

National Health Fund apps (applications) for health monitoring and improve health: My Health Plus and My Physio Plus

Admission

The National Health Fund supports patients' health in various ways. Two portals - nfz.gov.pl and patient.gov.pl - provide information on the availability of services, as well as on the system's offer, ways to use it and patients' rights. Information is directed both to sick people who need treatment and healthy people who can reduce the risk of disease through a pro-healthy lifestyle. The National Health Fund Academy portal was created for the latter category of recipients. Here the patient will find knowledge about prevention and pro-healthy habits and attitudes, that is, tips how to take care of oneself, build and strengthen healthy habits and take advantage of preventive examinations. Both audiences can also use the National Health Fund Diet portal, where healthy eating habits and ready-made menus are promoted.

Objective

The purpose of the presentation is to point out the expansion of the National Health Fund activities in reaching a wide range of patients in terms of the availability of diagnostic, therapeutic and rehabilitation services, as well as the promotion of preventive and health-promoting services, among other things, with technological resources in the form of apps.



Results

My Fizjo+ is an app dedicated to people struggling with back, shoulder and hip pain. The goal of the app is to present exercises that improve flexibility and muscle strength, which, combined with self-massage, can reduce the intensity of pain. The app aims to provide the user with materials to help alleviate or eliminate pain. It contains practical tips and advice from physiotherapists to apply and use daily, such as how to sit properly behind the wheel, how to adjust the type of exercise according to the degree of pain and presents a set of exercises for 5 muscle groups for each day.

My Health+ has been equipped with a few functions such as: control of medications, monitoring of daily activity and vital signs for example: sleep, steps, blood pressure, pulse, respiration rate, body temperature, oxygen saturation and body weight. The application is a daily help and support for the patient to control every aspect of his or her health, for example, it will help to arrange a diet appropriate for a specific condition by assisting in the selection of healthier dishes, it will give necessary tips on nutritional values or sugar content of a meal.



Summary

The apps released by National Health Fund are modern solutions that have been designed to support patients in taking care of their daily health with practical tips. My Health Plus and My Physio Plus software will allow patients - healthy and sick - to take care of movement, sleep and diet. Any owner of an Android and iOS smartphone and tablet can use them. Both programs can be found on Google Play and the App Store.