

## A mobile app to self-monitor physical symptoms of COVID-19 and to identify mental health needs

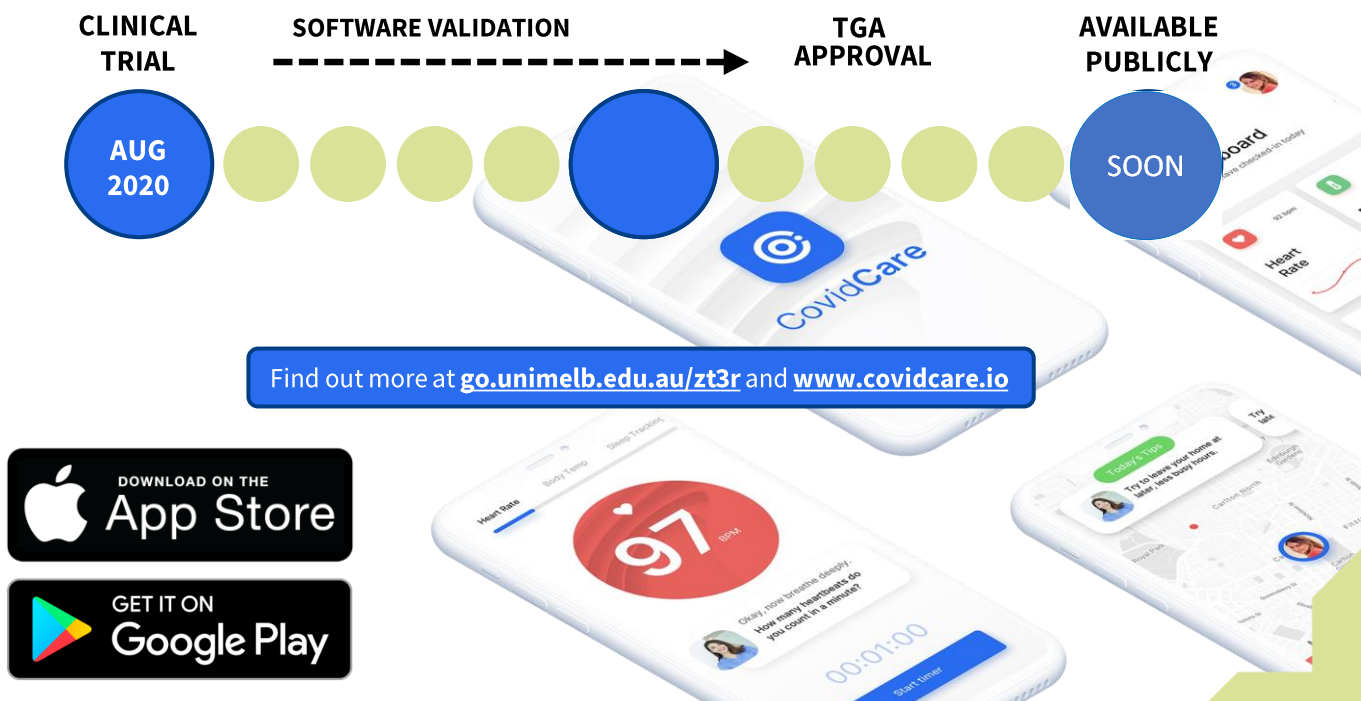
**CovidCare** is an app that provides people with symptoms and/or a diagnosis of COVID-19 with self-monitoring support. Individuals can monitor symptoms daily on their device using the app. Based on the vital sign data that is entered, the app determines that a person is in a healthy or potentially unsafe range (as determined by team clinicians) and identifies if further examination is required. Users are asked mental health questions to identify community needs.

**CovidCare** can increase primary care capacity and management of COVID-19 in the community. This could reduce unnecessary hospital admissions and improve well-being during self-isolation and the transition to recovery. The app can provide staff in residential settings with a digital tool to monitor more than one patient who may be unwell, not have a mobile phone, have difficulties communicating or not speak English.

Currently we are in clinical trial to validate the software as a medical device. In this clinical trial, self-isolating adults aged 18 years and over are being asked to use **CovidCare** at home. This includes:

- close contacts of people who are COVID-19 positive
- people experiencing any of the COVID-19 symptoms
- People awaiting COVID-19 test results
- COVID-19 positive individuals

Software validation will be undertaken using the data of 200 COVID-19 positive individuals. Following this, Therapeutic Goods Administration (TGA) approval will be sought. The app will then be ready for public release and will be integrated within healthcare systems.





## Triage | Self-isolation

Individuals at home: self-management of COVID-19 symptoms to reduce health care system impacts and increase the potential for general practitioner and wider primary care support. Patients are empowered to self-monitor with confidence with a safe and effective mobile app.

## Residential Settings | Multi-user Functionality

Residential/group setting: single sign on for clinician management of multiple individuals using the CovidCare app where staff can enter individual symptom data for individuals when they are unwell, without a phone, or they face communication challenges, or do not speak English.

## Monitoring Vitals | Physical and Mental Health

Prompts to individuals to record key vitals throughout the day during whole of use period with guidance. If a person's vitals or observations exceed accepted criteria, they are directed to seek medical advice and prompted to contact their GP. Keeps track of symptoms and provides tracking graphs over time to share with clinicians.

## Future Build | Support and Tips

Tips on self-care in isolation, news alerts and contextual information based on how people respond to their regular monitoring. Information presented can be adapted over time as the understanding of COVID-19 progresses including provisions of targeted and evidence-based mental health support.

## Future Build | Integrated Platform

Potential communications via targeted push-notifications. Capacity to activate chat function direct with clinicians and integrate telehealth consults. Capacity to integrate to electronic health records for dataflow or to a clinician web dashboard model to enable red flags and tracking.

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