DIGITAL ACTIVA → A tool to help the management and monitoring of physical exercise prescribed for health

The need

The prescription of physical exercise from primary care (PC) is considered a fundamental tool in the fight against sedentarism. However, it is still a challenge to manage this prescription in an individualized way, and also to be followed by the health professional. The Murcia-ACTIVA Program was implemented in the Region of Murcia in 2010. Three entities collaborate in this program: Murcia Health Service -Servicio Murciano de Salud (SMS)-, whose health workers prescribe physical exercise; Town Councils provide timetables and sports facilities and assign a technician to receive prescriptions via fax from the corresponding Health Centres; and graduates in Physical Activity and Sport Sciences, who are responsible for implementing the program and analyzing the evolution of each individual's physical condition. Although the Activa program has been a success, there are still areas for improvement: 1. Accessibility (only 66.5% of patients who receive a prescription for physical exercise do so in sports centres, mainly due to the paper-based and bureaucratic process) 2. Follow-up and adherence.

The solution

Application for prescribing physical exercise for health, follow up on real-time these prescriptions, establish a process and communication between medical staff and sport facilities, and implement adherence strategies for patients. There are different interfaces for GPs, trainers and patients. The application contains gamification to engage the users.

#ExercisePrescription

#Wellbeing

#Sports

Impact

- Average satisfaction rate was 7.3/10 among GPs, trainers and town councils

(*) These results come from a 2 months trial period

Co-creation and Business Support

Pilot region: Murcia (Spain) | Period: June 2019-September 2020

Challenger	Solver	Users	Supporter	Funder
SMS	Upicus	Activa Programme	Ticbiomed	INFO
1 innovation professional, 1 IT professional From the Activa Programme: 1 head of programme, 1 nurse 3 GPs 1 trainer	3 software developers 2 quality assurance 1 UX designer 1 Chief Technical Officer 1 customer success marketing and sales	1 head of programme, 1 nurse 3 GPs 1 trainer	2 business supporters	2 experts

Hear the stories!

> *InDemand's co-creation process has allowed us to find easy solutions to hard problems.*
>
> *InDemand allows the voice of patients to be heard in a co-creation process and ensures that the solutions are effective and efficient.*

**Esther García, Trainer
Mª Lourdes Fernández, Physician
Mª Alegría Avilés, Nurse
Javier López Román, Physician
Members of Activa Programme**

> *Through the co-creation process, we are listening to the needs and experience of the users. Besides, we are opening the eyes of the challengers to what technology can do for them. The result is a very complete product, with lower risks and costs for both parts.*

Juan Saussol, CEO at Upicus

About inDemand

inDemand boosts digital health solutions proposed and co-created with healthcare profesionals

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