



## AN APP FOR TEENS WITH HEART CONDITIONS



### What is UpBeat?

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

The key features of UpBeat are:

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

### Why has UpBeat been created?

UpBeat is designed to help young people stay engaged with their health care as they transition from the paediatric to the adult system.

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

### How does UpBeat help young people to stay engaged with their care?

The overarching goal of UpBeat is to empower young people with CHD, as empowerment is associated with transition readiness.

UpBeat seeks to empower young people through:

1. **Organisation:** Helping them organise their medical info and documents so that they have a portable medical record in their pockets at all times
2. **Education:** Helping teens to build their health care knowledge and self-management skills through access to educational resources
3. **Support:** Connecting teens to support networks and relevant services

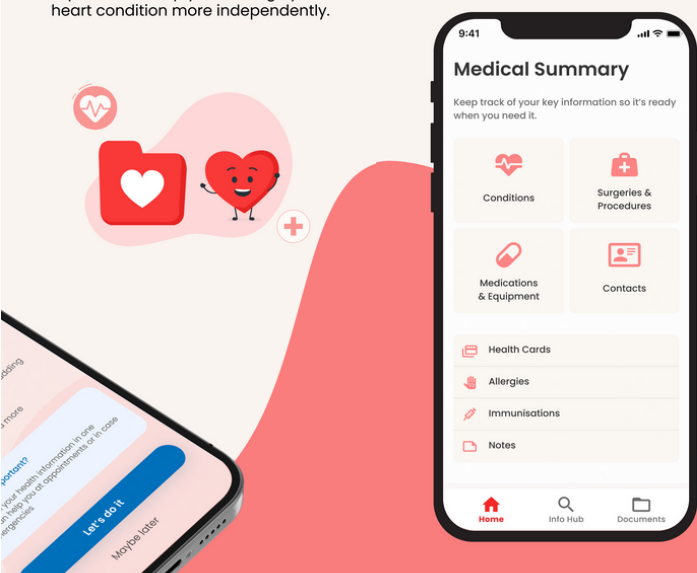
### How has UpBeat been created?

HeartKids 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 a multidisciplinary group of clinicians from five major hospitals from around the country.

#### 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



## What are young people saying?

- 'I like being able to see my medical history and keep all my contacts in one place. It helped me realise I need more info for myself about my condition'
- 'I think the app is really good. It's easy to use compared to other medical apps like MyGov and stuff'
- 'I really like using it. It has showed me that 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.'
- 'Having my medical information stored in UpBeat made it easier to attend appointments and talk to my health care team'
- 'UpBeat helped me to feel more confident about managing my health care on my own'
- **95% of teens who piloted UpBeat said they would recommend it to their peers**

## 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.

## How do I download UpBeat?

Search 'UpBeat by HeartKids' in your app store, or use the QR codes below.



iOS  
App Store



Android  
Play Store

## How do I share UpBeat with my patients?

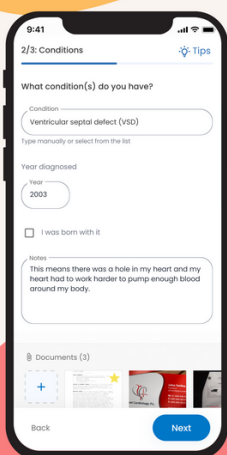
If you are talking to a teen about UpBeat, you can share the above download links with them.

Your information pack should have included some flyers to hand out to any teens you see with CHD. These flyers are also available on the HeartKids website, or by contacting us.

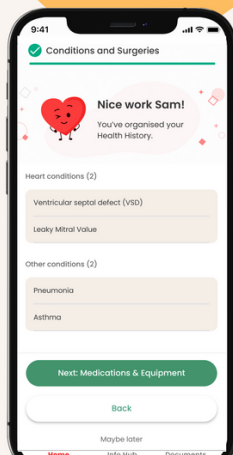
If you have any questions about UpBeat, call the **HeartKids Helpline: 1800 432 785**



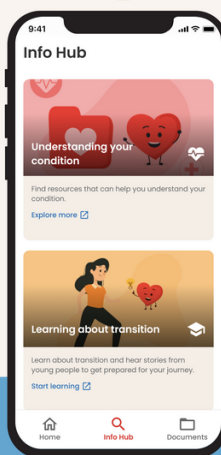
**Log your conditions, surgeries and more**



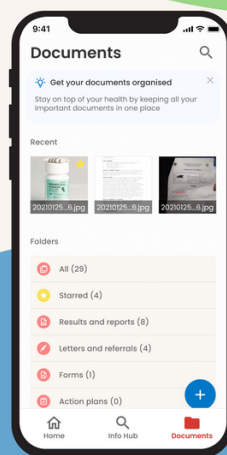
**Take your info with you everywhere**



**Learn more with us**



**Get your documents organised**



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

