



Personal Health Monitoring

Research Assessment

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EXECUTIVE SUMMARY

The goals and objectives our stakeholders have proposed, we have created a set priority based on what the research team can accomplish through user interviews.

This analysis performed by the entire user research team we had access in the following:

- Business goals
 - Research objectives and methods
 - Data analysis and synthesis
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BUSINESS GOALS

The project goal is to focus on what is best suited for discussions with users.

- To sync their device to their smartphone app
- What issues do people experience when apps do not sync correctly?
- Why do people set health / fitness goals?
- Sharing health / fitness data with health professionals



RESEARCH OBJECTIVES / METHODS

PARTICIPANTS:

Two participants with diverse backgrounds were recruited for this research. A third-party service recruited the participants and paid \$50 for participating in the interviews.

Questionnaires:

- What is your main health goal?
- Do you use a fitness device?
- How often do you set or sync your device?
- Do you track daily step counts?
- How often do you workout?
- Do you workout weekly, weekends, or daily?
- How many minutes per week of total physical activity?
- Do you measure your heart rate? How often?



PARTICIPANTS



PARTICIPANT - 1

Iroda, Female, 26yr old

A fitness guru, trying to lose weight and balance with work schedule to stay consistent

Video:

https://video.kent.edu/media/Iroda_Participant+2_Fitness+Device/1_ufib0nl8

- Kansas City, KS
- 2-yrs; Design Engineer



PARTICIPANT - 2

Ashley, Female, 30yr old

A great notification alert reminder to get up and walk around after sitting for a long period. And an indicator to take deep breaths and sleep patterns is measure.

Video:

https://video.kent.edu/media/Ashley+Fitness+Interview+-+Participant++1/1_pbfugtp7

- Chicago, IL
- 4-yrs; Petco Manager

THEME QUESTIONNAIRES

THEME 1

- What is your main health goal?
- Is it health related issues?
- Do you use a fitness device?
- How often do you set or sync your device?
- Any issues to syncing your device?

THEME 2

- Do you track your daily steps?
- Does it motivate you?
- What other features do you set?
- How often do you workout?
- Do you workout weekly, weekends, or daily?
- Do you prefer AM or PM workouts?



THEME QUESTIONNAIRES

THEME 3

- How many minutes per week of total physical activity?
- Do you measure your heart rate? How often?
- Do you review and compare your results?
- Do you advance your settings to meet higher goals?



RESEARCH OBJECTIVES / METHODS



A mixed method approach for this user research project, combining both moderated in person interviews and a moderated usability testing with predefined tasks.

Objective Goals:

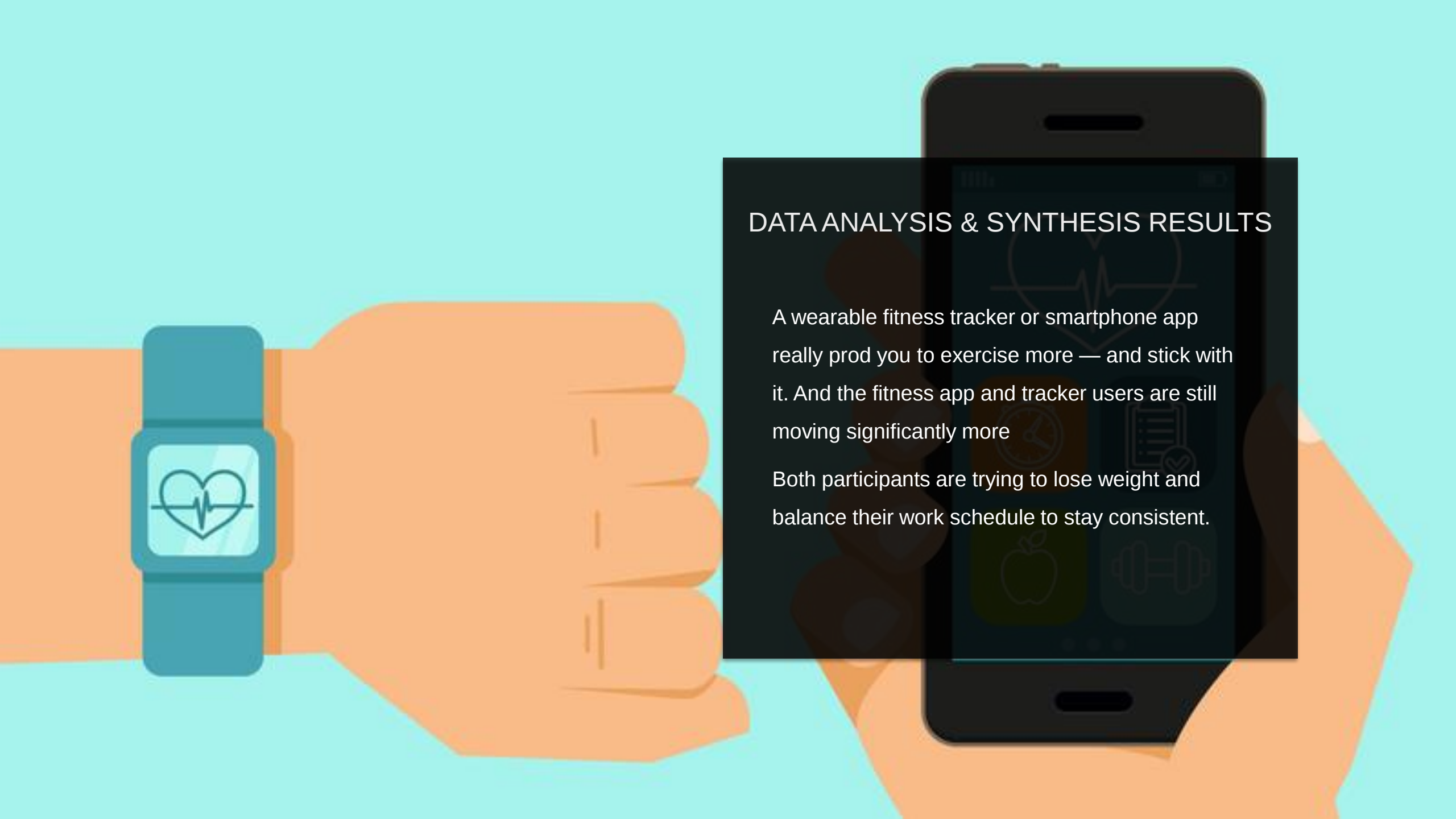
- Sync fitness device and any issues
- Set fitness goals
- Share health goals
- Collect data

Scope:

- Prep questionnaires / moderator's script
- Schedule 2-participants
- One-on-one recorded live sessions

Sum of Data:

- Create a comparison chart
- Overall analysis result
- Conclude final report



DATA ANALYSIS & SYNTHESIS RESULTS

A wearable fitness tracker or smartphone app really prod you to exercise more — and stick with it. And the fitness app and tracker users are still moving significantly more

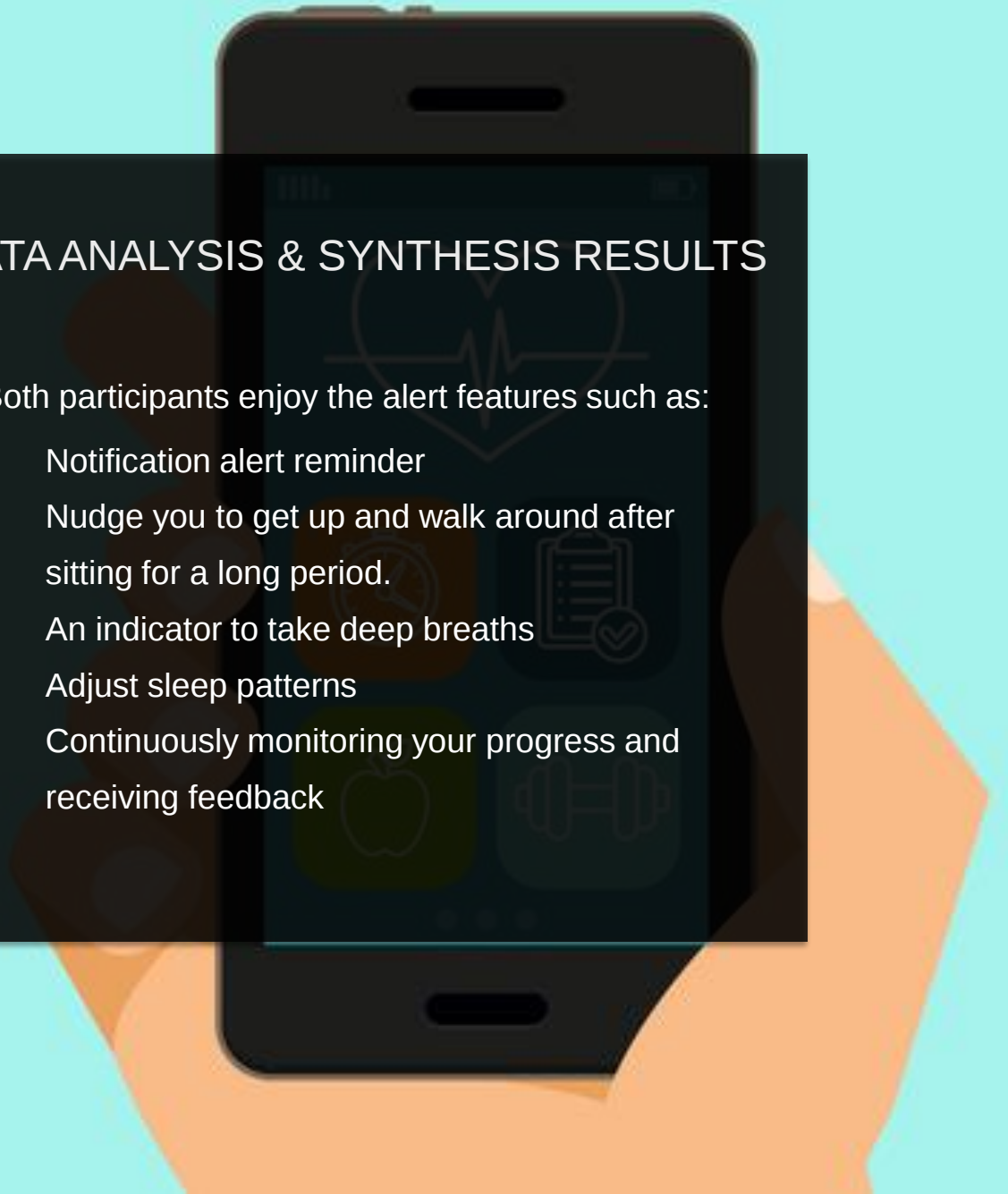
Both participants are trying to lose weight and balance their work schedule to stay consistent.



DATA ANALYSIS & SYNTHESIS RESULTS

Both participants enjoy the alert features such as:

- Notification alert reminder
- Nudge you to get up and walk around after sitting for a long period.
- An indicator to take deep breaths
- Adjust sleep patterns
- Continuously monitoring your progress and receiving feedback

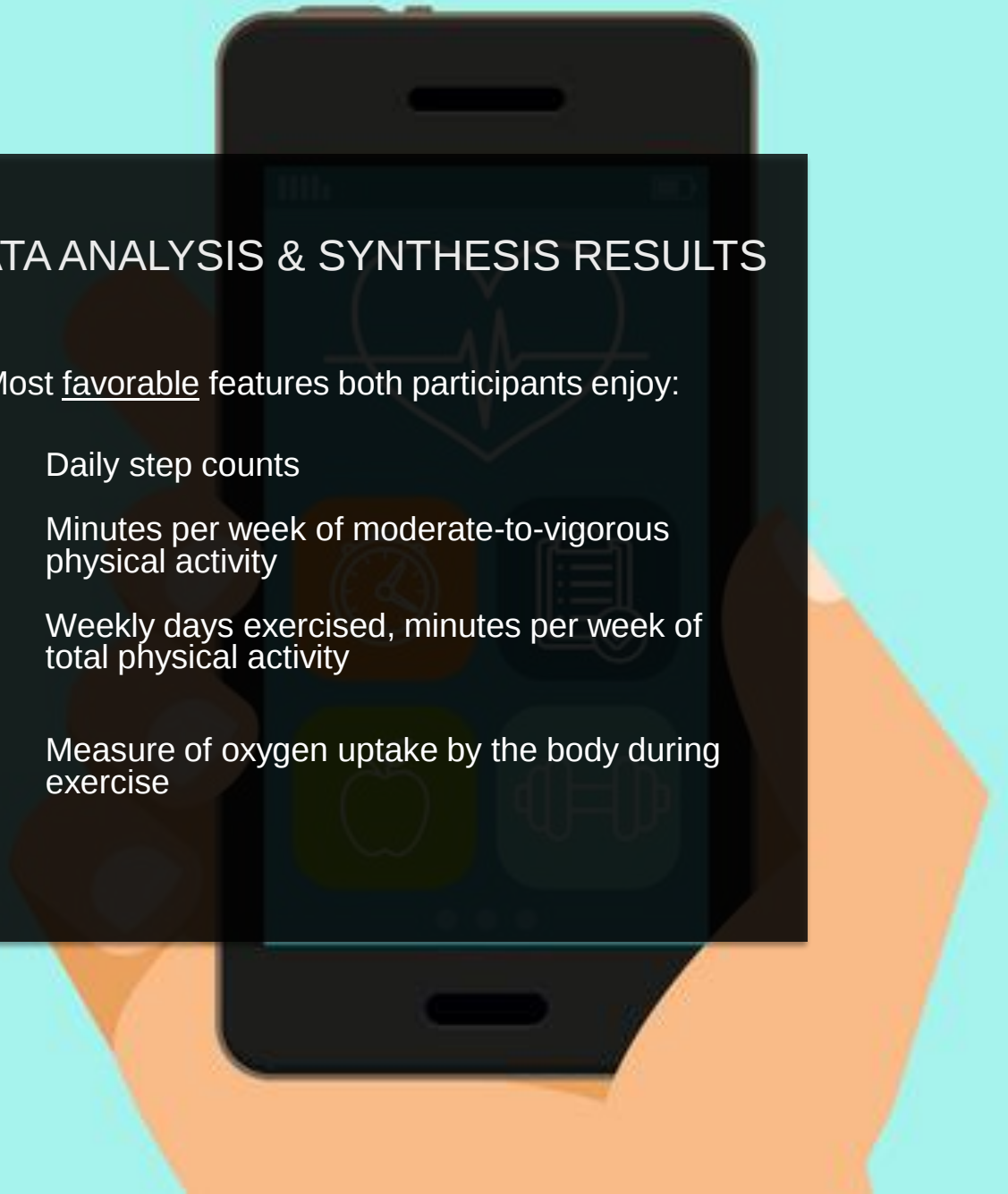




DATA ANALYSIS & SYNTHESIS RESULTS

Most favorable features both participants enjoy:

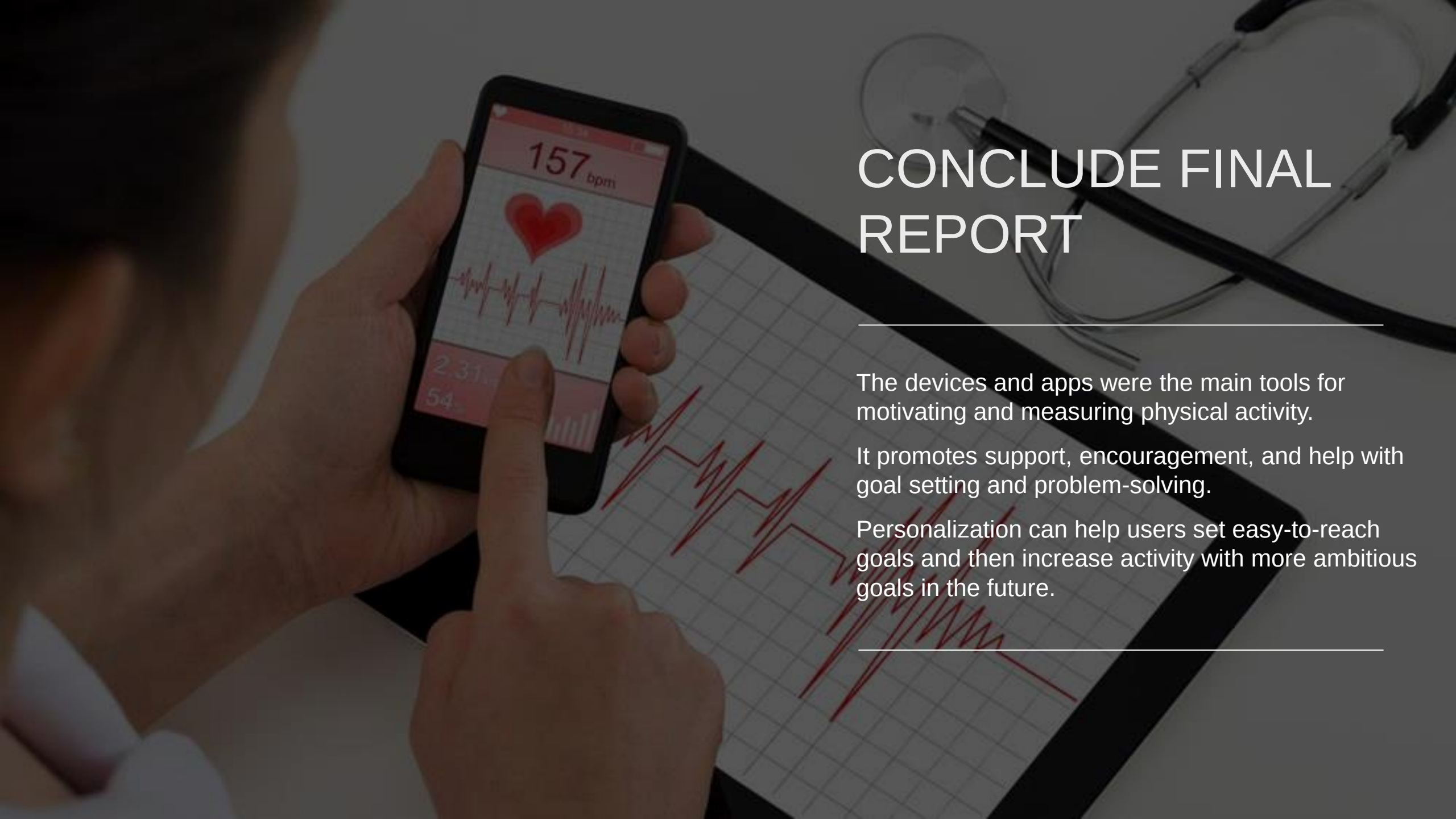
- Daily step counts
- Minutes per week of moderate-to-vigorous physical activity
- Weekly days exercised, minutes per week of total physical activity
- Measure of oxygen uptake by the body during exercise



OVERALL ANALYSIS RESULT

“Starting low and progressing slowly, while continuously monitoring the progress and receiving feedback from the app or tracker, can lead to significant changes in overall physical activity throughout time.”





CONCLUDE FINAL REPORT

The devices and apps were the main tools for motivating and measuring physical activity.

It promotes support, encouragement, and help with goal setting and problem-solving.

Personalization can help users set easy-to-reach goals and then increase activity with more ambitious goals in the future.
