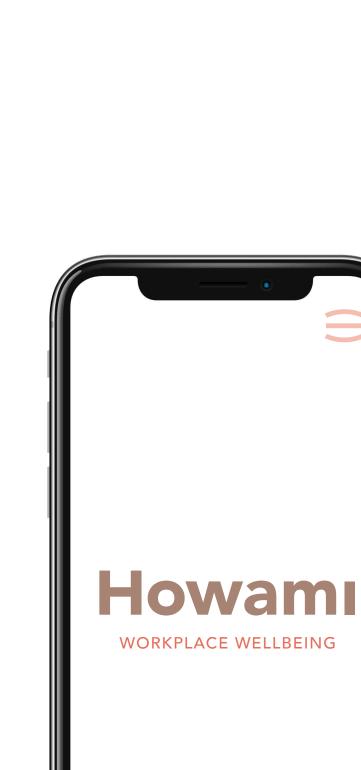
Opening screen User registration Password / type or resend Welcome page Menu page











Howami

WORKPLACE WELLBEING

bclark451 |

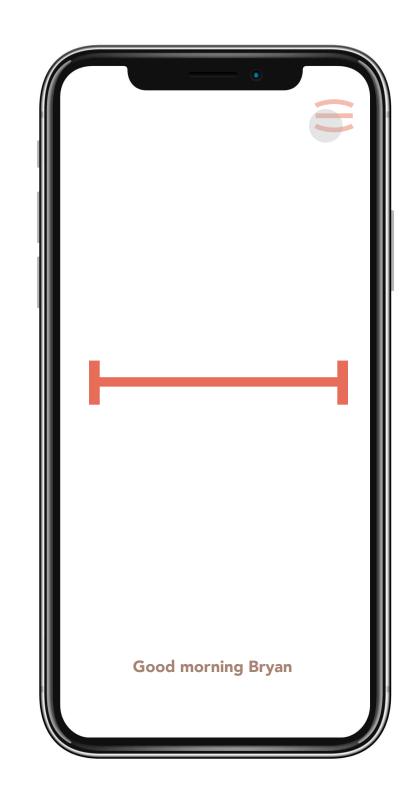
Good morning Bryan

Menu selection Response 'smile' revealed selection Transition page Mouth revealed Animation sequence First question page

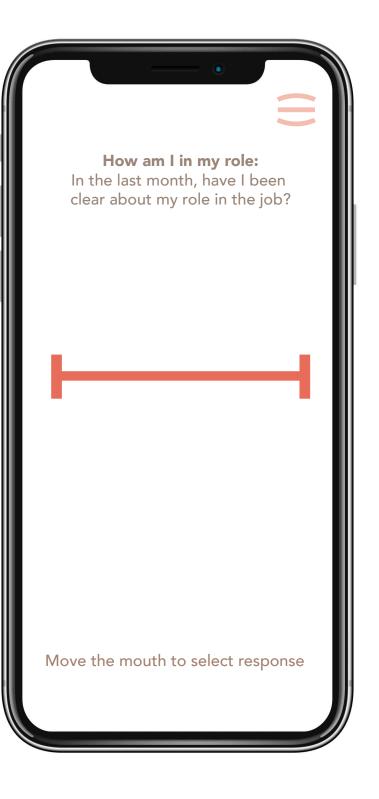












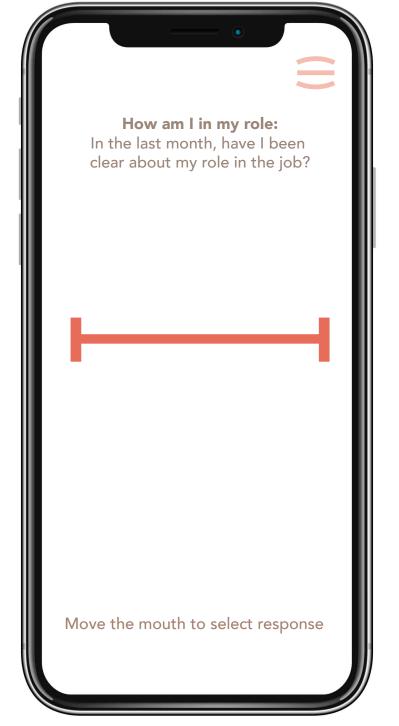
Description

Mouth device revealed across logotype

Existing user inputs code and forgotten passwords prompted to enter email for resend

Initial question revealed with prompt to select answer

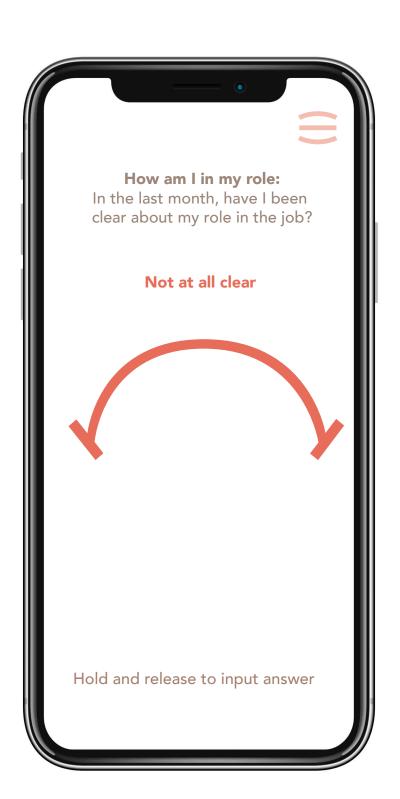
Question 1 Answer selected Transition page Mouth revealed

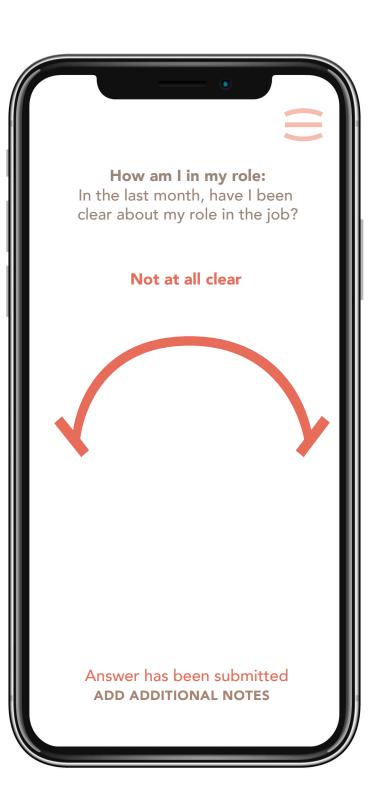












Mouth animation guide

Description

User prompted to select answer
Option to turn sound on or create custom sound

User can scan through answers

Final Answer with option to record notes via SIRI or keyboard

Opening screen User registration





I would like to register to use the Howami (How-am-I) App so I can monitor my wellbeing during the the course of a given month. The App utilises six key questions developed by psychiatrists that enable data to be reviewed and compared so I can balance the positive and negative feelings that I have across my work and home life. Data provides a guide to empower me to seek support from my line manager or doctor if needed and act on my own fruition to address wellbeing. The data is also reviewed by clinicians as part of a medical trial and by using this App, I agree to this data research.

I AGREE

NAME

EMAIL

PASS WORD

REPEAT PASS WORD

VOICE ACTIVATION

Provide voice sample for conversation function

POSITION AT WORK

MONITORING FREQUENCY
Choose every WEEK or MONTH to add data

CONTINUE

USER GUIDE You will be asked a series of questions that relate to work and the home and will be prompted to choose one of three answers to each. Use the touch screen to create a response based on the three options; create a smile or a sad mouth, or something in between depending on how you feel. Assign sound to these choices or add you own HERE. You can also utilise sound only version HERE.

Check progress via the menu.

GET STARTED



Log-in page

Type password | I've forgotten