



## You Can Design Your Own App and Make Things For Your Health!

Before you start, read this with your parents.



### How do I Design a Health Mobile Application?

You can make a health mobile application! Use this paper app tool to design for health! For instance, your app can be a game to encourage others to stay healthy, an educational tool to teach others about your condition, or a tool to help you take care of your health. Be creative! Unleash your wild and cool ideas! Use markers, paper, pencil, whatever you wish! You can work with an adult, friend or brother/sister if you want.



### Share Your Ideas with Us

Please share your ideas with us by email, Twitter, or Facebook to join a movement that encourages kids to become creators of their own tools and technologies for health.



Tweet to @healthbyus and/or use the hashtag #makehealth



Post to healthdesignby.us



Send your finished designs to us via e-mail ehirschf@med.umich.edu

Winners will receive prizes for their ideas at our We Make Health Fest on August 16th.



### Join Us on August 16th for the First *We Make Health Fest*

This free family event at the University of Michigan's Palmer Commons, Great Lakes Rooms will be filled with design and maker activities for health. Imagine a science fair times 1,000 in the cool factor with live demos and a chance to be inspired and make and your very own tools and designs!

Visit [www.makehealth.us](http://www.makehealth.us) and follow @makehealthUM to learn more!



### Who is Sponsoring This?

This activity is sponsored by the Mott Mobile Technology for Enhancing Child Health (M2TECH) Program funded by the Charles Woodson Research Fund and HealthDesignBy.Us (<http://healthdesignby.us/>) funded by the Provost's office. HealthDesignBy.Us is a community of individuals passionate about health, technology, and participatory design. We are passionate about the notion that we as a community should be creating tools, technologies, and solutions for our own health. Let's get started and #makehealth!



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