support/id558158100		
Mon dépistage: Cancer	Centre Régional du Dépistage des Cancers	France	Free	Android https://play.google.com/store/apps/details?id=fr.crcdc.mondepistagecancer&hl=fr APP Store https://apps.apple.com/us/app/mon-d%C3%A9pistage-cancer/id1330177078	Women's health – Screening & Prevention	Cancer risk assessment, Screening orientation
Health & Her Menopause App	Health & Her	United Kingdom	Free	Android https://play.google.com/store/apps/details?id=com.healthandher&hl=en_GB&pcampaignid=pcampaignidMKT-Other-global-all-co-prtnr-py-PartBadge-Mar2515-1 APP Store	Women's health – Menopause	Personal trainer for menopause, symptom toolkit, daily reminders, library of expert content, daily symptom assessment, Dedicated period tracking

Name	Owner	Country	Cost	Platform (link)	Target Group	Description
				https://apps.apple.com/gb/app/health-her-menopause-app/id1519199698		
Balance – Menopause Support	Balance App Ltd.	United Kingdom	Free/Premium	Android https://play.google.com/store/apps/details?id=com.balance_app.app&hl=en_GB&gl=US APP Store https://apps.apple.com/gb/app/balance-menopause-support/id1503345959	Women's health – Menopause	Collection of evidence based expert articles, symptoms and periods tracking, Health Report©, community, mental health and mood tracking, Monitor sleep quality
Femilog	Femilog Holding Aps	Denmark	Free (14 days)	Android https://play.google.com/store/apps/details?id=com.femilog.femi_log APP Store https://apps.apple.com/us/app/femilog-menopause-mental-care/id1528293313	Women's health – Menopause	Symptoms tracking, personalized in-depth suggestions, Quiz on menopause and more
Omena - Ménopause	Wempo Technologies	France	Free/Premium	Android	Women's health – Menopause	Expert advice to reduce menopause symptoms, The app also includes over 80 explanatory articles written by doctors to help

Name	Owner	Country	Cost	Platform (link)	Target Group	Description
				https://play.google.com/store/apps/details?id=com.Wempofirstrelease.android APP Store https://apps.apple.com/fr/app/omena-m%C3%A9nopause/id1575725968		women understand their body during this time of hormonal transition
Evia: Menopause Hypnotherapy	Mindset Health	Australia	Free trial (7 days)	Android https://play.google.com/store/apps/details?id=com.mindsethealth.meno&hl=en_US APP Store https://apps.apple.com/us/app/evia-hot-flashes-menopause/id1582336046	Women's health – Menopause	5-Week Core Program with evidence-based hypnotherapy, Relaxing 20-minute daily sessions, supportive Maintenance Program to help maintain results after five weeks, relaxing Sleep Session, Daily educational readings about menopause and hot flashes, In-app chat support from real people
perry: Perimenopause Community	perry community	United States of America	Free	Android https://play.google.com/store/apps/details?id=uk.co.disciplemedia.perry APP Store https://apps.apple.com/us/app/perry-perimenopause-community/id1544428724	Women's health – Menopause	Perry community (Groups related to specific perimenopause and menopause related topics, Chat in group conversations or one by one), research-backed courses & tutorials, Regular live events with menopause experts