

The cough that does not go away

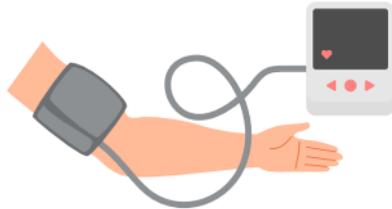
Alice has had a cough for many days. She doesn't have a cold, but it does not get better.



- What can she do?
- When should she call the doctor?
- Can she use the phone or an app to ask for help?

Checking blood pressure

Mario needs to check his blood pressure because sometimes he feels dizzy. He has a digital blood pressure monitor at home.



- When should he use it?
- Where can he write the numbers (for example, in a notebook or in an app)?
- Who can help him understand the results?

The check-up visit

Sara received a message on her phone: it is a reminder for a check-up visit. She feels fine, but she does not know if she should go.



- Why is it important to go to visits even if you feel well?
- How can she book the visit online?
- Who can go with her?

The headache

Paolo often has headaches, especially when he reads or watches TV. Sometimes his eyes hurt.



- What can he do?
- Who can help him? (doctor, eye doctor)
- Can he use digital tools to book a check-up?

Remembering medicine

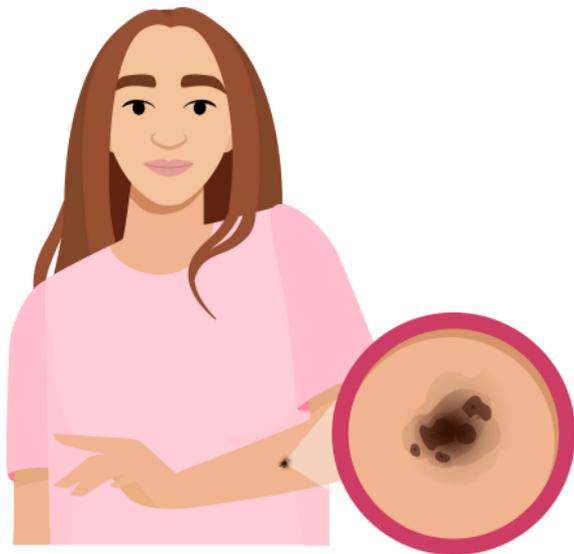
Anna needs to take a medicine every day at the same time. But sometimes she forgets.



- How can she remember better? (alarm on the phone, app, note on the fridge)
- Why is it important not to miss medicines?
- Who can help her if she does not understand well?

A strange mole

Emma sees a new dark spot on her arm. It was not there before. She is not sure if it is dangerous. She thinks: “Maybe it is nothing. Maybe it is important.”



- What should Emma do?
- Should she show it to a doctor?
- Can she use her phone to look up safe health information?

Out of breath

David is 40. He gets very tired and out of breath when climbing stairs. He never had this problem before. He feels worried but does not know if it is serious.



- What can David do?
- Should he go for a check-up?
- Can a health app or a smartwatch help him understand his health?

Stomach pain at night

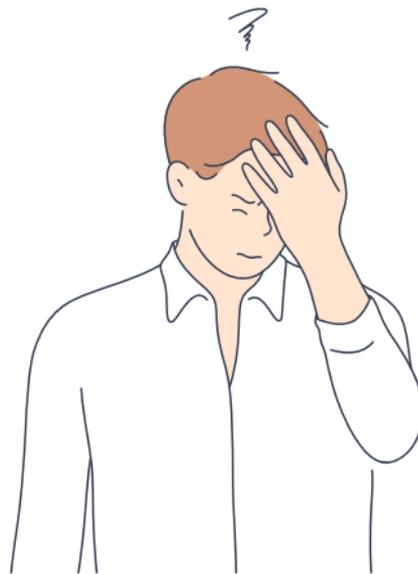
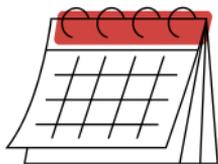
Maria sometimes wakes up with stomach pain. It happens more often now. She does not know if it is because of food or something else. She feels nervous.



- What should Maria do when the pain continues?
- Who can she call for help?
- Can she use digital tools to write down when the pain happens?

Forgetting an appointment

Tom has a doctor's appointment for a check-up. He often forgets dates and times. Last week he missed his visit.



- How can Tom remember his appointment?
- Who can help him?
- Can he use a calendar app or an SMS reminder?

Feeling sad and tired

Lucy feels sad and tired for many days. She does not enjoy her hobbies anymore. She has trouble sleeping. She does not know if it is just stress or something more.



- What should Lucy do?
- Who can she talk to (doctor, family, counselor)?
- Can she use an app to track her mood or to talk to someone online?