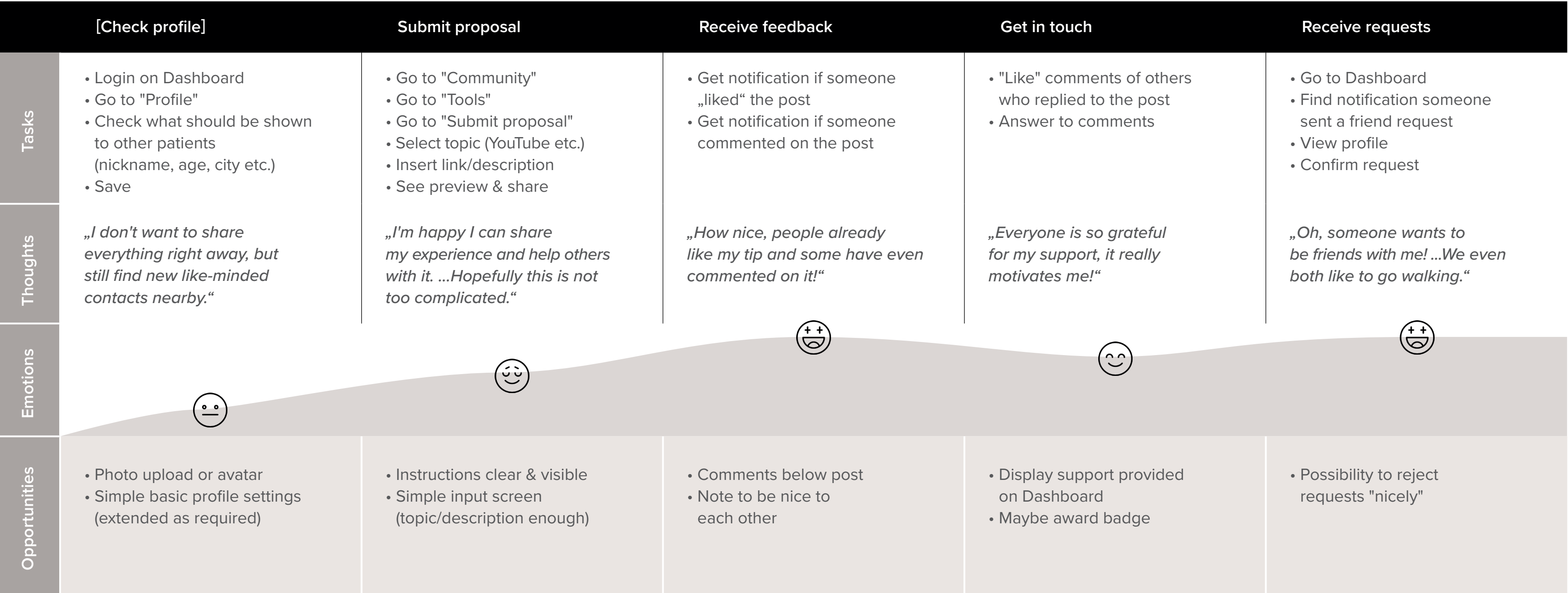


# User Journey Maps

## SCENARIO

Monika discovered a YouTube post that she personally finds very helpful. Since she thinks the content might also help other patients, she wants to share it.

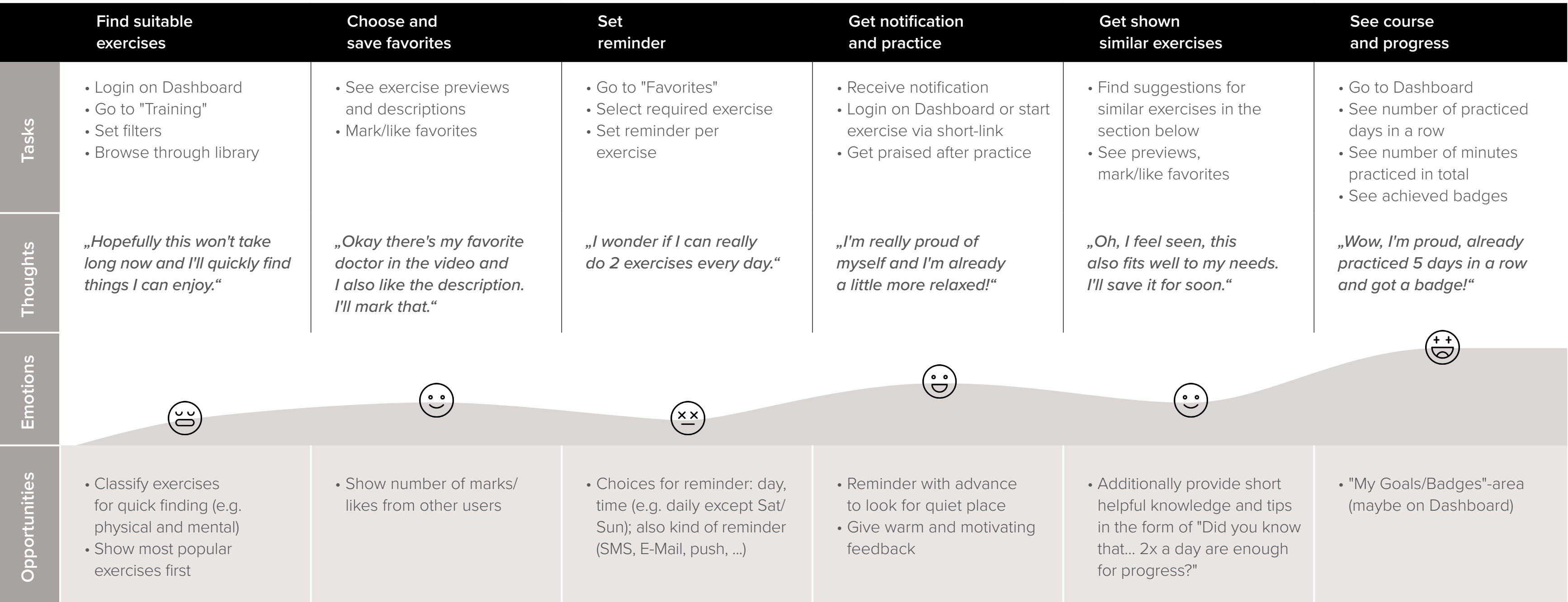


## GOALS

To help others with her knowledge, to get motivation by receiving thanks for her tip and to get in touch with other like-minded people.

## SCENARIO

Sandra has currently many worries and her body reacts with medium pain. But she needs to focus on her retraining. She wants to do simple exercises 2x a day to be more relaxed and focused and prevent pain getting worse.



## GOALS

To remember to take short breaks for herself, to find exercises that fit her pain and situation and do not overwhelm her, to save favorites to repeat them regularly.