

Dear to Whom It May Concern,

I am Bárbara and I work as a resident doctor of Family and General Medicine at a Family Health Unit in Porto, Portugal. I have a master's degree on Medicine from the Faculty of Medicine of the University of Coimbra and a specialization on Clinical Geriatrics from the Faculty of Medicine of the University of Porto. I also practice private medicine at a medical clinic in Porto, particularly doing general medicine and obesity consults.

In my training as a soon to be family doctor I realized that we are the gateway to healthcare. Family doctors have the power to promote the health of a whole population, having a privileged position that allows them to reach patients like no other specialty in the medical field. In my practice in Portugal, I face many bureaucratic and organizational challenges daily. The primary healthcare system still has a long way to go in terms of digital modernization. Not only the professionals, but also the patients are starting to demand new strategies and solutions that will allow us to reach the best possible care together. Also, in the Portuguese population that are still a lot of digitally illiterate patients that need to be reached by the healthcare system and no answers have been found yet to solve this challenge.

My work experience close to patients allowed me to put into perspective the relevance of the digital transformation in the health sector. I believe the ManagiDiTH program would be the perfect opportunity for me to develop the tools necessary to improve not only my own practice, but also aspire to change the basis of the primary healthcare system in my country. As a doctor, and specially as a family doctor, I feel that it is my duty and responsibility to advocate for my patient's quality of care and respective outcomes, giving them the opportunity to engage more in their own care, consequently improving patient satisfaction. The digital transformation of the health sector also gives us doctors and healthcare professionals a better job satisfaction, with better collaboration and data-sharing, while reducing costs.

I would like to end thanking you for your time and consideration, looking forward to your positive response.

Best regards,

Bárbara Gameiro