

DigiCare4You community-based intervention and social collaboration platform

DigiCare4You aims to improve the early prevention and management of Type 2 Diabetes (T2D) and hypertension (HTN). The project's overall objective is to assess the scalability and transferability of an intersectoral, innovative person-centred solution involving digital tools, aimed at empowering families and integrating community care services in Europe for the prevention and management T2D and HTN.

The DigiCare4You solution consists of two core components. Firstly, a two-stage screening procedure to identify families living with pre-diabetes, T2D and/or HTN will be conducted at schools and local health centres. This will be followed by the enrolment of those families identified as living with the conditions or at risk of developing them in an mHealth self-management intervention, which aims to promote a healthy and active lifestyle. Among the core objectives of the DigiCare4You programme is the provision of a supportive social environment within schools and communities aiming to aid children and their families in adopting a healthy and active lifestyle.



DigiCare4You's **Work Package 4 (WP4)** is responsible for the **adaptation and implementation plan** of the DigiCare4You solution. As part of WP4, partners from the **Centre for Research and Technology Hellas (CERTH)** developed a **social collaboration platform (SCP)** for the community-based intervention aspect of DigiCare4You. The main goal of this platform is the creation of a social and physical environment that will provide documented, reliable and useful information concerning T2D and HTN prevention, but also practical tips and guidelines on healthy and active living for all age groups. The platform will also enable families in the participating countries to **communicate, exchange information**, and finally **create, share and participate** in **social events** related to the prevention and management of T2D and HTN.

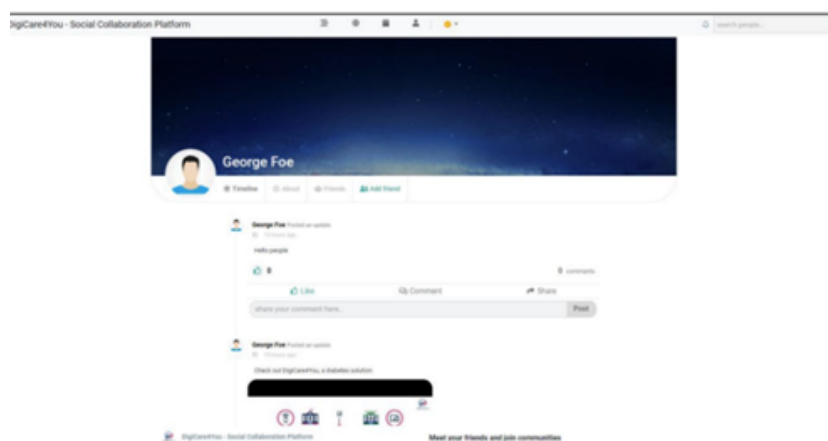
Health-related social network platforms provide users with **medical information** and **emotional support**. They typically allow users to connect anonymously with other people beyond normal geographic constraints.

CERTH is currently developing the first version of the SCP and is planning to deploy it during August 2022 in the project's four implementation countries. Based on users' feedback, a second version will be developed to be ready by September 2023.

The SCP has three different main pages with different functionalities once a user is logged into the system:

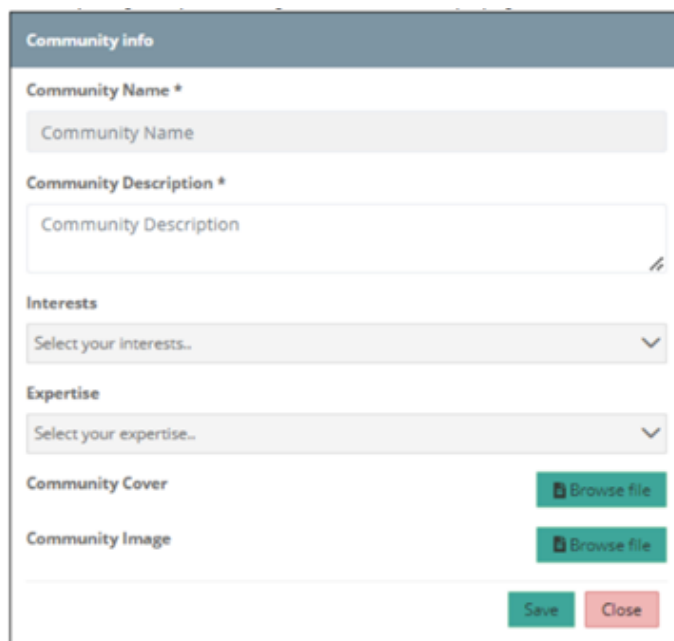
Timeline Page:

This page is users' main profile where they can add friends, post pictures/ a status, share links and videos. There is a possibility for users to like, comment and share content from the Timeline page of others.



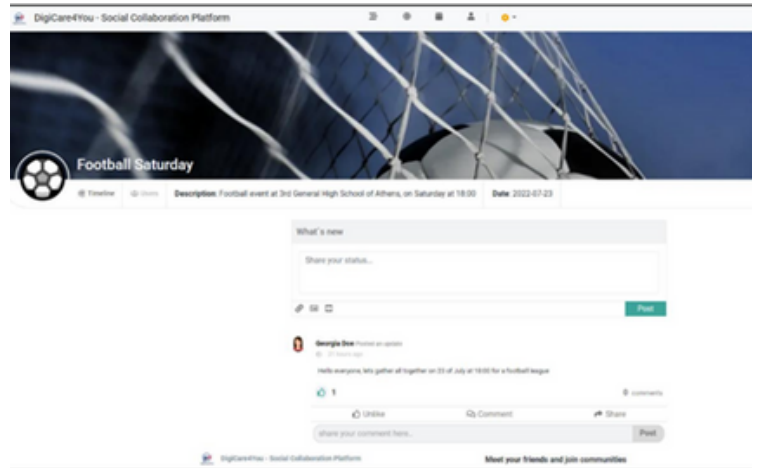
Communities page:

This page allows users to create new communities or join existing ones. The community are categorised along areas of interests such as "Diabetes", "Hypertension", "Sports" and expertise. Depending on who created the community, everyone using the platform can join but not everyone can post information on the community's wall.

A screenshot of the DigiCare4You Social Collaboration Platform community creation form. The form is titled "Community info" and contains several fields: "Community Name" (required), "Community Description" (required), "Interests" (a dropdown menu), "Expertise" (a dropdown menu), "Community Cover" (with a "Browse file" button), and "Community Image" (with a "Browse file" button). At the bottom of the form, there are "Save" and "Close" buttons.

Events page:

The events page allows users to create new events or join existing ones. All active upcoming events are posted in the page whereas inactive and past events are not displayed at all.



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