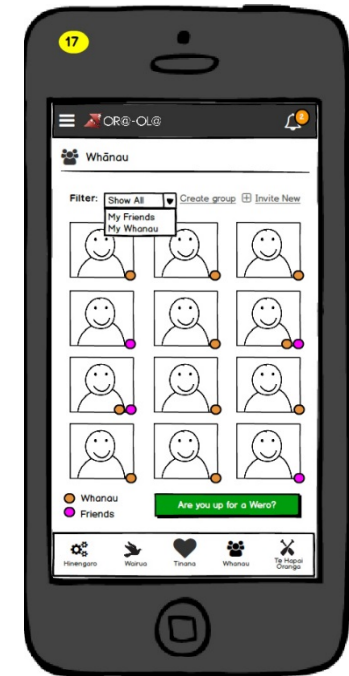


Here are some of the screens that you will see in the OL@-OR@ app. They are based around Te Whare Tapa Whā (Maori Health Model).



What is mHealth?

Medical and public health practice supported by mobile devices, such as mobile phones, patient monitoring devices, personal digital assistants (PDAs), and other wireless devices.

WHO Global Observatory for eHealth

Why create an App?

Because in 2015 the use of mobile phones nearly equalled the use of PC's!

Smart device access in NZ 2015



72%



70%



51%

AND research shows you prefer your phones



59% of device users prefer their smartphone

AND 91% of 18-34 year olds access smartphones

Who helped?

Below is a list of some of the career choices you could make if you wanted to be involved in this type of project.

Project Manager
Project Coordinator
Academic Researchers
App Developer
Website Developer
Photographer
Marketing expert
Community Liaison
Principal Investigator
Co-design expert
Trainer
Behavioural Change expert
Branding expert
Graphic Designer
University Students

For more information email:
welltext@auckland.ac.nz

Funding for this project came from:



This was a partnership between the following:



mHealth for
Maori and
Pasifika
communities

Aim: to reduce the risk
of diabetes, obesity
and heart disease