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MIG-HEALTH APPS
Mobile Health Apps for Migrants

https://apps4health.eu/

Module 1 - Closure session (1.4)
General awareness on the relevance of self-management and Health apps

Partners

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www.uv.es

OXFAM ITALIA INTERCULTURA
AREZZO, ITALY
www.oxfamitalia.org/

PROLIPSIS
ATHENS, GREECE
www.prolepsis.gr

WESTFALISCHE HOCHSCHULE GELSENKIRCHEN,
BOCHOLT, RECKLINGHAUSEN
GELSENKIRCHEN, GERMANY
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

COORDINA ORGANIZACIÓN DE EMPRESAS Y
RECURSOS HUMANOS, S.L.
VALENCIA, SPAIN
coordina-oerh.com

AMSED
STRASBOURG, FRANCE
www.amsed.fr

Objectives

✓ Mig health apps programme sum-up

✓ Health self management sum-up

✓ Main areas of the programme

Source: Image by nuraghies on Freepik

Competences

✓ Summary of the main lessons learned from the ETA 1

Image by vectorjuice on Freepik

Mig Health Apps (1)

- The aim of the Mig Health Apps project is to increase migrants' competencies in the use of health applications.

Mig Health Apps (2)

- The Training Program is structured into a set of "Experiential Training Activities"

- **ETA1.** General awareness on the relevance of self-management and Health Apps
- **ETA2.** How to search and select Health Apps
- **ETA3.** Health Apps for Physical Activity
- **ETA4.** Health Apps for Rest Routines
- **ETA5.** Health Apps for Substances Use
- **ETA6.** Health Apps for Nutrition
- **ETA7.** Health Apps Women's Health
- **ETA8.** Health Apps for Children's Care
- **ETA9.** Health Apps for the Elderly
- **ETA10.** Health Apps for Mental Health Problems
- **ETA11.** Health Apps for Healthcare Services

Use of health Apps

- The use of health applications has been increasing in recent years and can be a useful resource to enhance the well-being of migrants.

- Health apps can promote health and primary disease prevention, help people with chronic diseases to manage their medical conditions, improve adherence to treatment , increase patients' autonomy

Provide Feedback & Discuss

▪ Do you think this course has been **useful**?

▪ Do you think you will **use** any of the module apps?

▪ From your experience, do you consider that these applications **help to achieve** the objectives?

▪ Can you comment on any **positive experience** you have had with the application used?

Congratulations!
You have completed this module!