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MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

Module 1 - Experiential Training session (1.2)
General awareness on the relevance of self-management and Health apps



Co-funded by
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Experiential Training Session: Content

1. [Interactive Health Activity Challenge](#)
2. [Real life integrations](#)
3. [Action Planning and goal setting \(SMART goals\)](#)

Objectives

- Introduce learners to the use of health applications for self-health management



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1.2.1

Interactive Health Activity Challenge

- The trainer will ask the learners to engage in a health challenge using one of the health applications offered in Mig-Health Apps.



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1. Interactive Health Activity Challenge

The trainer will ask the learners to engage in a health challenge using one of the health applications offered in Mig-Health Apps.



Access the Mig-Health Apps platform

- 1 Access the Mig-Health Apps platform and explore the possibilities of themes offered in the Experiential Training Activities



Select the topic/ETA

- 2 Select the topic you are interested in and access that ETA, download the health application you want to use.



Use the platform

- 3 Participants will subsequently use the application asynchronously for one or two weeks.

Participants will then return to the platform to comment on their experience through commentaries or videos.





1.2.2

Real life integrations – Implementation of SMART goals

- The trainer will provide to learners' several real-life scenarios and situations of how health apps have help individuals' health in general.



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Scenario 1

- Maria has just arrived in Spain, where she is going to live from now on, and she needs to make a doctor's appointment, but she doesn't know very well how the health system works in this country.
- Maria can access the Mig-health apps programme, ETA 11 Health Apps for Healthcare Services, and open the content, where she will find information about the health system and links to make an appointment.



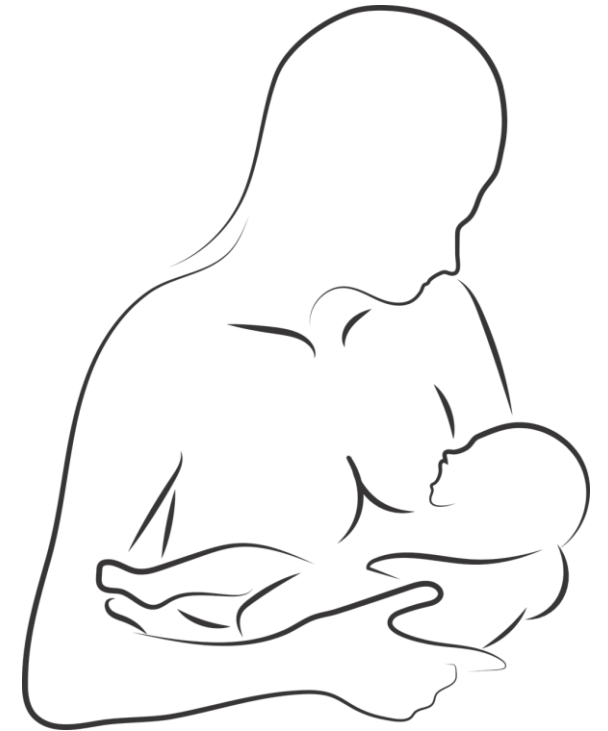
Scenario 2

- Hakim has been having trouble sleeping for a few days now, he has made an appointment with his doctor but it is not for another 10 days.
- In the meantime, he can access the Mig-health Apps programme, ETA4 Health Apps for Rest Routines and look for one of the apps offered to monitor his sleep routine.
- This way, he can give more detailed information to his doctor.



Scenario 3

Delia and Mahir are new parents and would like to learn more about caring for newborns. Through the Mig-Health Apps programme, they have downloaded an app that allows them to monitor their baby's sleep, so that when they go to the pediatrician they can tell him exactly what their baby's sleeping habits are like.





1.2.3

Action Planning and goal setting for your Health

- The trainer in this session will highlight the importance of action planning and goal setting in using apps for maintaining or improving migrant's health.



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Action planning and goal setting

In the previous activity the participants in the session have chosen from the Mig-health Apps programme which health topic they are interested in and now we ask:

"Is there anything you would like to work on to help you achieve your health goal?"



Action plans are detailed descriptions of the actions a person will take to achieve a goal.

Step 1: Set a SMART goal

Step 2: Identify tasks

Step 3: Allocate resources

Step 4: Prioritise tasks

Step 5: Set deadlines and milestones

Step 6: Monitor and review the action plan

Action planning and goal setting

Action plan steps:

1. Identifying a new objective
2. make a plan for achieving it

➤ SMART goals stands for Specific, Measurable, Achievable, Relevant, and Time-Bound

Example

Goal: I want to improve my diet

Plan: I download a nutrition App, select a diet that suits my lifestyle, follow the new diet for one month, evaluate my achievements after the deadline and readjust the plan if necessary.

Action planning and goal setting

Present your Health action plan



Each participant has 5 minutes to present their own action plan.



MIG-HEALTH APPS

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Congratulations!

You have completed the
experiential training session of
this module!

