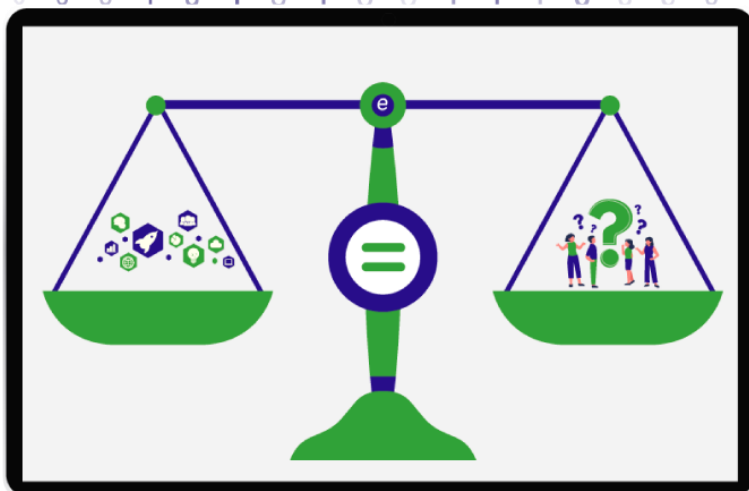




Proj. No: 2021-1-IT02-KA220-ADU-000035139

# Activity 3

## Set up your health profile using health apps





---

### **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, eco friendly 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!***



## Activity 3

|  |   |
|--|---|
| <b>Domain</b>  | <b>e-health</b>   |
| <b>Topic Covered</b>                                 | Set up your health profile using health apps  |
| <b>Learning Outcomes and Competences</b>             | <ul style="list-style-type: none"> <li>View all your health progress and manage your health data in one place</li> <li>Set a schedule and get reminders for medications.</li> </ul>   |
| <b>Duration</b>                                      | 60 minutes approx.  |
| <b>Kind of Method</b>                                | <ul style="list-style-type: none"> <li>non formal education</li> <li>interactive group activity</li> </ul>  |
| <b>Required Materials</b>                            | <ul style="list-style-type: none"> <li>mobile phone</li> <li>projector</li> <li>whiteboard</li> </ul>   |
| <b>Learning and Setting and Activity Description</b> | <ol style="list-style-type: none"> <li>The educator presents the following slides to the learners: <b>slides 26 - 45 of the presentation.</b></li> <li>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.</li> <li>The learner follows all instructions provided by the educator in order to set up their health history.</li> <li>After Activity 3, the learners must be able to track and manage their health progress in one convenient place, such as their phone.</li> <li>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.</li> <li>NOTE: The learners must be iPhone or Android users.</li> </ol> <p>Instructions for both iPhone &amp; Android users are provided within the presentation.</p> |
| <b>Activity Evaluation/ Reflection</b>               | <p>Did you have a hard time when setting up your Health Profile?</p> <p>Do you think it is helpful? Why?</p>  |
| <b>Supporting materials</b>                          | <p><b>Presentation:</b></p> <p><a href="https://drive.google.com/file/d/1RUpxmdvInQ5W4z_Eg7-2J8i7XTaczAPU/view?usp=drive_link">https://drive.google.com/file/d/1RUpxmdvInQ5W4z_Eg7-2J8i7XTaczAPU/view?usp=drive_link</a></p>  |



### 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 tap Next.

Step 5 Choose the Medication Type, i.e., capsule, liquid, cream, drops, etc., and tap Next.

Step 6 Add the Medication Strength i.e., mg, mcg, g, ml, %, and tap Next,

Step 7 If you don't want to add Medication Strength, tap 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 tap Next.

Step 9 Choose the shape of medicine or skip it, then tap next.

Step 10 Review your details and add any optional details or notes.

Step 11 When you've finished, tap Done



Co-funded by  
the European Union



**Thank You !**