

Digital Health & Wellness Guide



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UO Libraries cares about your
**MENTAL HEALTH &
DIGITAL PRIVACY**

Created by a student, our **new Digital Health & Wellness Resources** guide provides you the tools to examine health & wellness (“mHealth”) apps.

[Learn More](#)



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University Context

- Increase in campus focus on student wellness related to remote learning
- Providing tools and guidance to students to become responsible consumers of information
- Concerns around data privacy



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Institutional Partners

- Collaborated with institutional partners in learning about campus endorsed apps
- Consulted with medical professionals about other suggested resources and apps that are not backed by UO
- Campus resources available for the University of Oregon community to support health and wellness
- Recommendations for free mobile health (mHealth) apps with strong data privacy standards and clinical credibility



Learning Objectives & Awareness

- Instructional learning outcomes
 - Define digital mindfulness and wellness
 - Provide information on UO-endorsed apps
 - Include other resources and apps suggested by medical professionals
- Built-in self-paced assessment
 - Includes a mobile health app evaluation rubric
 - Informs students to be aware of the data privacy and security policies of mobile health apps
 - Strategies to evaluate the transparency and legitimacy of mhealth apps

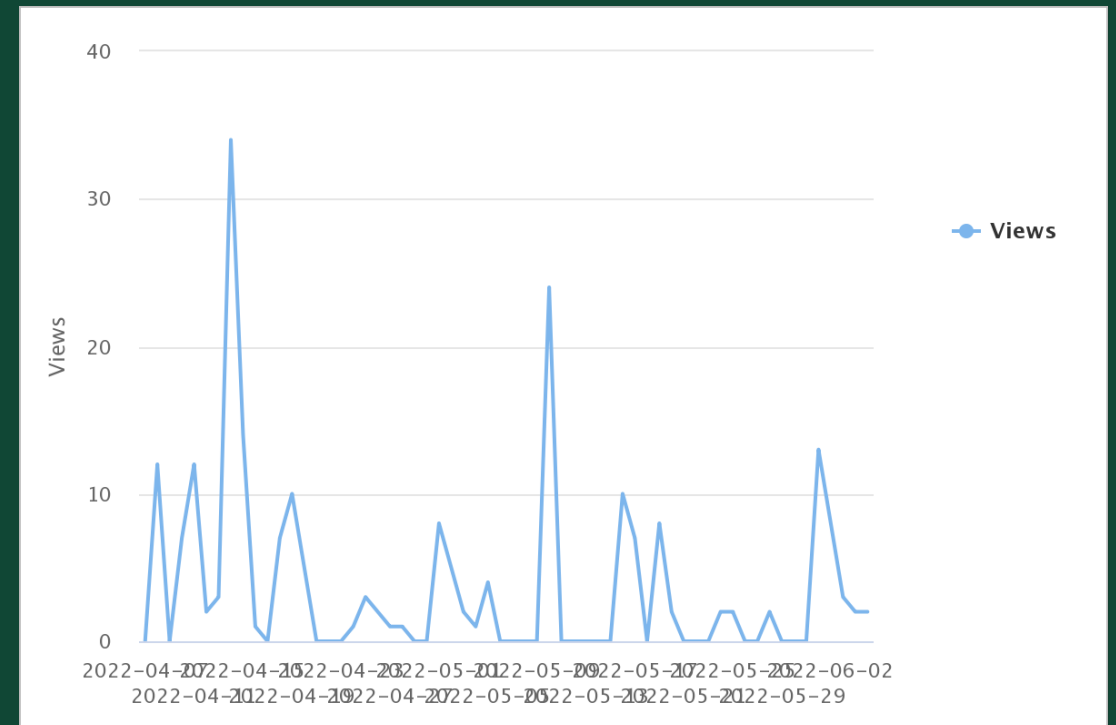


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Mission & Impact

- Catalyst for learning
 - Rubric can empower students with skills and information to make decisions about their own wellness
- UO Libraries values transparency and user-centered service and wants to make it easy for students to delve deeper
- Plans for the guide to be shared with First-Year Students in Fall 2022
- Promotion through UO Counseling Services, Kayla invited to speak at MHAC in Fall



TOTAL VIEWS: 220

since April 7, 2022



Thanks!

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