

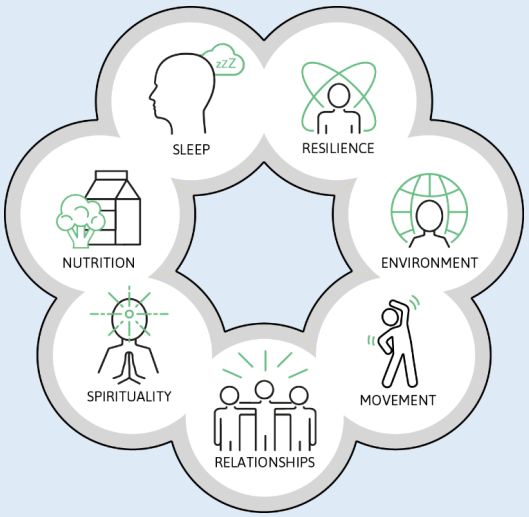


## Background

**Background:** Underserved populations experience barriers to access to innovative health services and resources.

The University of Arizona Andrew Weil Center for Integrative Medicine developed a self-care mobile app, My Wellness Coach (MWC), to promote behavior changes in seven core areas of health. Health coaching and motivational interviewing principles were applied.

**Purpose:** A pilot study evaluating impact and feasibility of MWC was conducted with El Rio Community Health Center patients, staff, family, friends and Southern Arizona AIDS Foundation (SAAF) staff.



## Methods

**Participants:** Attended a weekly group at El Rio (n=5) or met with a study coordinator (n=36) who provided assistance with app installation, evaluations and offered ongoing support in using the app.

**Evaluation:** Validated measures of health status, eHealth literacy, overall wellbeing, psychological wellbeing, resiliency, wellness behaviors, environmental health, and clutter completed at baseline and 3-months. Goal setting data were collected in the app. User surveys were administered at week 5 and 3-months.

## Results - Impact

Pre-post improvements ( $P<0.05$ ) were observed for eHealth literacy, leading a purposeful and meaningful life, global physical health, BMI, health status, days with physical pain, restful sleep, socializing, sense of belonging, vigorous physical activity, feeling overwhelmed at work, drinking tea, and clutter. Improvement trends ( $P<0.10$ ) were observed for overall wellbeing, financial wellbeing, sense of belonging, and decreased days using herbal products for sleep.

Three-fourths (76%) of participants set at least one goal (range 1-4) and 73% created action steps toward their goals. Most goals were set in movement, nutrition, and sleep.

Of the 46 goals set, 17 goals were reported as successful, and of those users selected 13 for continued maintenance of the goal behavior. The remaining 29 goals were not yet reported on.

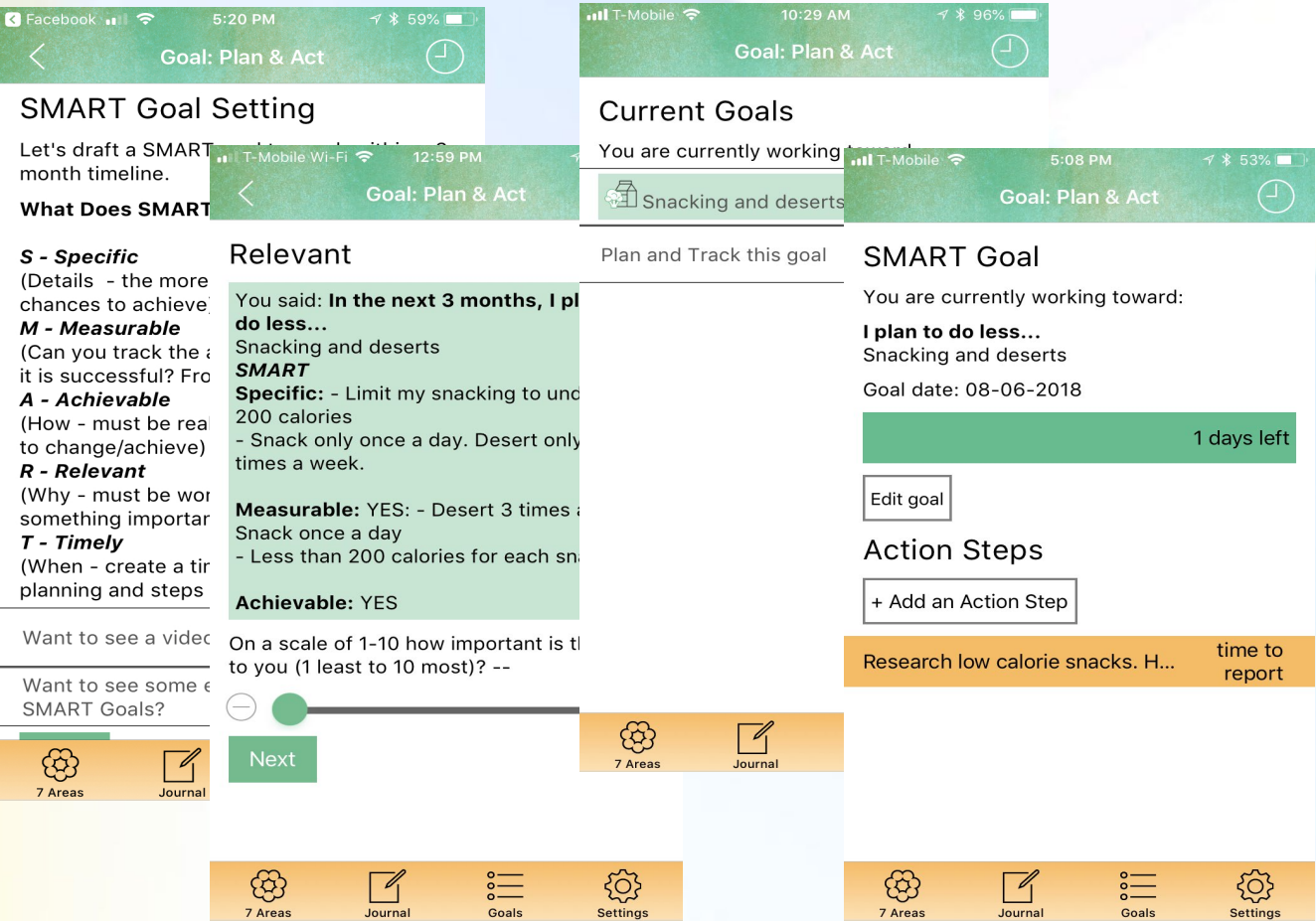
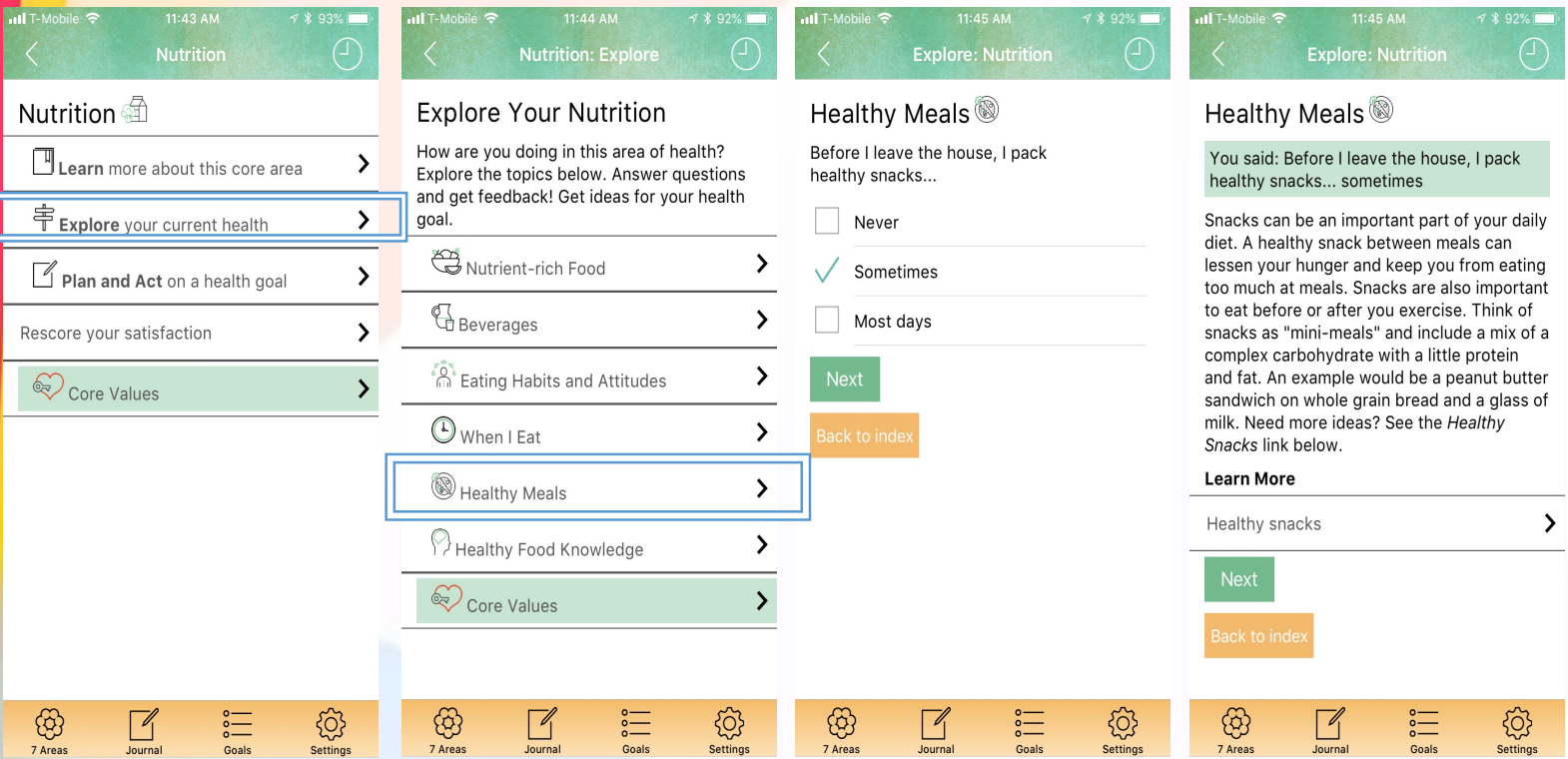
User feedback was very positive with 75%-91% rating the impact of MWC highly.

## Conclusion & Next Steps

The positive findings reveal the potential of MWC to benefit individuals who utilize it in group settings or individually.

Future availability in Spanish and Android and iOS systems will increase dissemination in clinical and non-clinical settings dedicated to improving the health status of underserved communities.

**Pre-post improvements ( $P<0.05$ ) were observed for global physical health, health status, BMI, vigorous physical activity, restful sleep, socializing, eHealth literacy, and other outcomes.**

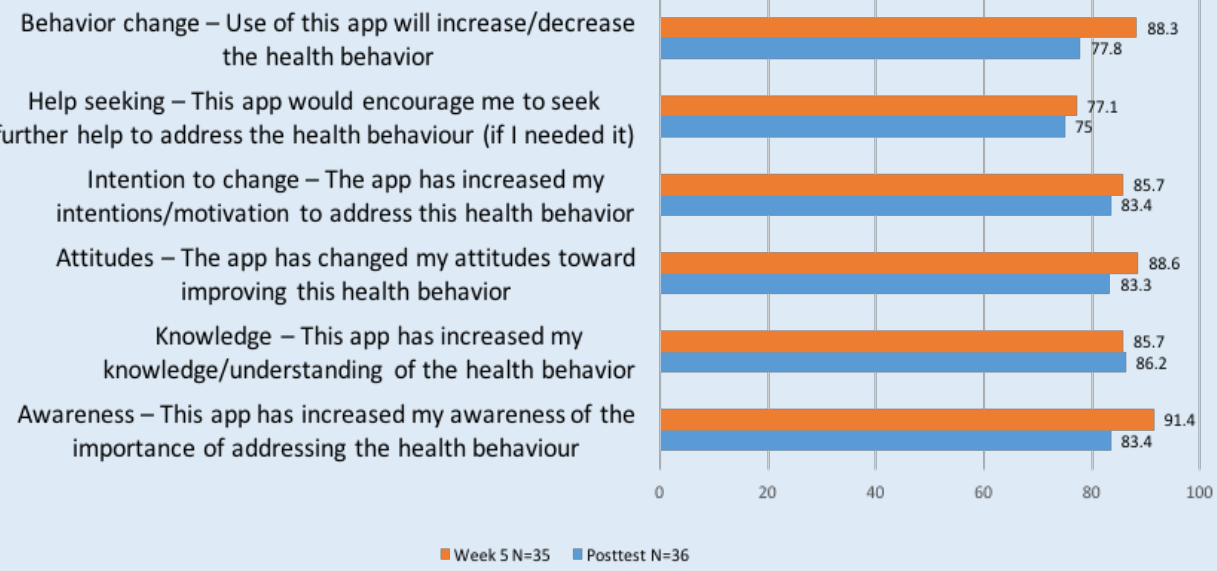


Item	N	Pre Mean/%	Post Mean/%	Sig
eHeals – Health Literacy	36	30.75	35.5	<0.001
How would rate your physical health	36	3.08	3.44	0.003
I lead a purposeful and meaningful life	36	5.67	6.17	0.007
BMI	30	30.14	29.14	0.022
Have medical condition – % yes	36	58%	47%	0.001
Medication for medical condition – % yes	35	54%	46%	0.002
Days physical pain	34	2.41	1.88	0.042
Days socializing	36	2.53	3.36	0.012
Days restful sleep	35	3.40	4.46	0.009
Days overwhelmed at work	26	2.58	1.54	0.037
Hours in vigorous activity - % < 2 hours	23	78%	57%	0.008
Tea – drinks per day	33	1.06	1.70	0.004
Problem collecting/buying more than needed	36	0.53	0.25	0.006

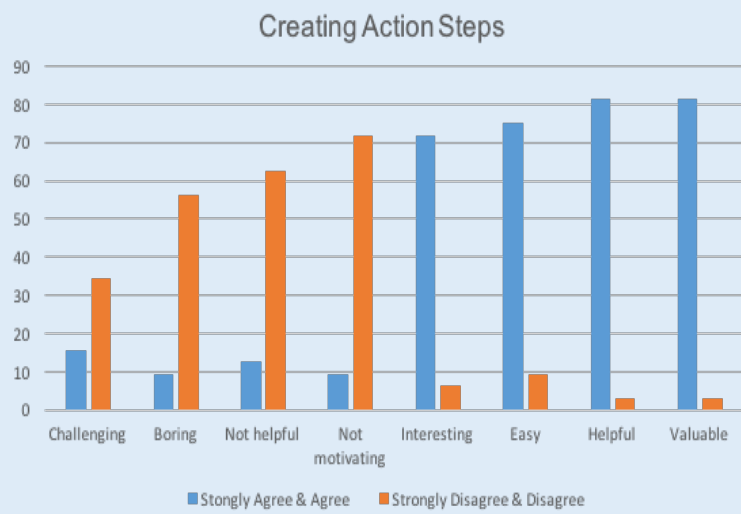
Group	N	# WITH GOALS	% WITH GOALS	# WITH ACTION STEPS	% WITH ACTION STEPS	# OF ACTION STEPS
El Rio-Group	5	5	100%	5	100%	27
El Rio-Individual	12	9	75%	9	75%	191
El Rio-Individual/Staff	7	7	100%	6	86%	45
Other-Individual	12	7	58%	6	50%	18
SAAF-Individual/Staff	5	4	80%	4	80%	13
Grand Total	41	32	78%	30	73%	294

## Perceived Impact

% Somewhat Agree & Strongly Agree



Creating an action step in the mobile app to support my goal was:



81% Found creating action steps **Helpful** and **Valuable** and 72% found it **Interesting**.

(Post/13-Week Survey Responses, N=32)

• **Notifications:** I found that receiving reminders/notifications from the App was useful for helping me work towards my goal, and complete my action steps.