

## **Project Title**

IM-HEALTHY: Health Monitoring Solution

## **Project Lead and Members**

Project lead: Chu Tiong Yong

Project members:

## **Organisation(s) Involved**

St. Andrew Community Hospital

## **Healthcare Family Group(s) Involved in this Project**

Healthcare Administration

## **Applicable Specialty or Discipline**

Healthcare Administrator

## **Project Period**

Start date: Not applicable

Completed date: Not applicable

## **Aims**

- Provides vital signs measurement through an easy DIY health station.
- Offers free, quick, and simple access to health measurement and monitoring in the community.
- Encourages proactive preventive care with knowledge of their health.
- Empower seniors to make informed health decisions and foster a sense of control over their well-being.

## **Background**

See poster appended/ below

## Methods

See poster appended/ below

## Results

See poster appended/ below

## Conclusion

- Needs Analysis: Many seniors do understand the need for frequent, periodic and consistent measurement of their vital health readings, but they are not doing it.
- Understanding Pain Points: Observe patiently how the readings are being carried out so that the solution can address and dissolve them.
- User Experience: The user interface has to be senior-friendly, taking into consideration font type, size, colour and universally recognisable icon to overcome language barriers, especially for illiterate seniors.
- Change Management: Offers ease of use and motivation to overcome initial inertia and resistance. E.g. campaign and senior champions to influence their peers.

## Project Category

Technology

Digitalisation, Automation

Care Continuum

Preventive Care, Community Health, Health Promotion, Public Awareness, Patient Education

## Keywords

Vital Signs measurement, health monitoring, proactive health behaviours, health seeking behaviours

## Name and Email of Project Contact Person(s)



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# IM-HEALTHY

## Health Monitoring Solution

### PROBLEM STATEMENT

Many seniors are unaware of their health status while some find access to measure their vital signs difficult and troublesome.

Lack of such awareness may lead to delays in seeking medical help and aggravating their conditions. Furthermore, the old methods where measurements are taken on different machines with the help of AAC staff do not help improve the uptake of these readings.







### METHODOLOGY

A 1 stop health station where the following health readings can be measured in less than 4 minutes.



Seniors have to scan their NRIC at the QR code scanner before the machine measures their readings so that the data is captured automatically.

### OBJECTIVES

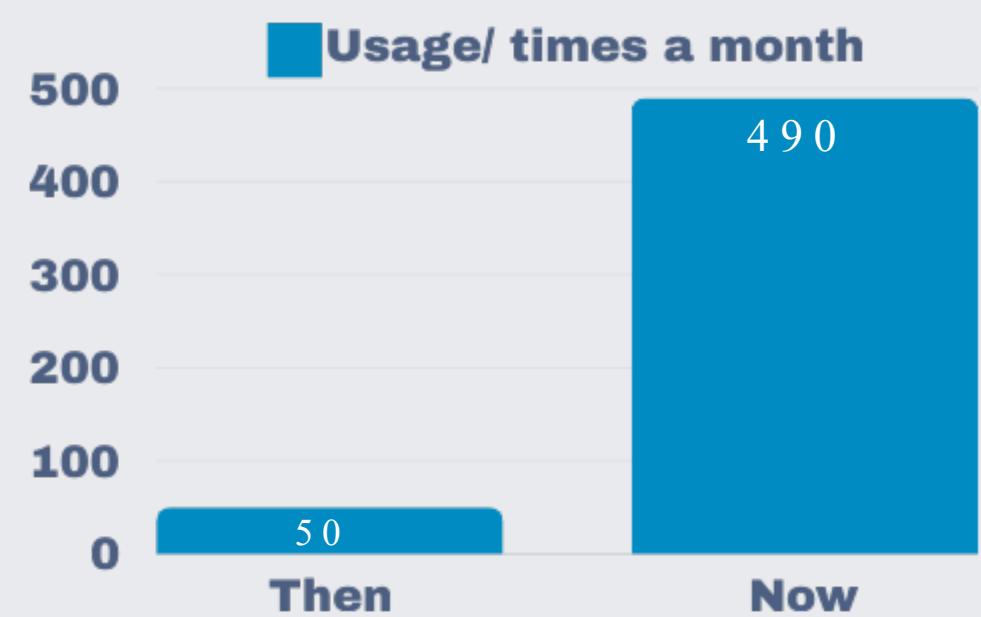
-  Provides vital signs measurement through an easy DIY health station.
-  Offers free, quick, and simple access to health measurement and monitoring in the community.
-  Encourages proactive preventive care with knowledge of their health.
-  Empower seniors to make informed health decisions and foster a sense of control over their well-being.

### RESULT

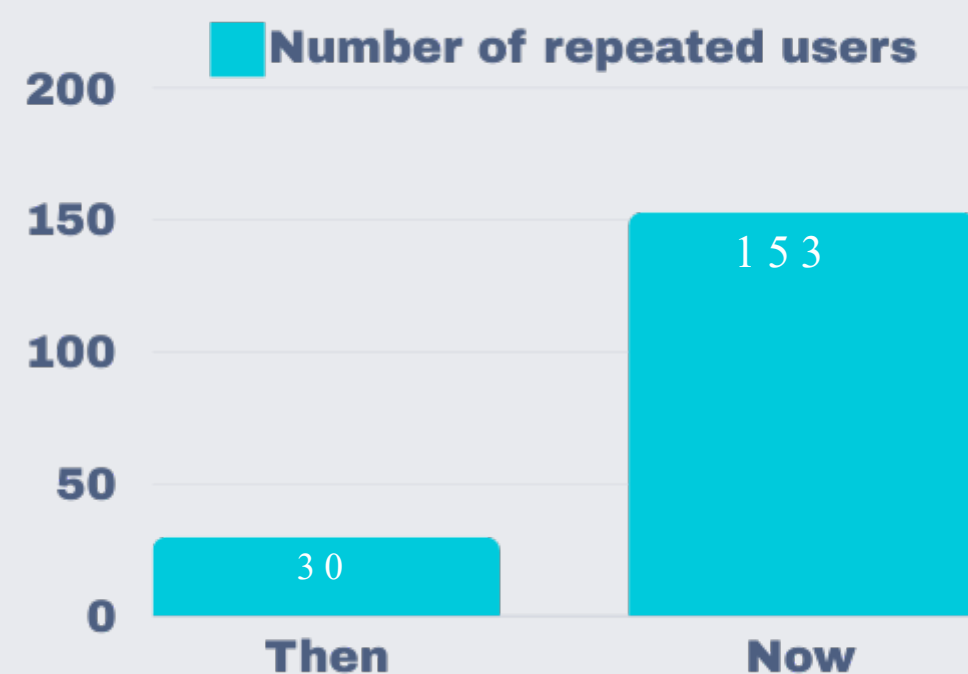
Approximately 1,760 minutes is saved in a month using the IM-Healthy Station.



Usage now compared to the old methods had jumped from 50 to 490 times a month.



Average of repeat users jumped from 30 to 153.



### CONCLUSION AND LEARNING POINTS

- Needs Analysis: Many seniors do not understand the need for frequent, periodic and consistent measurement of their vital health readings, but they are not doing it.
- Understanding Pain Points: Observe patiently how the readings are being carried out so that the solution can address and dissolve them.
- User Experience: The user interface has to be senior-friendly, taking into consideration font type, size, colour and universally recognisable icon to overcome language barriers, especially for illiterate seniors.
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