

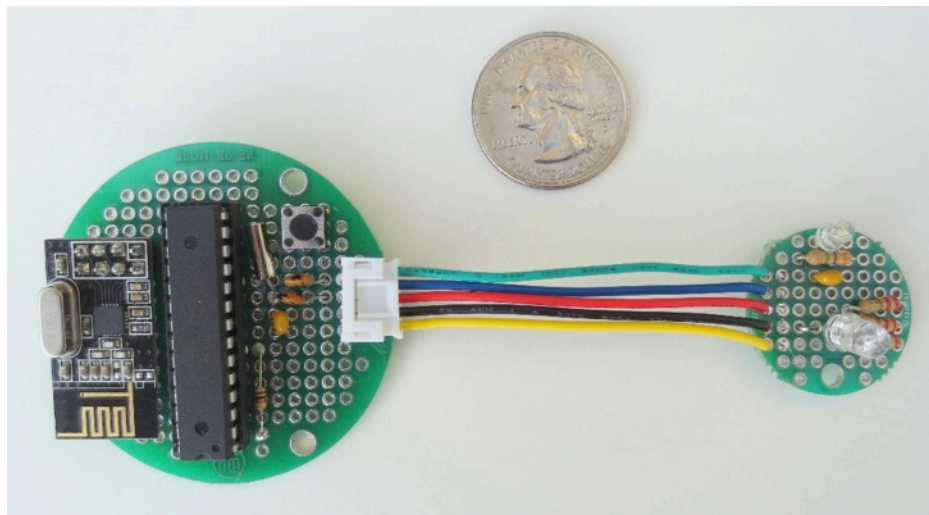
Towards the Crafting of Personal Health Technologies

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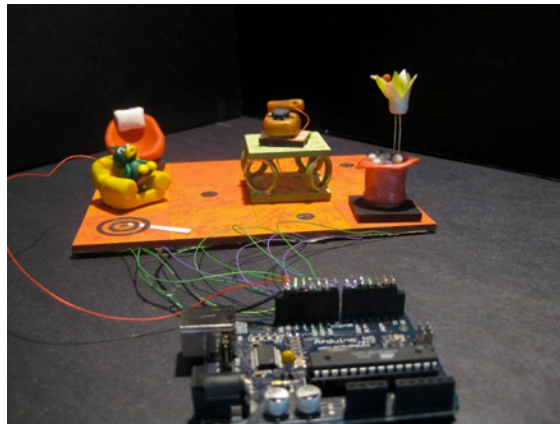
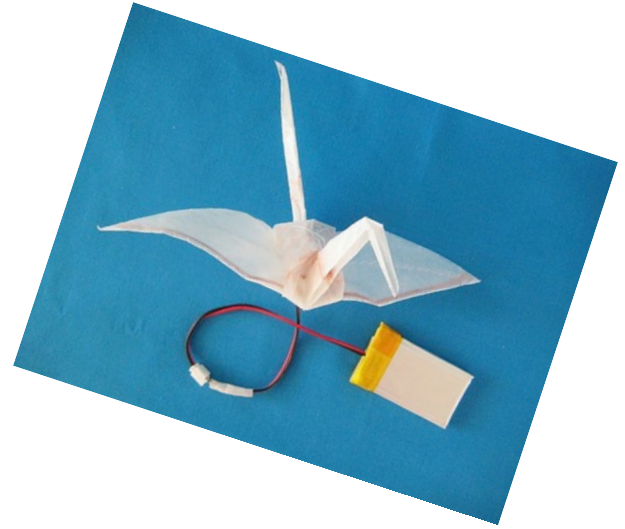
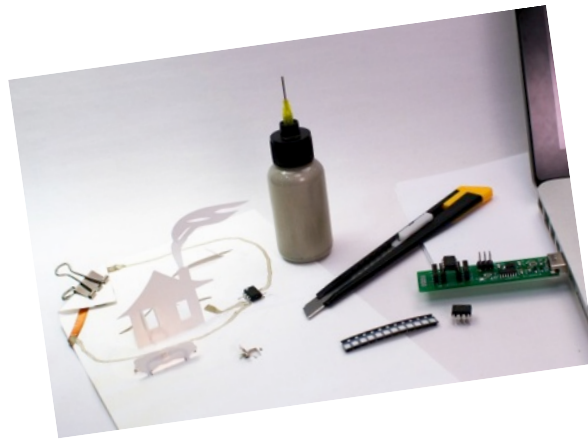


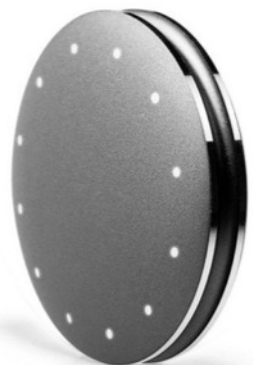
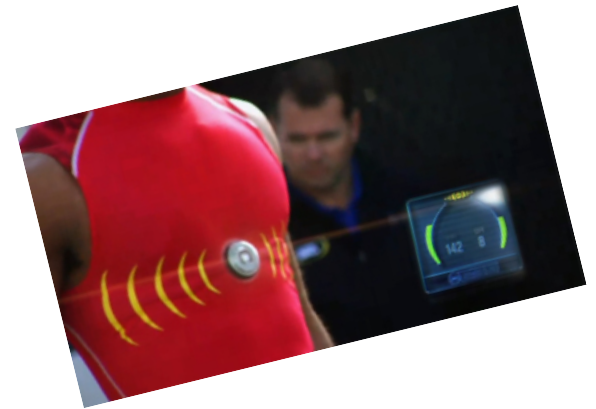




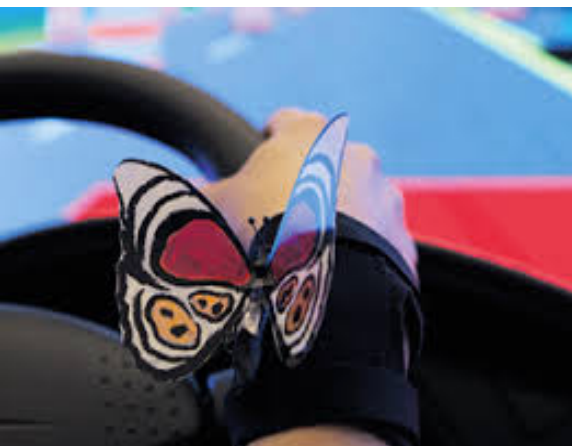
Integrate craftwork and health technologies







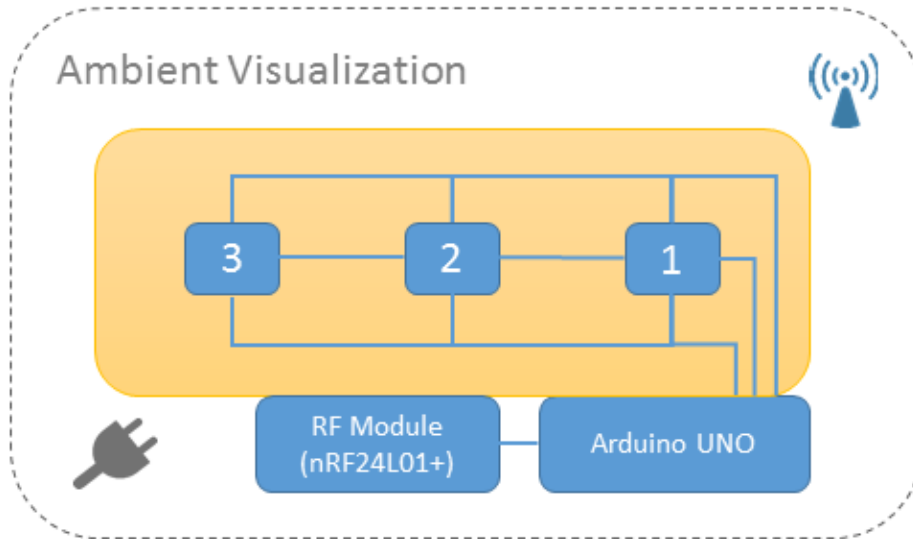
Physical Activity	Shakra, Ubifit, Pediluma, Fish 'n' Steps
Exercise Routines	Remote Jogging, Triplebeat, Djogger
Sleep	Lullaby, Shuteye
Healthy Diets	Mobile coach, Pmeb
Lowering Stress	Moodwings
Self-regulating Emotions	Mobile therapy, Food and Mood



User empowerment

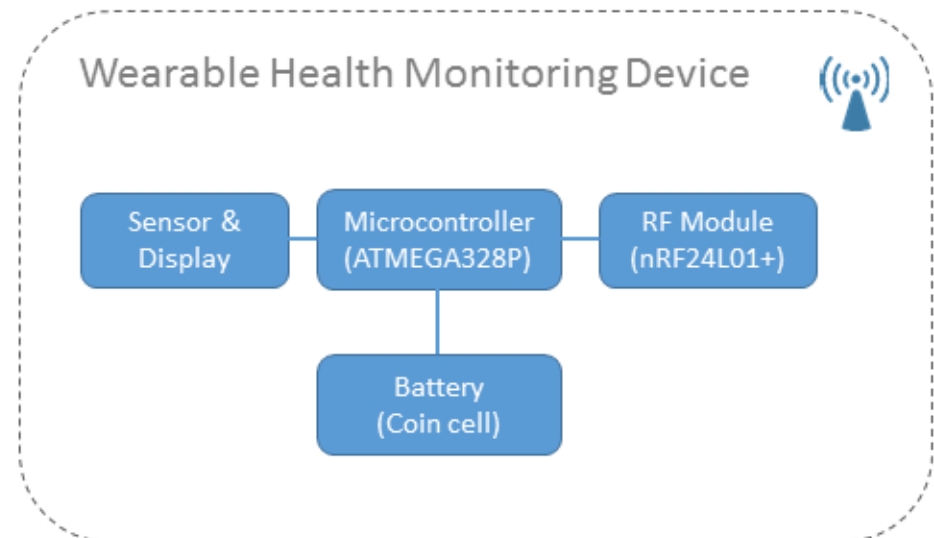
- Personal expressiveness
- Meaningful visualizations of health
- Enrich sense of narrative history
- Accommodate individual differences
- Maybe foster greater adoption

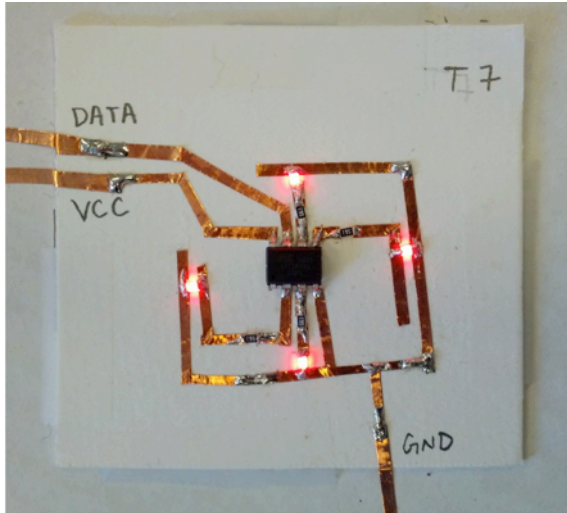
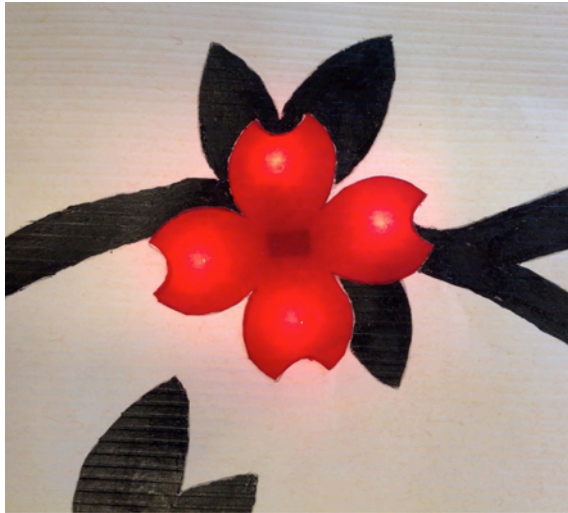
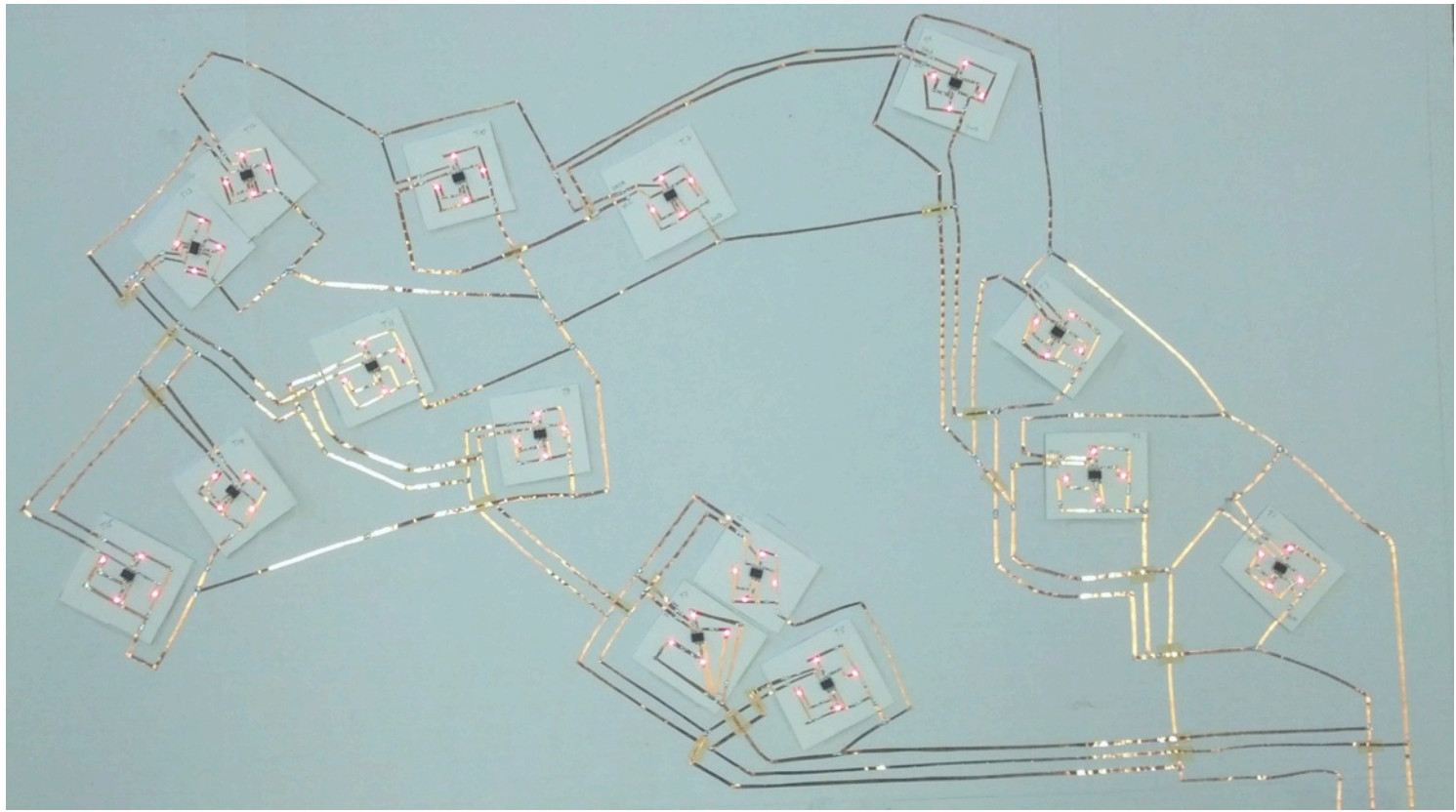
Approach



- Circuit nodes
- Simple 3-line interface
- Standardized interface

- Low Power
- Minimal Components
- Inexpensive



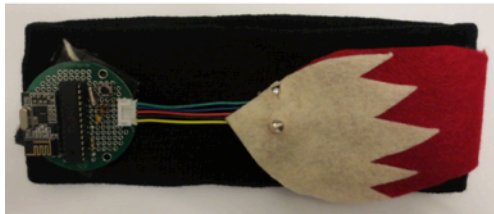
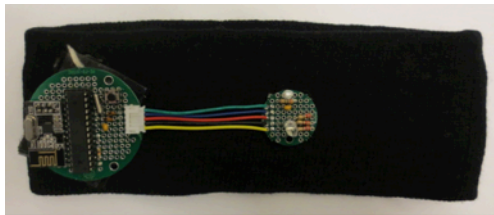


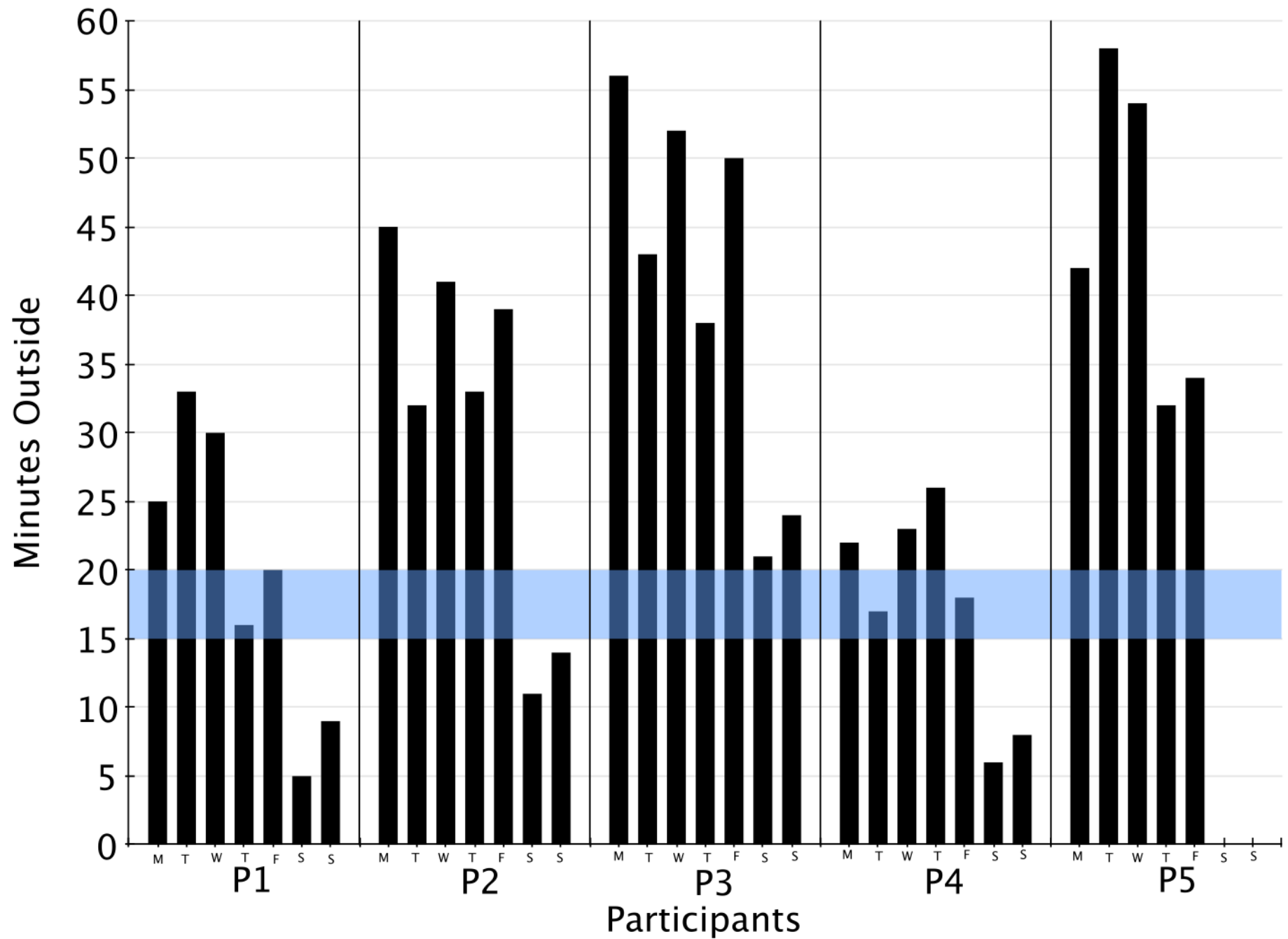
Study Overview

- Test functionality of UV wearable
- Participants impressions of crafting and cherry blossom visualization
- Convenience sample of 5 students
 - 4 men and 1 woman (24-34 years old)
 - Proficient users of modern technologies
 - 3 self-described DIY enthusiasts

Methods

- Craft device into a wearable artifact
- Wear for 7 days
- Check in periodically through out the week
- Semi-structured interviews to collect participants' impressions





Study Results

- Wearable visualization not used much
- Automatic wireless transfer not explicit enough
- Participants thought cherry blossom was visually compelling

Contributions

- New lens for viewing health technologies
- Extend craftwork beyond typical examples
- Framework for developing health systems
- Account for individual sensibilities and differences



Questions?