

Information to parents

Information about Evira

We are using a digital tool, Evira, which can be used in your child's obesity treatment. For the first time, your family has the opportunity to track your child or young person's weight progression and directly observe how your daily lifestyle impacts the development, thus linking your habits with the treatment outcomes. You decide which changes you wish to implement.

What is Evira?

Evira is a mobile application that you download onto your mobile phones. The app is used to track your child or young person's treatment progress and enables digital contact with the clinic.

You will be borrowing an Evira Device that automatically sends measurement data to the Evira app and the clinic when used. The device is a scale that does not display any figures, neither does the app. Instead, you will be able to track your child or young person's weight progression using a progress curve in the app.



How does this work in daily life?

At the clinic: Together, we will create an individual plan detailing how quickly the level of obesity should decrease for your child and how we can best support you and your child's treatment goals.

With the help of Evira, we will establish what is called a target area that serves as a recommendation, while your goal will be to keep the black progress curve, which represents your measurements, within this area. We will explain this in more detail when we meet next time at the clinic.

At home: The device will be used in the comforts of your own home, and your child will stand on it once a day. Weight naturally fluctuates daily, but this does not affect the long-term goal. Instead, the app displays an average of the most recent measurements. Therefore, whether measurements are taken in the morning or evening, with or without clothes, does not matter—the most important task is to step on the Evira Device once every day.

By observing the target area and the curve, you will see how the progress changes over time and be able to identify how your changed habits affect the development. You will receive direct feedback and continuous support from us at the clinic through the messaging service in the app.

When the target area expires, you will visit the clinic. We will measure height and weight, as well as review the individual plan. Based on this, a new target area will be created in Evira for the upcoming period.

