



Redesigning a Health App

Meghan Lewis | Principles of UX



Overview of Project

HEALTH APPS DON'T ALWAYS PROVIDE A SEAMLESS USER EXPERIENCE!

Health apps and their connections to devices don't always create a seamless experience. They can be incredibly frustrating due to how the app responds to user input and where this input goes. Sometimes it isn't very intuitive and editing entries or custom items can be convoluted and frustrating. Not to mention the handful of apps don't connect to each other nor share information easily. Thus forcing the user to manually input information, which is inconvenient and a glaring pain point at best.

The users who would use this app would first enter in some health information about themselves and the app would curate this into helping the user get the most out of the app. For example, if the user was diabetic, the app would be able to alert the user if they go over their carbs/sugar intake for the day, encourage them to find options, and perhaps even some healthy swaps. If the user is doing CICO (calories in/calories out), allowing them to enter in their workouts and half the calories spent to the total, that would be helpful on their journey. Different ways of eating, such as keto or intermittent fasting would also be an option. With intermittent fasting, having a way to create a window of time for the user to eat, notifying them when they should eat, and alerting them when they go over (and pushing the window out the next day due to this.)

Most of the users of this app would be on a weight loss journey and want a a single experience to track their progress, enter in their food/favorite foods and workouts, and link their scale information (instead of a handful of different apps.)





Adding a weight loss journey to an already hectic life feels like adding another hobby. I want to be able to make this more than just a hobby.



Ashley S., 34 Tech enthusiast

LOCATION Seattle, WA
EDUCATION Bachelor's Degree
OCCUPATION Software Engineer
STATUS Single
HEIGHT 5'5"
WEIGHT 180lbs.

BIO | ABOUT

Ashley is a very busy tech professional who is concerned about living more healthy. She loves to explore cooking from other cultures and thinks of herself as a culinary wizard in the kitchen. When not cooking for herself, she enjoys reviewing new restaurants, taking photos, and going out in Seattle. She is a power user of her phone and would love to add a weight loss journey that could adapt to her busy lifestyle.

GOALS + NEEDS

- Learn better eating habits and choosing healthy options when ordering out (or eating out.)
- Discover new exercises, especially ones she can do at home (due to the pandemic.)
- Adapt a new lifestyle into an already busy life full of hobbies and activities.
- Learn new recipes (vegetarian, Keto), take pictures of them, and posting/sharing them to Instagram.

PAIN POINTS + FRUSTRATIONS

- Really wants a single app that includes a exercise tracker, calorie counter, recipe builder and recommendations, and imports scale data.
- Is frustrated with having to manually put in data from one app into the current tracker she is using. They should sync automatically!
- Wants a seamless experience where there is information and data about her journey in one place/app.

SKILLS

- Exercise
- Nutrition
- Tech Knowledge
- Adaptability
- Healthy living
- Social Media

MOTIVATIONS

- Getting healthy and learning new things
- Making delicious and healthy food swaps.
- Losing weight and maintaining a healthy weight for her height.
- Find sustainable ways to lose weight without restrictions.

INTERNET USAGE



SOCIAL MEDIA

- Facebook
- Instagram
- Reddit
- Twitter

BRANDS



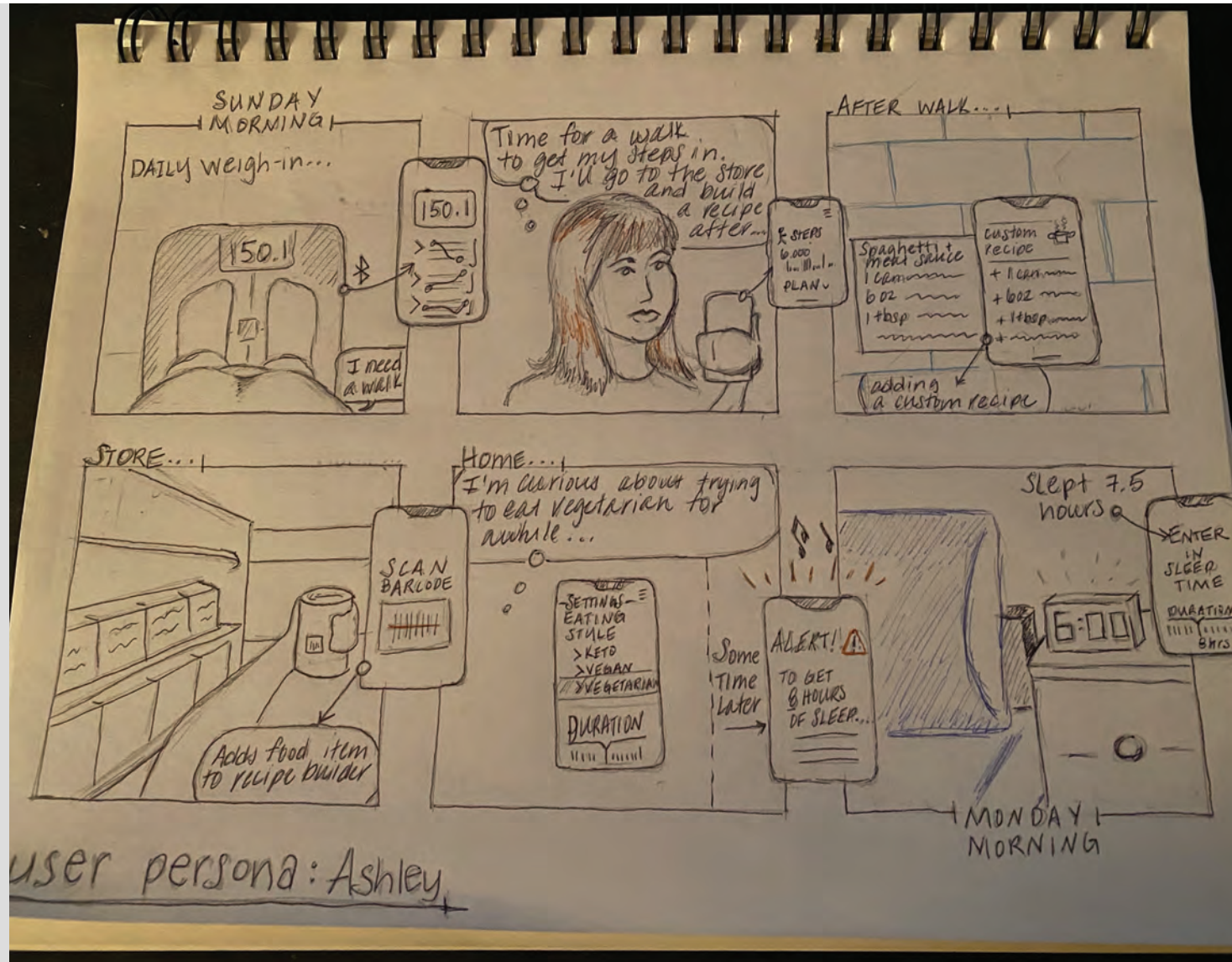
User Persona — Ashley

Storyboard

ASHLEY AND HOW SHE USES HEALTH APPS...

A Sunday (or daily) walk-through of Ashley and how she interacts with the app being designed.

This includes her scale syncing automatically to the app, entering in a new recipe, scanning ingredients at the store, and being reminded of when to go to bed to get the optimal amount of sleep.

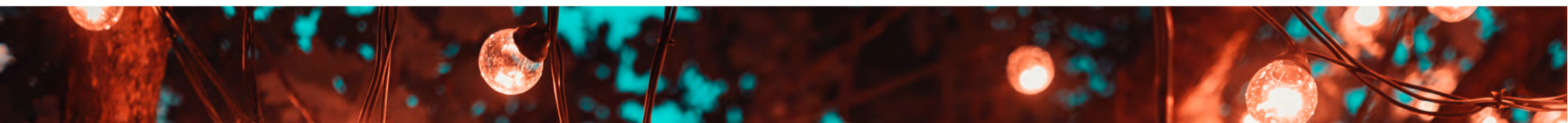
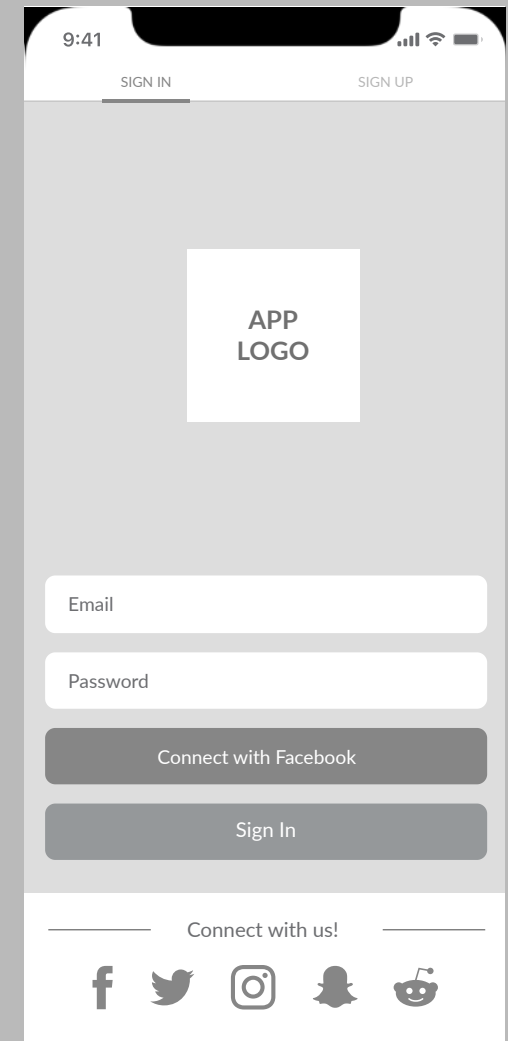


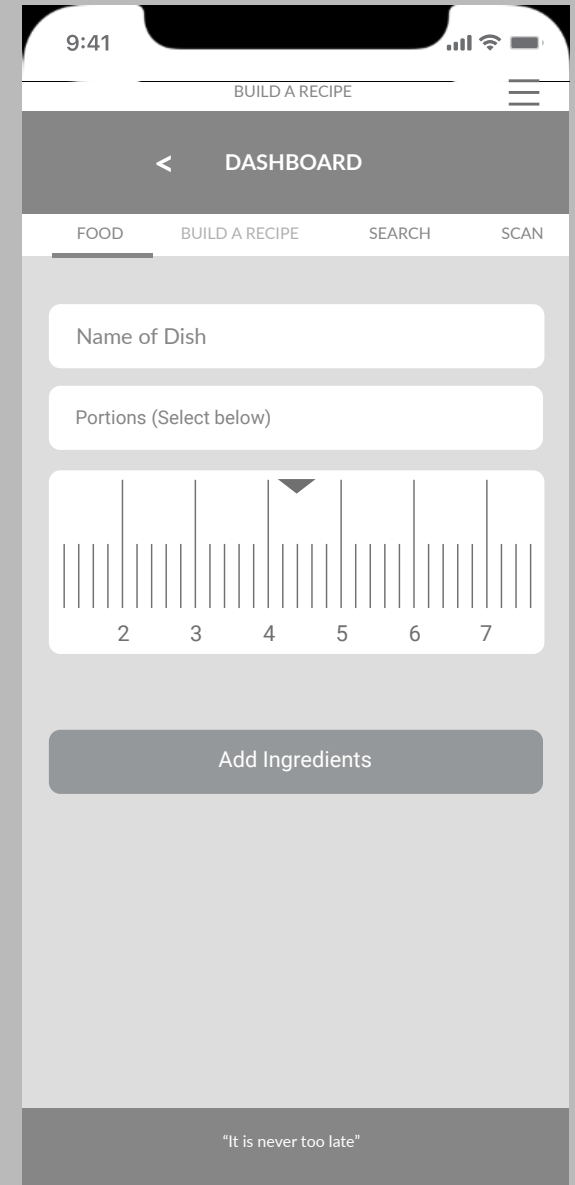
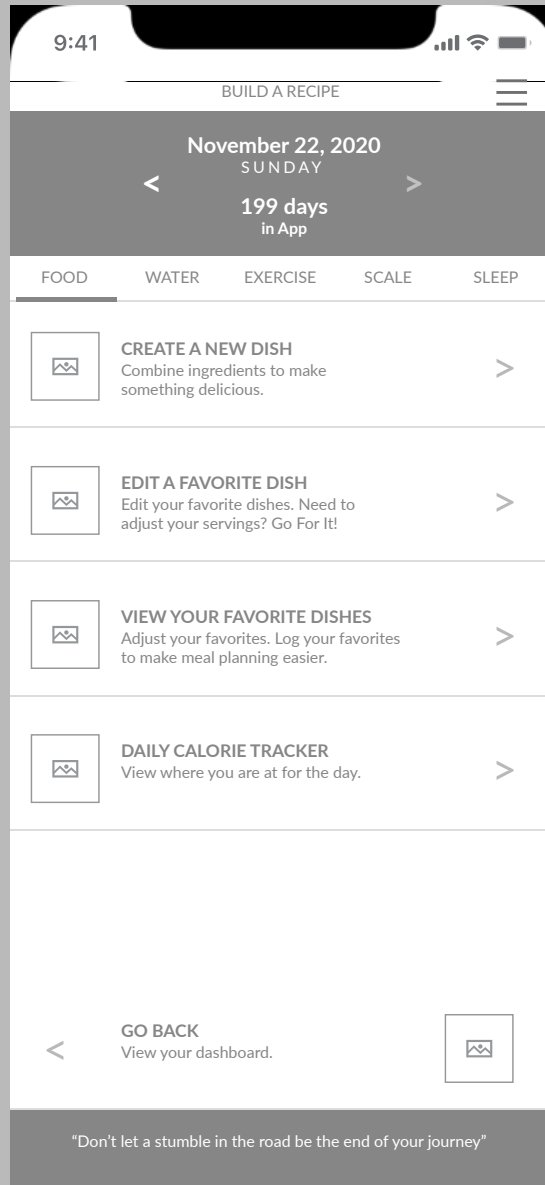
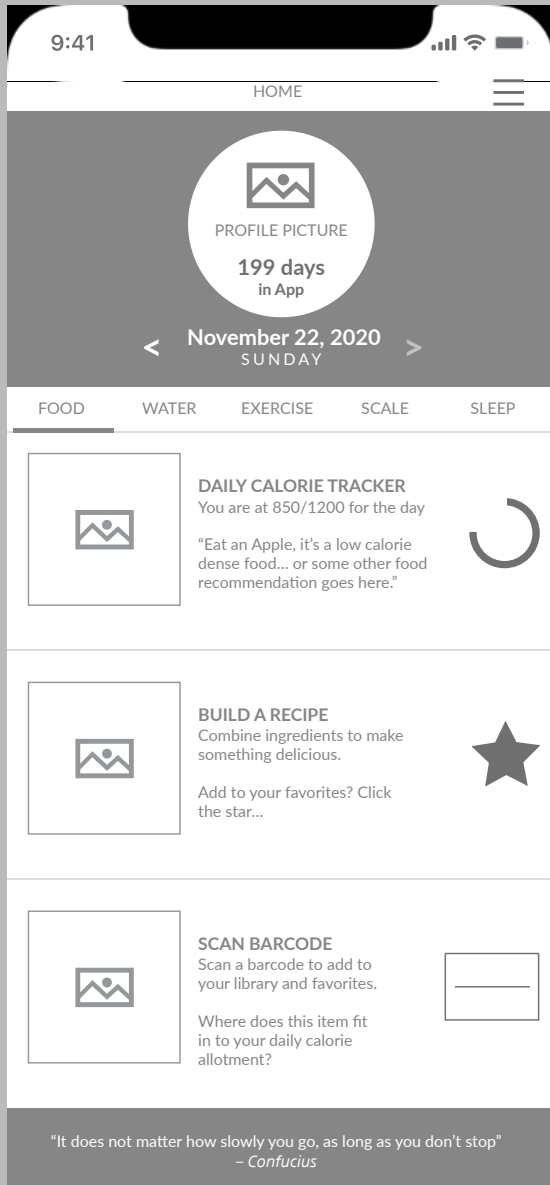
Wireframe - Overview

LEARNING NEW THINGS

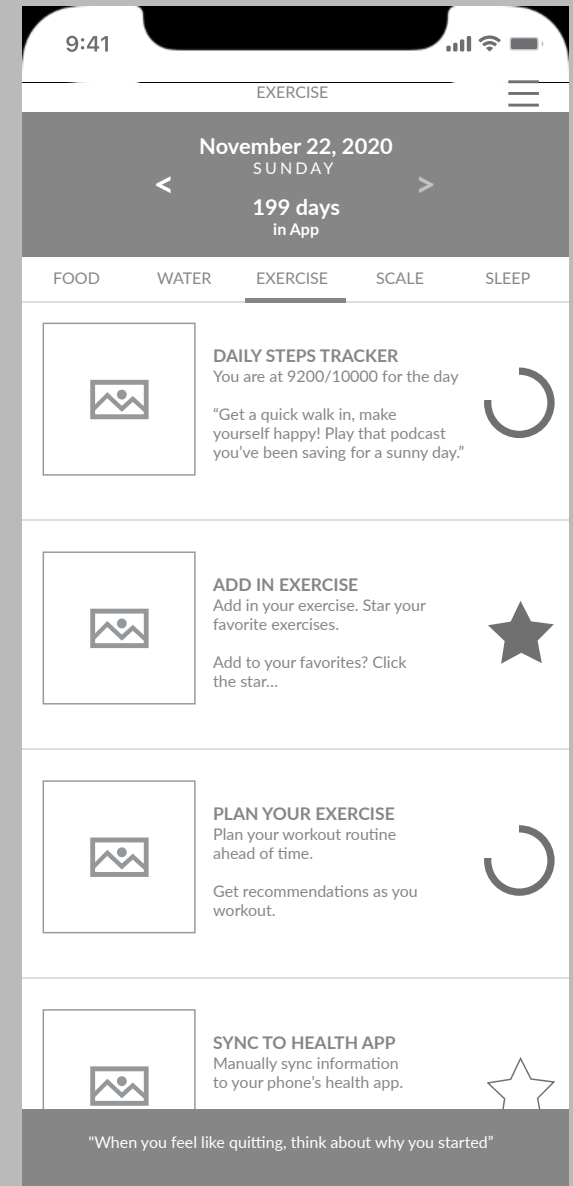
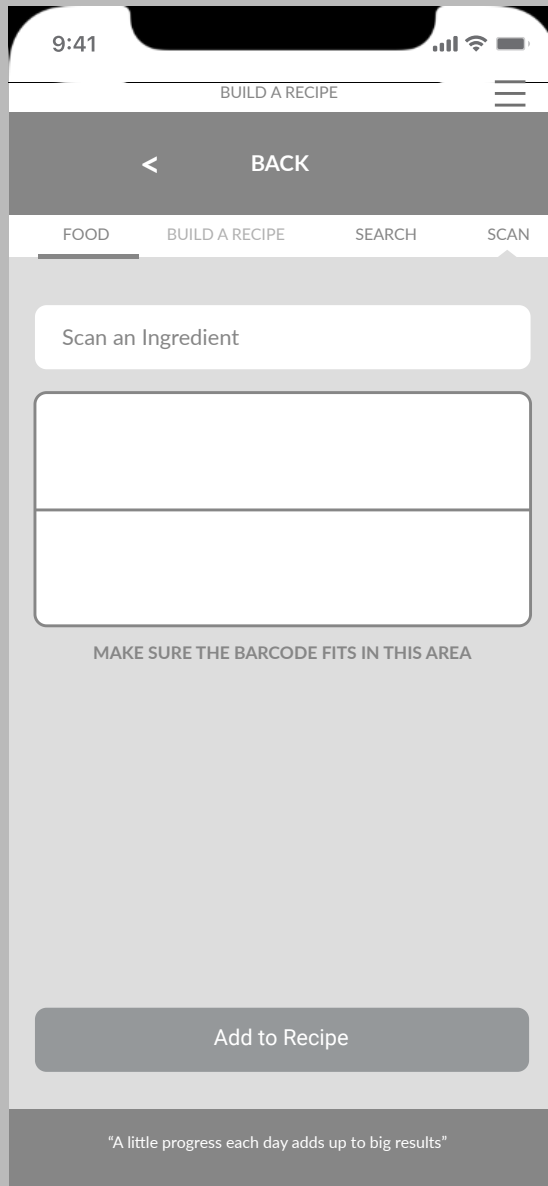
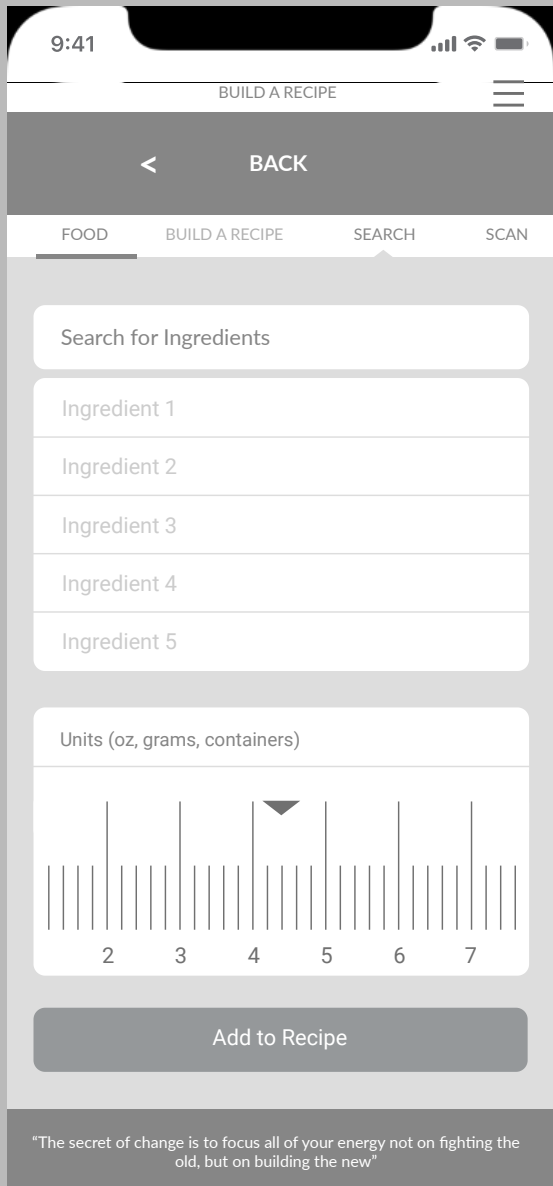
Jumping from completely sketching the app via paper and pen to a fully digital and partially realized app was quite the interesting undertaking.

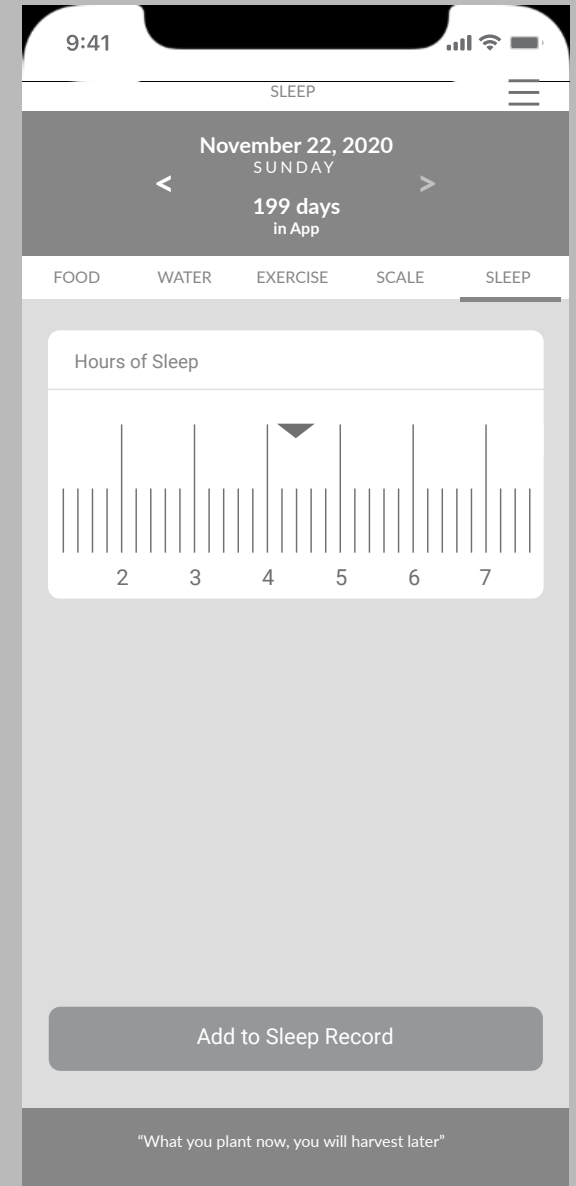
For the wireframe, it was advantageous to have something to showcase that would be easily implemented and also easy to follow. Laying out the use case scenario within the “app” (and branching out slightly from that,) helped make the project feel more well thought out.



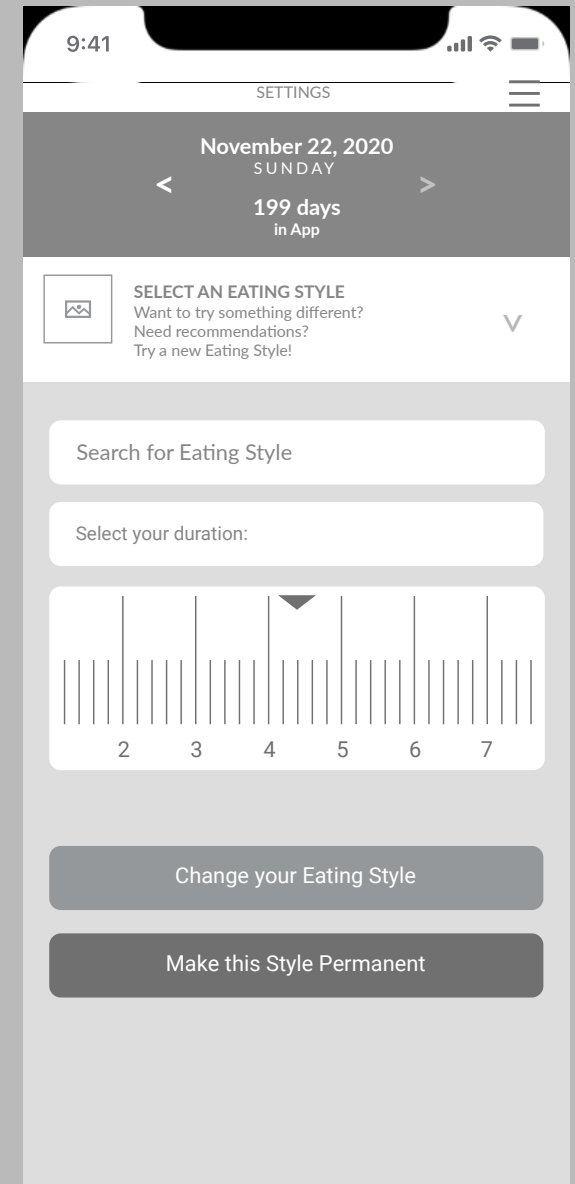
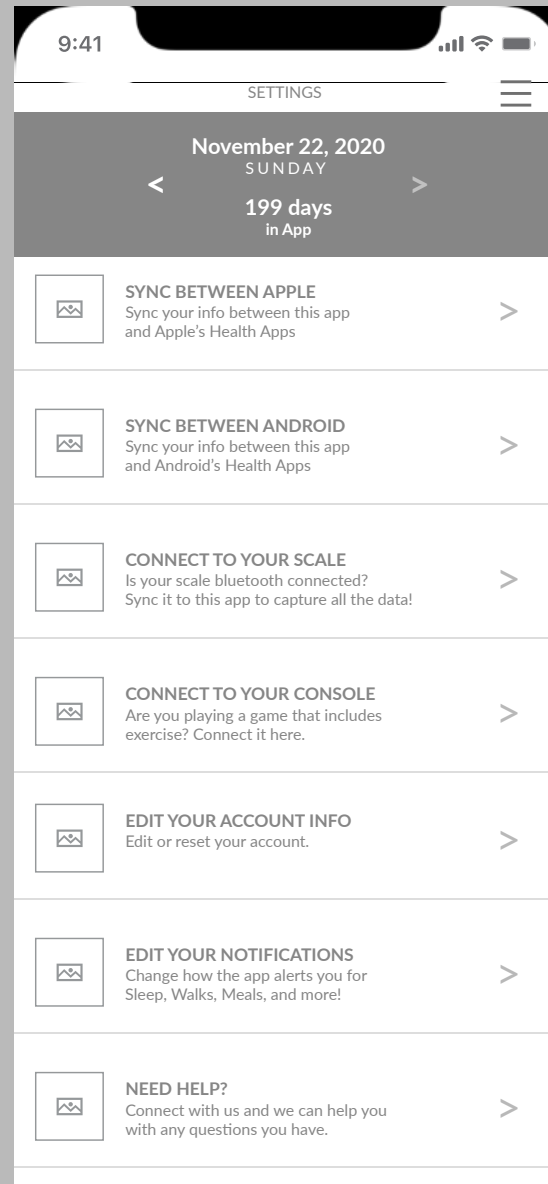
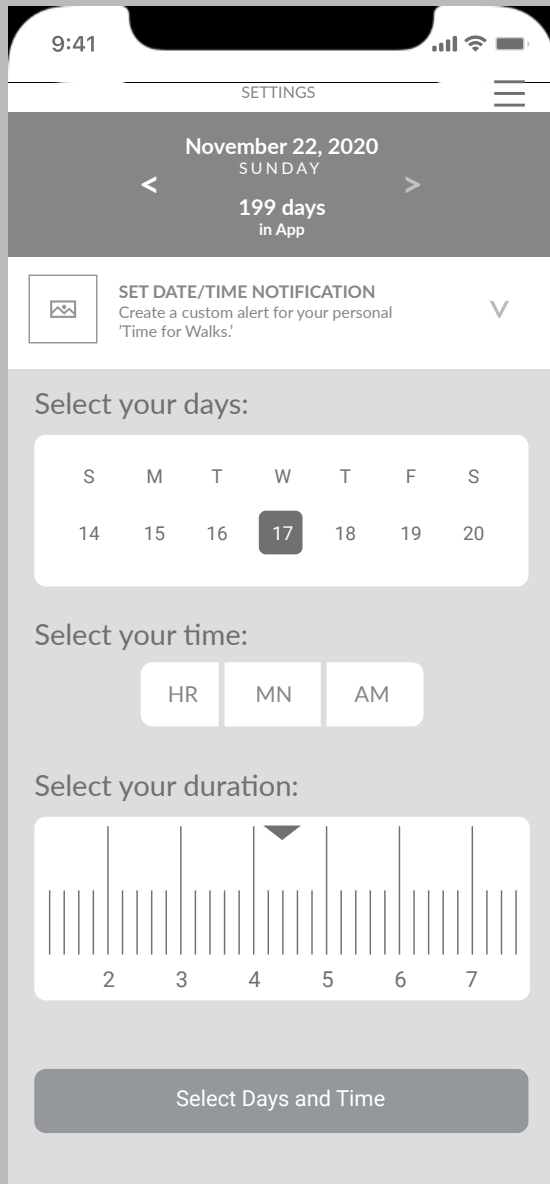


Wireframe

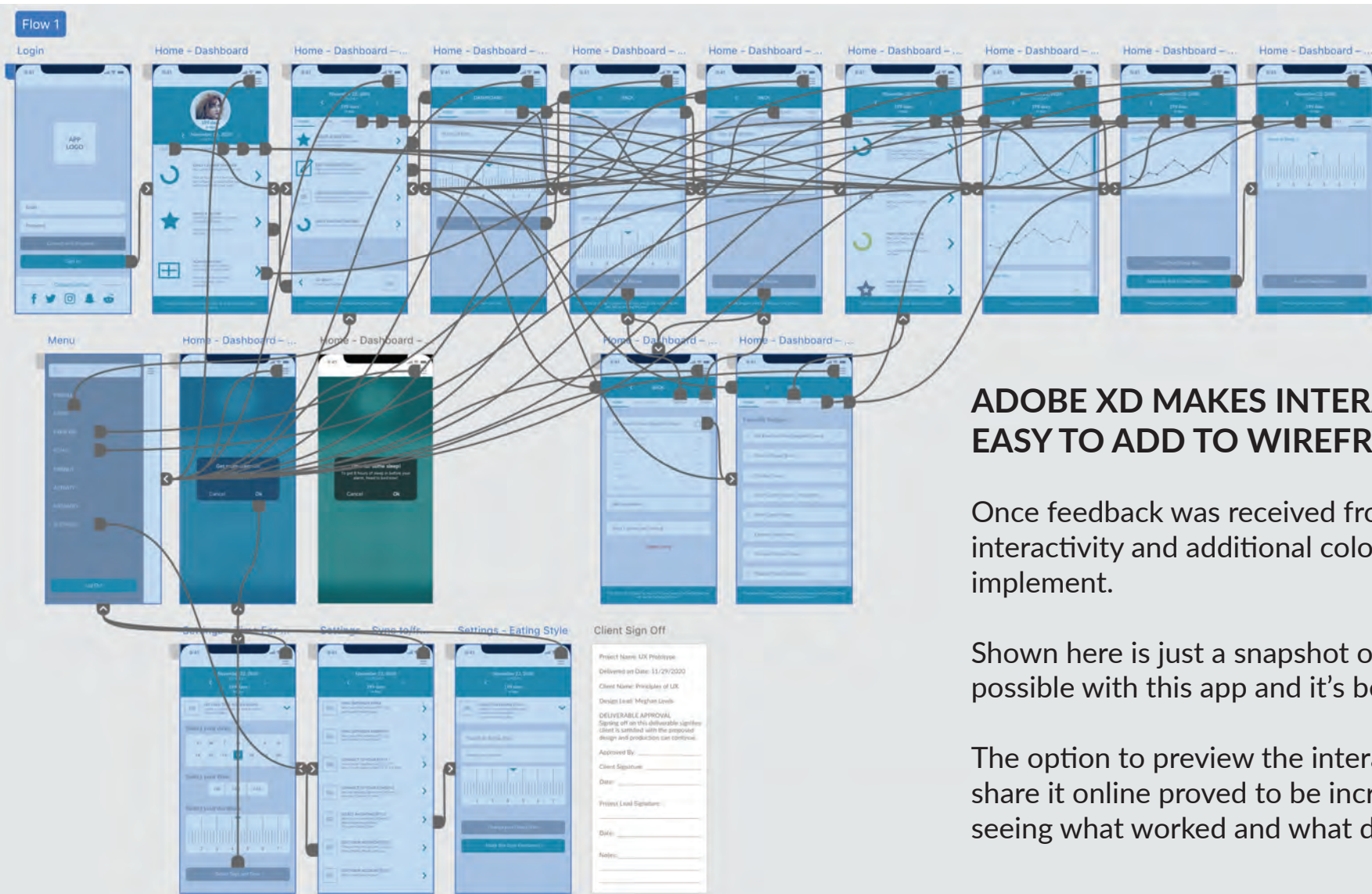




Wireframe



Prototype - Overview



ADOBE XD MAKES INTERACTIVITY EASY TO ADD TO WIREFRAMES

Once feedback was received from the client, interactivity and additional color was easy to implement.

Shown here is just a snapshot of what is possible with this app and it's behavior.

The option to preview the interactivity and share it online proved to be incredibly helpful in seeing what worked and what didn't work.

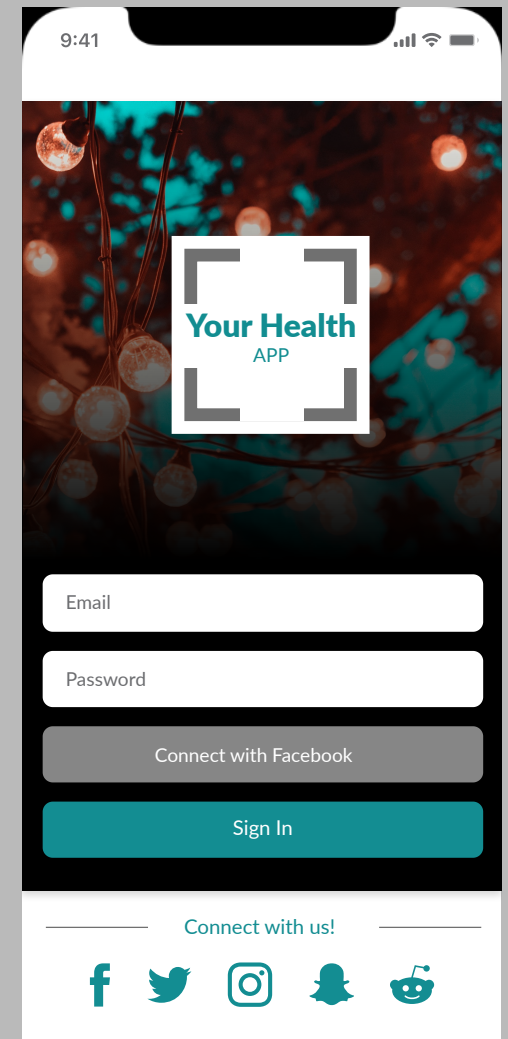
Final - Overview

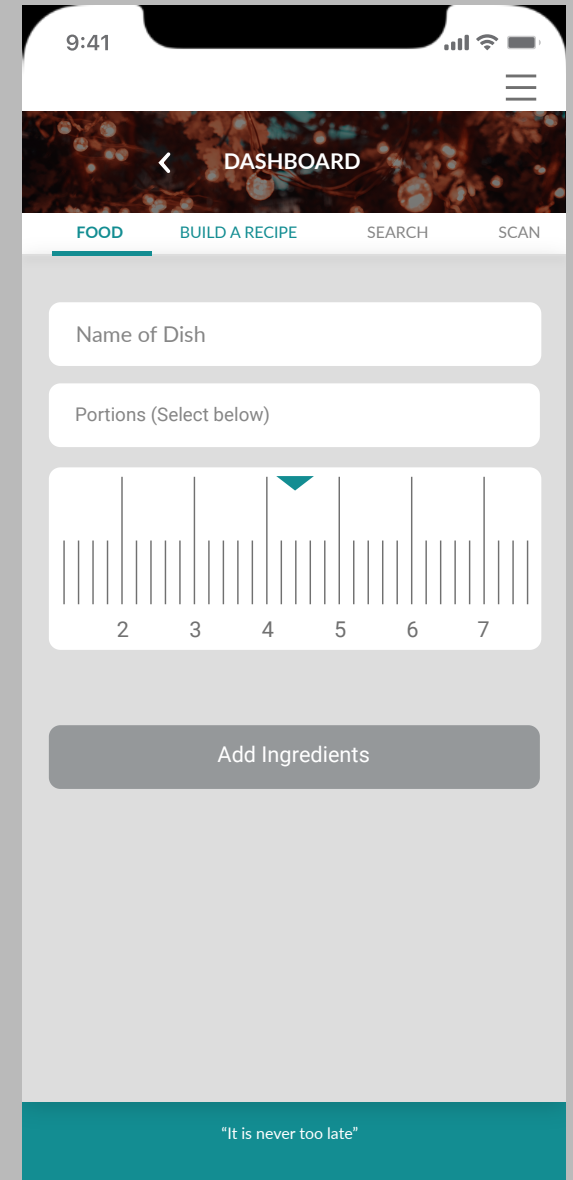
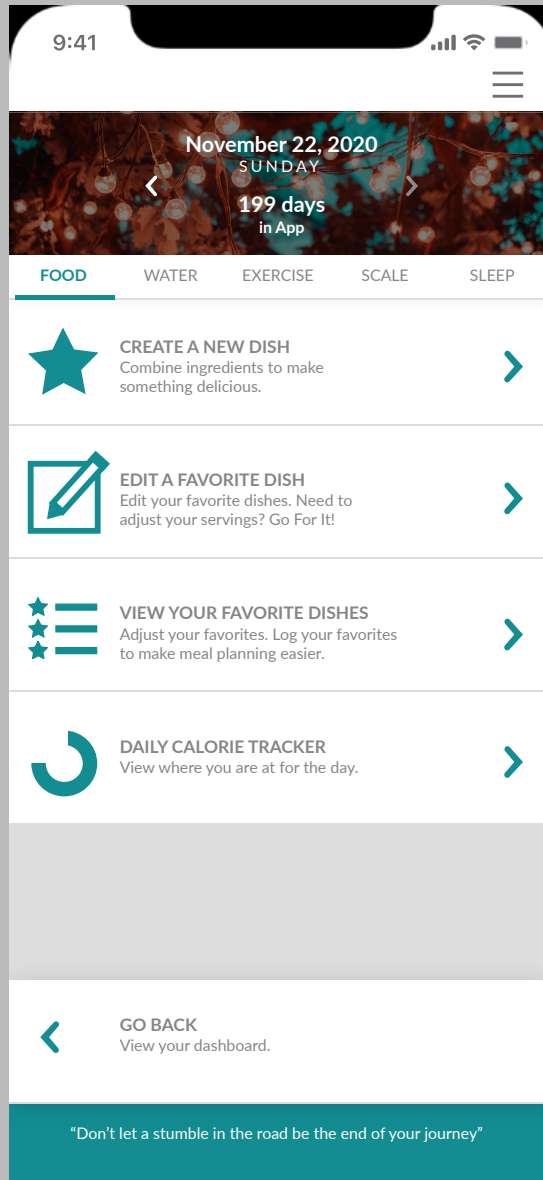
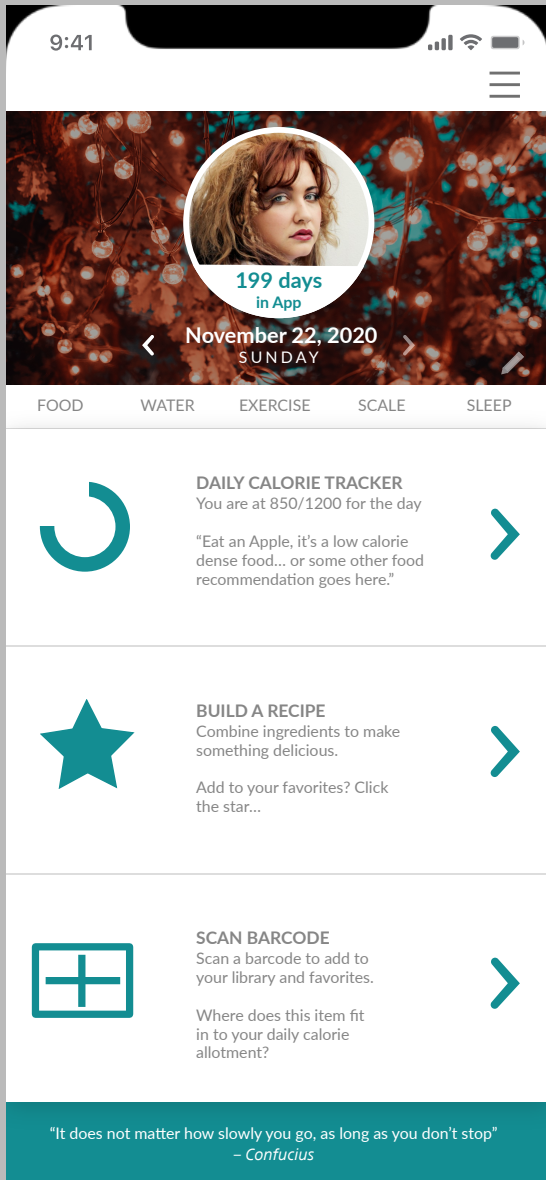
ADOBE XD IS REALLY FUN TO LEARN AND USE

After the final sign off from the client, the app was then continued to be developed and more was added to it. Including imagery, final text choices, final color choices, and other minor adjustments.

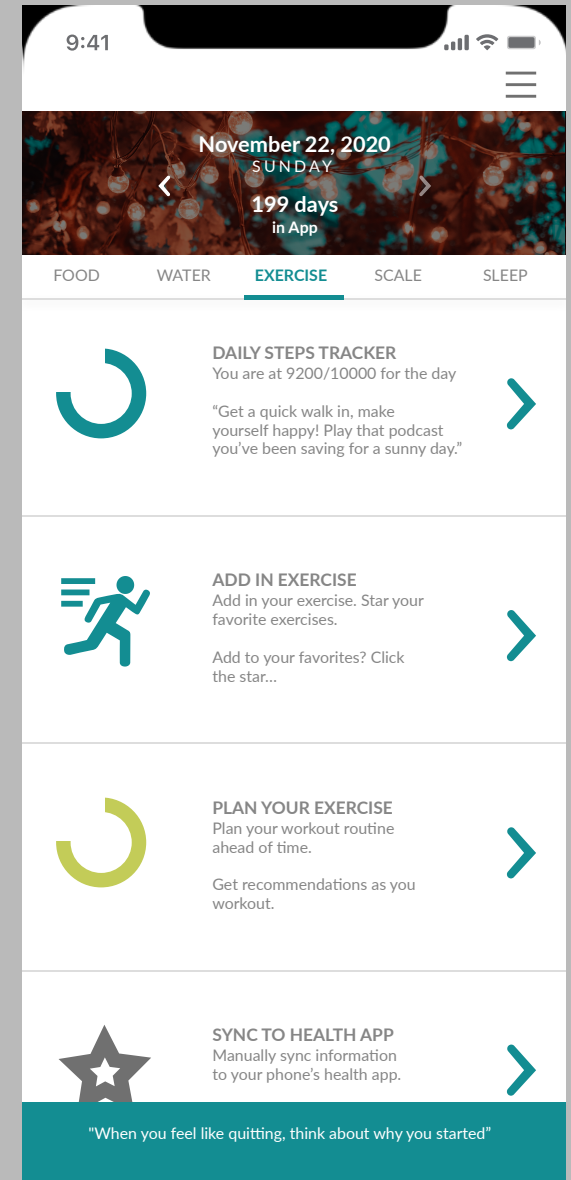
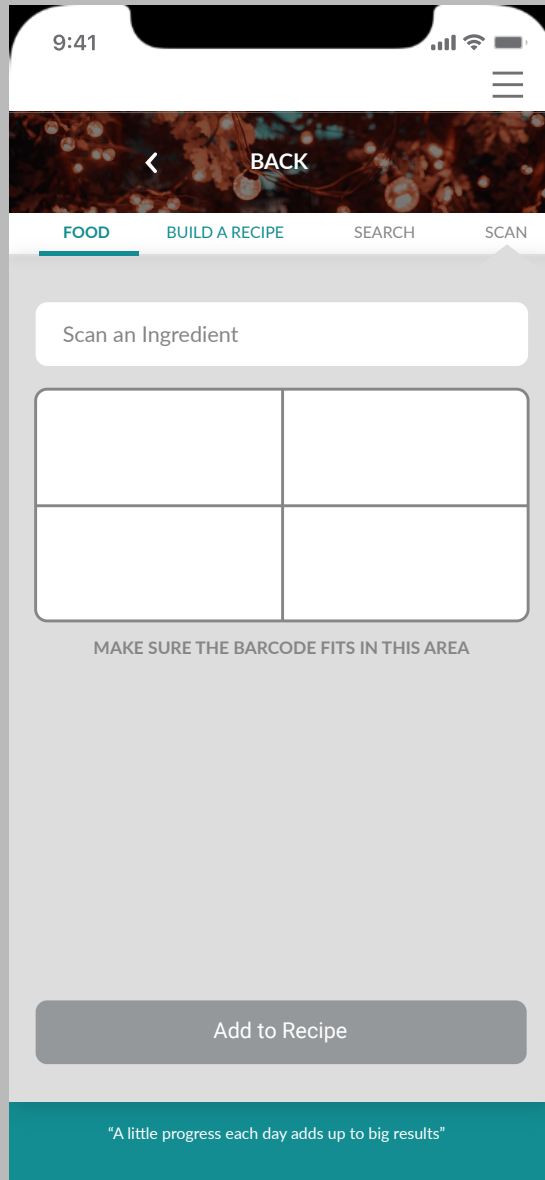
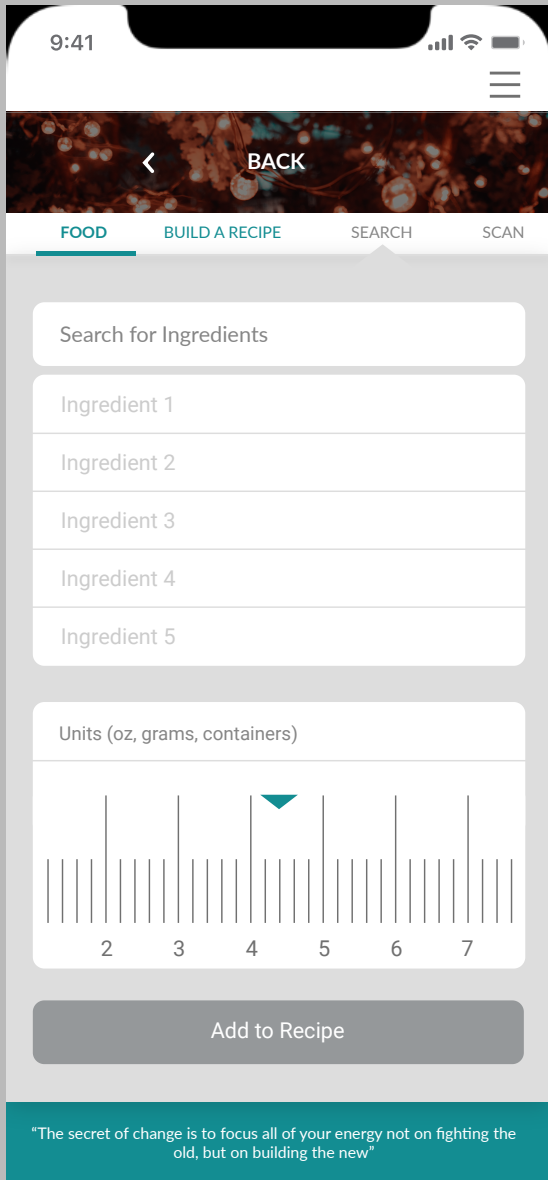
Using Adobe XD for this step really made it seem fully developed and ready for the software developers to create the backend and have this app actually work!

[View the Project on Adobe XD](#)

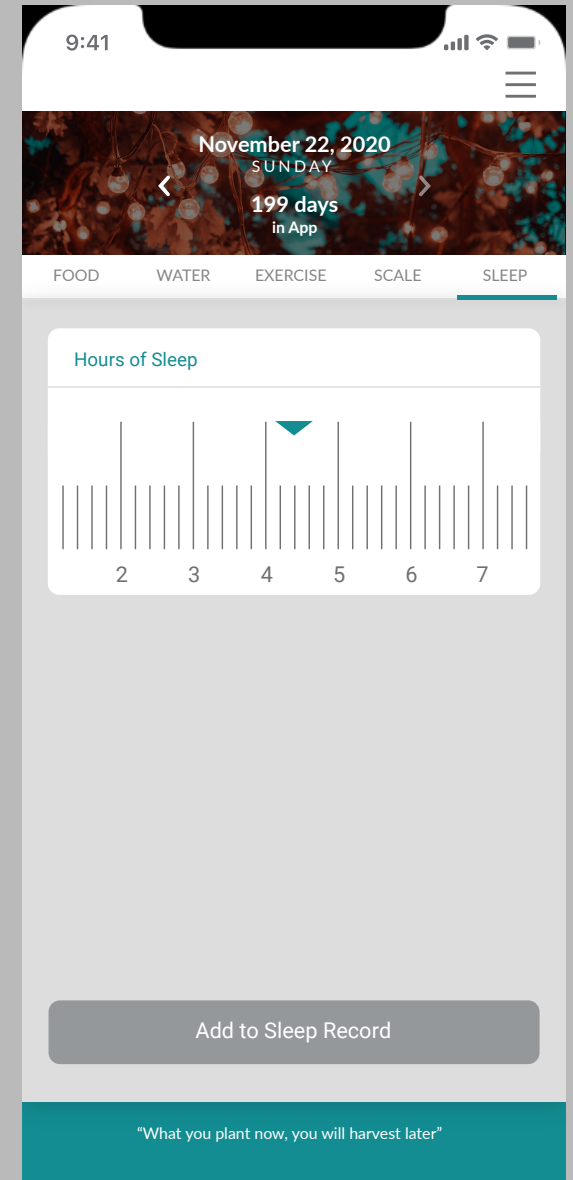
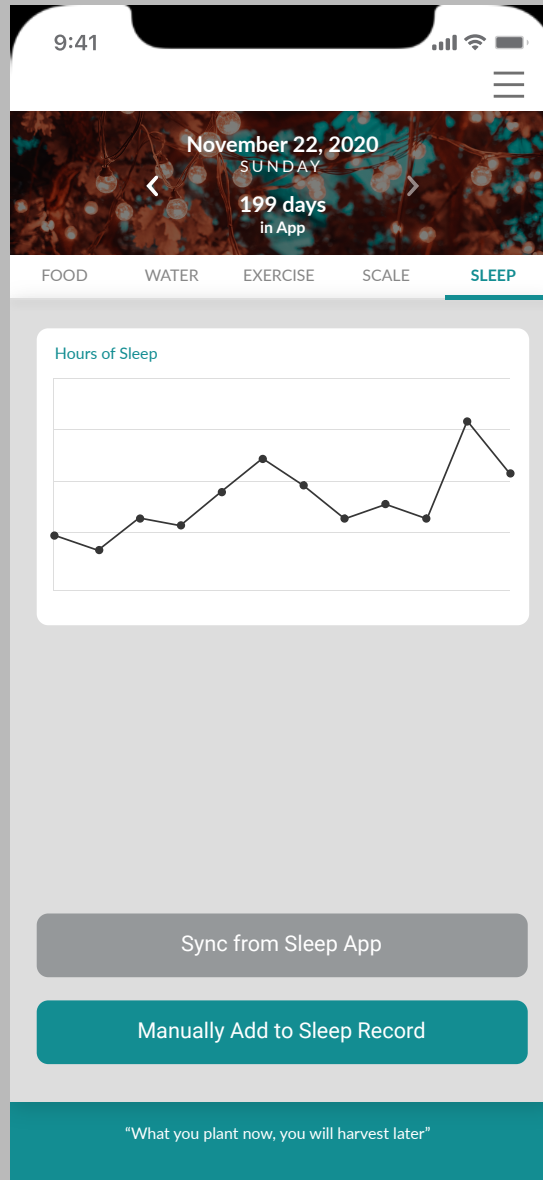




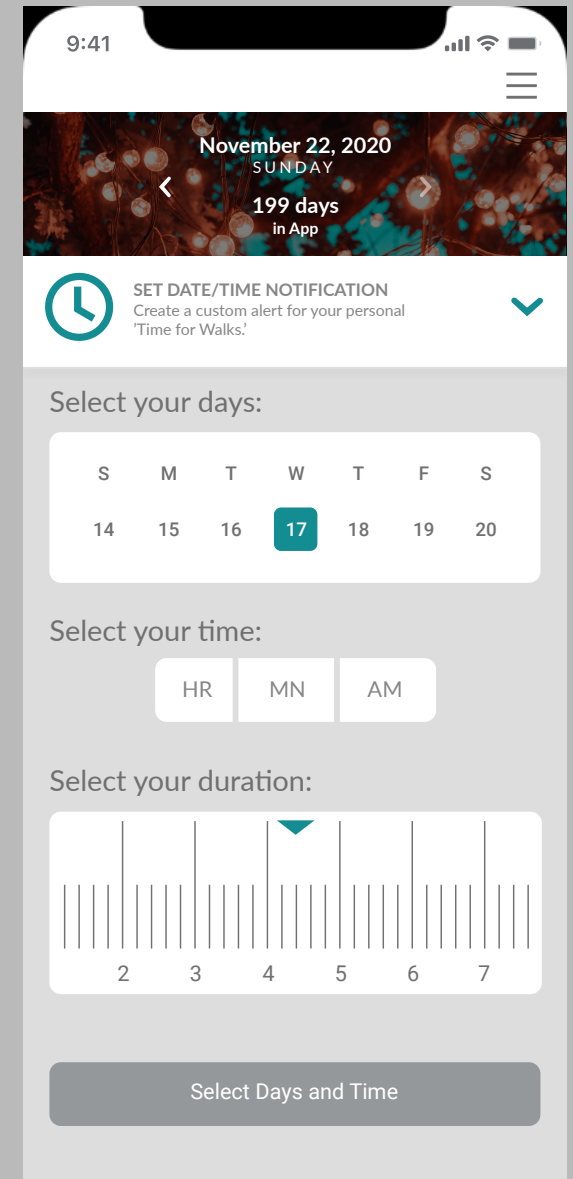
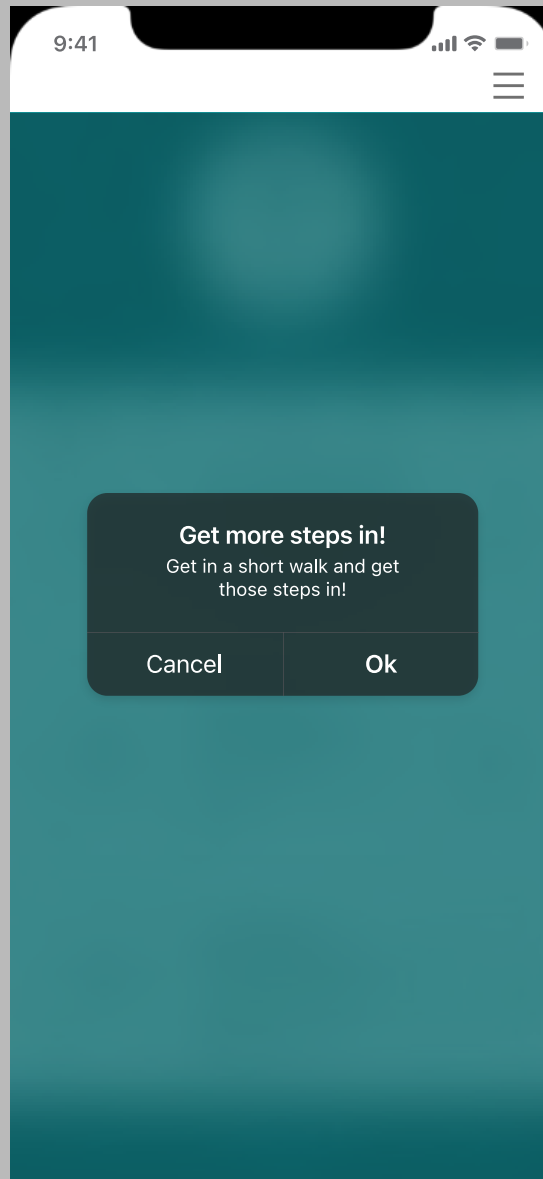
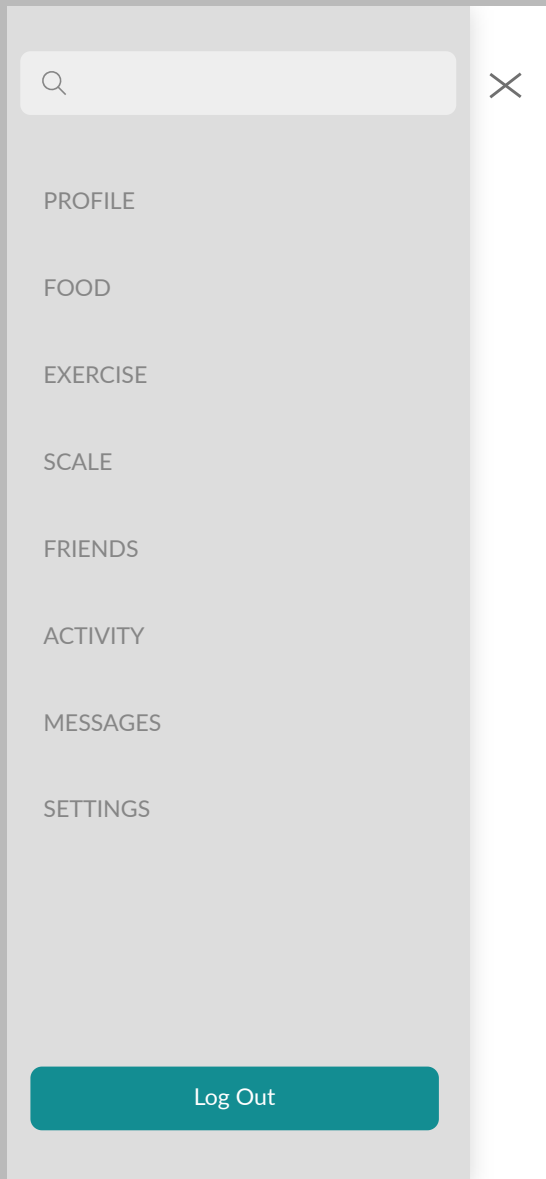
Final — Dashboard



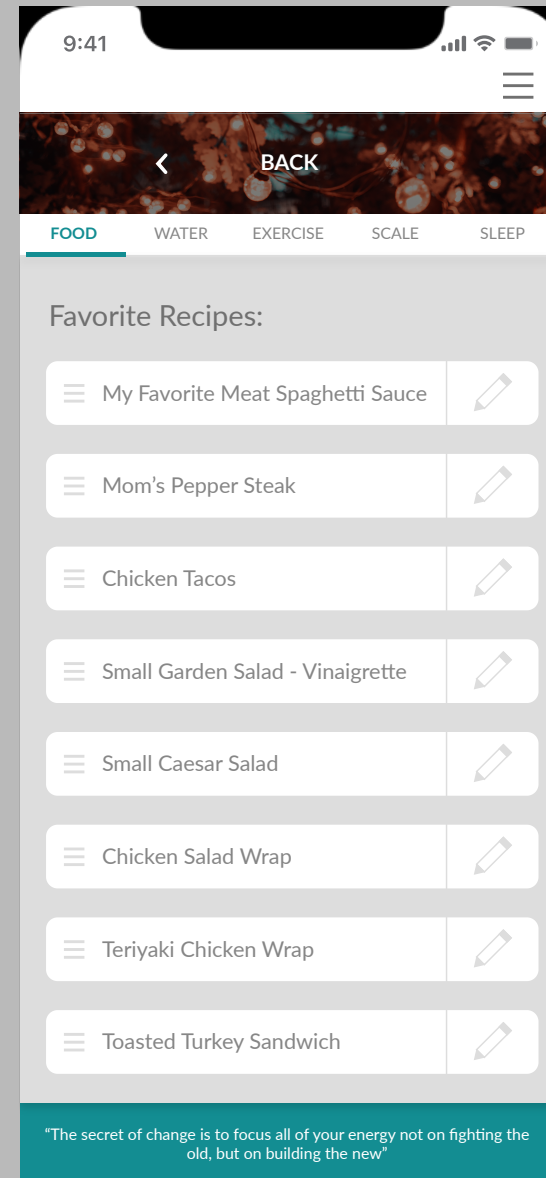
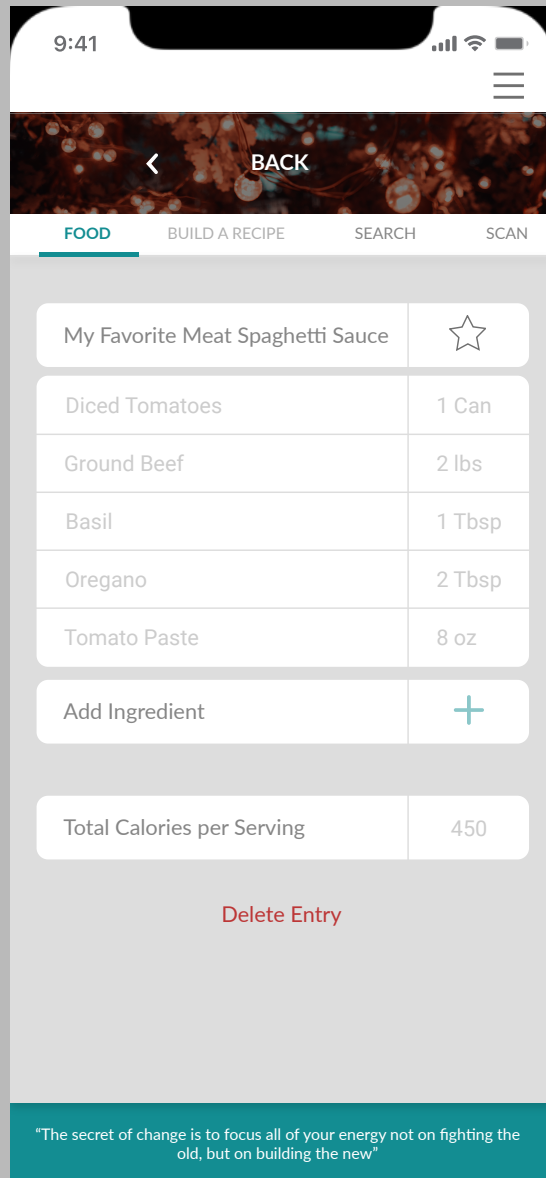
Final — Dashboard



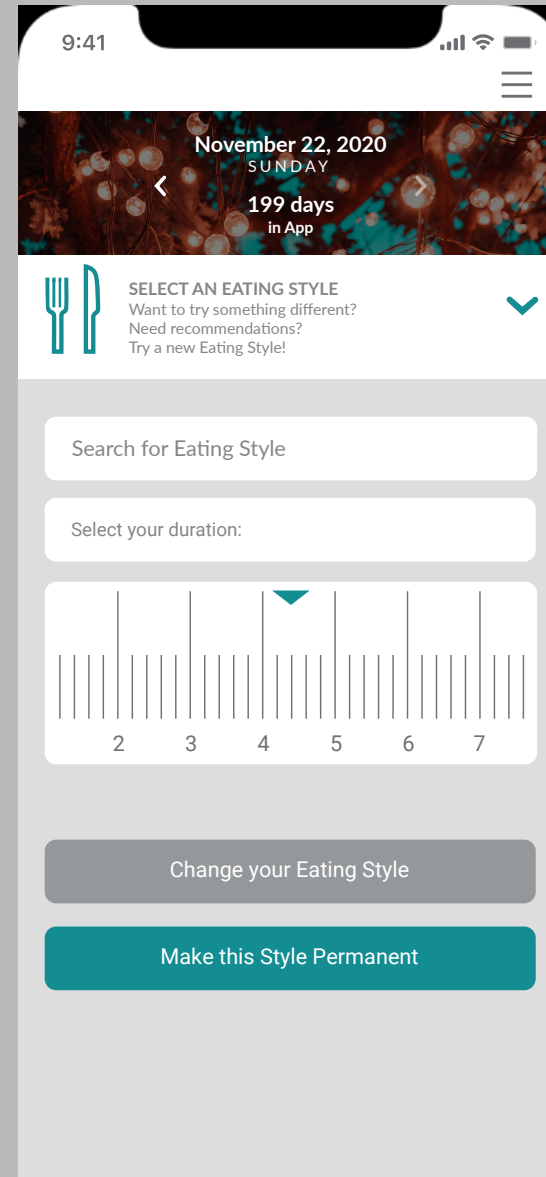
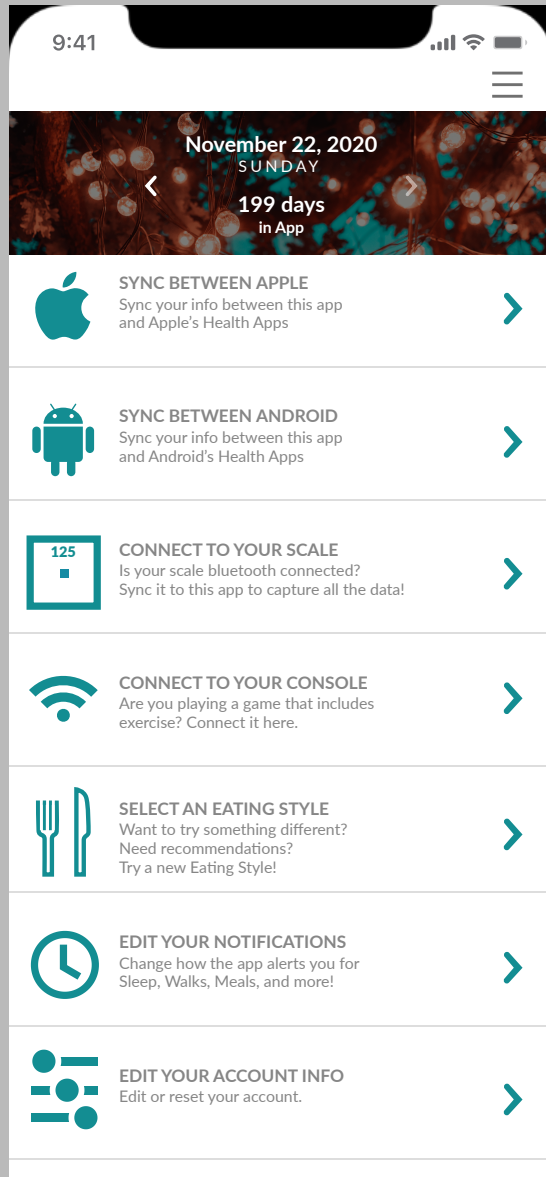
Final — Syncing



Final — Menu + Alerts



Final — Editing



Final — Settings

Issues + Lessons Learned

NEVER ENOUGH TIME FOR EVERYTHING

The main issue that I personally ran into throughout the production of this app was running out of time to fully develop what I visually see in my head. I would make every attempt to allow myself more time, but I quickly realized why and how this sort of design really does require a good amount of time to develop (and actually be helpful to the end user and look good visually!) I eventually found my stride, but I still required some forethought as to how much time to allocate to each step in the process.

MINDFUL STEP BY STEP PROCESS

What was helpful in not feeling overwhelmed with the amount of work it takes to make something like this was the strategic steps it takes to not only work through the UX design wheel, but to actually make something alongside it. I found this technique of taking manageable chunks of the project to work on week by week immensely helpful.

The part I found most enjoyable was the creation of storyboards (and sketching using old tried and true methods of pen/pencil and paper.) Using these methods made the production more personal and mindful in execution. There is something to be said about manual forms of communication, it can prove to be incredibly helpful in all steps of production.





Thank you!

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