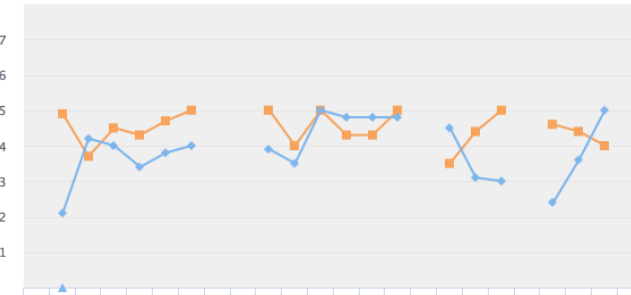


What can you expect?

Experience teaches us that completing the questionnaires and exploring your results via the online reporting module (in clear graphs and diagrams) provides insight and helps to reclaim control of your daily life functioning.

Important

Your individual PsyMate™ results remain strictly personal! However, it is a good idea to share and discuss them with your healthcare professional or with loved ones.



After registration, PsyMate™ provides a signal with a request to complete several questionnaires ten times a day, at random moments throughout the day. How are you holding up now? What are you doing? How are you feeling?

Completing these questions takes about one minute per questionnaire.

This way you will gain more insight into your daily activities and the circumstances in which they occur.

Think about the **most important event** since the last beep.

This event was:



There is also a morning questionnaire and one for the evening, that allows you to look back on your day. om in de ochtend in te vullen en een vragenlijst voor de avond waarin je terug kijkt op je dag.

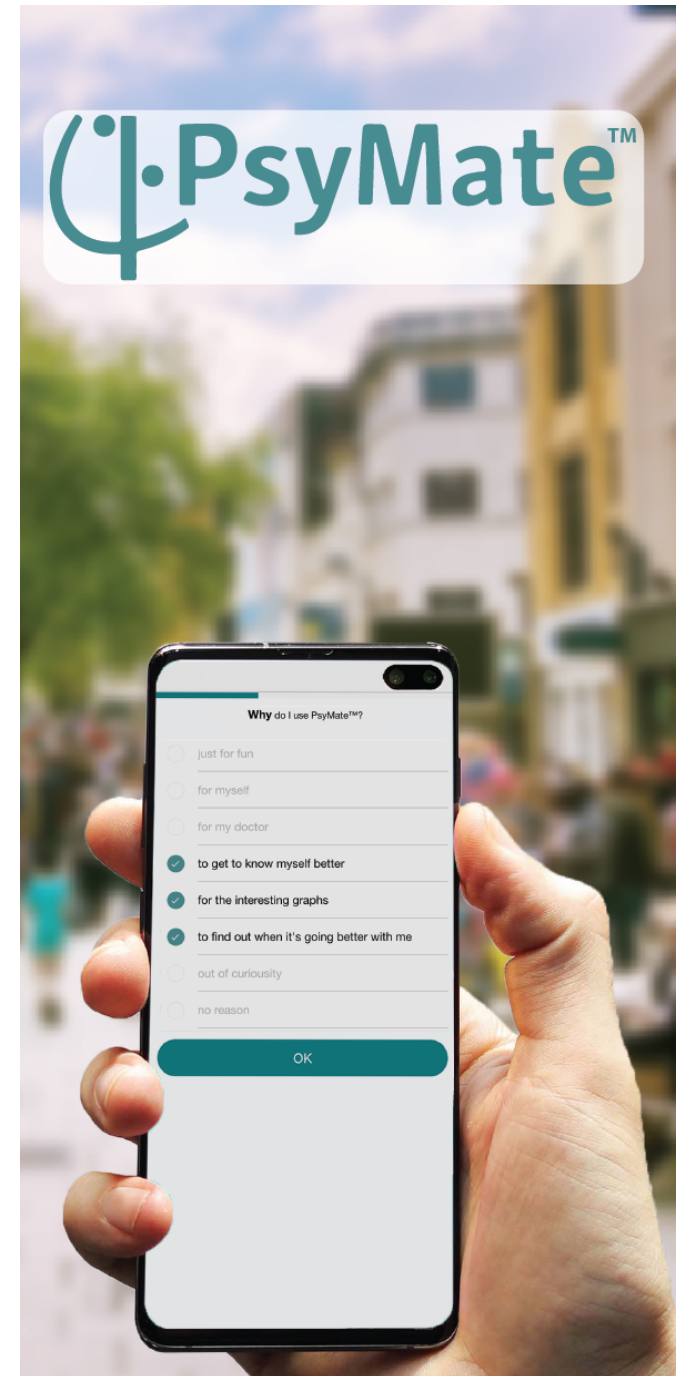
These questionnaires are applicable to everyone. You can also add a few personal questions.

These questions can include personal complaints (physical or psychological) and/or recovery-oriented questions. Thus, you can really make it your personal app.

Well done!



ok



Let's get started

The PsyMate™ is an app to map your feelings, thoughts, experiences and behavior. Doing so can help to reclaim control of your life.

I feel I'm being **active**



Working with the PsyMate™

Are you interested in how your experiences change during the week? Or do you wonder how your health and environment are related? When you are feeling better or worse?

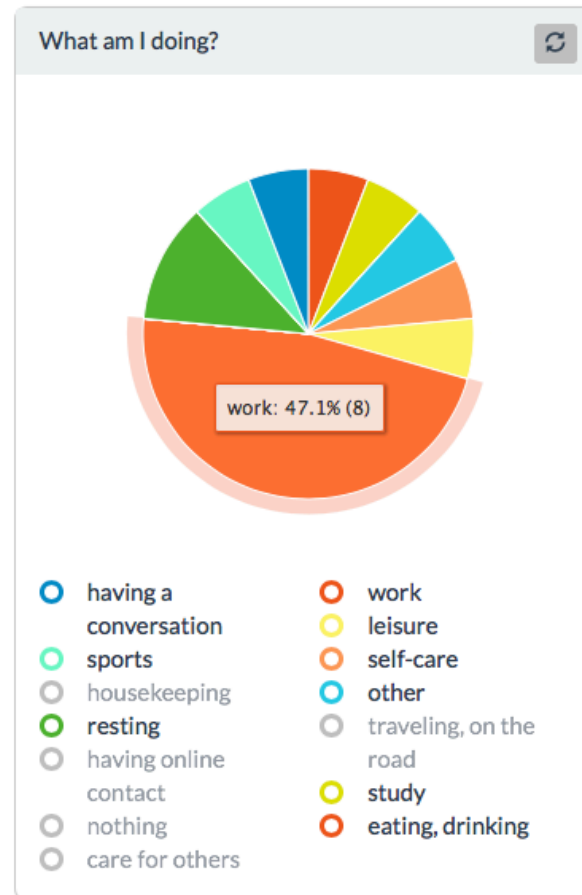
What was your **quality of life today?**



Try it now

Experience for yourself whether you benefit from using this app. You can download **PsyMate 2** (without costs) from the Google Play Store or App Store.

After installation, the app will ask for permission to send notifications and use the camera (only to enable QR code scanning).



When you open the app, you can select the 'Scan QR code' option at the bottom of the screen to scan this code. You need an internet connection for this, the app works offline after registration.



After completing several questionnaires for a few days, you can view your results online. Select the option 'Scan QR code' in the app menu to start the camera. You can now scan the QR code on the reporting module (reporting.psymate.io) to view your results.

Do not forget to allow notifications and provide the right permissions for the app in your phone settings after installation, otherwise you may not hear the beeps or they might stop working properly after a while.

info@psymate.eu
sales@psymate.eu
www.psymate.eu

