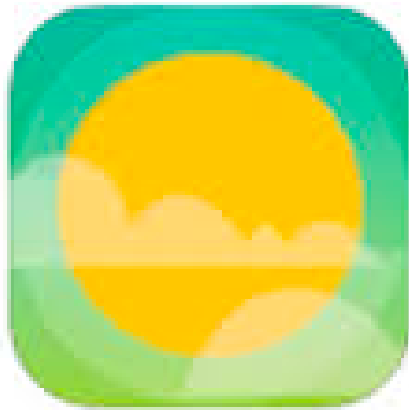




Keep your well-being in check



COVID Coach

LEARN MORE

Take charge of your well-being and learn
how to better cope with stress and your
mental health!



Track Mood, Well-being, Anxiety, and PTSD



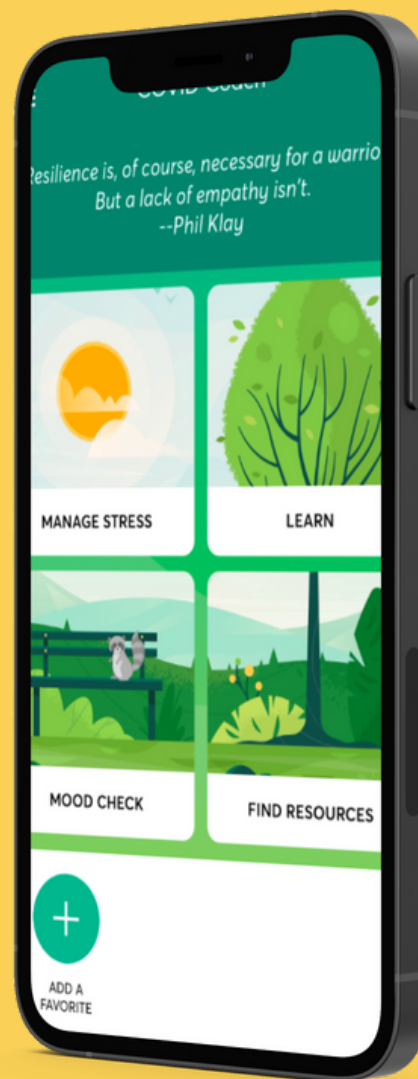
Tools to manage stress, sleep, and overall well-being



Helpful COVID information



Personalize with videos, photos, and audios



PREVIOUS RESEARCH



HIGH INTERNALLY CONSISTENT TESTING FOR MOOD TRACKING

- WARWICK-EDINBURGH MENTAL WELL BEING SCALE (WEMWBS)
- GENERALIZED ANXIETY DISORDER-7 (GAD)
- PATIENT HEALTH QUESTIONNAIRE-9 (PHQ)
- POST-TRAUMATIC STRESS DISORDER CHECKLIST



BASED ON A PREVIOUSLY EFFECTIVE APP (PTSD COACH)



STATISTICALLY SIGNIFICANT LEVELS OF ENGAGEMENT

PRIVACY



OPT OUT OF DATA COLLECTION



ALL DATA COLLECTED IN ANONYMOUS



ANONYMOUS DATA COLLECTED IN ONLY USED TO IMPROVE THE APP

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