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TreC Mamma 2026: the app goes family-wide

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New profiles for partners and families, with a focus on the “First 1,000 Days”

The Trentino digital health ecosystem takes a further step forward. The TreC Mamma app, developed by the TrentinoSalute4.0 competence center (composed of PAT, FBK, and ASUIT), has been updated with new features: access to informational content is now extended to fathers, *partners*, and other users concerned, including healthcare professionals. An evolution that transforms the application from an individual tool into a resource for the entire family.

With the update released in recent days, TreC Mamma begins 2026 by breaking down barriers to certified information. Until now, the platform was dedicated exclusively to pregnant women; the new version allows fathers and anyone actively involved in a child’s development (*caregivers*, family members, healthcare professionals) to access a wide range of content validated by healthcare professionals. Through a dedicated viewing mode, *partners* can follow the child’s development, access nutrition advice, and watch video tutorials, actively and responsibly engaging in pregnancy stages. Each user has a personal account to access the app. To protect the mother’s *privacy*, strictly personal information (such as medical data and scheduled examinations) is neither visible nor shareable. All informational content and profile-related material, however, remain fully accessible.

What’s New in Version 2026: One App, Multiple Profiles

The 2026 update transforms the architecture of TreC Mamma by introducing new “Partner/Caregiver” profiles. This feature allows parents, co-parents, and family members to access a dedicated section focused on science communication and practical support. While the expectant mother’s profile remains central for monitoring clinical parameters (weight, blood pressure) and managing healthcare appointments, extended access allows *partners* to consult the full multimedia library: video tutorials, validated nutrition advice, and week-by-week guides to fetal development. The interface has been optimized to ensure smooth navigation of educational content, with a system of personalized notifications highlighting relevant articles based on the stage of pregnancy.

When opening the application, users can select their specific profile, ensuring access only to relevant information:

- Pregnant woman: full access to content on pregnancy, fetal development, and the baby.
- stpartum woman: content focused on motherhood and newborn development (excluding fetal content).
- woman planning a pregnancy: targeted information on preconception and preparation for pregnancy.
- Partners: a section specifically for fathers and *partners*, also extended to support figures and healthcare professionals. No access to or sharing of the woman's personal information (exams, appointments, chats, etc.).
- Other/consultation: a mode open to anyone wishing to consult in-depth, certified content, without access to advanced functions reserved for mothers (such as data entry, diary, or *chatbot*). No access to or sharing of the woman's personal information (exams, appointments, chats, etc.).

The second update concerns content, which now extends beyond pregnancy and childbirth. Information and scientific materials covering the first years of a child's life have been integrated, validated by a highly qualified multidisciplinary *team*: hospital pediatricians and family pediatricians, gynecologists, midwives, psychologists, hygienists, and health assistants. A comprehensive resource to guide parents with solid scientific foundations.

The third new feature focuses on prevention. The update introduces three specific nutrition pathways: feeding in the first six months of life, introduction to complementary feeding (weaning), and nutrition in the second and third years of life.support.

Accessibility has also been improved with audio integration. To facilitate content use at any time of day (even during breastfeeding or childcare), all texts are now available in audio format through an automated voice reader integrated into the *smartphone*.

Why inclusivity is the new frontier of healthcare

Until now, health apps have almost always been designed vertically: one patient, one application. In pregnancy, this often creates an invisible barrier: *partners* may feel excluded from clinical pathways (visits, consultations) and seen as "passive observers," receiving information filtered by the mother or randomly sourced online.

Overcoming this limitation means transforming care from individual to collective: the father (or *caregiver*) is no longer a spectator but has a dedicated space and independent access point. Opening the app to *partners is therefore not just a technical update but a strategic public health choice. Involving fathers from the earliest weeks of pregnancy promotes shared parenting and increases health literacy (the ability to understand and use health information to make informed decisions) across the entire family. Clinical studies show that an informed and aware partner reduces the mother's stress load, provides better support, and is more capable of managing early signs of a newborn's*

health, improving adherence to healthy lifestyles—an essential foundation for children's well-being in their first 1,000 days of life.

The numbers behind a growing success

Data confirm that TreC Mamma has become an essential companion for families in Trentino. To date, the app has exceeded 6,300 *downloads*, with an adoption rate reaching nearly 70% of annual pregnancies in the province. Fifty-six percent of users are experiencing their first pregnancy, while the share of women with foreign citizenship (about 13%), who use content in English and French, remains significant. In the past year alone, views of informational content—including guides on pregnancy checkups and advice for the first trimester—have exceeded 30,000, reflecting strong trust in the institutional digital channel. The app records an average of 500 daily accesses, and content has been viewed more than 60,400 times overall.

Institutional comments

"TreC Mamma represents a concrete result of a process that starts from research and delivers services to citizens," comments Vice President and Councillor for Economic Development, Labor, Family, University, and Research, **Achille Spinelli.** *"In this project, we have turned scientific, technological, and clinical expertise into a practical digital tool for families, designed to support them throughout pregnancy. It is an example of how innovation, when built jointly by research and the healthcare system, can generate tangible value for the community."*

"With this update, we strengthen the role of TreC Mamma as a public digital service supporting families, extending it not only to partners but also to the first two years of a child's life," said Councillor for Health, Social Policies, and Cooperation, **Mario Tonina.** *"It is an important step because it allows us to continuously support parents during a crucial phase for health—the so-called first thousand days—by offering certified information and useful tools for the whole family."*

The comment of the experts

"Digital health must not only simplify processes but also create culture," says Dr. **Fabrizio Taddei,** Director of the ASUIT Cross-Hospital Department of Obstetrics and Gynecology. *"With this new version of TreC Mamma, we place fathers and families at the center of care alongside mothers. They are no longer outside observers but informed participants who can access the same sources validated by our doctors and midwives. This is the most effective way to promote precision health and support the mental and physical well-being of families."*

"The web," adds Director Taddei, *"is saturated with unverified advice on nutrition, medications, and pregnancy lifestyles. The real 'barrier' is the background noise of conflicting information. In TreC Mamma, content is certified by the healthcare team, meaning that every video, article, or recommendation in the app has been validated by the ASUIT scientific committee and experts who have worked alongside us, including FBK researchers."*

TreC Mamma therefore offers a direct, certified channel that protects the entire household from misinformation.

"The TreC Mamma app is promoted by midwives during all initial consultations in the maternity care pathway and is fully integrated into routine clinical care," explains **Claudia Paoli**, Director of the Obstetrics Health Professions Area, Cross-hospital Department of Obstetrics and Gynecology. *"Midwives carry out structured work in information, support, and health education every day, and the app is part of this process as a consistent and validated tool, aligned with the content addressed during visits and meetings within the Trentino Percorso Nascita obstetrics care. It is not an additional information channel but an extension of professional obstetric care, allowing women and families to access reliable, consistent, and up-to-date information at home,"*Paoli concludes.

User guide

For current TreC Mamma users, no new registration or administrative steps are required: simply update the app via your *smartphone*'s app *store* (iOS or Android) and select your profile. New users can continue to access the app securely using SPID or CIE credentials.

Continuous evolution: from launch to 2026

The development of the TreC Mamma app is part of the project "Digital Health and Artificial Intelligence – Tools to bring the healthcare system closer to citizens and to develop the provincial system," approved by resolution of the Provincial Government on December 22, 2022, which includes a Prevention module dedicated to the "First 1,000 Days of Life." The goal is to implement and validate an ecosystem of digital health initiatives that support women, children, and families in adopting healthy lifestyles and promoting mental well-being.

After its first year, the project has undergone continuous updates: the most recent, in July 2025, introduced sections dedicated to physical activity, nutrition, and a direct news channel between midwives and citizens. Today, the app completes its evolution by becoming a shared platform, ready to support families well beyond childbirth. *(ml)*

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