Healthier Me

Mobile App

Healthier Me reinforces the healthy choices and habits of youth and teen and turns tracking day-to-day activities into something rewarding and educational.

By providing tools and promoting tracking to establish good hygiene habits, eat healthy, stay active and safe, and watch out for food allergies, Healthier Me helps a person reach reward milestones through positive actions and reinforcement.

Key Features

- Tracks hygiene habits like washing, dressing, using deodorant, and brushing hair
- Reinforces healthy food choices, drinking plenty of water, and avoiding food allergens
- Tracks personalized activities involving stretching, strengthening, and moving
- Uses a personalized reward with in-app reminders to encourage healthy activities
- Offers ways to learn more about different healthy activities
- Provides explanations of ways to stay healthy and safe

① Profile

After downloading the app, it's time to personalize it for the user. The app can be used by a person independently or with a parent, caregiver, or service provider. In this section, enter the person's name or nickname as well as a favorite photo, avatar, or emoji.

② Reward

The purpose of Healthier Me is to improve or maintain a person's health. Here is where you set-up a personal reward that can be given to the user when heathy activities are completed by a date set by you. The activities and span of time to complete them are different for each person. Set up them up so that it is motivating and achievable for the user.

③ Activities

Now is the time to select the activities you would like to include to reach the goal and earn the reward. In the **I Take Care of Myself** category, click the healthy activities the user will work on and how frequently they are expected to be done. Now choose which activities you want to track in the **I Eat Healthy** and **I Stay Active** categories. Each section has different activities and different options for the frequency. **The I Keep Healthy and Safe** has explanations of ways to stay healthy and safe throughout a person's life.

③ Food Allergies

Enter any food allergies the user has to remind them not to eat these while eating heathy.

Now it's time to work on some healthy and safe activities!

Tracking the User's Healthy Activities

- Click a category to see the activities that were selected to reach the goal.
- Mark an activity once it has been completed. Daily limits for some of the activities have been established based on typical lifestyle patterns.
- To learn more about a specific activity, click on the icon for the activity and helpful information to describe the activity will appear.
- You can see your progress in each of the categories and your overall progress toward your goal.
- Once all the activities to reach the goal have been completed by the established date, a special screen will appear. Congratulations. You did it!
- Once the target date has passed, update the rewards, dates, and reward activities to set up a new goal. At any time, the target date, reward and activities can be updated.

Using the Lower Tool Bar

- On the toolbar, the first icon will take the user back to the app's **Home** page.
- The **Instructions** icon will take the user to this page to review how to use the Healthier Me app.
- The **Resources** icon will take the user to a web page with all the Healthier Me content which can be used to display as visual aids or to read and print.

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Any information entered in the Healthier Me app is for the user's personal use only and is not tracked or accessible by Children's Specialized Hospital or Kohl's Cares.

This app is intended for informational and educational use only. Please consult your health care provider for any particular health and safety concerns.