Medical apps for reproductive health practices: Uses and implications for supporting sustainable development in Nigeria.

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- **Abstract:** Background: Empirical investigations on the adoption of selfcare medical apps for reproductive health services among women are not popular in literature and rarely discussed openly. Objective: This study evaluated the uses of medical apps for reproductive health practices among women in Nigeria. Method: Quantitative questionnaire approach was adopted among randomly selected 340 urban literate women in prime reproductive age (15-35 years) in Ota Community. Results: The study identified three predominant disproportionally used of selfcare health apps: My Fitness Pal (23.7%), Flo (22.2%) and my Calendar (17.8%). Common selfcare practices are pregnancy test, weight management, but infection test was low (6.5%). Conclusion: The study concludes that the use of selfcare medical apps that could aid early discovery of health challenges are not common in the study location. The authors recommended the use and training on these apps as crucial part of women's reproductive healthcare services to achieve healthy lives and reduction in maternal and infant morbidities.

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