

SmartMoms®

[Weight Management, Lifestyle Intervention]



SmartMoms® is a smartphone-based application or app, designed specifically to deliver lifestyle interventions for weight management to pregnant women.

This app compiles data from participants (weight, physical activity, food intake) to determine adherence to a predetermined gestational weight gain plan.

Incoming data are reviewed by clinicians, who then send personalized treatment recommendations to the patient via the smartphone (automated feedback is also provided based on these data).

For more information, contact:

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