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Make-A-Thon Documentation

Here is the link to my app: https://healthcheckin.co/

For the make-a-thon, I created a web app called “Check In”. The app allows employees to submit how they’re feeling (anonymously) to their managers. Employees can complete regular check-in reminders/wellness assessments, and managers can make better wellbeing decisions based on the data. Due to the anonymity of the forms, employees don’t have to hide how they truly feel, and managers can get a greater understanding of the mental health of their employees. It is a simple way to start important conversations and foster a work environment focused on the wellbeing of the employees. This leads to employees encountering less stress and negative mental health consequences, and are therefore more happy, healthy, and productive.

I would like to preference this next paragraph by saying I have never been gainfully employed. While this is the case, I am still very much in tune with work and the stress it brings. I have been working as a golf caddy since age 12, I have worked as a life coach for people with intellectual disabilities, as well as for a rental company. I have felt stress and pressured in all of these jobs. Further, I have had many conversations with close friends and family about the negative toll the pressure of their jobs has taken on their mental health. There is an overwhelming amount of scientific data that shows that the strain of stress contributes to serious health problems. This is a problem that must be solved!

This has always been a problem, but when the pandemic hit, and work from home became the new normal, a way for employees to communicate to their managers how their doing is now essential.

When designing the forms I chose to use 3 basic topics: Stress, Anxiety, Mood

I wanted to keep things as simple as possible. When getting people to submit forms, too many questions, stimuli, or information can be stressful, which is the exact thing this app is attempting to combat.

I focused on simple design, only displaying what was necessary.

I only had 3 questions per topic: 1) how they are feeling 2) why they feel that way 3) what work changes can improve the way they feel

I felt this addresses the problem, investigates the potential causes, and suggests solutions, in the simplest way possible. They (the second two questions) are open-ended and optional.
I used 3 emojis for employees to convey how they were feeling. This was to limit the paradox of choice and help influence an effortless decision. I have filled out plenty of forms that ask me to drag the bar to the number (on a scale of 1 to 10) that best describes something. I hate those. Too complicated.

On the manager side, I created a system where managers can publish a new wellness form whenever they want. Once a form is published, it is accessible to all their employees, and no one else. I designed it this way so they are getting data from just their employees. Further, the manager has access to all form responses, published or old. This way the manager can look back on previous forms if need be. All forms are labeled by the date they were created, so managers see when they were created and keep track of them.

Because of the time limit, I was only able to get a V1/MVP version out, but here are my thoughts on some additional features I would like to add:

- Adopt a version for students/teachers
- Anonymous email from manager to a co-worker - this would allow for smoother direct communication, without giving away the identity
- HR department access
- Custom forms (a good way to monetize if not leasing the software)
- Email notifications - employees get an email every time a new wellness form is released
- Design - I really like the “Gen-Z” simple theme site has, I would like to continue off that and improve UI
- Greatly expand upon home/landing page
- Email verification
- Database - It is my understanding that this is an “easier than usual” way to build for scalability. There is not much data that needs to be sent from clientside to the server side, in real-time. I could easily utilize API workflows to a backend that can store more data.
- Provide managers with analytics - so they can get a better sense of whether or not their employees are improving
Make it so a manager has to approve when a new employee joins (to ensure no spam/false data)

Smooth out some bugs - I haven’t had the time to do too much testing, but I’m sure there are a few bugs that still need fixed

A simple daily check-in of “how are you doing today”

Check it out: healthcheckin.co

To log in as a manager:
Email - Test@test.com
Password - Test
Name - John Doe
Company - Company Test

To log in as an employee:
Email - Test1@test.com
Password - Test
Name - Jane Doe
Company - Company Test
Manager: John Doe

Note: Make sure you select the right company and manager, or you will not receive access to the forms.

PS: I am low on sleep so if there are any typos or other mishaps in this documentation, my apologies.