

***Are you tech savvy?***  
***How to assess if technology can help kids and families***

**Technology Assessment Form**

**1. What is the need?**

(Zamzee was created to address the 60% decline in physical activity from ages 9 to 15. )

**2. What are the demographics of the population you are serving?**

- Primary language
- Have computer or cell phone access
- Age—are they able to read or do they need audio instructions

**3. Does the technology you are considering meet your needs?**

**Evidence/track record:**

- What studies have been done to determine impact of the device or app? What research design was used? Are there published results?
- Accuracy of device or app
- How long has product been on the market? How many users?

**Usability:**

- Price (for the customer and for your organization)
- How do you wear it? (if wearable)What does the device or app track (steps, mileage, stairs, swim, sleep, heart rate, food, kcal, distance)
- How and what it syncs to (phone/computer)?
- Wireless or plug in?
- How do users interface with device?
  - i. Is it iOS and/or android compatible?
- How is the data viewed (screen on device, computer, etc.)?
- How is the battery charged and what is the battery life?How is quality of the device assured? What to do if device breaks?
- Platform in English and Spanish?
- Is device water proof?

**4. Will you be able to work with the organization that created the technology?**

- How is data protected? Privacy policy?
- Customer support
- How long has company been in business?

- Does it have a similar mission to your organizations?
  - i. Profit or non-profit organization
- How are returns handled?
- Do they work with other health care providers/insurers?
- Is company willing to work with customers to tailor/customize device?
- What data is provided to customer (both user and health care provider)? How often, in what format? Ability to be customized?
- Type of support offered—live, email, phone
- Training
- Ease of communication
- Response to requests/feedback
- Reasonable timeline

**5. Is your organization prepared to integrate new technology?**

- Leadership willing to support the project with staff, time, money?
- Legal requirements within your organization
- Integration into your care system
- How will you be able to get the data you need?

**Staff**

- Who needs to be on the team
- Assessment or training needed

**6. When is the best time to launch the new technology?**

(e.g. For project involving families, they are more available during summer but may not be available during the holidays)

- Consider competing demands for staff
- Appointment times (families prefer after school or after work)

**7. How will you evaluate if the new technology is successful?**

Your evaluation plan should be written before you start using the new technology

- What story do you want to be able to tell when the evaluation period is complete?
- What do you want the final report to show?
- If you are looking for behavior change, how will you capture baseline data?

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