Prelite, Apps to Monitor Pregnancy Health

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A healthy pregnancy is a desire of every pregnant woman. However, it is not uncommon for few women to have problems with her pregnancy. The effects of these problems can impact the maternal health.

There are numbers of factors causing impaired health of pregnant women. One of them is the lack of knowledge about pregnancy. Such information may involve diet and activity patterns, health indicators that needs to be achieved, and many other information.

This fact inspired five students of UGM consisting of Nissa Amelia Pahlevy (Industrial Engineering, 2012), Bagus Avianto Putra Perdana (Industrial Engineering, 2012), Nindya Dini Pangestika (Industrial Engineering, 2012), Fury Oktria Putra (Industrial Engineering 2014), and Irfan Haris (Medicine, 2011) to develop an application for pregnant women. Application named "Prelite" is a paid application that aims to provide education for pregnant women about health indicators during pregnancy, nutrition, and activities that are recommended for pregnant women.

"Prelite is also equipped with a reminder to remind what mother should eat and do during pregnancy every day," said Fury, Wednesday (17/2), at the Faculty of Engineering.

Through Prelite, pregnant women could also have a consultation with a doctor online through text messages or phone call. The application also comes with a wide range of information about the health of the mother and the unborn, as well as the first aid on complaints that are often faced by pregnant women. Features provided are based on the problems they are facing, aims to

accommodate the needs of pregnant women.

Fury said that this application was developed for the purpose of providing information to pregnant women and also recording the history of women's health during pregnancy. Earlier, in the history of medicine in Indonesia, there has been a similar media in the form of a book by the name of KIA, namely Mother and Child Card (KIA), with the same purpose.
"The advantages of this application compared to the KIA is that the medical history of the mother is recorded digitally, so it can be accessed anytime and anywhere if necessary," he said.

Irfan Haris added, the applications they developed is also more complete than the KIA because it contained necessary information on pregnancy.

"We hope, with this application, pregnant women can maintain the health of mothers and the unborn baby during pregnancy. By doing so, the health of postpartum mothers and babies born will be in good condition," he hoped.

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