



# ASSEMBLE INSURANCE TANZANIA LTD

Software Requirements Specification

## SAS Wellness & Preventive Care Module

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<https://www.assemble.co.tz/>

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# 1 Document Information

Field	Value
Project Name	SAS Wellness & Preventive Care Module
Version	1.0
Date	2025-10-17
Project Manager	TBD
Tech Lead	TBD
Qa Lead	TBD
Platforms	['Web', 'Mobile (iOS/ Android)']
Document Status	Comprehensive Draft
Module Code	WELLNESS
Parent Project	SAS - Smart Assemble System



## 2 Project Overview

### 2.1 What Are We Building

#### 2.1.1 System Function

Comprehensive wellness and preventive care management system handling health screening programs, vaccination tracking, chronic disease management, health education, wellness challenges, lifestyle coaching, maternal and child health programs, fitness tracking, nutrition counseling, mental health support, wellness provider network, and wellness analytics

#### 2.1.2 Users

- Wellness Coordinators (program management)
- Wellness Agents (member engagement)
- Nurses and Health Educators (screening and education)
- Members (wellness participation and tracking)
- Wellness Providers (screening facilities, gyms, nutritionists)
- Wellness Manager (program oversight and analytics)
- Corporate HR Teams (employee wellness programs)

#### 2.1.3 Problem Solved

No preventive care programs, reactive healthcare approach, high chronic disease burden, lack of member engagement in health, no health screening tracking, limited wellness incentives, no fitness tracking integration, lack of health education resources, no maternal/child health programs

#### 2.1.4 Key Success Metric

60% member participation in wellness programs within 12 months, 30% increase in health screening completion, 40% member engagement in wellness challenges, 25% reduction in preventable hospitalizations, 50% chronic disease management enrollment, wellness cost savings of 15% through prevention

## 2.2 Scope

### 2.2.1 In Scope

- Health screening program management (annual checkups, cancer screening, diabetes screening)
- Vaccination tracking and reminders
- Chronic disease management programs (diabetes, hypertension, asthma)
- Health risk assessment (HRA) questionnaires
- Wellness challenges and competitions (step challenges, weight loss)
- Lifestyle coaching (fitness, nutrition, smoking cessation)
- Maternal and child health programs (antenatal, postnatal, immunization)
- Health education content library
- Wellness provider network (gyms, nutritionists, wellness centers)
- Wellness appointment booking
- Fitness tracker integration (Fitbit, Garmin, Apple Health, Google Fit)
- Wellness incentives and rewards (points, premium discounts)
- Biometric tracking (weight, BMI, blood pressure, glucose)
- Mental health support resources
- Wellness reporting and analytics
- Corporate wellness programs for group policies
- SMS/email reminders for screenings and wellness activities

### 2.2.2 Out Of Scope

- Direct medical treatment (handled by providers)
- Telemedicine consultations (future phase)
- Advanced wearable device medical monitoring (future phase)
- Mental health therapy sessions (future phase)
- Genetic testing programs (future phase)
- International wellness programs outside East Africa

## 3 User Requirements

### 3.1 Health Screening

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-SCREENING-PROGRAMS	Define and manage health screening programs	Promote preventive care	Must	Screening types: annual checkup, cancer screening (breast, cervical, prostate, colorectal), diabetes screening, hypertension screening, cholesterol screening. Target populations by age/gender. Frequency rules.
FT-WELL-SCREENING-ELIGIBILITY	Determine member eligibility for screenings	Target appropriate members	Must	Eligibility rules: age criteria, gender, risk factors, screening history. Auto-identify eligible members. Eligibility alerts.
FT-WELL-SCREENING-REMINDERS	Send screening reminders to members	Improve screening completion rates	Must	Reminder schedule: 60 days before due, 30 days, 7 days, on due date. Multi-channel (SMS, email, app notification).

Feature Code	I Want To	So That I Can	Priority	Notes
				Reminder tracking.
FT-WELL-SCREENING-BOOKING	Enable members to book screening appointments	Facilitate screening access	Must	Booking system: select screening type, select provider, select date/time. Appointment confirmation. Calendar integration. Reschedule/cancel.
FT-WELL-SCREENING-TRACKING	Track screening completion and results	Monitor member health status	Must	Screening records: date completed, provider, results (normal/abnormal), follow-up needed. Result alerts. Screening history.

### 3.2 Vaccination

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Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-VACCINATION-SCHEDULE	Maintain vaccination schedules	Track recommended vaccines	Must	Vaccine schedules: childhood immunizations (WHO/EPI), adult vaccines (flu, pneumonia, HPV, tetanus), travel vaccines. Schedule by age.
			Must	

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-VACCINATION-TRACKING	Track member vaccination history	Maintain immunization records		Vaccine records: vaccine name, date administered, provider, batch number, next due date. Immunization card digital version.
FT-WELL-VACCINATION-REMINDERS	Send vaccination reminders	Ensure timely immunizations	Must	Reminders for upcoming vaccines: 30 days before, 7 days before. Overdue vaccine alerts. Multi-channel reminders.
FT-WELL-VACCINATION-CAMPAIGNS	Run vaccination campaigns	Increase immunization coverage	Should	Campaign types: flu shot campaign, child immunization drive. Target populations. Campaign tracking. Provider coordination.

### 3.3 Chronic Disease Management

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-CDM-ENROLLMENT	Enroll members in chronic disease management programs	Support chronic condition management	Must	CDM programs: diabetes management, hypertension management, asthma

Feature Code	I Want To	So That I Can	Priority	Notes
				management. Enrollment criteria. Self-enrollment and care team enrollment.
FT-WELL-CDM-CARE-PLANS	Create personalized care plans for CDM members	Guide disease management	Must	Care plan components: medication adherence, lifestyle modifications, monitoring schedule, provider visits, education. Customizable templates.
FT-WELL-CDM-MONITORING	Monitor member health metrics	Track disease progression	Must	Monitoring: blood glucose (diabetes), blood pressure (hypertension), peak flow (asthma). Member self-reporting. Provider reporting. Trend analysis.
FT-WELL-CDM-ALERTS	Generate alerts for abnormal readings	Enable timely intervention	Must	Alert triggers: glucose out of range, BP too high, missed medications. Alert care team. Escalation protocols. Member notification.

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-CDM-COACHING	Provide health coaching to CDM members	Support behavior change	Should	Coaching: telephonic coaching sessions, lifestyle counseling, medication adherence support. Coaching notes. Member progress tracking.

### 3.4 Health Risk Assessment

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-HRA-QUESTIONNAIRE	Administer health risk assessment questionnaires	Identify member health risks	Must	HRA questionnaire: medical history, family history, lifestyle (smoking, alcohol, exercise, diet), biometrics. Dynamic questions. Annual HRA.
FT-WELL-HRA-SCORING	Calculate health risk scores	Stratify members by risk	Must	Risk scoring: low, moderate, high risk. Risk categories: cardiovascular, diabetes, cancer, obesity. Score interpretation.
FT-WELL-HRA-RECOMMENDATIONS	Provide personalized	Guide health improvement	Must	Recommendations based on risk: suggested screenings,

Feature Code	I Want To	So That I Can	Priority	Notes
	health recommendations			lifestyle changes, provider consultation. Action plan. Follow-up reminders.
FT-WELL-HRA-REPORTING	Generate HRA reports for members and employers	Communicate health status	Must	Member report: individual health summary, risk profile, recommendations. Employer aggregate report: population health insights, risk distribution.

### 3.5 Wellness Challenges

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-CHALLENGE-CREATION	Create wellness challenges	Engage members in healthy behaviors	Must	Challenge types: step challenges, weight loss, exercise minutes, hydration. Duration (1 week, 1 month, 3 months). Individual or team challenges.
FT-WELL-CHALLENGE-ENROLLMENT	Enable member enrollment in challenges	Facilitate participation	Must	Challenge enrollment: browse challenges, join challenge, create team. Invitation to join. Enrollment

Feature Code	I Want To	So That I Can	Priority	Notes
				confirmation. Challenge rules displayed.
FT-WELL-CHALLENGE-TRACKING	Track challenge progress	Monitor member participation	Must	Progress tracking: daily/weekly activity, leaderboard, personal best. Progress notifications. Goal achievement celebrations.
FT-WELL-CHALLENGE-REWARDS	Award prizes for challenge completion	Incentivize participation	Must	Rewards: wellness points, premium discounts, prizes, certificates. Winner announcements. Reward distribution. Gamification badges.

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### 3.6 Lifestyle Coaching

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-FITNESS-COACHING	Provide fitness coaching	Support exercise goals	Should	Fitness coaching: personalized exercise plans, workout videos, fitness tips. Virtual or in-person sessions. Progress tracking.

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-NUTRITION-COACHING	Provide nutrition counseling	Support healthy eating	Should	Nutrition coaching: meal planning, dietary advice, healthy recipes. Nutritionist consultations. Food diary tracking.
FT-WELL-SMOKING-CESSATION	Support smoking cessation	Help members quit smoking	Should	Cessation program: quit plan, behavioral support, nicotine replacement therapy coverage. Progress tracking. Relapse prevention.
FT-WELL-WEIGHT-MANAGEMENT	Support weight management	Help members achieve healthy weight	Should	Weight management: goal setting, diet and exercise plans, weekly weigh-ins, coaching support. BMI tracking. Progress reports.

### 3.7 Maternal Child Health

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-ANTENATAL-PROGRAM	Manage antenatal care program	Support healthy pregnancies	Must	Antenatal program: enrollment at pregnancy confirmation,

Feature Code	I Want To	So That I Can	Priority	Notes
				scheduled checkups (monthly, bi-weekly, weekly), educational content, risk monitoring.
FT-WELL-POSTNATAL-PROGRAM	Manage postnatal care program	Support mother and baby health	Must	Postnatal program: 6-week postpartum checkup, breastfeeding support, postpartum depression screening, family planning counseling.
FT-WELL-CHILD-IMMUNIZATION	Track child immunization schedule	Ensure complete childhood vaccines	Must	Child immunization: WHO/EPI schedule (BCG, Polio, Pentavalent, Measles, etc.), reminders for due vaccines, immunization card.
FT-WELL-GROWTH-MONITORING	Monitor child growth	Identify growth issues early	Should	Growth monitoring: weight-for-age, height-for-age, weight-for-height. Growth charts. Malnutrition alerts. Well-child visits.

### 3.8 Health Education

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-CONTENT-LIBRARY	Maintain health education content library	Provide health information	Must	Content types: articles, videos, infographics, podcasts. Topics: diseases, prevention, lifestyle, nutrition. Content categories and tags.
FT-WELL-CONTENT-PERSONALIZATION	Personalize content recommendations	Deliver relevant health information	Should	Personalization: based on member health profile, conditions, interests. Recommended content. Content push notifications.
FT-WELL-WEBINARS	Host health education webinars	Engage members in learning	Should	Webinars: live sessions with health experts, Q&A, recorded sessions. Webinar registration. Attendance tracking. Follow-up materials.
FT-WELL-HEALTH-TIPS	Send regular health tips	Keep members engaged	Must	Health tips: daily/weekly tips via SMS/email/app. Seasonal tips (flu season, heat

Feature Code	I Want To	So That I Can	Priority	Notes
				wave). Tip categories (nutrition, fitness, mental health).

### 3.9 Wellness Providers

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-PROVIDER-NETWORK	Maintain wellness provider network	Connect members with wellness services	Must	Wellness providers: gyms, fitness centers, nutritionists, wellness centers, yoga studios. Provider profiles with services offered.
FT-WELL-PROVIDER-SEARCH	Enable member search for wellness providers	Help members find services	Must	Search filters: provider type, location, services, ratings. Provider details displayed. Contact information. Directions/map.
FT-WELL-GYM-MEMBERSHIP	Manage gym membership benefits	Subsidize fitness facility access	Should	Gym benefit: discounted or free gym membership as wellness benefit. Partner gyms. Member activation. Usage tracking.
		Facilitate service access	Must	Booking: nutritionist

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-APPOINTMENT-BOOKING	Enable wellness appointment booking			consultation, fitness assessment, wellness screening. Select provider, date, time. Booking confirmation.

### 3.10 Fitness Tracking

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-TRACKER-INTEGRATION	Integrate with fitness trackers	Capture member activity data	Must	Integrations: Fitbit, Garmin, Apple Health, Google Fit. Data sync: steps, distance, calories, heart rate, sleep. OAuth authentication.
FT-WELL-ACTIVITY-TRACKING	Track member physical activity	Monitor fitness levels	Must	Activity metrics: steps, exercise minutes, calories burned, active days. Daily/weekly/monthly summaries. Activity goals.
FT-WELL-MANUAL-ENTRY	Allow manual activity entry	Capture activities not tracked by devices	Must	Manual entry: exercise type, duration, intensity. Workout library. Entry validation. Activity history.

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-ACTIVITY-GOALS	Set activity goals	Motivate members	Must	Goals: daily steps target, weekly exercise minutes, weight loss target. Goal progress. Goal achievement notifications. Adaptive goals.

### 3.11 Biometric Tracking

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-BIOMETRIC-ENTRY	Enable member entry of biometric data	Track health indicators	Must	Biometrics: weight, BMI, blood pressure, blood glucose, cholesterol, waist circumference. Manual entry or device sync.
FT-WELL-BIOMETRIC-TRENDS	Display biometric trends	Show health progress	Must	Trend charts: weight over time, BP over time, glucose over time. Trend analysis. Target ranges. Out-of-range alerts.
FT-WELL-BIOMETRIC-GOALS	Set biometric goals	Guide health improvement	Must	Goals: target weight, target BP, target glucose. Progress to goal. Goal achievement celebrations.

### 3.12 Wellness Incentives

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-POINTS-SYSTEM	Implement wellness points system	Reward healthy behaviors	Must	Point earning: complete screening, exercise, health challenge, HRA completion. Point values configurable. Point balance tracking.
FT-WELL-REWARDS-CATALOG	Maintain rewards catalog	Offer redemption options	Must	Rewards: premium discounts, gift cards, merchandise, wellness services. Point cost per reward. Reward redemption process.
FT-WELL-PREMIUM-DISCOUNTS	Apply wellness-based premium discounts	Incentivize participation financially	Should	Discount criteria: screening completion, HRA completion, program participation. Discount tiers. Integration with underwriting/finance.
FT-WELL-GAMIFICATION	Implement gamification elements	Make wellness engaging	Should	Gamification: badges, levels, achievements, streaks. Social features (share

Feature Code	I Want To	So That I Can	Priority	Notes
				achievements). Leaderboards. Progress milestones.

### 3.13 Mental Health

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-MENTAL-HEALTH-SCREENING	Provide mental health screening tools	Identify members at risk	Should	Screening tools: depression (PHQ-9), anxiety (GAD-7), stress assessment. Self-administered questionnaires. Score interpretation. Referral recommendations.
FT-WELL-MENTAL-HEALTH-RESOURCES	Provide mental health resources	Support mental wellbeing	Should	Resources: coping strategies, relaxation techniques, mindfulness exercises, helpline numbers. Crisis resources. Educational content.
FT-WELL-STRESS-MANAGEMENT	Offer stress management program	Help members manage stress	Should	Stress management: stress reduction techniques, meditation guides, breathing exercises, time management tips. Stress tracking.

### 3.14 Corporate Wellness

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-CORPORATE-PROGRAMS	Create corporate wellness programs	Engage group policy members	Must	Corporate programs: customized wellness initiatives for employer groups. Company challenges. Onsite screening events. Wellness fairs.
FT-WELL-CORPORATE-REPORTING	Provide corporate wellness reports	Show program impact to employers	Must	Corporate reports: participation rates, health risk distribution, ROI analysis, trend analysis. Aggregate data (de-identified). Quarterly reports.
FT-WELL-WELLNESS-CHAMPIONS	Enable wellness champions program	Drive peer-led wellness	Should	Champions: employee wellness advocates, promote programs, organize activities. Champion training. Recognition program.

### 3.15 Wellness Reporting

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-PARTICIPATION-REPORTS	Generate wellness participation reports	Track program engagement	Must	Reports: screening participation, program enrollment, challenge participation, coaching utilization. Participation trends. Demographics breakdown.
FT-WELL-HEALTH-OUTCOMES	Track health outcome improvements	Demonstrate program effectiveness	Must	Outcomes: biometric improvements (weight, BP, glucose), behavior changes (exercise increase), utilization changes (reduced ER visits). Pre/post analysis.
FT-WELL-ROI-ANALYSIS	Calculate wellness program ROI	Justify wellness investments	Should	ROI calculation: program costs vs. healthcare cost savings, productivity gains, absenteeism reduction. ROI dashboard. Industry benchmarks.

Feature Code	I Want To	So That I Can	Priority	Notes
FT-WELL-WELLNESS-DASHBOARD	View real-time wellness dashboard	Monitor program performance	Must	Dashboard: active participants, screenings completed, challenge participation, biometric trends, incentive redemption. KPIs and trends.



## 4 Detailed Feature Requirements

### 4.1 Ft Well Screening Programs

#### 4.1.1 Priority

Must Have

#### 4.1.2 User Story

As a wellness coordinator, I want to define health screening programs so that I can promote preventive care

#### 4.1.3 Preconditions

Wellness coordinator permissions, program framework defined

#### 4.1.4 Postconditions

Screening programs configured, eligibility rules set, member targeting enabled

#### 4.1.5 Test Cases

Id	Description	Weight
SCREENING-PROGRAMS-TC-001	Verify annual checkup screening program can be created	High
SCREENING-PROGRAMS-TC-002	Verify cancer screening programs (breast, cervical, prostate, colorectal)	High
SCREENING-PROGRAMS-TC-003	Verify diabetes screening program	High
SCREENING-PROGRAMS-TC-004	Verify hypertension screening program	High
		High

Id	Description	Weight
SCREENING-PROGRAMS-TC-005	Verify target populations by age/gender	
SCREENING-PROGRAMS-TC-006	Verify frequency rules configurable	High

## 4.2 Ft Well Screening Eligibility

### 4.2.1 Priority

Must Have

### 4.2.2 User Story

As a wellness coordinator, I want to determine member eligibility for screenings so that I can target appropriate members

### 4.2.3 Preconditions

Screening programs defined, member data available

### 4.2.4 Postconditions

Eligible members identified, alerts generated

### 4.2.5 Test Cases

Id	Description	Weight
SCREENING-ELIGIBILITY-TC-001	Verify age criteria eligibility rules	High
SCREENING-ELIGIBILITY-TC-002	Verify gender-based eligibility	High
SCREENING-ELIGIBILITY-TC-003	Verify risk factor-based eligibility	High
SCREENING-ELIGIBILITY-TC-004	Verify screening history checked	High

Id	Description	Weight
SCREENING-ELIGIBILITY-TC-005	Verify auto-identification of eligible members	High
SCREENING-ELIGIBILITY-TC-006	Verify eligibility alerts generated	High

## 4.3 Ft Well Screening Reminders

### 4.3.1 Priority

Must Have

### 4.3.2 User Story

As a wellness agent, I want to send screening reminders so that I can improve completion rates

### 4.3.3 Preconditions

Eligible members identified, reminder schedule configured

### 4.3.4 Postconditions

Reminders sent per schedule, delivery tracked

### 4.3.5 Test Cases

Id	Description	Weight
SCREENING-REMINDERS-TC-001	Verify reminder 60 days before due	High
SCREENING-REMINDERS-TC-002	Verify reminder 30 days before due	High
SCREENING-REMINDERS-TC-003	Verify reminder 7 days before due	High
SCREENING-REMINDERS-TC-004	Verify reminder on due date	High

Id	Description	Weight
SCREENING-REMINDERS-TC-005	Verify multi-channel delivery (SMS, email, app)	High
SCREENING-REMINDERS-TC-006	Verify reminder tracking maintained	Medium

## 4.4 Ft Well Screening Booking

### 4.4.1 Priority

Must Have

### 4.4.2 User Story

As a member, I want to book screening appointments so that I can access screenings easily

### 4.4.3 Preconditions

Member eligible for screening, providers available

### 4.4.4 Postconditions

Appointment booked, confirmation sent, calendar updated

### 4.4.5 Test Cases

Id	Description	Weight
SCREENING-BOOKING-TC-001	Verify screening type selection	High
SCREENING-BOOKING-TC-002	Verify provider selection	High
SCREENING-BOOKING-TC-003	Verify date/time selection	High
SCREENING-BOOKING-TC-004	Verify appointment confirmation sent	High
SCREENING-BOOKING-TC-005	Verify calendar integration	Medium
SCREENING-BOOKING-TC-006	Verify reschedule functionality	High
SCREENING-BOOKING-TC-007	Verify cancel functionality	High

## 4.5 Ft Well Screening Tracking

### 4.5.1 Priority

Must Have

### 4.5.2 User Story

As a wellness coordinator, I want to track screening completion so that I can monitor member health status

### 4.5.3 Preconditions

Screening completed by member

### 4.5.4 Postconditions

Screening record created, results captured, follow-up triggered if needed

### 4.5.5 Test Cases

Id	Description	Weight
SCREENING-TRACKING-TC-001	Verify screening date recorded	High
SCREENING-TRACKING-TC-002	Verify provider recorded	High
SCREENING-TRACKING-TC-003	Verify results captured (normal/abnormal)	High
SCREENING-TRACKING-TC-004	Verify follow-up needed flag	High
SCREENING-TRACKING-TC-005	Verify result alerts generated for abnormal results	High
SCREENING-TRACKING-TC-006	Verify screening history maintained	High

## 4.6 Ft Well Vaccination Schedule

### 4.6.1 Priority

Must Have

### 4.6.2 User Story

As a wellness coordinator, I want to maintain vaccination schedules so that I can track recommended vaccines

### 4.6.3 Preconditions

Vaccination guidelines configured (WHO/EPI)

### 4.6.4 Postconditions

Vaccine schedules maintained, age-appropriate recommendations provided

### 4.6.5 Test Cases

Id	Description	Weight
VACCINATION-SCHEDULE-TC-001	Verify childhood immunization schedule (WHO/EPI)	High
VACCINATION-SCHEDULE-TC-002	Verify adult vaccines (flu, pneumonia, HPV, tetanus)	High
VACCINATION-SCHEDULE-TC-003	Verify travel vaccines	Medium
VACCINATION-SCHEDULE-TC-004	Verify schedule by age group	High
VACCINATION-SCHEDULE-TC-005	Verify recommended vaccine list generated per member	High

## 4.7 Ft Well Vaccination Tracking

### 4.7.1 Priority

Must Have

### 4.7.2 User Story

As a member, I want to track my vaccination history so that I can maintain immunization records

### 4.7.3 Preconditions

Vaccines administered

### 4.7.4 Postconditions

Vaccine records maintained, digital immunization card available

### 4.7.5 Test Cases

Id	Description	Weight
VACCINATION-TRACKING-TC-001	Verify vaccine name recorded	High
VACCINATION-TRACKING-TC-002	Verify date administered recorded	High
VACCINATION-TRACKING-TC-003	Verify provider recorded	High
VACCINATION-TRACKING-TC-004	Verify batch number recorded	High
VACCINATION-TRACKING-TC-005	Verify next due date calculated	High
VACCINATION-TRACKING-TC-006	Verify digital immunization card available	High

## 4.8 Ft Well Vaccination Reminders

### 4.8.1 Priority

Must Have

### 4.8.2 User Story

As a parent/member, I want to receive vaccination reminders so that I can ensure timely immunizations

### 4.8.3 Preconditions

Vaccines due or overdue

### 4.8.4 Postconditions

Reminders sent, delivery tracked

### 4.8.5 Test Cases

Id	Description	Weight
VACCINATION-REMINDERS-TC-001	Verify reminder 30 days before due	High
VACCINATION-REMINDERS-TC-002	Verify reminder 7 days before due	High
VACCINATION-REMINDERS-TC-003	Verify overdue vaccine alerts	High
VACCINATION-REMINDERS-TC-004	Verify multi-channel reminders	High

## 4.9 Ft Well Vaccination Campaigns

### 4.9.1 Priority

Should Have

## 4.9.2 User Story

As a wellness coordinator, I want to run vaccination campaigns so that I can increase immunization coverage

## 4.9.3 Preconditions

Campaign defined, target population identified

## 4.9.4 Postconditions

Campaign executed, participation tracked

## 4.9.5 Test Cases

Id	Description	Weight
VACCINATION-CAMPAIGNS-TC-001	Verify flu shot campaign creation	High
VACCINATION-CAMPAIGNS-TC-002	Verify child immunization drive creation	High
VACCINATION-CAMPAIGNS-TC-003	Verify target population selection	High
VACCINATION-CAMPAIGNS-TC-004	Verify campaign tracking metrics	High
VACCINATION-CAMPAIGNS-TC-005	Verify provider coordination tools	Medium

## 4.10 Ft Well Cdm Enrollment

### 4.10.1 Priority

Must Have

### 4.10.2 User Story

As a wellness coordinator, I want to enroll members in chronic disease management programs so that I can support condition management

### 4.10.3 Preconditions

CDM programs defined, member eligible

### 4.10.4 Postconditions

Member enrolled, care plan initiated

### 4.10.5 Test Cases

Id	Description	Weight
CDM-ENROLLMENT-TC-001	Verify diabetes management program enrollment	High
CDM-ENROLLMENT-TC-002	Verify hypertension management program enrollment	High
CDM-ENROLLMENT-TC-003	Verify asthma management program enrollment	High
CDM-ENROLLMENT-TC-004	Verify enrollment criteria checked	High
CDM-ENROLLMENT-TC-005	Verify self-enrollment supported	High
CDM-ENROLLMENT-TC-006	Verify care team enrollment supported	High

## 4.11 Ft Well Cdm Care Plans

### 4.11.1 Priority

Must Have

### 4.11.2 User Story

As a nurse, I want to create personalized care plans so that I can guide disease management

### 4.11.3 Preconditions

Member enrolled in CDM program

### 4.11.4 Postconditions

Care plan created, member notified, tracking initiated

### 4.11.5 Test Cases

Id	Description	Weight
CDM-CARE-PLANS-TC-001	Verify medication adherence component	High
CDM-CARE-PLANS-TC-002	Verify lifestyle modifications component	High
CDM-CARE-PLANS-TC-003	Verify monitoring schedule defined	High
CDM-CARE-PLANS-TC-004	Verify provider visit schedule	High
CDM-CARE-PLANS-TC-005	Verify education component	High
CDM-CARE-PLANS-TC-006	Verify customizable templates available	High

## 4.12 Ft Well Cdm Monitoring

### 4.12.1 Priority

Must Have

### 4.12.2 User Story

As a nurse, I want to monitor member health metrics so that I can track disease progression

### 4.12.3 Preconditions

Member enrolled in CDM, metrics defined

#### 4.12.4 Postconditions

Health metrics tracked, trends analyzed

#### 4.12.5 Test Cases

Id	Description	Weight
CDM-MONITORING-TC-001	Verify blood glucose monitoring (diabetes)	High
CDM-MONITORING-TC-002	Verify blood pressure monitoring (hypertension)	High
CDM-MONITORING-TC-003	Verify peak flow monitoring (asthma)	High
CDM-MONITORING-TC-004	Verify member self-reporting	High
CDM-MONITORING-TC-005	Verify provider reporting	High
CDM-MONITORING-TC-006	Verify trend analysis available	High

#### 4.13 Ft Well Cdm Alerts

##### 4.13.1 Priority

Must Have

##### 4.13.2 User Story

As a care coordinator, I want to receive alerts for abnormal readings so that I can enable timely intervention

##### 4.13.3 Preconditions

Monitoring active, alert thresholds defined

##### 4.13.4 Postconditions

Alerts generated, care team notified, intervention triggered

### 4.13.5 Test Cases

Id	Description	Weight
CDM-ALERTS-TC-001	Verify glucose out of range alert	High
CDM-ALERTS-TC-002	Verify BP too high alert	High
CDM-ALERTS-TC-003	Verify missed medication alert	High
CDM-ALERTS-TC-004	Verify care team notification	High
CDM-ALERTS-TC-005	Verify escalation protocols	High
CDM-ALERTS-TC-006	Verify member notification	High

## 4.14 Ft Well Cdm Coaching

### 4.14.1 Priority

Should Have

### 4.14.2 User Story

As a health coach, I want to provide coaching to CDM members so that I can support behavior change

### 4.14.3 Preconditions

Member enrolled in CDM, coach assigned

### 4.14.4 Postconditions

Coaching sessions conducted, notes documented, progress tracked

### 4.14.5 Test Cases

Id	Description	Weight
CDM-COACHING-TC-001	Verify telephonic coaching sessions supported	High
CDM-COACHING-TC-002		High

Id	Description	Weight
	Verify lifestyle counseling provided	
CDM-COACHING-TC-003	Verify medication adherence support	High
CDM-COACHING-TC-004	Verify coaching notes documented	High
CDM-COACHING-TC-005	Verify member progress tracked	High

## 4.15 Ft Well Hra Questionnaire

### 4.15.1 Priority

Must Have

### 4.15.2 User Story

As a wellness coordinator, I want to administer HRA questionnaires so that I can identify member health risks

### 4.15.3 Preconditions

HRA configured, member logged in

### 4.15.4 Postconditions

HRA completed, risk score calculated

### 4.15.5 Test Cases

Id	Description	Weight
HRA-QUESTIONNAIRE-TC-001	Verify medical history questions	High
HRA-QUESTIONNAIRE-TC-002	Verify family history questions	High

Id	Description	Weight
HRA-QUESTIONNAIRE-TC-003	Verify lifestyle questions (smoking, alcohol, exercise, diet)	High
HRA-QUESTIONNAIRE-TC-004	Verify biometric questions	High
HRA-QUESTIONNAIRE-TC-005	Verify dynamic question branching	Medium
HRA-QUESTIONNAIRE-TC-006	Verify annual HRA schedule	High

## 4.16 Ft Well Hra Scoring

### 4.16.1 Priority

Must Have

### 4.16.2 User Story

As a wellness coordinator, I want to calculate health risk scores so that I can stratify members by risk

### 4.16.3 Preconditions

HRA completed

### 4.16.4 Postconditions

Risk scores calculated, members stratified

### 4.16.5 Test Cases

Id	Description	Weight
HRA-SCORING-TC-001	Verify low/moderate/high risk classification	High
HRA-SCORING-TC-002	Verify cardiovascular risk category	High

Id	Description	Weight
HRA-SCORING-TC-003	Verify diabetes risk category	High
HRA-SCORING-TC-004	Verify cancer risk category	High
HRA-SCORING-TC-005	Verify obesity risk category	High
HRA-SCORING-TC-006	Verify score interpretation provided	High

## 4.17 Ft Well Hra Recommendations

### 4.17.1 Priority

Must Have

### 4.17.2 User Story

As a member, I want to receive personalized health recommendations so that I can improve my health

### 4.17.3 Preconditions

HRA scored

### 4.17.4 Postconditions

Recommendations generated, action plan provided

### 4.17.5 Test Cases

Id	Description	Weight
HRA-RECOMMENDATIONS-TC-001	Verify screening recommendations based on risk	High
HRA-RECOMMENDATIONS-TC-002	Verify lifestyle change recommendations	High
HRA-RECOMMENDATIONS-TC-003	Verify provider consultation recommendations	High

Id	Description	Weight
HRA-RECOMMENDATIONS-TC-004	Verify action plan generated	High
HRA-RECOMMENDATIONS-TC-005	Verify follow-up reminders set	High

## 4.18 Ft Well Hra Reporting

### 4.18.1 Priority

Must Have

### 4.18.2 User Story

As an employer, I want HRA reports so that I can understand population health

### 4.18.3 Preconditions

HRAs completed by members

### 4.18.4 Postconditions

Reports generated for members and employers

### 4.18.5 Test Cases

Id	Description	Weight
HRA-REPORTING-TC-001	Verify individual member report	High
HRA-REPORTING-TC-002	Verify employer aggregate report	High
HRA-REPORTING-TC-003	Verify risk distribution shown	High
HRA-REPORTING-TC-004	Verify de-identification for aggregate data	High

## 4.19 Ft Well Challenge Creation

### 4.19.1 Priority

Must Have

### 4.19.2 User Story

As a wellness coordinator, I want to create wellness challenges so that I can engage members

### 4.19.3 Preconditions

Challenge framework configured

### 4.19.4 Postconditions

Challenge created, rules defined, enrollment opened

### 4.19.5 Test Cases

Id	Description	Weight
CHALLENGE-CREATION-TC-001	Verify step challenge creation	High
CHALLENGE-CREATION-TC-002	Verify weight loss challenge creation	High
CHALLENGE-CREATION-TC-003	Verify exercise minutes challenge creation	High
CHALLENGE-CREATION-TC-004	Verify duration configurable (1 week, 1 month, 3 months)	High
CHALLENGE-CREATION-TC-005	Verify individual challenge supported	High
CHALLENGE-CREATION-TC-006	Verify team challenge supported	High

## 4.20 Ft Well Challenge Enrollment

### 4.20.1 Priority

Must Have

### 4.20.2 User Story

As a member, I want to enroll in challenges so that I can participate

### 4.20.3 Preconditions

Challenge created, member logged in

### 4.20.4 Postconditions

Member enrolled, team formed if applicable

### 4.20.5 Test Cases

Id	Description	Weight
CHALLENGE-ENROLLMENT-TC-001	Verify challenge browsing	High
CHALLENGE-ENROLLMENT-TC-002	Verify join challenge functionality	High
CHALLENGE-ENROLLMENT-TC-003	Verify team creation	High
CHALLENGE-ENROLLMENT-TC-004	Verify invitation to join team	High
CHALLENGE-ENROLLMENT-TC-005	Verify enrollment confirmation	High
CHALLENGE-ENROLLMENT-TC-006	Verify challenge rules displayed	High

## 4.21 Ft Well Challenge Tracking

### 4.21.1 Priority

Must Have

### 4.21.2 User Story

As a member, I want to track challenge progress so that I can monitor my participation

### 4.21.3 Preconditions

Member enrolled in challenge

### 4.21.4 Postconditions

Progress tracked, leaderboard updated

### 4.21.5 Test Cases

Id	Description	Weight
CHALLENGE-TRACKING-TC-001	Verify daily/weekly activity tracked	High
CHALLENGE-TRACKING-TC-002	Verify leaderboard displayed	High
CHALLENGE-TRACKING-TC-003	Verify personal best recorded	High
CHALLENGE-TRACKING-TC-004	Verify progress notifications sent	High
CHALLENGE-TRACKING-TC-005	Verify goal achievement celebrations	Medium

## 4.22 Ft Well Challenge Rewards

### 4.22.1 Priority

Must Have

### 4.22.2 User Story

As a member, I want to receive rewards for challenge completion so that I feel incentivized

### 4.22.3 Preconditions

Challenge completed

### 4.22.4 Postconditions

Rewards awarded, distributed to winners

### 4.22.5 Test Cases

Id	Description	Weight
CHALLENGE-REWARDS-TC-001	Verify wellness points awarded	High
CHALLENGE-REWARDS-TC-002	Verify premium discounts awarded	High
CHALLENGE-REWARDS-TC-003	Verify prizes distributed	High
CHALLENGE-REWARDS-TC-004	Verify certificates generated	Medium
CHALLENGE-REWARDS-TC-005	Verify winner announcements	High
CHALLENGE-REWARDS-TC-006	Verify gamification badges awarded	Medium

## 4.23 Fit Well Fitness Coaching

### 4.23.1 Priority

Should Have

### 4.23.2 User Story

As a member, I want fitness coaching so that I can achieve exercise goals

### 4.23.3 Preconditions

Coaching service configured

#### 4.23.4 Postconditions

Coaching provided, progress tracked

#### 4.23.5 Test Cases

Id	Description	Weight
FITNESS-COACHING-TC-001	Verify personalized exercise plans	High
FITNESS-COACHING-TC-002	Verify workout videos available	High
FITNESS-COACHING-TC-003	Verify fitness tips provided	Medium
FITNESS-COACHING-TC-004	Verify virtual sessions supported	Medium
FITNESS-COACHING-TC-005	Verify progress tracking	High

### 4.24 Ft Well Nutrition Coaching

#### 4.24.1 Priority

Should Have

#### 4.24.2 User Story

As a member, I want nutrition counseling so that I can eat healthier

#### 4.24.3 Preconditions

Nutritionist network configured

#### 4.24.4 Postconditions

Counseling provided, meal plans created

#### 4.24.5 Test Cases

Id	Description	Weight
NUTRITION-COACHING-TC-001	Verify meal planning support	High

Id	Description	Weight
NUTRITION-COACHING-TC-002	Verify dietary advice provided	High
NUTRITION-COACHING-TC-003	Verify healthy recipes available	Medium
NUTRITION-COACHING-TC-004	Verify nutritionist consultations bookable	High
NUTRITION-COACHING-TC-005	Verify food diary tracking	Medium

## 4.25 Ft Well Smoking Cessation

### 4.25.1 Priority

Should Have

### 4.25.2 User Story

As a member, I want smoking cessation support so that I can quit smoking

### 4.25.3 Preconditions

Cessation program configured

### 4.25.4 Postconditions

Quit plan created, support provided

### 4.25.5 Test Cases

Id	Description	Weight
SMOKING-CESSATION-TC-001	Verify quit plan creation	High
SMOKING-CESSATION-TC-002	Verify behavioral support provided	High

Id	Description	Weight
SMOKING-CESSATION-TC-003	Verify nicotine replacement therapy coverage	High
SMOKING-CESSATION-TC-004	Verify progress tracking	High
SMOKING-CESSATION-TC-005	Verify relapse prevention support	High

## 4.26 Ft Well Weight Management

### 4.26.1 Priority

Should Have

### 4.26.2 User Story

As a member, I want weight management support so that I can achieve healthy weight

### 4.26.3 Preconditions

Weight management program configured

### 4.26.4 Postconditions

Weight goals set, plans provided, progress tracked

### 4.26.5 Test Cases

Id	Description	Weight
WEIGHT-MANAGEMENT-TC-001	Verify goal setting	High
WEIGHT-MANAGEMENT-TC-002	Verify diet and exercise plans	High
WEIGHT-MANAGEMENT-TC-003	Verify weekly weigh-ins	High
WEIGHT-MANAGEMENT-TC-004	Verify coaching support	High
WEIGHT-MANAGEMENT-TC-005	Verify BMI tracking	High

Id	Description	Weight
WEIGHT-MANAGEMENT-TC-006	Verify progress reports	High

## 4.27 Ft Well Antenatal Program

### 4.27.1 Priority

Must Have

### 4.27.2 User Story

As a pregnant member, I want antenatal care support so that I can have a healthy pregnancy

### 4.27.3 Preconditions

Pregnancy confirmed

### 4.27.4 Postconditions

Enrolled in antenatal program, checkup schedule created

### 4.27.5 Test Cases

Id	Description	Weight
ANTENATAL-PROGRAM-TC-001	Verify enrollment at pregnancy confirmation	High
ANTENATAL-PROGRAM-TC-002	Verify checkup schedule (monthly, bi-weekly, weekly)	High
ANTENATAL-PROGRAM-TC-003	Verify educational content provided	High
ANTENATAL-PROGRAM-TC-004	Verify risk monitoring	High
ANTENATAL-PROGRAM-TC-005	Verify reminders for checkups	High

## 4.28 Ft Well Postnatal Program

### 4.28.1 Priority

Must Have

### 4.28.2 User Story

As a new mother, I want postnatal care support so that I can ensure mother and baby health

### 4.28.3 Preconditions

Baby delivered

### 4.28.4 Postconditions

Enrolled in postnatal program, checkups scheduled

### 4.28.5 Test Cases

Id	Description	Weight
POSTNATAL-PROGRAM-TC-001	Verify 6-week postpartum checkup scheduled	High
POSTNATAL-PROGRAM-TC-002	Verify breastfeeding support provided	High
POSTNATAL-PROGRAM-TC-003	Verify postpartum depression screening	High
POSTNATAL-PROGRAM-TC-004	Verify family planning counseling	High

## 4.29 Ft Well Child Immunization

### 4.29.1 Priority

Must Have

### 4.29.2 User Story

As a parent, I want to track child immunization schedule so that I ensure complete vaccines

### 4.29.3 Preconditions

Child registered

### 4.29.4 Postconditions

Immunization schedule loaded, reminders set

### 4.29.5 Test Cases

Id	Description	Weight
CHILD-IMMUNIZATION-TC-001	Verify WHO/EPI schedule loaded (BCG, Polio, Pentavalent, Measles)	High
CHILD-IMMUNIZATION-TC-002	Verify reminders for due vaccines	High
CHILD-IMMUNIZATION-TC-003	Verify digital immunization card	High
CHILD-IMMUNIZATION-TC-004	Verify vaccine history tracked	High

## 4.30 Ft Well Growth Monitoring

### 4.30.1 Priority

Should Have

### 4.30.2 User Story

As a parent, I want to monitor child growth so that I can identify issues early

### 4.30.3 Preconditions

Child registered, growth data entered

#### 4.30.4 Postconditions

Growth tracked, alerts generated if abnormal

#### 4.30.5 Test Cases

Id	Description	Weight
GROWTH-MONITORING-TC-001	Verify weight-for-age tracked	High
GROWTH-MONITORING-TC-002	Verify height-for-age tracked	High
GROWTH-MONITORING-TC-003	Verify weight-for-height tracked	High
GROWTH-MONITORING-TC-004	Verify growth charts displayed	High
GROWTH-MONITORING-TC-005	Verify malnutrition alerts generated	High

### 4.31 Ft Well Content Library

#### 4.31.1 Priority

Must Have

#### 4.31.2 User Story

As a wellness coordinator, I want to maintain health education content so that I can provide health information

#### 4.31.3 Preconditions

Content management system configured

#### 4.31.4 Postconditions

Content library maintained, accessible to members

#### 4.31.5 Test Cases

Id	Description	Weight
CONTENT-LIBRARY-TC-001	Verify articles can be added	High

Id	Description	Weight
CONTENT-LIBRARY-TC-002	Verify videos can be added	High
CONTENT-LIBRARY-TC-003	Verify content categorization	High
CONTENT-LIBRARY-TC-004	Verify content tagging	High
CONTENT-LIBRARY-TC-005	Verify content search	High

## 4.32 Ft Well Content Personalization

### 4.32.1 Priority

Should Have

### 4.32.2 User Story

As a member, I want personalized content recommendations so that I receive relevant health information

### 4.32.3 Preconditions

Member health profile available

### 4.32.4 Postconditions

Personalized recommendations provided

### 4.32.5 Test Cases

Id	Description	Weight
CONTENT- PERSONALIZATION-TC-001	Verify personalization based on health profile	High
CONTENT- PERSONALIZATION-TC-002	Verify personalization based on conditions	High
CONTENT- PERSONALIZATION-TC-003	Verify recommended content displayed	High
		Medium

Id	Description	Weight
CONTENT- PERSONALIZATION-TC-004	Verify content push notifications	

## 4.33 Ft Well Webinars

### 4.33.1 Priority

Should Have

### 4.33.2 User Story

As a member, I want to attend health education webinars so that I can learn from experts

### 4.33.3 Preconditions

Webinar platform configured

### 4.33.4 Postconditions

Webinars scheduled, attendance tracked

### 4.33.5 Test Cases

Id	Description	Weight
WEBINARS-TC-001	Verify live sessions with health experts	High
WEBINARS-TC-002	Verify Q&A functionality	High
WEBINARS-TC-003	Verify recorded sessions available	High
WEBINARS-TC-004	Verify registration process	High
WEBINARS-TC-005	Verify attendance tracking	High

## 4.34 Ft Well Health Tips

### 4.34.1 Priority

Must Have

### 4.34.2 User Story

As a member, I want to receive regular health tips so that I stay engaged in wellness

### 4.34.3 Preconditions

Health tips configured

### 4.34.4 Postconditions

Tips delivered per schedule

### 4.34.5 Test Cases

Id	Description	Weight
HEALTH-TIPS-TC-001	Verify daily/weekly tips sent	High
HEALTH-TIPS-TC-002	Verify multi-channel delivery (SMS/email/app)	High
HEALTH-TIPS-TC-003	Verify seasonal tips sent	Medium
HEALTH-TIPS-TC-004	Verify tip categorization (nutrition, fitness, mental health)	Medium

## 4.35 Ft Well Provider Network

### 4.35.1 Priority

Must Have

### 4.35.2 User Story

As a wellness coordinator, I want to maintain wellness provider network so that members can access services

### 4.35.3 Preconditions

Provider network framework configured

### 4.35.4 Postconditions

Wellness providers registered, profiles maintained

### 4.35.5 Test Cases

Id	Description	Weight
PROVIDER-NETWORK-TC-001	Verify gym providers can be added	High
PROVIDER-NETWORK-TC-002	Verify nutritionist providers can be added	High
PROVIDER-NETWORK-TC-003	Verify wellness center providers can be added	High
PROVIDER-NETWORK-TC-004	Verify provider profiles maintained	High
PROVIDER-NETWORK-TC-005	Verify services offered listed	High

## 4.36 Ft Well Provider Search

### 4.36.1 Priority

Must Have

### 4.36.2 User Story

As a member, I want to search for wellness providers so that I can find services

### 4.36.3 Preconditions

Provider network populated

### 4.36.4 Postconditions

Relevant providers found, details displayed

### 4.36.5 Test Cases

Id	Description	Weight
PROVIDER-SEARCH-TC-001	Verify filter by provider type	High
PROVIDER-SEARCH-TC-002	Verify filter by location	High
PROVIDER-SEARCH-TC-003	Verify filter by services	High
PROVIDER-SEARCH-TC-004	Verify ratings displayed	Medium
PROVIDER-SEARCH-TC-005	Verify contact information displayed	High
PROVIDER-SEARCH-TC-006	Verify map/directions available	Medium

## 4.37 Ft Well Gym Membership

### 4.37.1 Priority

Should Have

### 4.37.2 User Story

As a member, I want gym membership benefits so that I can access fitness facilities

### 4.37.3 Preconditions

Gym partnerships established

### 4.37.4 Postconditions

Gym benefit activated, usage tracked

### 4.37.5 Test Cases

Id	Description	Weight
GYM-MEMBERSHIP-TC-001	Verify discounted gym membership benefit	High
GYM-MEMBERSHIP-TC-002	Verify partner gyms listed	High
GYM-MEMBERSHIP-TC-003	Verify member activation process	High
GYM-MEMBERSHIP-TC-004	Verify usage tracking	Medium

### 4.38 Ft Well Appointment Booking

#### 4.38.1 Priority

Must Have

#### 4.38.2 User Story

As a member, I want to book wellness appointments so that I can access services

#### 4.38.3 Preconditions

Wellness providers available

#### 4.38.4 Postconditions

Appointment booked, confirmation sent

### 4.38.5 Test Cases

Id	Description	Weight
APPOINTMENT-BOOKING-TC-001	Verify nutritionist consultation booking	High
APPOINTMENT-BOOKING-TC-002	Verify fitness assessment booking	High

Id	Description	Weight
APPOINTMENT-BOOKING-TC-003	Verify wellness screening booking	High
APPOINTMENT-BOOKING-TC-004	Verify provider/date/time selection	High
APPOINTMENT-BOOKING-TC-005	Verify booking confirmation sent	High

## 4.39 Ft Well Tracker Integration

### 4.39.1 Priority

Must Have

### 4.39.2 User Story

As a member, I want to integrate fitness trackers so that my activity is automatically captured

### 4.39.3 Preconditions

Tracker integration configured

### 4.39.4 Postconditions

Tracker connected, data syncing

### 4.39.5 Test Cases

Id	Description	Weight
TRACKER-INTEGRATION-TC-001	Verify Fitbit integration	High
TRACKER-INTEGRATION-TC-002	Verify Garmin integration	High
TRACKER-INTEGRATION-TC-003	Verify Apple Health integration	High

Id	Description	Weight
TRACKER-INTEGRATION-TC-004	Verify Google Fit integration	High
TRACKER-INTEGRATION-TC-005	Verify data sync (steps, distance, calories, heart rate, sleep)	High
TRACKER-INTEGRATION-TC-006	Verify OAuth authentication	High

## 4.40 Ft Well Activity Tracking

### 4.40.1 Priority

Must Have

### 4.40.2 User Story

As a member, I want to track my physical activity so that I can monitor fitness levels

### 4.40.3 Preconditions

Activity tracking enabled

### 4.40.4 Postconditions

Activity tracked, summaries available

### 4.40.5 Test Cases

Id	Description	Weight
ACTIVITY-TRACKING-TC-001	Verify steps tracked	High
ACTIVITY-TRACKING-TC-002	Verify exercise minutes tracked	High
ACTIVITY-TRACKING-TC-003	Verify calories burned tracked	High

Id	Description	Weight
ACTIVITY-TRACKING-TC-004	Verify active days tracked	High
ACTIVITY-TRACKING-TC-005	Verify daily/weekly/monthly summaries	High
ACTIVITY-TRACKING-TC-006	Verify activity goals displayed	High

## 4.41 Ft Well Manual Entry

### 4.41.1 Priority

Must Have

### 4.41.2 User Story

As a member, I want to manually enter activities so that I can capture all exercises

### 4.41.3 Preconditions

Activity tracking enabled

### 4.41.4 Postconditions

Activity entered, tracked in history

### 4.41.5 Test Cases

Id	Description	Weight
MANUAL-ENTRY-TC-001	Verify exercise type selection	High
MANUAL-ENTRY-TC-002	Verify duration entry	High
MANUAL-ENTRY-TC-003	Verify intensity selection	High
MANUAL-ENTRY-TC-004	Verify workout library available	Medium
MANUAL-ENTRY-TC-005	Verify entry validation	High

Id	Description	Weight
MANUAL-ENTRY-TC-006	Verify activity history maintained	High

## 4.42 Ft Well Activity Goals

### 4.42.1 Priority

Must Have

### 4.42.2 User Story

As a member, I want to set activity goals so that I stay motivated

### 4.42.3 Preconditions

Member profile available

### 4.42.4 Postconditions

Goals set, progress tracked

### 4.42.5 Test Cases

Id	Description	Weight
ACTIVITY-GOALS-TC-001	Verify daily steps target setting	High
ACTIVITY-GOALS-TC-002	Verify weekly exercise minutes target	High
ACTIVITY-GOALS-TC-003	Verify weight loss target	High
ACTIVITY-GOALS-TC-004	Verify goal progress displayed	High
ACTIVITY-GOALS-TC-005	Verify goal achievement notifications	High
ACTIVITY-GOALS-TC-006	Verify adaptive goals based on progress	Medium

## 4.43 Ft Well Biometric Entry

### 4.43.1 Priority

Must Have

### 4.43.2 User Story

As a member, I want to enter biometric data so that I can track health indicators

### 4.43.3 Preconditions

Member logged in

### 4.43.4 Postconditions

Biometric data recorded, trends updated

### 4.43.5 Test Cases

Id	Description	Weight
BIOMETRIC-ENTRY-TC-001	Verify weight entry	High
BIOMETRIC-ENTRY-TC-002	Verify BMI calculation	High
BIOMETRIC-ENTRY-TC-003	Verify blood pressure entry	High
BIOMETRIC-ENTRY-TC-004	Verify blood glucose entry	High
BIOMETRIC-ENTRY-TC-005	Verify cholesterol entry	High
BIOMETRIC-ENTRY-TC-006	Verify device sync supported	Medium

## 4.44 Ft Well Biometric Trends

### 4.44.1 Priority

Must Have

#### 4.44.2 User Story

As a member, I want to view biometric trends so that I can see health progress

#### 4.44.3 Preconditions

Biometric data entered

#### 4.44.4 Postconditions

Trend charts displayed, analysis provided

#### 4.44.5 Test Cases

Id	Description	Weight
BIOMETRIC-TRENDS-TC-001	Verify weight over time chart	High
BIOMETRIC-TRENDS-TC-002	Verify BP over time chart	High
BIOMETRIC-TRENDS-TC-003	Verify glucose over time chart	High
BIOMETRIC-TRENDS-TC-004	Verify trend analysis provided	High
BIOMETRIC-TRENDS-TC-005	Verify target ranges displayed	High
BIOMETRIC-TRENDS-TC-006	Verify out-of-range alerts generated	High

### 4.45 Ft Well Biometric Goals

#### 4.45.1 Priority

Must Have

#### 4.45.2 User Story

As a member, I want to set biometric goals so that I can guide health improvement

#### 4.45.3 Preconditions

Biometric tracking enabled

#### 4.45.4 Postconditions

Goals set, progress tracked

#### 4.45.5 Test Cases

Id	Description	Weight
BIOMETRIC-GOALS-TC-001	Verify target weight setting	High
BIOMETRIC-GOALS-TC-002	Verify target BP setting	High
BIOMETRIC-GOALS-TC-003	Verify target glucose setting	High
BIOMETRIC-GOALS-TC-004	Verify progress to goal displayed	High
BIOMETRIC-GOALS-TC-005	Verify goal achievement celebrations	Medium

### 4.46 Ft Well Points System

#### 4.46.1 Priority

Must Have

#### 4.46.2 User Story

As a member, I want to earn wellness points so that I feel rewarded for healthy behaviors

#### 4.46.3 Preconditions

Points system configured

#### 4.46.4 Postconditions

Points earned, balance tracked

#### 4.46.5 Test Cases

Id	Description	Weight
POINTS-SYSTEM-TC-001	Verify points earned for screening completion	High

Id	Description	Weight
POINTS-SYSTEM-TC-002	Verify points earned for exercise	High
POINTS-SYSTEM-TC-003	Verify points earned for health challenge	High
POINTS-SYSTEM-TC-004	Verify points earned for HRA completion	High
POINTS-SYSTEM-TC-005	Verify point values configurable	Medium
POINTS-SYSTEM-TC-006	Verify point balance tracked	High

## 4.47 Ft Well Rewards Catalog

### 4.47.1 Priority

Must Have

### 4.47.2 User Story

As a member, I want to redeem points for rewards so that I benefit from participation

### 4.47.3 Preconditions

Points earned, rewards catalog configured

### 4.47.4 Postconditions

Rewards redeemed, points deducted

### 4.47.5 Test Cases

Id	Description	Weight
REWARDS-CATALOG-TC-001	Verify premium discounts available	High
REWARDS-CATALOG-TC-002	Verify gift cards available	High
REWARDS-CATALOG-TC-003	Verify merchandise available	Medium

Id	Description	Weight
REWARDS-CATALOG-TC-004	Verify wellness services available	High
REWARDS-CATALOG-TC-005	Verify point cost per reward	High
REWARDS-CATALOG-TC-006	Verify redemption process	High

## 4.48 Ft Well Premium Discounts

### 4.48.1 Priority

Should Have

### 4.48.2 User Story

As a member, I want wellness-based premium discounts so that I save on insurance costs

### 4.48.3 Preconditions

Discount criteria defined

### 4.48.4 Postconditions

Discounts applied to premium

### 4.48.5 Test Cases

Id	Description	Weight
PREMIUM-DISCOUNTS-TC-001	Verify discount for screening completion	High
PREMIUM-DISCOUNTS-TC-002	Verify discount for HRA completion	High
PREMIUM-DISCOUNTS-TC-003	Verify discount for program participation	High
PREMIUM-DISCOUNTS-TC-004	Verify discount tiers	High
		High

Id	Description	Weight
PREMIUM-DISCOUNTS-TC-005	Verify integration with underwriting/finance	

## 4.49 Ft Well Gamification

### 4.49.1 Priority

Should Have

### 4.49.2 User Story

As a member, I want gamification elements so that wellness is engaging

### 4.49.3 Preconditions

Gamification configured

### 4.49.4 Postconditions

Badges earned, levels achieved, social features enabled

### 4.49.5 Test Cases

Id	Description	Weight
GAMIFICATION-TC-001	Verify badges awarded	High
GAMIFICATION-TC-002	Verify levels/tiers implemented	High
GAMIFICATION-TC-003	Verify achievements tracked	High
GAMIFICATION-TC-004	Verify streaks tracked	Medium
GAMIFICATION-TC-005	Verify social sharing features	Medium
GAMIFICATION-TC-006	Verify leaderboards displayed	High

## 4.50 Ft Well Mental Health Screening

### 4.50.1 Priority

Should Have

### 4.50.2 User Story

As a member, I want mental health screening tools so that I can assess my mental wellbeing

### 4.50.3 Preconditions

Screening tools configured

### 4.50.4 Postconditions

Screening completed, score calculated, recommendations provided

### 4.50.5 Test Cases

Id	Description	Weight
MENTAL-HEALTH-SCREENING-TC-001	Verify depression screening (PHQ-9)	High
MENTAL-HEALTH-SCREENING-TC-002	Verify anxiety screening (GAD-7)	High
MENTAL-HEALTH-SCREENING-TC-003	Verify stress assessment	High
MENTAL-HEALTH-SCREENING-TC-004	Verify score interpretation provided	High
MENTAL-HEALTH-SCREENING-TC-005	Verify referral recommendations	High

## 4.51 Ft Well Mental Health Resources

### 4.51.1 Priority

Should Have

## 4.51.2 User Story

As a member, I want mental health resources so that I can support my mental wellbeing

## 4.51.3 Preconditions

Resources library configured

## 4.51.4 Postconditions

Resources accessible, helplines available

## 4.51.5 Test Cases

Id	Description	Weight
MENTAL-HEALTH-RESOURCES-TC-001	Verify coping strategies available	High
MENTAL-HEALTH-RESOURCES-TC-002	Verify relaxation techniques available	High
MENTAL-HEALTH-RESOURCES-TC-003	Verify mindfulness exercises available	High
MENTAL-HEALTH-RESOURCES-TC-004	Verify helpline numbers provided	High
MENTAL-HEALTH-RESOURCES-TC-005	Verify crisis resources available	High

## 4.52 Ft Well Stress Management

### 4.52.1 Priority

Should Have

### 4.52.2 User Story

As a member, I want stress management program so that I can manage stress

### 4.52.3 Preconditions

Stress management program configured

### 4.52.4 Postconditions

Stress reduction techniques provided, stress tracked

### 4.52.5 Test Cases

Id	Description	Weight
STRESS-MANAGEMENT-TC-001	Verify stress reduction techniques provided	High
STRESS-MANAGEMENT-TC-002	Verify meditation guides available	High
STRESS-MANAGEMENT-TC-003	Verify breathing exercises available	High
STRESS-MANAGEMENT-TC-004	Verify time management tips provided	Medium
STRESS-MANAGEMENT-TC-005	Verify stress tracking enabled	High

## 4.53 Fit Well Corporate Programs

### 4.53.1 Priority

Must Have

### 4.53.2 User Story

As an HR manager, I want corporate wellness programs so that I can engage group policy members

### 4.53.3 Preconditions

Group policy in place

#### 4.53.4 Postconditions

Corporate programs created, customized for employer

#### 4.53.5 Test Cases

Id	Description	Weight
CORPORATE-PROGRAMS-TC-001	Verify customized wellness initiatives	High
CORPORATE-PROGRAMS-TC-002	Verify company challenges creation	High
CORPORATE-PROGRAMS-TC-003	Verify onsite screening events supported	High
CORPORATE-PROGRAMS-TC-004	Verify wellness fairs supported	Medium

### 4.54 Ft Well Corporate Reporting

#### 4.54.1 Priority

Must Have

#### 4.54.2 User Story

As an HR manager, I want corporate wellness reports so that I can see program impact

#### 4.54.3 Preconditions

Corporate program running, data collected

#### 4.54.4 Postconditions

Reports generated, ROI shown

#### 4.54.5 Test Cases

Id	Description	Weight
CORPORATE-REPORTING-TC-001	Verify participation rates shown	High
CORPORATE-REPORTING-TC-002	Verify health risk distribution shown	High
CORPORATE-REPORTING-TC-003	Verify ROI analysis provided	High
CORPORATE-REPORTING-TC-004	Verify trend analysis shown	High
CORPORATE-REPORTING-TC-005	Verify data de-identified	High
CORPORATE-REPORTING-TC-006	Verify quarterly reports generated	High

#### 4.55 Ft Well Wellness Champions

##### 4.55.1 Priority

Should Have

##### 4.55.2 User Story

As an HR manager, I want wellness champions program so that I can drive peer-led wellness

##### 4.55.3 Preconditions

Champions program configured

##### 4.55.4 Postconditions

Champions identified, trained, activities organized

### 4.55.5 Test Cases

Id	Description	Weight
WELLNESS-CHAMPIONS-TC-001	Verify employee wellness advocates identified	High
WELLNESS-CHAMPIONS-TC-002	Verify champions promote programs	High
WELLNESS-CHAMPIONS-TC-003	Verify champions organize activities	High
WELLNESS-CHAMPIONS-TC-004	Verify champion training provided	High
WELLNESS-CHAMPIONS-TC-005	Verify recognition program for champions	Medium

## 4.56 Ft Well Participation Reports

### 4.56.1 Priority

Must Have

### 4.56.2 User Story

As a wellness manager, I want participation reports so that I can track program engagement

### 4.56.3 Preconditions

Wellness programs running

### 4.56.4 Postconditions

Participation metrics available

### 4.56.5 Test Cases

Id	Description	Weight
		High

Id	Description	Weight
PARTICIPATION-REPORTS-TC-001	Verify screening participation tracked	
PARTICIPATION-REPORTS-TC-002	Verify program enrollment tracked	High
PARTICIPATION-REPORTS-TC-003	Verify challenge participation tracked	High
PARTICIPATION-REPORTS-TC-004	Verify coaching utilization tracked	High
PARTICIPATION-REPORTS-TC-005	Verify participation trends shown	High
PARTICIPATION-REPORTS-TC-006	Verify demographics breakdown provided	Medium

## 4.57 Ft Well Health Outcomes

### 4.57.1 Priority

Must Have

### 4.57.2 User Story

As a wellness manager, I want to track health outcome improvements so that I can demonstrate program effectiveness

### 4.57.3 Preconditions

Baseline and follow-up data collected

### 4.57.4 Postconditions

Outcomes analyzed, improvements shown

## 4.57.5 Test Cases

Id	Description	Weight
HEALTH-OUTCOMES-TC-001	Verify biometric improvements tracked (weight, BP, glucose)	High
HEALTH-OUTCOMES-TC-002	Verify behavior changes tracked (exercise increase)	High
HEALTH-OUTCOMES-TC-003	Verify utilization changes tracked (reduced ER visits)	High
HEALTH-OUTCOMES-TC-004	Verify pre/post analysis performed	High

## 4.58 Ft Well Roi Analysis

### 4.58.1 Priority

Should Have

### 4.58.2 User Story

As a wellness manager, I want to calculate wellness ROI so that I can justify wellness investments

### 4.58.3 Preconditions

Program costs and outcomes data available

### 4.58.4 Postconditions

ROI calculated, dashboard available

### 4.58.5 Test Cases

Id	Description	Weight
ROI-ANALYSIS-TC-001	Verify program costs captured	High
ROI-ANALYSIS-TC-002	Verify healthcare cost savings calculated	High

Id	Description	Weight
ROI-ANALYSIS-TC-003	Verify productivity gains calculated	Medium
ROI-ANALYSIS-TC-004	Verify absenteeism reduction calculated	Medium
ROI-ANALYSIS-TC-005	Verify ROI dashboard displayed	High
ROI-ANALYSIS-TC-006	Verify industry benchmarks provided	Medium

## 4.59 Ft Well Wellness Dashboard

### 4.59.1 Priority

Must Have

### 4.59.2 User Story

As a wellness manager, I want real-time wellness dashboard so that I can monitor program performance

### 4.59.3 Preconditions

Wellness data streaming

### 4.59.4 Postconditions

Dashboard displays real-time metrics

### 4.59.5 Test Cases

Id	Description	Weight
WELLNESS-DASHBOARD-TC-001	Verify active participants shown	High
WELLNESS-DASHBOARD-TC-002	Verify screenings completed shown	High
WELLNESS-DASHBOARD-TC-003	Verify challenge participation shown	High
WELLNESS-DASHBOARD-TC-004	Verify biometric trends shown	High

Id	Description	Weight
WELLNESS-DASHBOARD-TC-005	Verify incentive redemption shown	High
WELLNESS-DASHBOARD-TC-006	Verify KPIs and trends displayed	High

