Course Project Milestone 2 Template

Directions: Carefully review Course Project Milestone 2 Guidelines and rubric requirements.

Name: _____ ▬▬▬▬ _____

Define the Approved Patient Scenario

My patient is an 18 year old female who is in excellent health. She has a boyfriend and is sexually active and visits her primary care provider regularly for preventative care. This patient is seeking an easy way to help prevent an unplanned pregnancy as she has recently had a pregnancy scare. The Ovia app would be a beneficial resource for my patient as she is not interested in taking medications and is looking to go about this process in the most natural way possible. "Natural family planning is the utilization of fertility awareness to either prevent or achieve pregnancy" (Sung, S & Abramovitz, A., 2022).

Identify Teaching Areas related to the mHealth app

- Information (Cite mHealth app in APA format here on one of the bullet points)

  - Ovia Health is a digital health company that uses mobile technology to help women and families live healthier lives.

  - Ovia can be utilized to track ones cycle and health, track and monitor a baby's development, and it can also be used to track and share children's health and patterns.

  - Ovia is a community of diverse, open, and imaginative individuals, operating as a whole greater than the sum of its parts, building an inclusive, representative, and impactful platform that closes the gaps in healthcare disparities.

  - "We use data science and clinical evidence to help people gain control of their health, elevating the standard of care for families and future generations" (Ovia,2023).

  - Available through health plans nation-wide and employer-sponsored insurance, Ovia Health provides comprehensive programs for maternal health, family building, parental wellbeing, and menopause support.

  - Ovia can be used on any mobile device as well as any computer. It can be obtained through the app store or on their website.

  - Reference:

Ovia Health. (n.d.). Digital health for every family journey. Retrieved January 09,2023 from