

Development of a Personal Health Management Toolkit

Terviseportaal

Kuidas teha nii, et inimesel oleks kergem oma tervisega seoses järele pidada.



Terviseportaal

Kuidas teha nii, et inimesel oleks kergem oma tervisega seoses järele pidada.



[Download](#)

[Next](#)

Terviseportaal

Kuidas teha nii, et inimesel oleks kergem oma tervisega seoses järke pidada.



Interviews with people in Estonia revealed that keeping track of health-related matters is difficult and navigating the healthcare system is challenging.

The team tested solutions with different time horizons:

- The team created a future vision of a user-friendly health portal that would help people keep track of matters related to their health.
- A waiting-list solution was proposed to reduce the time and effort involved in booking medical appointments. In the future, if patients cannot find a suitable appointment, they will be able to join a waiting list and receive proactive offers when appointments become available.
- Message reminders were tested in cooperation with Pärnu Hospital to reduce missed appointments.

The team included representatives of the Ministry of Social Affairs, the Estonian Health Insurance Fund, the Ministry of Economic Affairs and Communications, the Connected Health cluster, the National Institute for Health Development, and the Health and Welfare Information Systems Centre.

Project duration: 2020

The project was implemented as part of the Innovation Programme.

Read more (in Estonian):

[Tervisejuhtimise tööriistakast - lõpuesitlus.pdf](#) | 2.53 MB | pdf

Last updated on 30.09.2025