

# Thalime: A mobile app designed just for patients and their families

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## Abstract

Introducing the first mobile app designed specifically for the Thalassemia community; Thalime, your personalized private community. Thalime is a free app that connects patients and caregivers of Thalassemia to others who know what you're going through. Learn about your condition from a trusted source. Improve your well-being with health-tracking tools. Get support from others just like you. With personalized disease management tools designed to make life easier every day, Thalime is your all-in-one health resource that empowers you to be in control of your health. Build your private peer community to learn, share and receive support.

Follow programs and set goals with our personalized recommendations and virtual coaching.

Track your progress with our visual health tracker for blood transfusions and medication tracker. Additional health tracker tools allow you to monitor and share your mood, energy, pain and more.

## Introduction

Thalime is a mobile app developed for those affected by Thalassemia to connect with a digital community, track their own health, and receive educational content about their disease. The app is for anyone impacted by Thalassemia, including patients, caregivers, family members, and friends. The app connects people to someone who best understands their journey with the disease; another user who is also going through the same experience (Figure 1). A health condition creates a strong connection between users, and the shared learning and emotional support from others helps patients make decisions. For over a decade, the positive impact social support on patients has led improved disease outcomes. We provide a disease-specific digital social network moderated by a community manager and maintain privacy standards to give people a safe environment to connect with others.

Engaging patient tracking tools and a news-feed of curated content educates the user about their own condition and ultimately, the patient becomes more involved in their health. Patient-centred healthcare is built on information sharing, collaboration, cus-

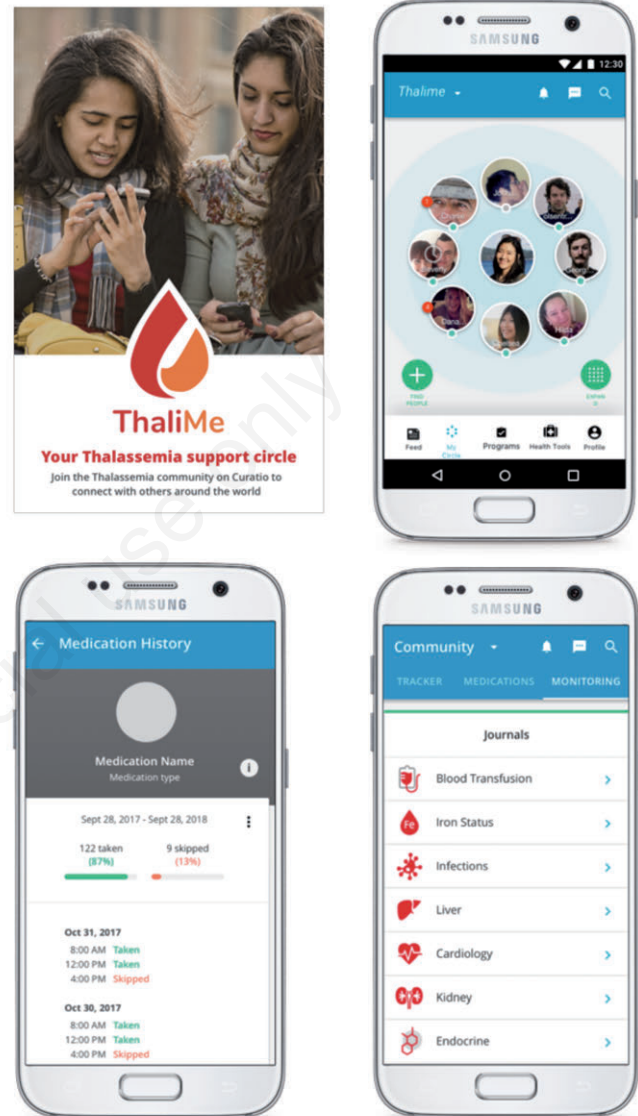


Figure 1. Private support circle, health journal, and medication tracker (clockwise from top right).

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tomization, transparency, and patient choice<sup>2</sup>. Curatio puts healthcare in the hands of the patient with disease specific tracking tools and customizing educational content, increasing a patient's ability to make informed decisions and take responsibility for their care. The tracking tools allow for continual patient-participation in their own health and consist of easy-to-use data entry screens for relevant symptoms, medications, and treatments. The information can then be seen in a graphical display, and users are alerted if there are abnormal trends in their data. Customization is further made possible with AI and machine learning applied to the newsfeed content and improved user-user matching over time.

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