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# MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

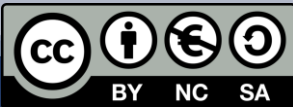
**Module 1 - Self-learning session (1.3)**

**General awareness on the relevance of self-management and Health apps**



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# Self-learning Session: Content

1. Quiz and Self-assessment

**What is the main objective of the Mig Health Apps project?**

*One answer is correct!*

A. The aim of MIG-HEALTH APPS is to show migrants training opportunities in different languages.

B. The aim of MIG-HEALTH APPS is to increase the competences of migrants in using health apps

**Health apps can help us to...**

*One answer is correct!*

A. promote health

B. increase patients' autonomy

C. improve or monitor health

D. All answers are correct

**What will we find in the Mig Health Apps training programme?**

*One answer is correct!*

A. Games

B. Downloadable books

C. Photo editing tools

D. Health Apps

**Which of the following answers is correct?**

- A. The training programme includes the following sessions:
- Teaching sessions
  - Experiential training sessions
  - Self-learning supported by online training tools
  - Closing sessions

- B. The training programme includes the following sessions:
- Teaching sessions
  - Experiential training sessions
  - Closing sessions

**Which of these topics can you find in the Mig-Health Apps training programme?**

*Two answers are correct!*

A. Health Apps for Physical Activity

B. Health Apps for pets care

C. Women's Health and relevant Apps

D. Health Apps for recycling





# MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!

You have completed the self-learning of this module!

