



AB

Amanda Brown

Age: 47

Gender: Female

Occupation: School Teacher

BACKGROUND

Amanda is a middle school teacher living in a suburban area with her spouse and two children. She leads a busy, active lifestyle and values her family time and career.

HEALTH GOALS

- Manage type 2 diabetes effectively
- Maintain a healthy weight
- Reduce daily stress levels

MEDICAL HISTORY

- Diagnosed with type 2 diabetes five years ago
- Mild hypertension
- Family history of heart disease

CHALLENGES

- Balancing work, family, and self-care routines
- Remembering to take medications on time
- Finding healthy meal options during work hours

MOTIVATIONS

- Wanting to be healthy for her family
- Avoiding future health complications
- Staying energetic for teaching and parenting

PREFERRED COMMUNICATION

Email, secure patient portal, occasional phone calls.

TECHNOLOGICAL COMFORT

Comfortable using smartphones and computers for daily tasks and healthcare management.