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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**



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

### Objectives

- ✓ Mig health apps programme sum-up
- ✓ Health self management sum-up
- ✓ Main areas of the programme



[Source: Image by nuraghies on Freepik](#)



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

## 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?







# MIG-HEALTH APPS

Mobile Health Apps for Migrants

**Congratulations!**  
You have completed this  
module!

