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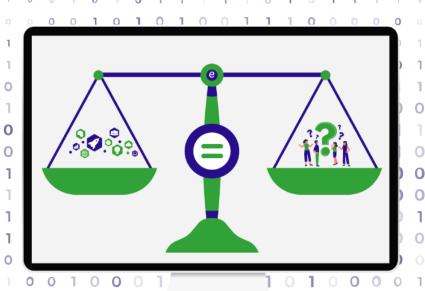
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How much do you know about e-health

Ecological Thinking!

Think before printing any dissemination material if it is necessary. In case something needs to be printed, it is worth thinking about where to print it (e.g., local print shop, ecofriendly online print shop, etc.), on what kind of paper (e.g., recycled paper, grass paper, other alternatives to usual white paper) and with what kind of colors.

Let's protect our environment!

How much do you know about e-health?

Domain	e-health literacy
Topic Covered	Linear scale on an individual's healthcare
Learning Outcomes and Competences	• Recognising and assessing their own knowledge, strengths and weaknesses on how to use online services to manage health. • Identifying the e-health related actions they can take or not in terms of taking care and monitoring their own health through online services. • Evaluating their knowledge concerning the credibility and reliability of online health information. • Developing competences such as information literacy, critical thinking, and research skills.
Duration	60 minutes approx.
Kind of Method	• non formal education • individual activity
Required Materials	• laptop/projector • papers/pens • whiteboard
Learning Setting and Activity Description	1. The educator introduces the topic of e-health to the learner by presenting the **slides 1 - 8 of the presentation.** 2. Then, the educator asks the learners to take Activity 1. The Activity 1 is a e-health literacy linear scale aiming to assess the strengths/weaknesses and basic knowledge of the learners in terms of using online services to manage their health. 3. The learners can follow the presentation slides 4 - 7 before taking the Activity. 4. The learners must go through each statement and answer accordingly through the scale of <u>strongly disagree - disagree - neither agree or disagree - agree - strongly agree.</u> 5. The purpose of the activity is for the learners to be able to recognise and assess their knowledge on using online services for their health, identify the e-health related actions they can take or not in terms of taking care and monitoring their own health through online services and in which parts they need improvement.
Activity Evaluation/ Reflection	How do you think e-health literacy could affect you personally? How good are you at using online services to manage your health? Do you think e-health services are useful? To what extent?
Supporting materials	**Presentation:** https://drive.google.com/file/d/1RUpxmdvInQ5W4z_Eg7-2J8i7XTaczAPU/view?usp=drive_link

How much do you know about e-health?

	strongly disagree	disagree	neither agree nor disagree	agree	strongly agree
I am aware of the reasons that e-Health services are beneficial to me					
I am able to understand why literacy is crucial in terms of monitoring my health remotely					
I am aware of the benefits that e-health services offer me (i.e., wearable devices, etc.)					
I am able to search, find and evaluate health resources on the internet					
I know how to use online resources to answer questions regarding my health					
I can distinguish between high quality and low-quality health resources on the internet					
I feel confident to use information from the internet to take decisions related to my health					
I know how to schedule or book a doctor's appointment via the Internet or phone calls.					
I don't feel confident when using electronic devices to contact a doctor or receive medical consultations					
I feel confident in using wearable devices and apps to monitor my health remotely, i.e., medications, daily steps..					
I am able to identify which symptoms correspond to any					

How much do you know about e-health?

	strongly disagree	disagree	neither agree nor disagree	agree	strongly agree
health issue through the use of internet resources					
I prefer contacting a doctor physically rather than use electronic devices to do so					
I acknowledge the benefits of health services, physical and remote, and I feel confident to use both options					

How much do you know about e-health?

Activity 2

Domain	**e-health**
Topic Covered	Test your nutrition, fitness and health knowledge
Learning Outcomes and Competences that can be acquired	● Assess their understanding of nutrition, fitness, and health concepts. ● Identify areas of strength and areas for improvement in their knowledge. ● Develop competences in nutrition literacy, fitness and e-health services knowledge, and critical thinking.
Duration	40 minutes approx.
Kind of Method	● non-formal education ● individual or group test
Required Materials	● laptop/mobile phone ● projector ● papers/pens ● whiteboard ● Quiz questions
Learning Setting and Activity Description	1. The educator introduces the topic of e-health by presenting the **slides 10 - 25 of the presentation.** 2. After completing the presentation, the educator invites the learners to complete a test to test their nutrition, fitness and health knowledge. 3. Educators introduce the purpose of the activity: to assess their knowledge on nutrition, fitness, and health, and they also explain the significance of having accurate knowledge in these areas for making informed decisions about one's well-being. 4. The learners go through the presentation slides and try to understand the concept of e-health in order to complete the test. 5. The learners must note that not all questions are related to the slides of the presentation but, meaning some questions are based on their own nutrition and fitness levels. The other questions are based on the presentation. 6. The learners must take the test and try to complete as many answers as they can.
Activity Evaluation/ Reflection	Do you think managing our health online is important? Why? How useful do you find health online services?
Supporting materials	**Presentation:** https://drive.google.com/file/d/1RUpxmdvInQ5W4z_Eg7-2J8i7XTaczAPU/view?usp=drive_link

How much do you know about e-health?

Activity 1 – Test your Nutrition, Fitness and Health knowledge

1.   **Which activity takes the most energy?**
   - 30 minutes of gardening
   - 30 minutes of Pilates
   - 30 minutes of gentle walking
   - All of the above. They are equal

2.   **Which of the following apps helps track daily health care?**
   - Apple+ Fitness
   - Apple Health
   - My Fitness Pal
   - Rimidi App
   - Medical ID App
   - All of the above

3.   **Wearable Health Technology such as smart watches, clothing, glasses, hats, bracelets, etc., can:**
   - Track vital signs, from heart rate and blood pressure to steps taken and burned calories.
   - Manage blood sugar levels for people with diabetes.
   - Monitor and collect information on our health and physical condition.
   - All of the above.
   - None of the above.

4.   **Using electronic portable devices and smartphones allows patients to book or reschedule online appointments with their healthcare providers.**
   - True
   - False

5.   **Contacting a health provider via telephone allow patients to receive medical consultations through video or voice calls, avoiding the need for an in-person visit.**
   - True
   - False

6.   **Sensors and wearables help with monitoring my health status and share the data with my healthcare provider.**
   - True
   - False

7.   **Managing medication via electronic portable devices and smartphones means that I can remind and alert myself to take medications, order refills, and track my medication history.**
   - True
   - False

8.   **Fitness and wellness apps offer an opportunity to track my progress, personalized exercise and nutrition programs and support me to maintain healthy habits.**
   - True
   - False

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9. **Using wearable technologies while exercising can help you count steps, track heart rate, calories, blood pressure and respiratory rate.**
- <mark>True</mark>
- False

10. **When should you use eHealth services?**
- when you want information about your medical history.
- when you want to contact a doctor.
- when you want to book an online appointment with a doctor.
- when you want to check the medication recommended by your doctor.
- when you want to look up information about an illness or symptom.
- <mark>All of the above.</mark>

How much do you know about e-health?

Activity 3

Domain	e-health
Topic Covered	Set up your health profile using health apps
Learning Outcomes and Competences	● View all your health progress and manage your health data in one place ● Set a schedule and get reminders for medications.
Duration	60 minutes approx.
Kind of Method	● non formal education ● interactive group activity
Required Materials	● mobile phone ● projector ● whiteboard
Learning Setting and Activity Description	1. The educator presents the following slides to the learners: **slides 26 - 45 of the presentation.** 2. After the completion of the presentation, the educator provides the learners with instructions which are included in the presentation on how to set up a health profile when using the Health App. 3. The learner follows all instructions provided by the educator in order to set up their health history. 4. After Activity 3, the learners must be able to track and manage their health progress in one convenient place, such as their phone. 5. The purpose of this activity is to support learners to set up their Health Profile on their mobile phones and help them add health information in it. 6. NOTE: The learners must be iPhone or Android users. Instructions for both iPhone & Android users are provided within the presentation.
Activity Evaluation/ Reflection	Did you have a hard time when setting up your Health Profile? Do you think it is helpful? Why?
Supporting materials	**Presentation:** https://drive.google.com/file/d/1RUpxmdvInQ5W4z_Eg7-2J8i7XTaczAPU/view?usp=drive_link

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Activity 3 – Set up your Health Profile

Instructions:

A) **Set up your Health Profile**
Step 1 Open the Health app and find the Summary tab.
Step 2 Tap your profile picture in the top right-hand corner.
Step 3 Tap Health Details, then tap Edit.
Step 4 Add your information, such as name, date of birth, age, sex, blood type, height, weight, etc.
Step 5 Tap Done.
Note: You can also set up your Medical ID by adding medical conditions, allergies & reactions, or medications, or register to be an organ donor from your profile.
Note: You can also add emergency contacts. Emergency contacts will receive a message saying that you have called emergency services when you use Emergency SOS. Your current location will be included in these messages.

B) **Add information about your health**
Step 1 Open the Health app and tap the Browse tab in the bottom right-hand corner.
Step 2 Tap a category, such as Medications.
Step 3 Tap *Add a Medication*.
Step 4 Add Medication Name and tab Next.
Step 5 Choose the Medication Type, i.e., capsule, liquid, cream, drops, etc., and tab Next.
Step 6 Add the Medication Strength i.e., mg, mcg, g, ml, %, and tab Next,
Step 7 If you don't want to add Medication Strength, tab Skip and move on to the next part.
Step 8 Add frequency of Medication, i.e., date and time you want to be reminded, and tab Next.
Step 9 Choose the shape of medicine or skip it, then tab next.
Step 10 Review your details and add any optional details or notes.
Step 11 When you've finished, tap Done

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Thank You !