PREGNANCY-RELATED

- Staying healthy during pregnancy
  - ✓ **Health care during pregnancy, healthy diet, & prenatal exercises (64) ***
- Symptoms & diseases
  - ✓ Symptoms, advices, when to call the doctor (13)
  - ✓ Pregnancy health problems and health risks (5)
- Pregnancy Tracking
  - ✓ **Body changes tracking, what to expect, emotional changes (70) ***
  - ✓ **Fetus development tracking (57) ***
- Pregnancy singularities
  - ✓ Multiple pregnancy and complicated pregnancies (4)

POSTPARTUM-RELATED

- Childbirth
  - ✓ **Information about giving birth, women rights, respectful maternity care during labor and childbirth (23) ***
- Staying healthy after having the baby
  - ✓ **Health care, healthy diet, & postnatal exercises (20) ***
- Taking care of the baby & baby's development
  - ✓ **Breastfeeding (46) **** and Baby feeding (12)
  - ✓ Taking care of the newborn (38) **
  - ✓ **Baby's development, milestones (24) ***
  - ✓ **Baby stimulation (23) ***
  - ✓ **Baby's sleep (16) ***
  - ✓ **Secure attachment promotion (9) and Parenting (9) ***
- Baby's singularities & health problems
  - ✓ Babies' common health problems, **health alarm signs (4)**
  - ✓ Food allergies (4)

TRANSVERSAL

- Mental health
  - ✓ **Perinatal mental health (58) ****
- The partner
  - ✓ **Including the partner (14)**
  - ✓ Couple relationship during pregnancy and postpartum (12)
  - ✓ Sexuality during pregnancy and postpartum (3)
- Multirole
  - ✓ Balancing work and motherhood (6)

> **In bold categories mentioned by both women and professionals**
> *Mentioned by at least 10% of pregnant women who haven't used an app last month
> *Mentioned by at least 10% of pregnant women who have used an app last month
> *Mentioned by at least 10% of postpartum women who haven't used an app last month
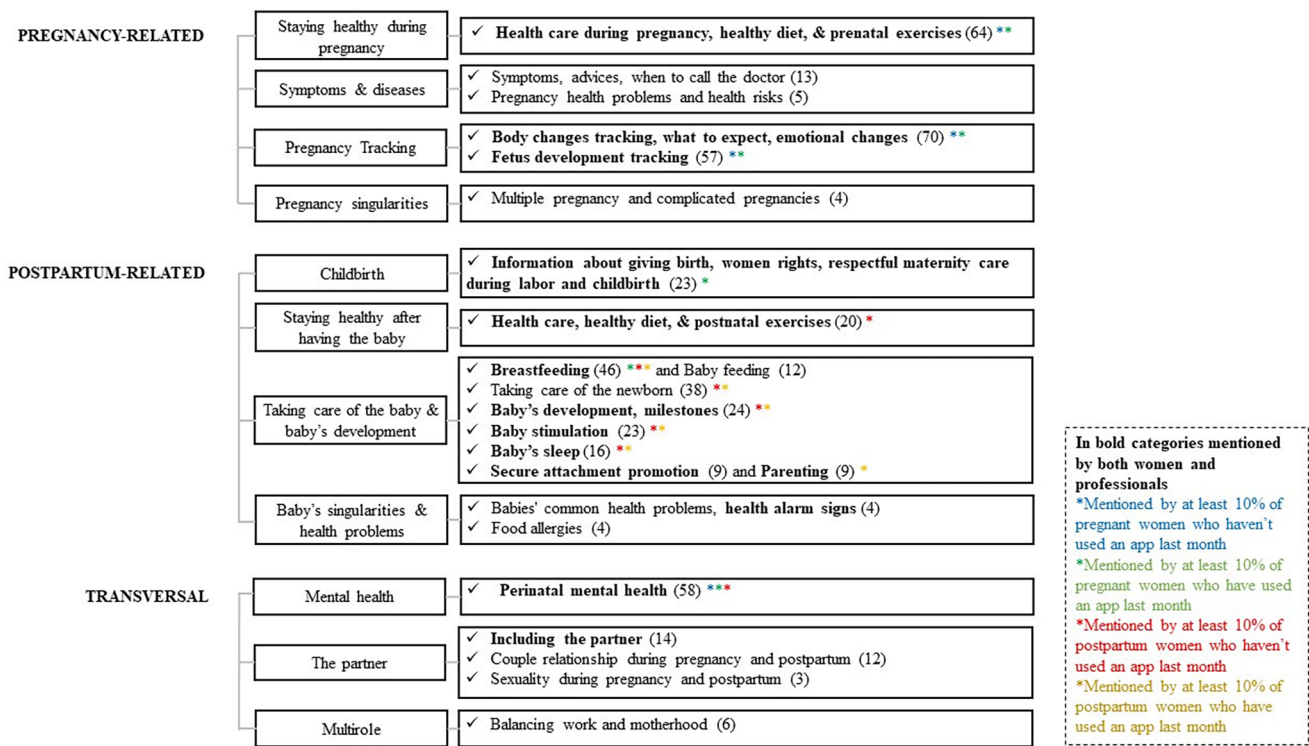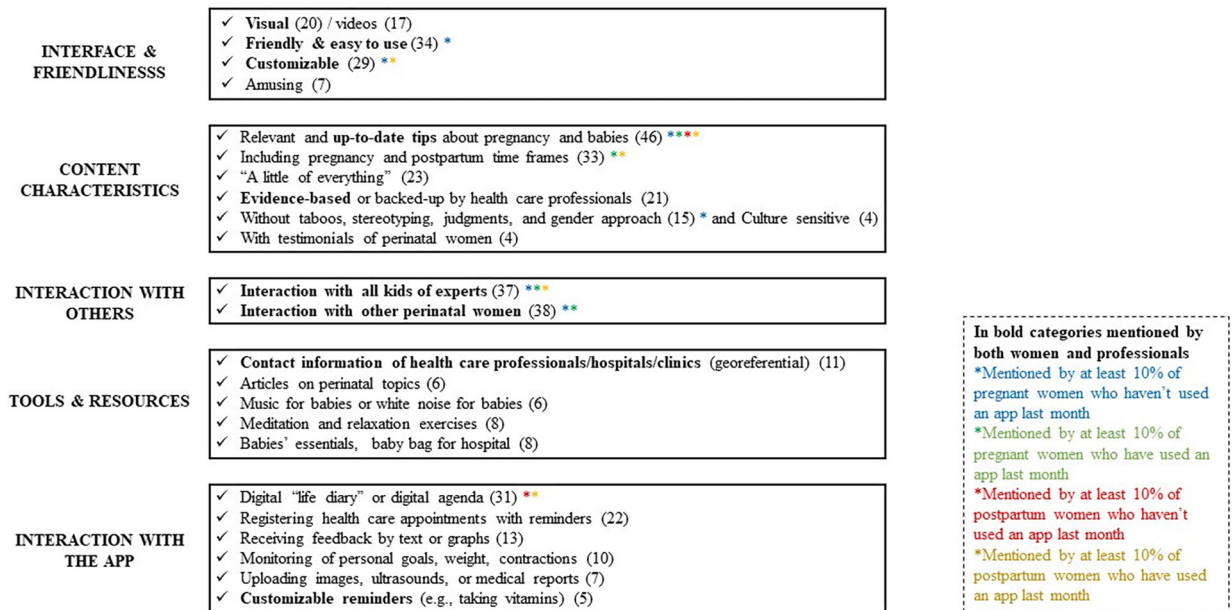> *Mentioned by at least 10% of postpartum women who have used an app last month

Figure S1 App topics' categories and subcategories that arose (mentioned by at least three participants) from the open-ended question about the "ideal perinatal app". Note: subcategories mentioned by at least three participants are included. There were no subcategories mentioned only by health care professionals.

INTERFACE & FRIENDLINESSS

- ✓ **Visual (20)** / videos (17)
- ✓ **Friendly & easy to use (34) ***
- ✓ **Customizable (29) ***
- ✓ Amusing (7)

CONTENT CHARACTERISTICS

- ✓ **Relevant and up-to-date tips about pregnancy and babies (46) *****
- ✓ Including pregnancy and postpartum time frames (33) **
- ✓ "A little of everything" (23)
- ✓ **Evidence-based** or backed-up by health care professionals (21)
- ✓ Without taboos, stereotyping, judgments, and gender approach (15) * and Culture sensitive (4)
- ✓ With testimonials of perinatal women (4)

INTERACTION WITH OTHERS

- ✓ **Interaction with all kids of experts (37) ****
- ✓ **Interaction with other perinatal women (38) ***

TOOLS & RESOURCES

- ✓ **Contact information of health care professionals/hospitals/clinics (georeferential) (11)**
- ✓ Articles on perinatal topics (6)
- ✓ Music for babies or white noise for babies (6)
- ✓ Meditation and relaxation exercises (8)
- ✓ Babies' essentials, baby bag for hospital (8)

INTERACTION WITH THE APP

- ✓ Digital "life diary" or digital agenda (31) **
- ✓ Registering health care appointments with reminders (22)
- ✓ Receiving feedback by text or graphs (13)
- ✓ Monitoring of personal goals, weight, contractions (10)
- ✓ Uploading images, ultrasounds, or medical reports (7)
- ✓ **Customizable reminders** (e.g., taking vitamins) (5)

> **In bold categories mentioned by both women and professionals**
> *Mentioned by at least 10% of pregnant women who haven't used an app last month
> *Mentioned by at least 10% of pregnant women who have used an app last month
> *Mentioned by at least 10% of postpartum women who haven't used an app last month
> *Mentioned by at least 10% of postpartum women who have used an app last month

Figure S2 App features' categories and subcategories that arose (mentioned by at least three participants) from the open-ended question about the "ideal perinatal app". Note: subcategories mentioned by at least three participants are included. There were no subcategories mentioned only by health care professionals.

Table S1 Pregnancy-related topics with the percentage that chose each one between the four they had to choose

Topic	% of perinatal women that choose it between the 4	% of perinatal health care professionals that choose it between the 4
Development of the baby in the uterus	69.8	40.4
Mental health during pregnancy	41.9	71.9
Promotion of healthy habits	52.3	45.6
Giving birth	40.4	38.6
Physical changes during pregnancy	39.7	27.8
Risks and how to detect them	34.8	18.5
Sexuality	17.5	11.1
Couple relationship	16.0	29.6
Covid and pregnancy	8.6	13.0
Other	6.2	19.0

Responses to "Other": (I) *how to manage pregnancy when you have more than one child*; (II) *how to prepare the other children for the arrival of a new sibling*; (III) *advice on brands for baby products*; (IV) *calendar of health check-ups and vaccines*; (V) *health check-ups and what is expected*; (VI) *education and management of pregnancy aimed at men*; (VII) *prenatal exercises*; (VIII) *pregnancy and work*; (IX) *stimulation in pregnancy*; (X) *calendar of pregnancy health exams*; (XI) *lack of support network (due to the quarantine, I am pregnant alone, without friends or family, only my partner)*; (XII) *forum for opinions of doctors, midwives, and doulas...*; (XIII) *twins*; (XIV) *list of hospitals and clinics that have the "respected delivery" modality*; (XV) *it would include physical activities that can be done, accompanied by food advice and a calendar of pregnancy checks*; (XVI) *childbirth preparation information*; (XVII) *breastfeeding*; (XVIII) *I wouldn't use an app*; (XIX) *humanized childbirth*; (XX) *humanized childbirth and obstetric violence*; (XXI) *breastfeeding preparation*; (XXII) *problems in the last third, such as bradycardia*; (XXIII) *products for mother and baby recommended in Chile*; (XXIV) *let them talk about the not-so-nice changes; most only talk about weight gain and not about stretch marks or hemorrhoids*; (XXV) *sexuality*; (XXVI) *usual symptoms and when to go to the emergency*; (XXVII) *all previous*; (XXVIII) *all the items above are important; you have so many fears that you don't know where to start*; (XXIX) *I would use an application that gives me all the information mentioned*; (XXX) *pelvic floor care*; (XXXI) *grief, I wouldn't know how to address it in an app, but I think it's something to make visible because if it isn't again as something that "isn't going to happen to you" when it can... and parenthood!!! Why not prepare for it from pregnancy???*; (XXXII) *pregnancy and mother-baby bond*; (XXXIII) *stress reduction tools!!!*; (XXXIV) *body image and self-esteem*; (XXXV) *breastfeeding, given that the gap between the information they receive versus the results of breastfeeding a posteriori is highly significant*; (XXXVI) *nipple preparation for breastfeeding*; (XXXVII) *post-abortion puerperium*; (XXXVIII) *all dental issues that are important and a part of women's health that is not considered here. Nor are the recommendations for infants, adults, and children for oral prevention, healthy habits, oral functions, etc.*; (XXXIX) *prenatal bond, as a protective factor of maternal experience and attachment mother and baby*.

Table S2 Postpartum-related topics with the percentage that chose each one between the four they had to choose

Topic	% of perinatal women that choose it between the 4	% of perinatal health care professionals that choose it between the 4
Breastfeeding	50.1	42.1
Mental health promotion	43.2	64.9
Baby's development	45.0	13.0
Taking care of the baby	39.5	24.1
Attachment and stimulation	36.8	31.6
Promotion of health habits and care	29.9	13.0
How to balance my needs/baby's needs	26.6	43.9
Baby sleep	26.6	22.2
Postpartum health risks	11.8	1.9
Co-parenting	9.1	24.1
Sexuality	8.4	7.4
Covid and postpartum	3.1	1.9
Parenting and extended family	1.1	1.9
Other	2.0	0

Responses to "Other": (I) *add activities for early stimulation, and a list of things that the baby should learn according to his age so that parents can check his development*; (II) *calendar or diary on pediatric controls;* (III) *growth spurts*; (IV) *I would choose almost all*; (V) *mark milestones to save them, such as weight, height, first tooth, first crawl, etc.*; (VI) *I would love a real-time notice of promotions of baby products in supermarkets. For example, let me know that there is a diaper sale that day in a particular supermarket. It would be very useful*; (VII) *I wouldn't use an app*; (VIII) *postpartum recovery, whether vaginal delivery or cesarean section*; (IX) *sexuality*; (X) *all the items above are important because sometimes you don't know what you're doing wrong until you read about it*.

Table S3 App features with the percentage that chose each one between the four they had to choose

Feature	% of perinatal women that choose it between the 4	% of perinatal health care professionals that choose it between the 4
Monitor aspects of the baby	42.8	13.0
Information through photos/videos	39.0	15.8
Interaction with professionals	41.5	50.9
Monitor pregnancy aspects	31.5	7.4
Deliver advice or feedback	31.0	38.9
Include relaxation/meditation exercises	19.5	25.9
Information through text	19.1	9.3
Send messages	16.4	0
Monitor woman's wellbeing	15.7	42.6
Allow personalization	15.5	11.1
Send reminders	14.0	7.4
Interaction with other parents	11.8	35.2
Allow establishing personal goals	8.6	1.9
Information about health care services or other	8.0	18.5
Allow uploading photos and videos	2.9	1.9
Offer entertainment	1.8	0
Other	1.4	0

Responses to "Other": (I) *focus more on potential problems than the "pink life" of pregnancy*; (II) *save personal and baby milestones*; (III) *I wouldn't use an app*; (IV) *to provide help or advice (if not, contact advisers) on risks of pregnancy (in case of suffering something) and postpartum problems (such as breastfeeding coupling, how to calm a baby, baby carriers)*; (V) *fill in the personal data of size and weight of the baby and have projections, something more personalized*; (VI) *information about different types of childbirth. Also, an ideal menu for pregnant women would be great*; (VII) *all items are great to be included*.

Table S4 Summary of the most relevant aspects mentioned throughout the survey

Aspect	Valued aspects of current apps	Chosen from pregnancy- and postpartum-related lists	Chosen from the app features list	Ideal app features & topics
Visual interface			W P	W P
Evidence-based information	P			W P
Information in the form of advice or recommendations	W P			W P
How to stay healthy during pregnancy	W	W		W P
Pregnancy development week by week	W		W	W P
Baby in uterus development week by week	W	W	W	W P
How to stay healthy during pregnancy	W	W		W P
Information on labor and giving birth		W		W P
How to stay healthy during postpartum	W			W P
Taking care of a newborn		W		W
Information about breastfeeding		W P		W P
Baby's development and milestones		W	W	W P
Attachment promotion and stimulation exercises		P		W P
Mental health promotion in pregnancy		W		W P
Mental health promotion in postpartum		W P		W P
Enabling interaction with other perinatal women	W		P	W P
Enabling interaction with perinatal professionals			W P	W P

Categories mentioned by at least 20 participants. W = mentioned by mostly perinatal women; P = mentioned by mostly perinatal health care professionals; W P = mentioned by perinatal women and perinatal health care professionals.