

Session plan: Finding and downloading health-related apps

Session objectives and overview:

To give learners an understanding of how to access the app store on their device and the difference between free and paid apps. By the end of the session, learners will have gained the knowledge and confidence needed to find and download health-related apps from their app store on to their smartphone or tablet.

Suggested session length:

35 minutes

Prior to the session:

- Print the “*How to get apps*” tip sheet from the Be Connected Learning Portal - (bit.ly/apps-tipsheet)
- Print the “*Trustworthy apps to manage your health and wellbeing*” tip sheet - (bit.ly/trustyapps)
- Make sure you have details of the WiFi for learners to connect to.

Prior knowledge:

Learners will either need to own or have access to a smartphone or tablet to use during the session, and understand basic navigation using gestures. A relevant app store account will need to be logged in to on each device to allow the learner to download apps.

Section	Timing (mins)	Activity	Assessment
Introduction	5	Welcome everyone to the session. If learners have brought their own devices, make sure they're connected to the internet.	Asking questions about what kinds of devices learners have, along with what apps (if any) they use will help you gauge knowledge levels of learners.

Free and paid apps	5	<p>Talk to learners about the difference between paid and free apps. While some people do not want to pay for apps, others may find it beneficial to remove distractions such as ads and popups.</p> <p>Distribute the “How to get apps” tip sheet.</p>	<p>Clarify that learners understand the differences and how to spot a free vs. paid app by asking them questions.</p>
Practical activity	15	<p>Ask learners to use their device to search their app stores for a health-related topic or app, such as “Couch to 5K”. Learners should find one example of a free version and one paid version of a similar app.</p> <p>Ask them to note down the price of the paid version and the differences between this and the free version.</p> <p>Make your way around the room when learners are doing this activity, asking if they’ve got questions and helping them if they’re stuck.</p>	<p>Learners are able to complete the activity.</p>
Group discussion	5	<p>Discuss the differences between free and paid versions of these apps and how you can assess features to decide which version is right for them. Some of these could be (using “Couch to 5K” as the example):</p> <ul style="list-style-type: none"> ● Allow you to listen to music ● Will mute your phone calls ● Play motivational messages throughout the run ● Don’t do anything apart from beeping to start and stop running. 	<p>Learners can make decisions on if a health-related app is worth paying for based on its features.</p> <p>Don’t advise one way or the other. Each learner is different and where some choose to save money, others will choose increased functionality.</p>
Session wrap-up	5	<p>Ask learners if they have any questions. Distribute the</p>	<p>Asking learners how they would</p>

		<p>“Trustworthy apps to manage your health and wellbeing” tip sheet. Let learners know that these apps are all free.</p>	<p>download an app on their phone and how they would check if it was free will allow you to check their understanding of the session content.</p>
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Suggested next steps:

Now that learners understand how to search for and download health-related apps, they may also be interested in finding reliable, health-related websites. We have a session plan on this topic for you to use (<http://bit.ly/relwebsplan>).