



# UpBeat

## AN APP FOR TEENS WITH HEART CONDITIONS



**HeartKids**



### What is UpBeat?

UpBeat is a smartphone app for young people with heart conditions who are starting to manage their health care more independently.

The key features of UpBeat are:

- **Medical Summary:** Teens can organise their health care info, like medication details, contacts and appointment notes
- **Documents:** Teens can take photos of important documents like letters, referrals, test results and forms and store them in UpBeat for safe-keeping and easy access
- **InfoHub:** Teens can learn about their condition, transition, and how to find support services and peer networks

### Why should my teen use UpBeat?

The transition from paediatric to adult health care is a major time of change for heart teens. During this time some young people can drop off or become lost to care.

UpBeat is designed to empower young people on their health care journeys, helping them stay engaged with their care as they transition to the adult system. It is designed to give young people the tools and information they need to make this change.

31 heart teens trialled UpBeat for four months. All teens who completed the trial said UpBeat:

- Made it easier for them when attending appointments and talking to their health care team
- Made them feel more confident about managing their health care on their own
- 95% of teens who trialled UpBeat said they would recommend it to their peers

### What else are young people saying?

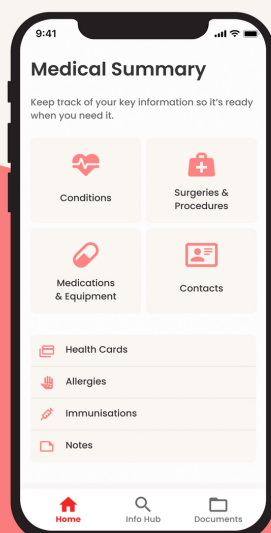
- 'I really like using it. I like being able to see my medical history and keep my contacts in one place. It has showed me I need to find more documentation about all my past history and the different things I need to be more involved with for my health care.'
- 'I think UpBeat is really good. It's easy to use compared to other apps like MyGov'

#### Stay on track with your heart condition

UpBeat can help you manage your heart condition more independently.

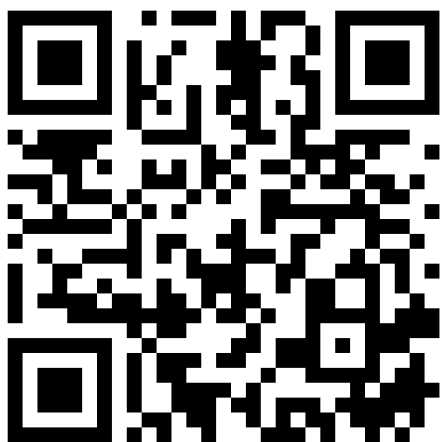


#### Store all your important info in one place



## How can my teen download UpBeat?

Your teen can search 'UpBeat by HeartKids' in the app store, or use the QR codes below.



iOS App Store



Android Play Store

## Why and how has UpBeat been created?

HeartKids is delivering UpBeat as part of the National Strategic Action Plan for Childhood Heart Disease (CHD).

We partnered with a Young Persons' Digital Advisory Group to create UpBeat. Group members consisted of young people with CHD at different ages and stages of transition, as well as clinicians from five major hospitals from around the country.

## What about data privacy?

All information in UpBeat is stored locally on the user's phone, rather than on an external server. This means that HeartKids (or any other third party) does not store, and cannot access, any of the information or documents uploaded to UpBeat.

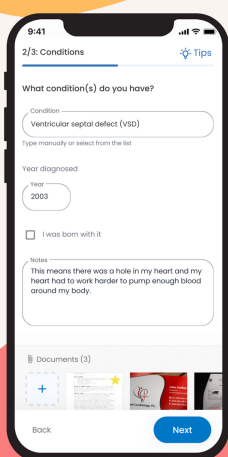
## I would like some more information.

If you have any questions about UpBeat, call the **HeartKids Helpline: 1800 432 785**

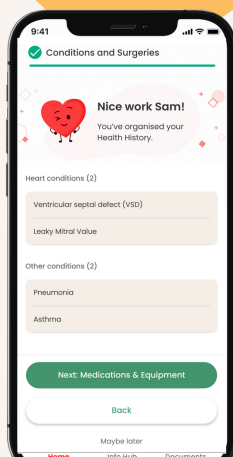


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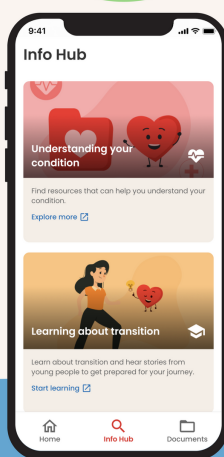
**Log your conditions, surgeries and more**



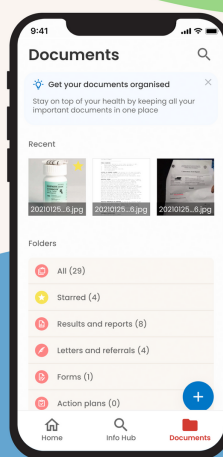
**Take your info with you everywhere**



**Learn more with us**



**Get your documents organised**



**UpBeat is here to help you move on to adult care**

