

IMPLEMENTING A MEDICAL GUIDELINE AND HEALTHY LIFESTYLE APPLICATION FOR PREGNANT WOMEN USING MOBILE WEB-BASED FLUTTER

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ABSTRACT

Access to accurate and easily understandable medical information is essential for pregnant women to maintain their health and that of their unborn child. Unfortunately, many pregnant women still struggle to obtain valid information and guidance on healthy lifestyles during pregnancy. Therefore, using mobile technology offers a practical solution for providing accessible, responsive educational resources. This research aims to design and develop a mobile web-based Medical and Healthy Lifestyle Guide for Pregnant Women application using Flutter and Firebase. Flutter is used to create an attractive, user-friendly, cross-platform interface, while Firebase provides the backend for real-time data management, user authentication, and notification services. The application features pregnancy information organized by trimester, daily reminders, a medical term dictionary, and healthy lifestyle content tailored to users' needs. Data collection was conducted through observation, interviews, and literature review to ensure the application is grounded in real-world conditions and reliable scientific sources. Initial evaluation results indicate that the application effectively increases health awareness and facilitates user access to information.

Keywords: Flutter, Firebase, Pregnant Women, Health Application, Healthy Lifestyle

