



Scan here to view
pitch

Mental Health Symptom Tracking

ALL HEALTH TRACKING IN ONE PLACE. GET THE FULL PICTURE



Bearable



1

What is Bearable?

A tracking app that allows you to record your moods, symptoms, medications, and other information.

Not only is the Bearable app highly customisable to your needs, but you can also export your data to share with your psychiatrist or therapist.

Audience

People who need a customisable tracking app; e.g factors affecting mood such as sleep or energy levels, need help remembering to take daily medications, and for those wanting to share their data with their doctors.



Addressing the Problem

Knowing that an individual hadn't been able to receive a complete and accurate assessment by a doctor/therapist is a very common source of frustration after consultation.

This could be due to the mental fog and general trouble thinking that many physical and mental health disorders bring on. This then frequently results in no diagnosis, a very tentative diagnosis, or worst-case scenario, a misdiagnosis.

Therefore, as this application can provide a specialist retrospective data on the person, they are able to gain a clearer understanding of the symptoms and issues the patient is currently undergoing and a time frame on when it could have initially started,

Benefits

Bearable isn't just about tracking health symptoms. It may help you to remember that spending some time on yourself is important:

- Self-improvement - covering mindfulness, relaxation and many more
- Gratitude - helpful to remember what an individual is grateful for in their life to remind them of the positives that they have.



ETHICAL CONSIDERATIONS

It is emphasised by the Bearable founder that they will never sell their users' data to anyone.

Also highlighted on the Bearable website, is how user data is secure and encrypted, ensuring unauthorised users cannot access personal data.

To ensure that they are a viable company, they have created a financial structure hiding some of the features to ensure that the company can still be successful and beneficial to the public.