



12.28.2011  
Phase 1.6

Department of Veteran Affairs  
iPhone app  
Mindfulness Coach

CONFIDENTIAL

## 1.0 Overview

The **Mindfulness Coach Mobile Application** is intended for Veterans and Service Members to practice mindfulness skills. While the audience for this app will not be restricted in any way, the target group is recent returnees (deployed to Iraq and/or Afghanistan). Individuals who are struggling with problems following a deployment can use consistent mindfulness practice to decrease stress, depression, physical pain, and other problems. Healthy people may practice mindfulness to increase their resilience and build positive skills for managing their lives.

The goals of this app will be to:

- Educate users about the value of mindfulness for building resilience and decreasing psychological and physical difficulties.
- Provide portable mindfulness exercises that can be used when and where desired.
- Provide reminders to users to engage in mindfulness activities, as desired.
- Allow users to log mindfulness activities (both those completed on the phone and those done elsewhere).

This app will provide sufficient education and guidance to be used by a savvy consumer as a stand-alone tool. However, the expectation is that it will be used in conjunction with a health care provider in standard face-to-face care.



## 1.0 Overview



# Learn

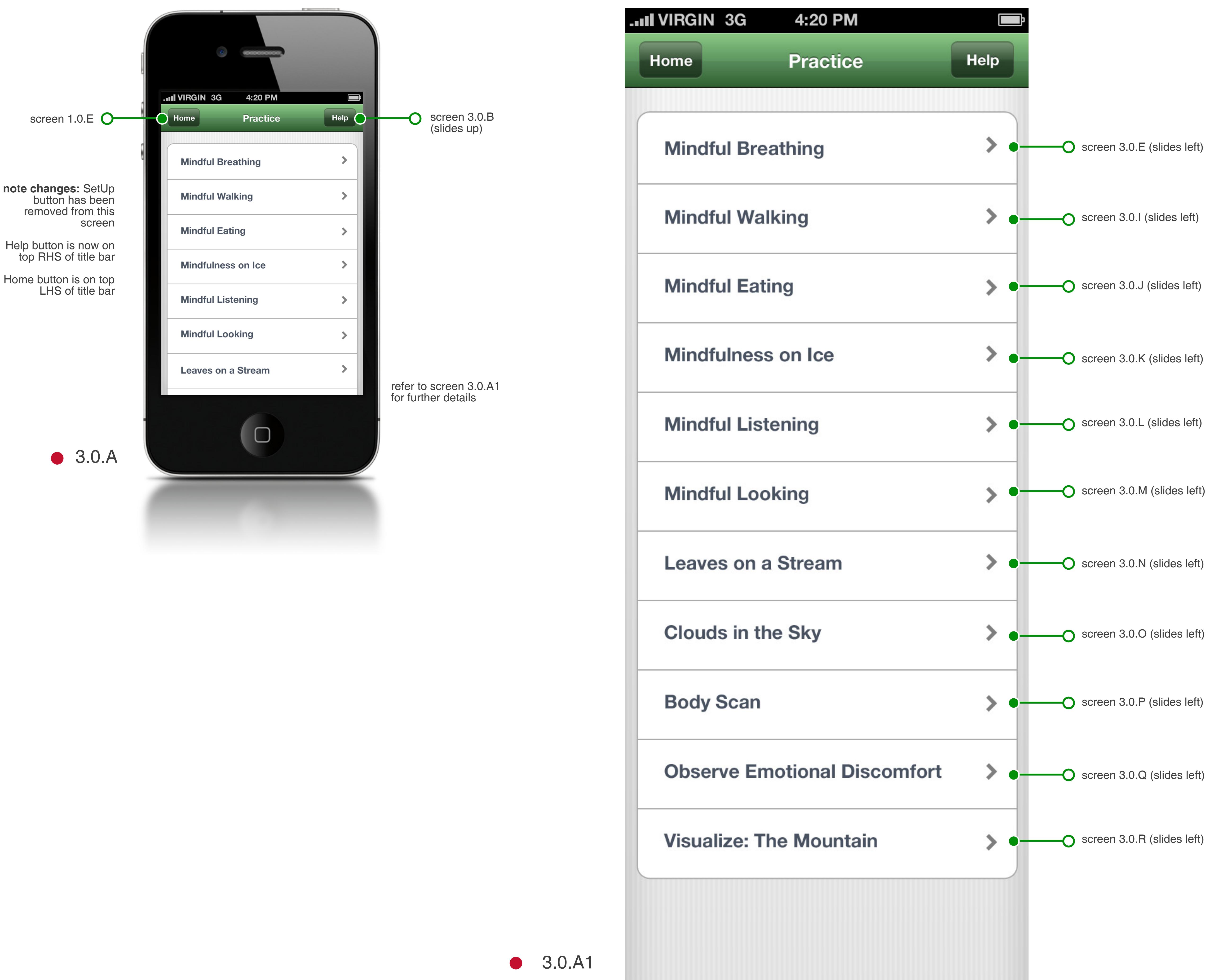
## 2.0 Learn

- CHANGES: Client has added new content to this section  
Please take new "Learn" screen content (from the last app build) and break it up in to several smaller screens, so that each section is in a separate screen. Instead of a single long "Learn" document, we will have numerous smaller screens which can be accessed by tapping on a list. Please confer with client if titles need to be shortened to avoid truncation.



# Practice

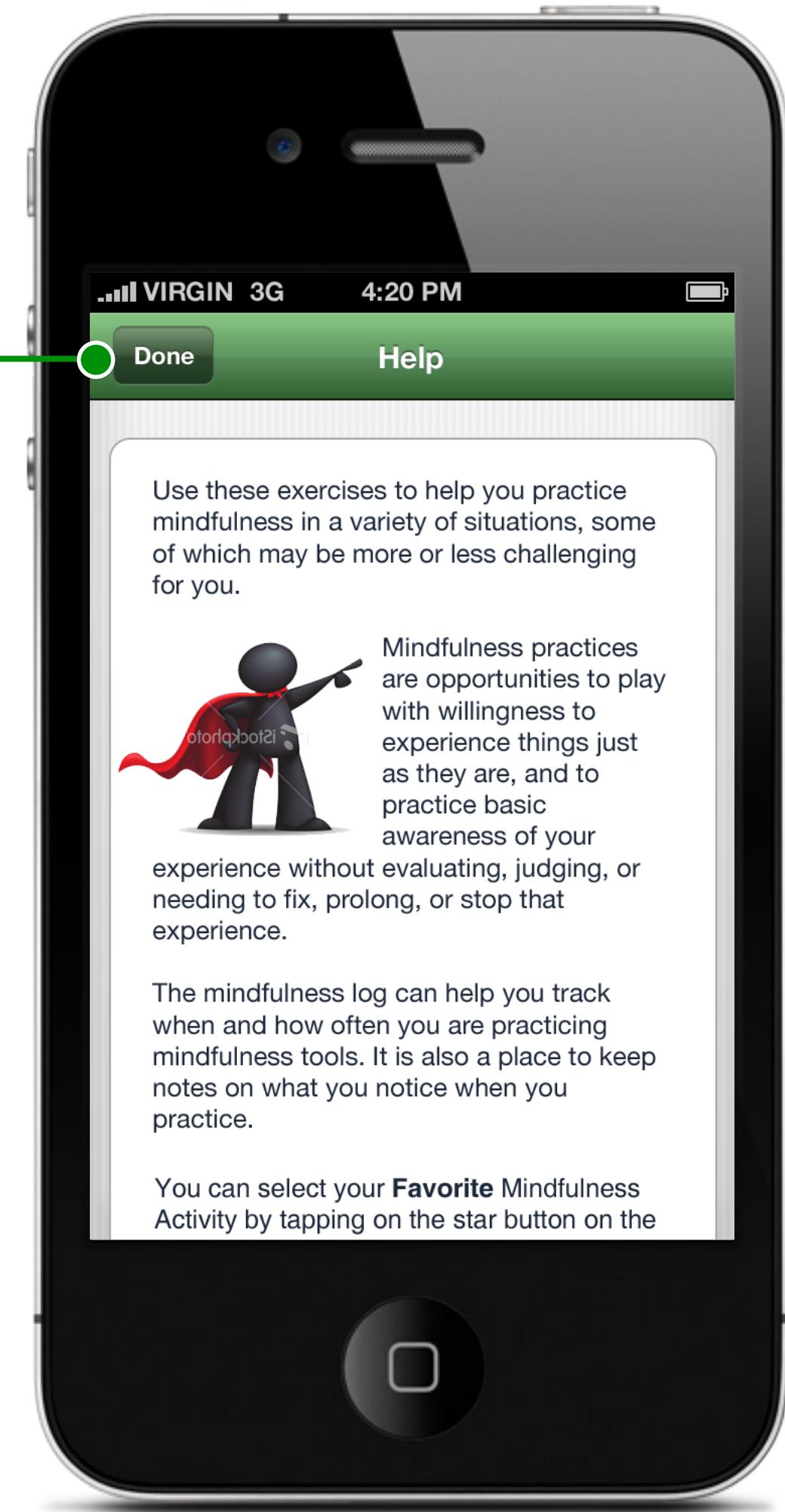
### 3.0 Practice



### 3.0 Practice

screen 3.0.A  
(slides down)

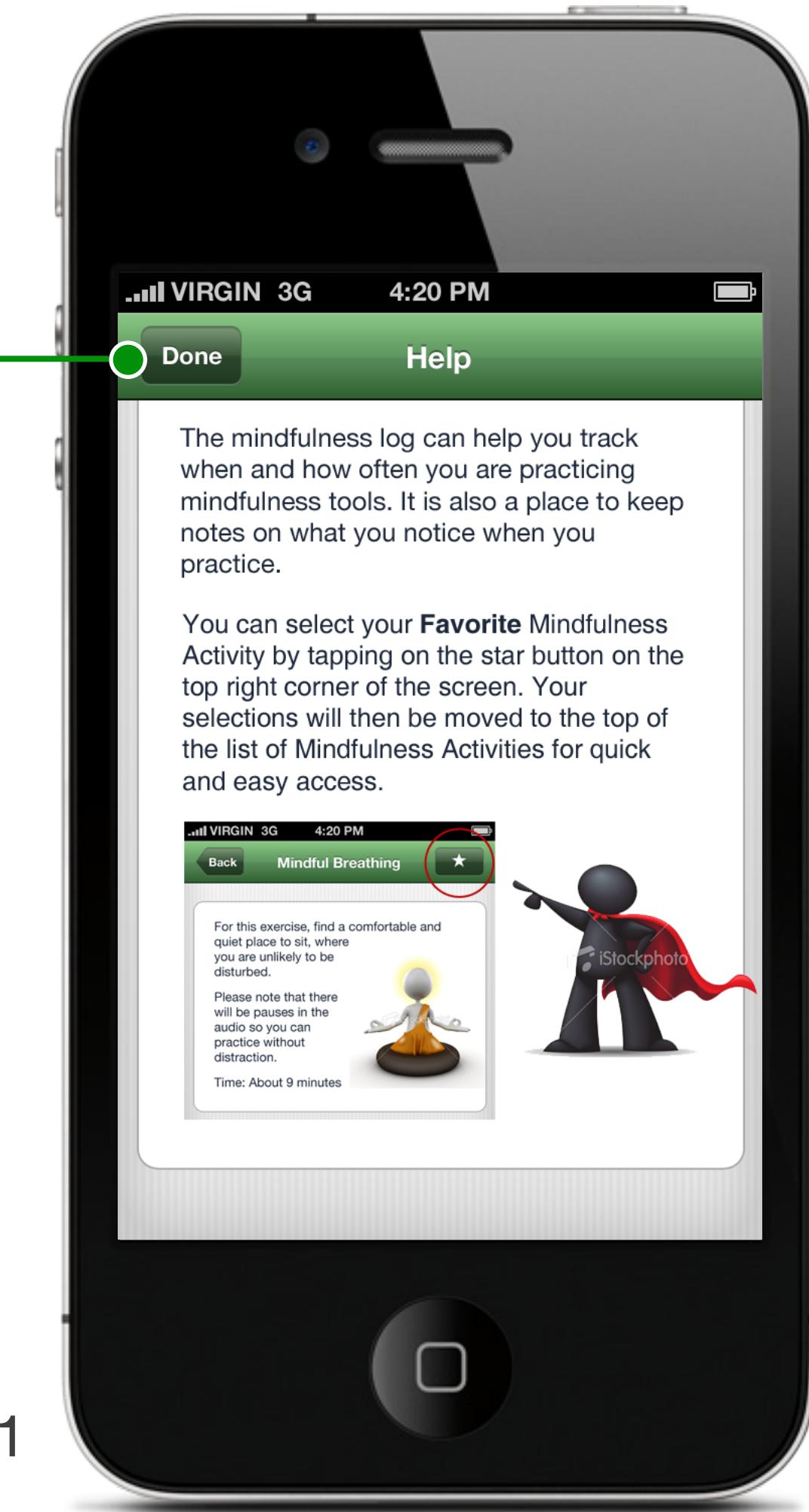
**note:** please move  
Done button to top  
RHS of title bar



3.0.B

screen 3.0.A  
(slides down)

**note:** please move  
Done button to top  
RHS of title bar

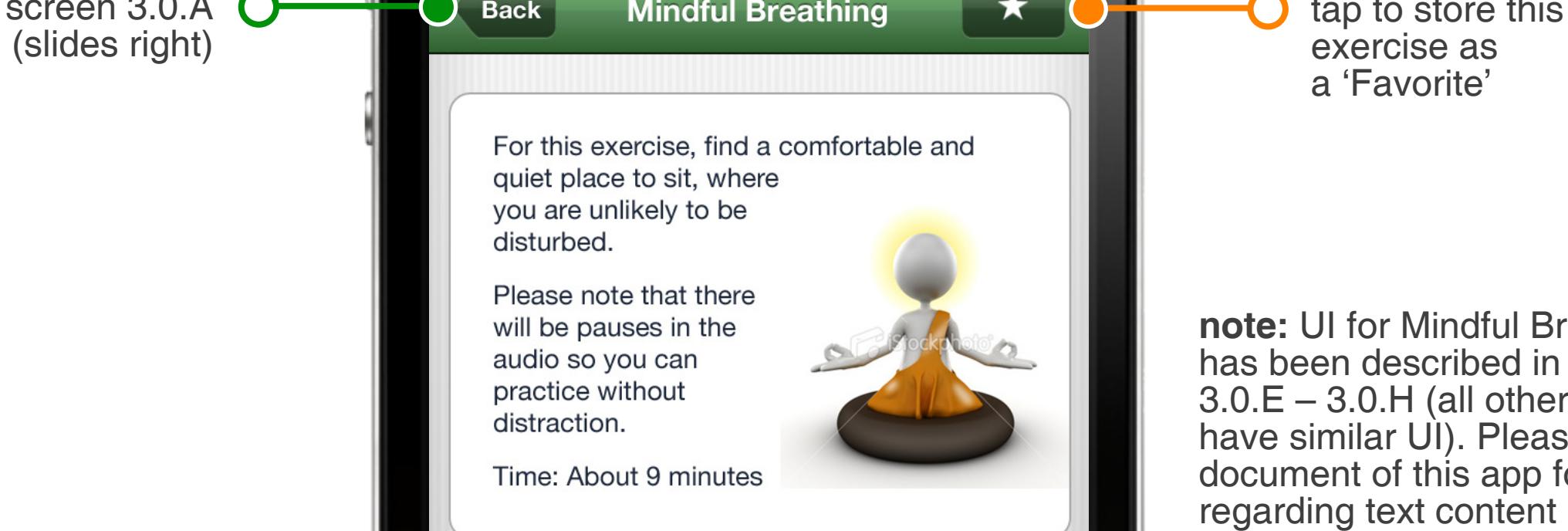


refer to screen 3.0.B1  
for further details

3.0.B1

screen 3.0.A  
(slides right)

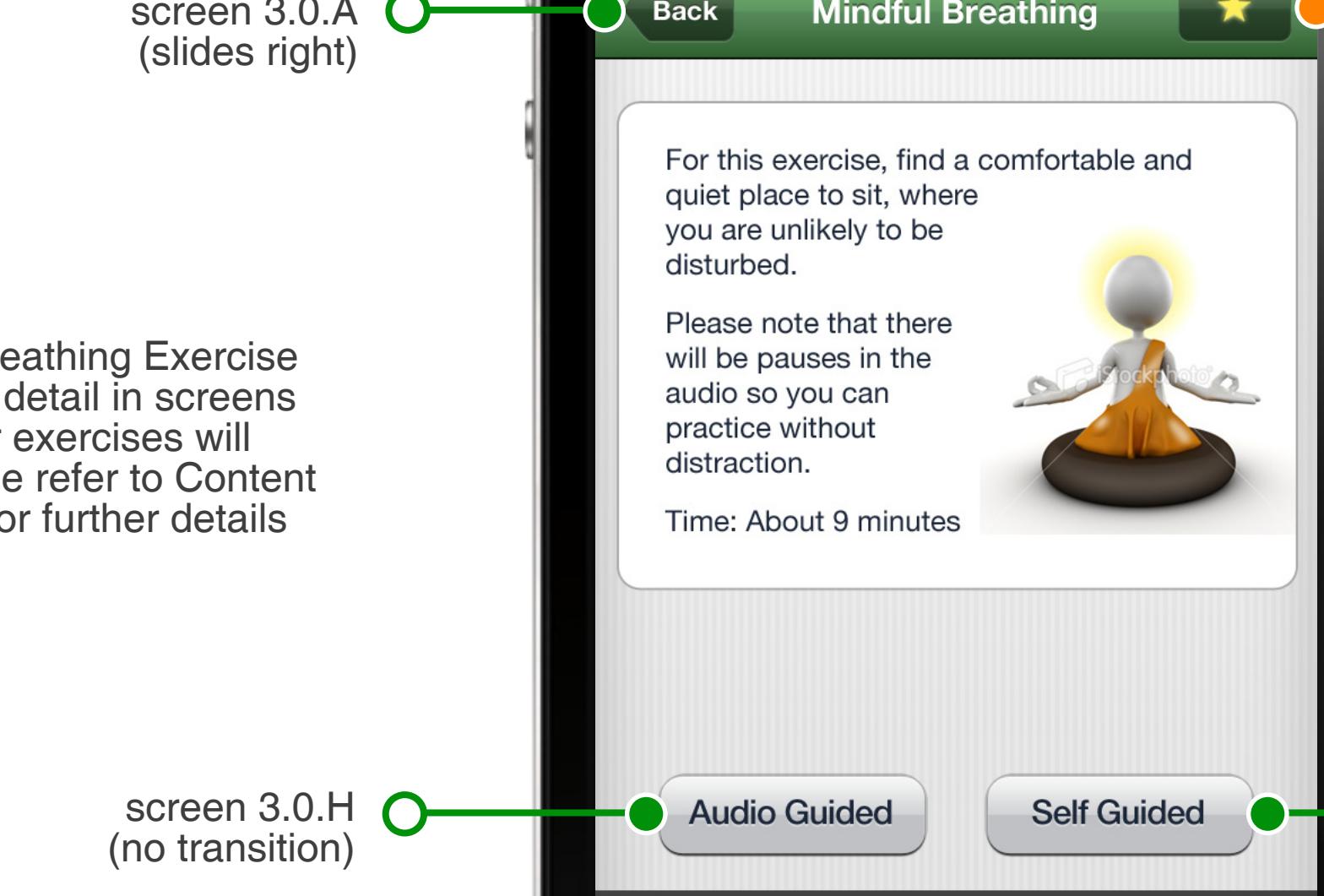
tap to store this  
exercise as a 'Favorite'



screen 3.0.A  
(slides right)

star icon is highlighted  
when user selects  
this exercise as a  
'Favorite'

user can tap again to  
deselect a 'Favorite'



screen 3.0.H  
(no transition)

Audio Guided      Self Guided

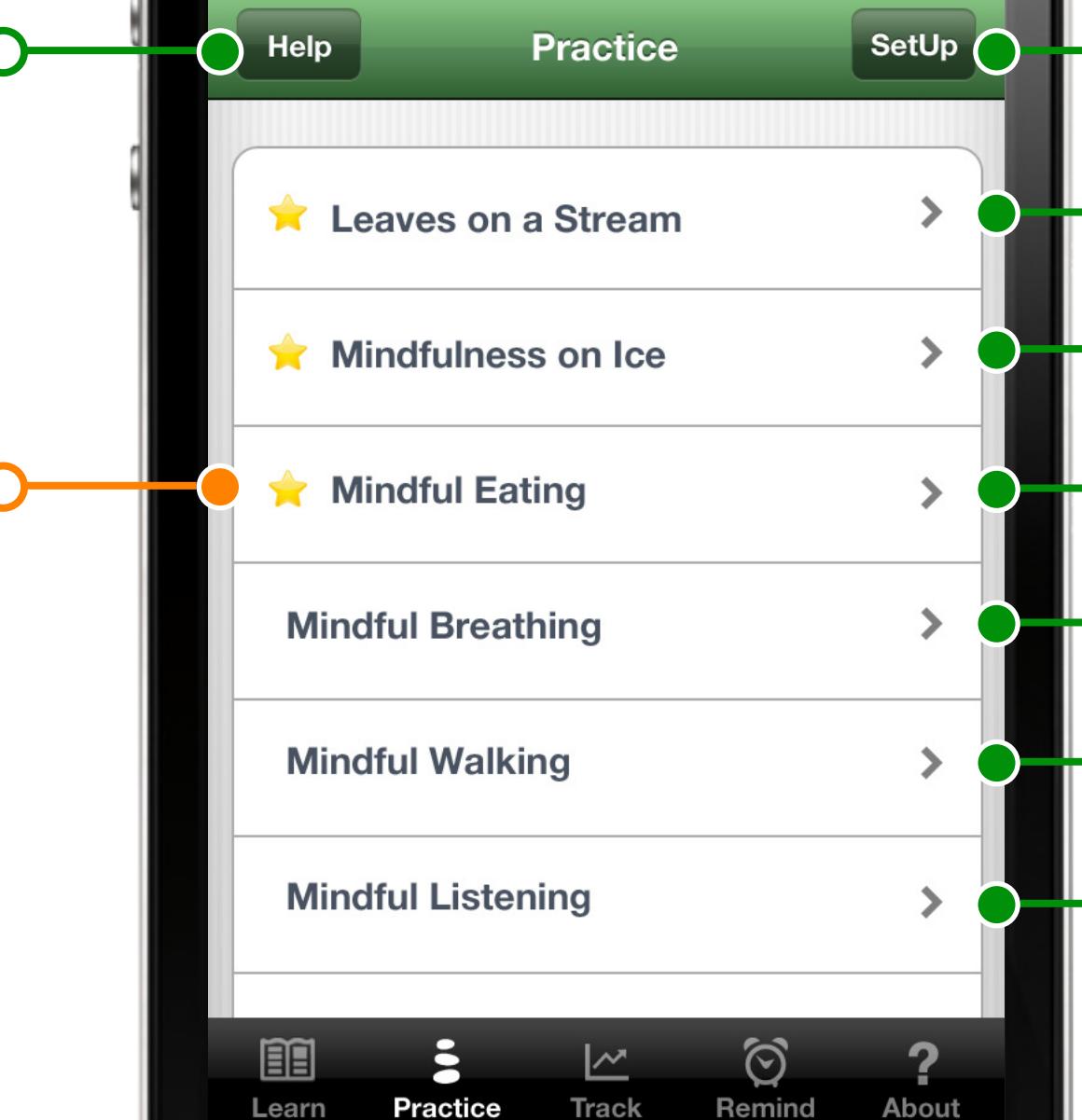
screen 3.0.G  
(no transition)

3.0.E

3.0.F

screen 3.0.B  
(slides up)

**note:** star icon will  
appear in list once  
user has selected an  
exercise as a Favorite.  
most recent selection  
will be listed first.



screen 6.0.A  
(slides up)

screen 3.0.N (slides left)

screen 3.0.K (slides left)

screen 3.0.J (slides left)

screen 3.0.F (slides left)

screen 3.0.I (slides left)

screen 3.0.L (slides left)

3.0.F1

### 3.0 Practice

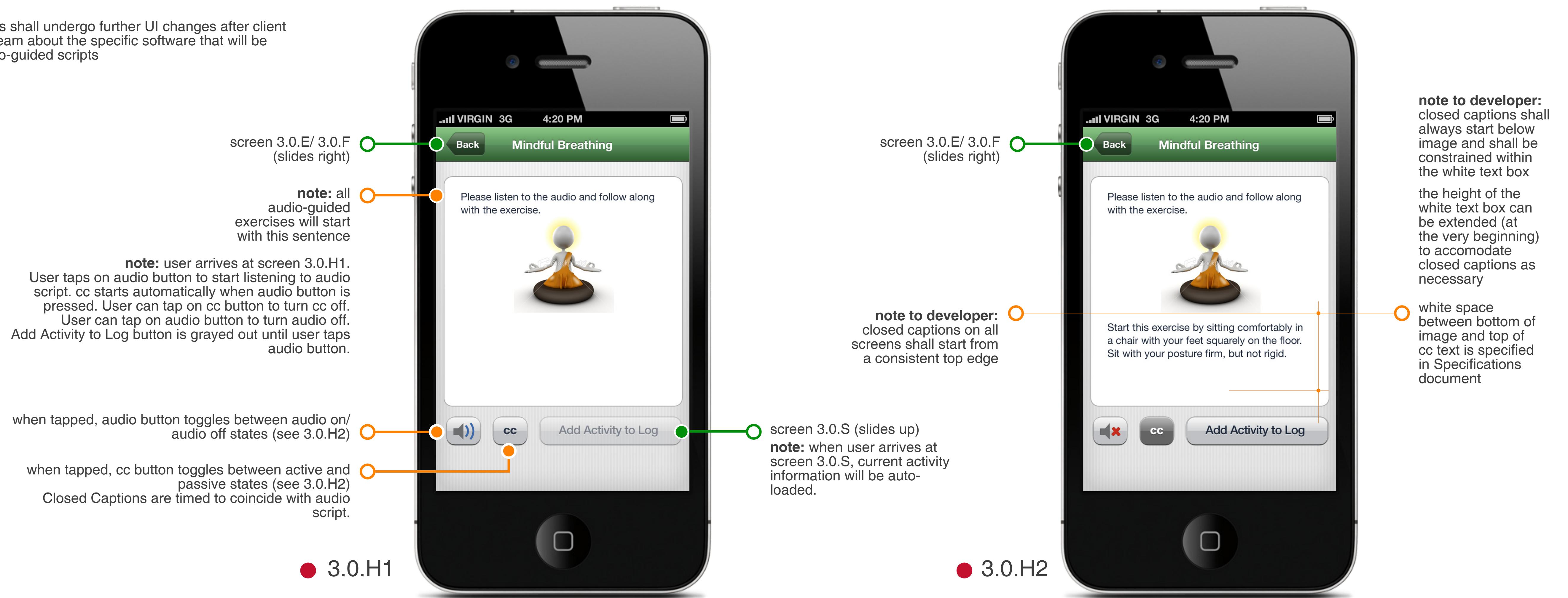


### 3.0 Practice

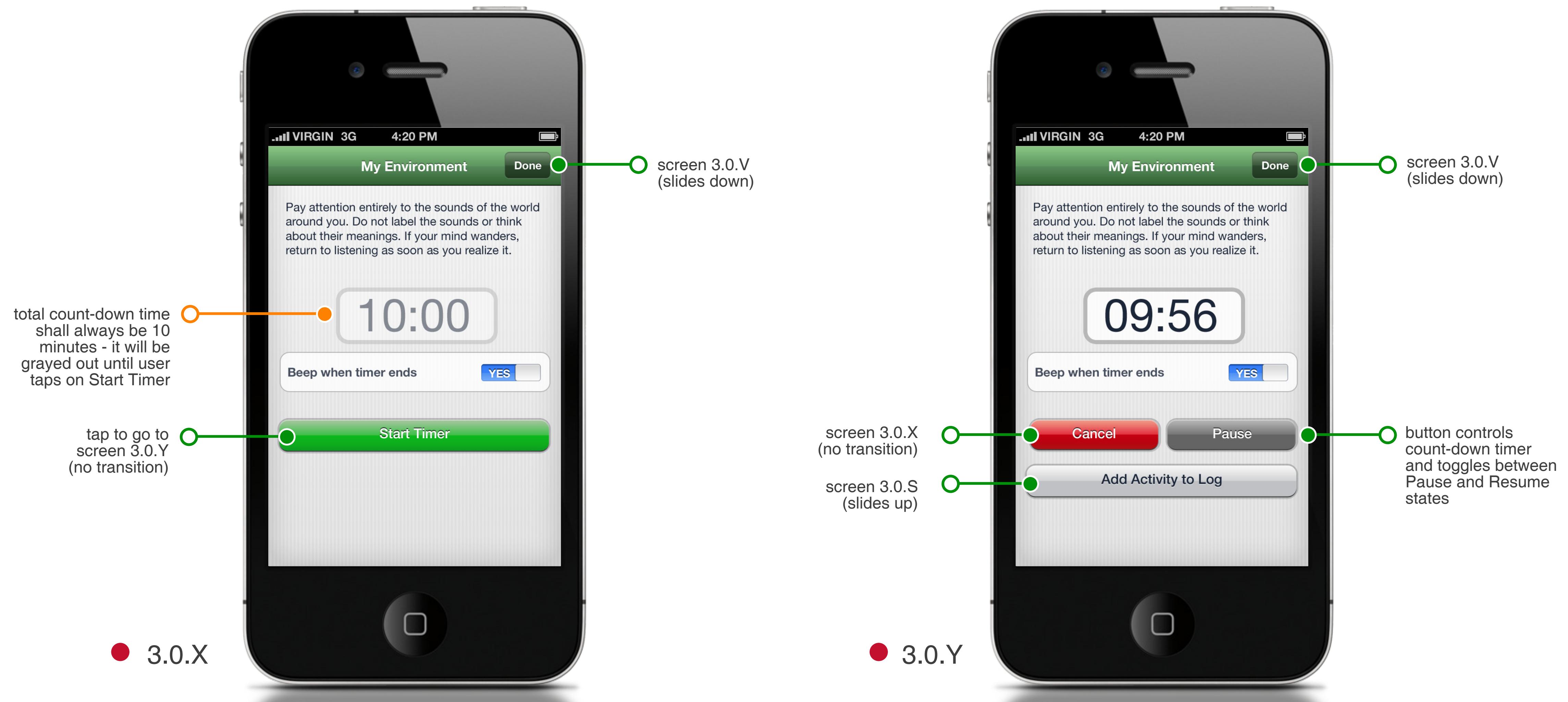
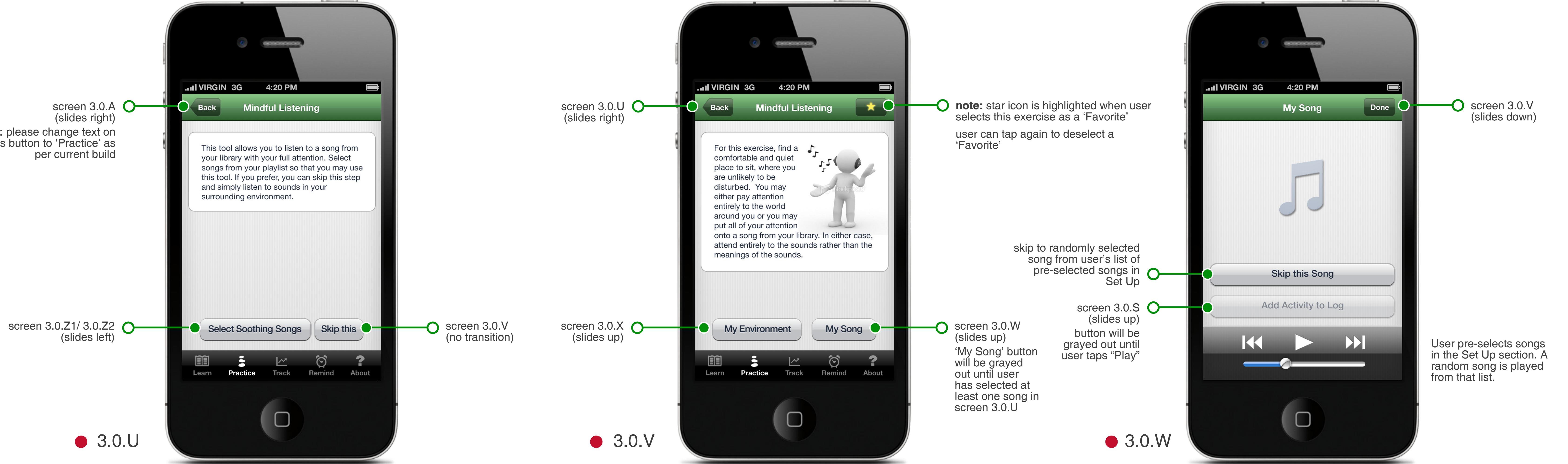


### 3.0 Practice

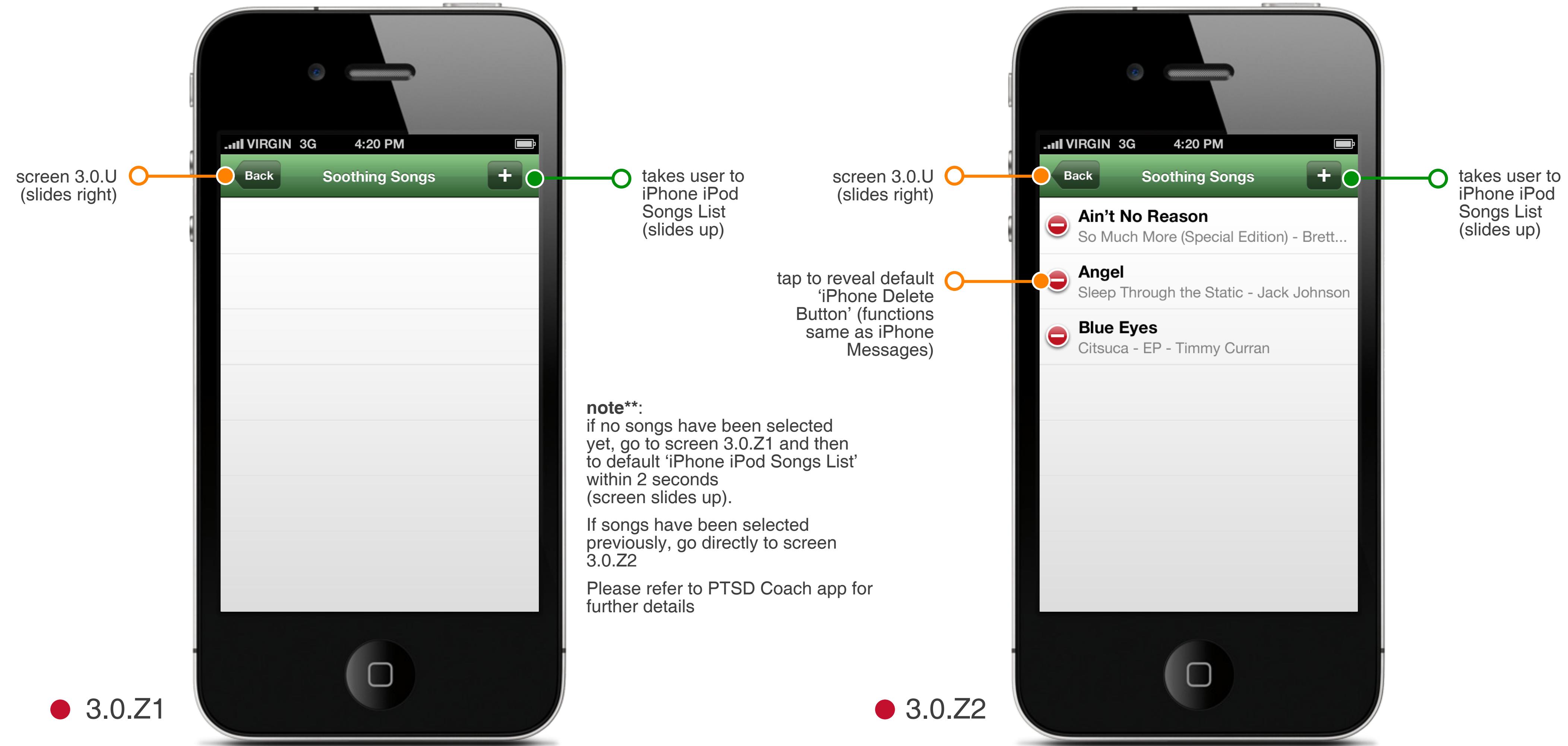
● note: these two screens shall undergo further UI changes after client informs the UI design team about the specific software that will be used to create the audio-guided scripts



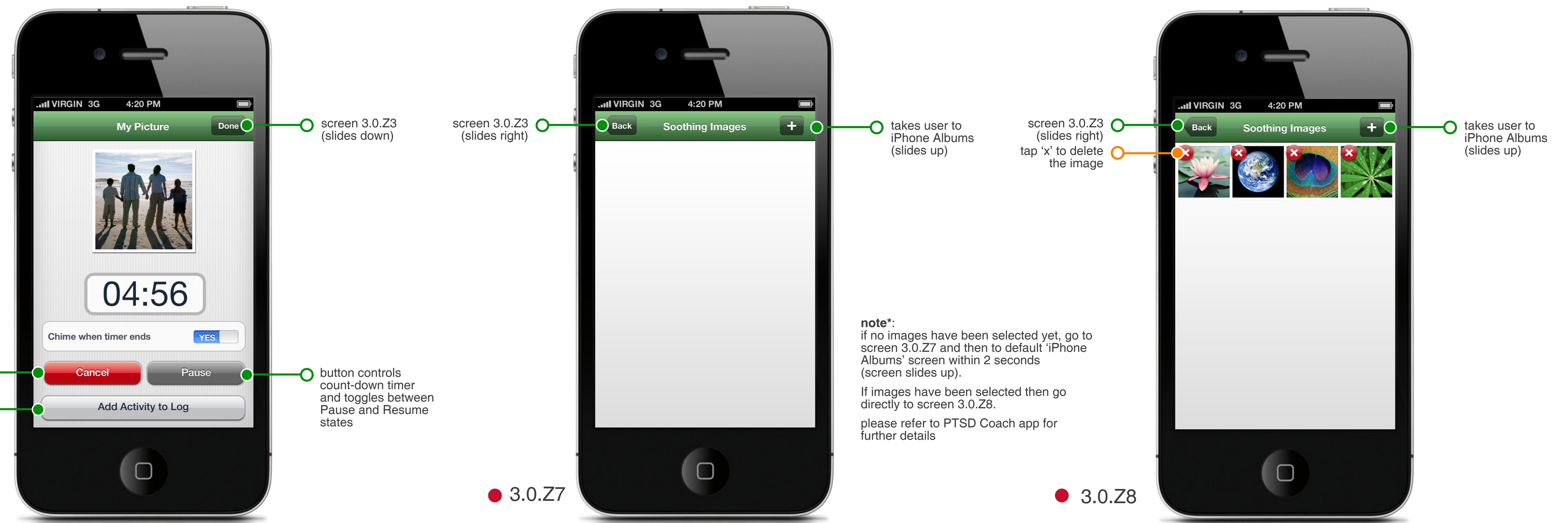
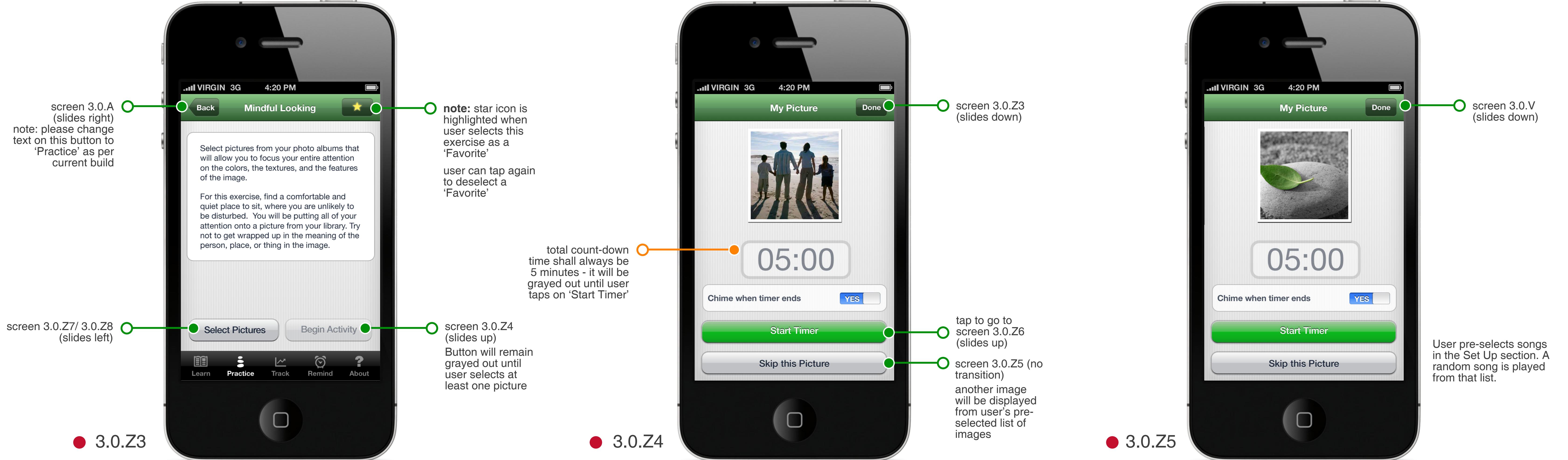
### 3.0 Practice: Mindful Listening



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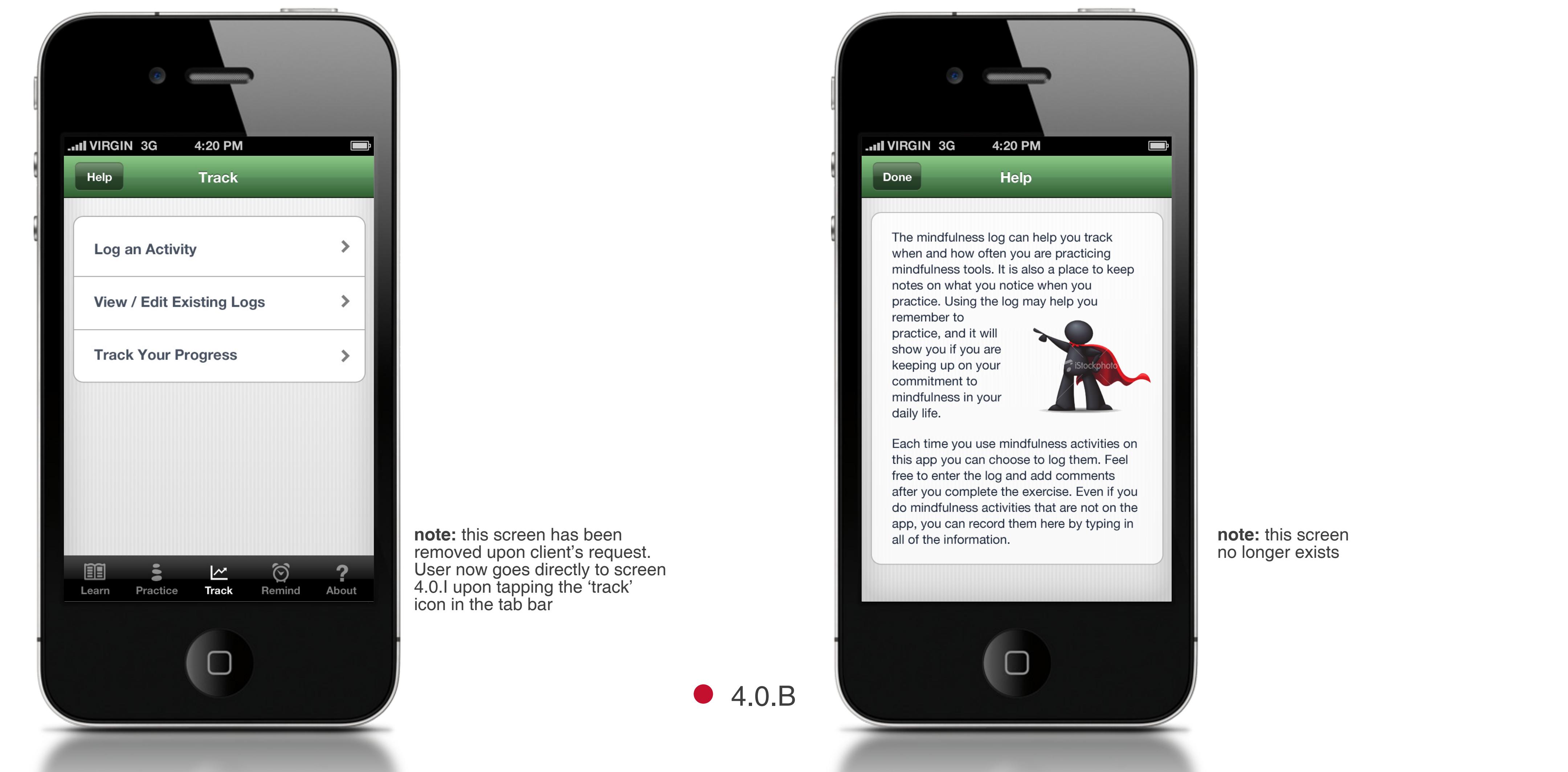


### 3.0 Practice: Mindful Looking



# Track

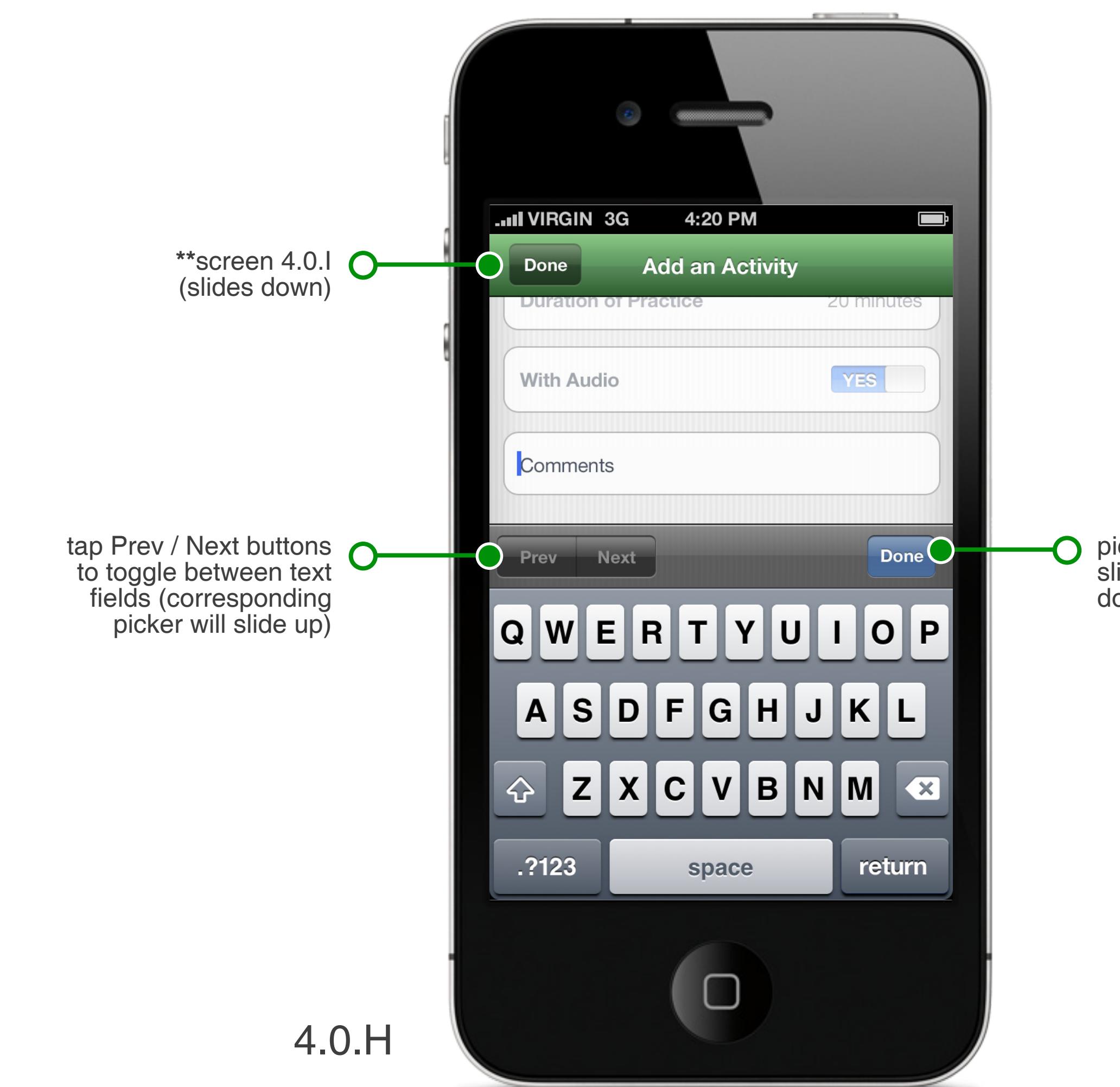
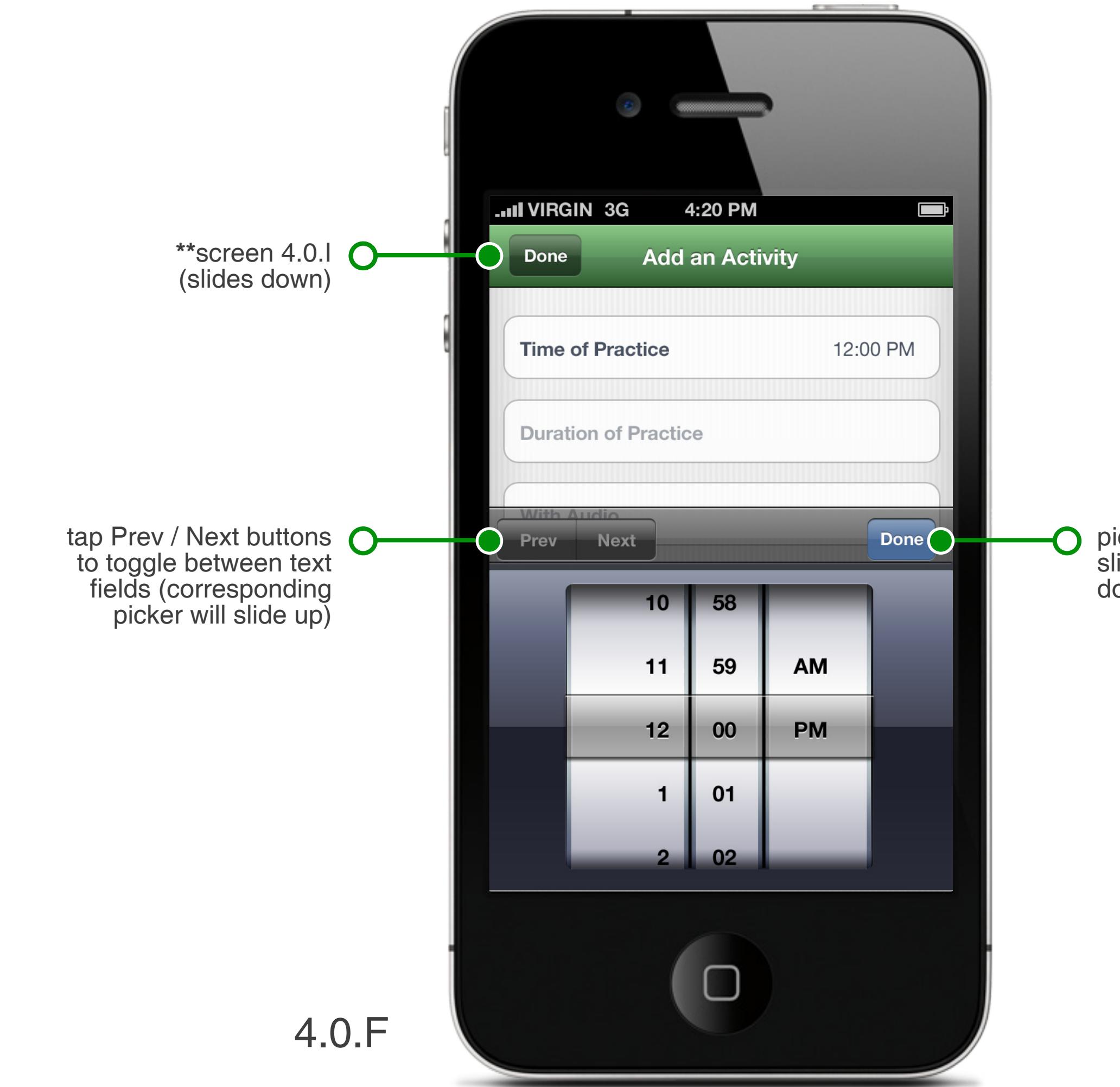
## 4.0 Track



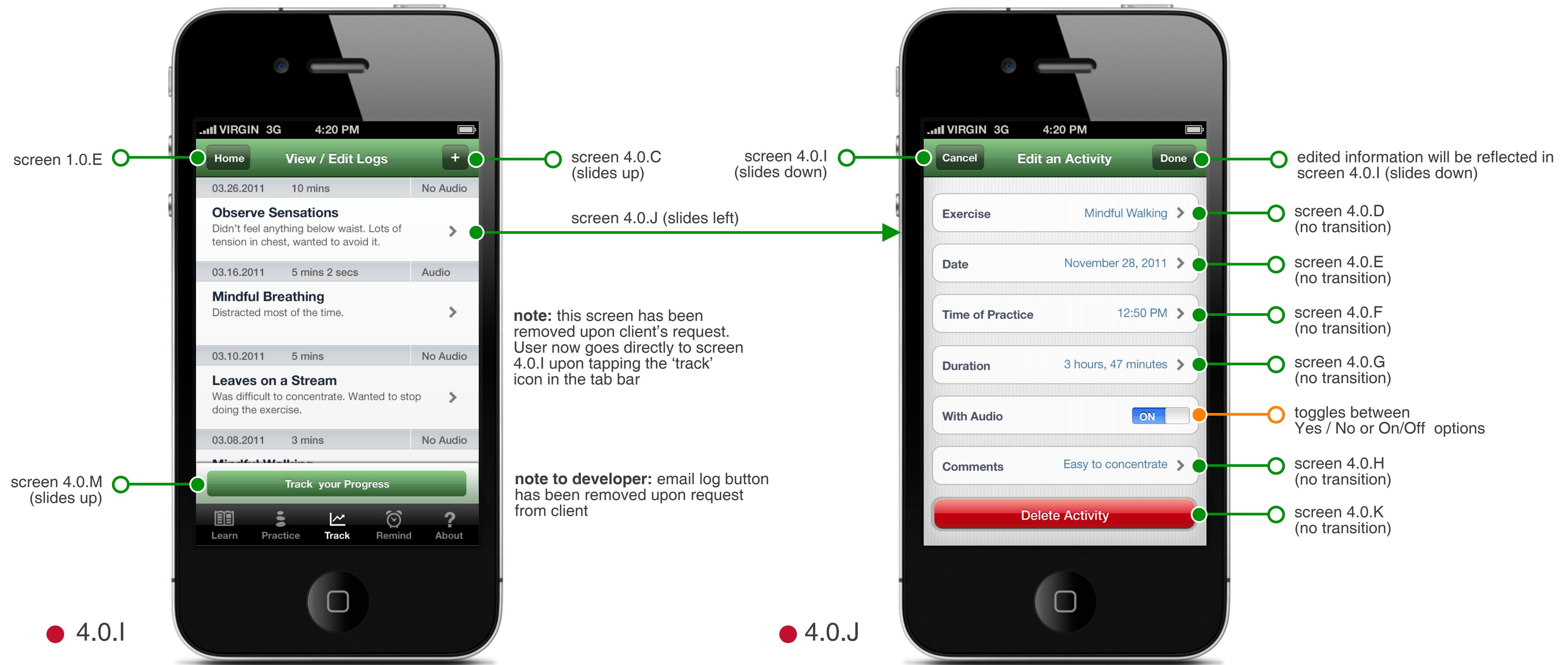
## 4.0 Track: Add an Activity



## 4.0 Track: Add an Activity



## 4.0 Track: View/ Edit Logs



## 4.0 Track: Track Your Progress



# **Set Reminders**

## 5.0 Set Reminders



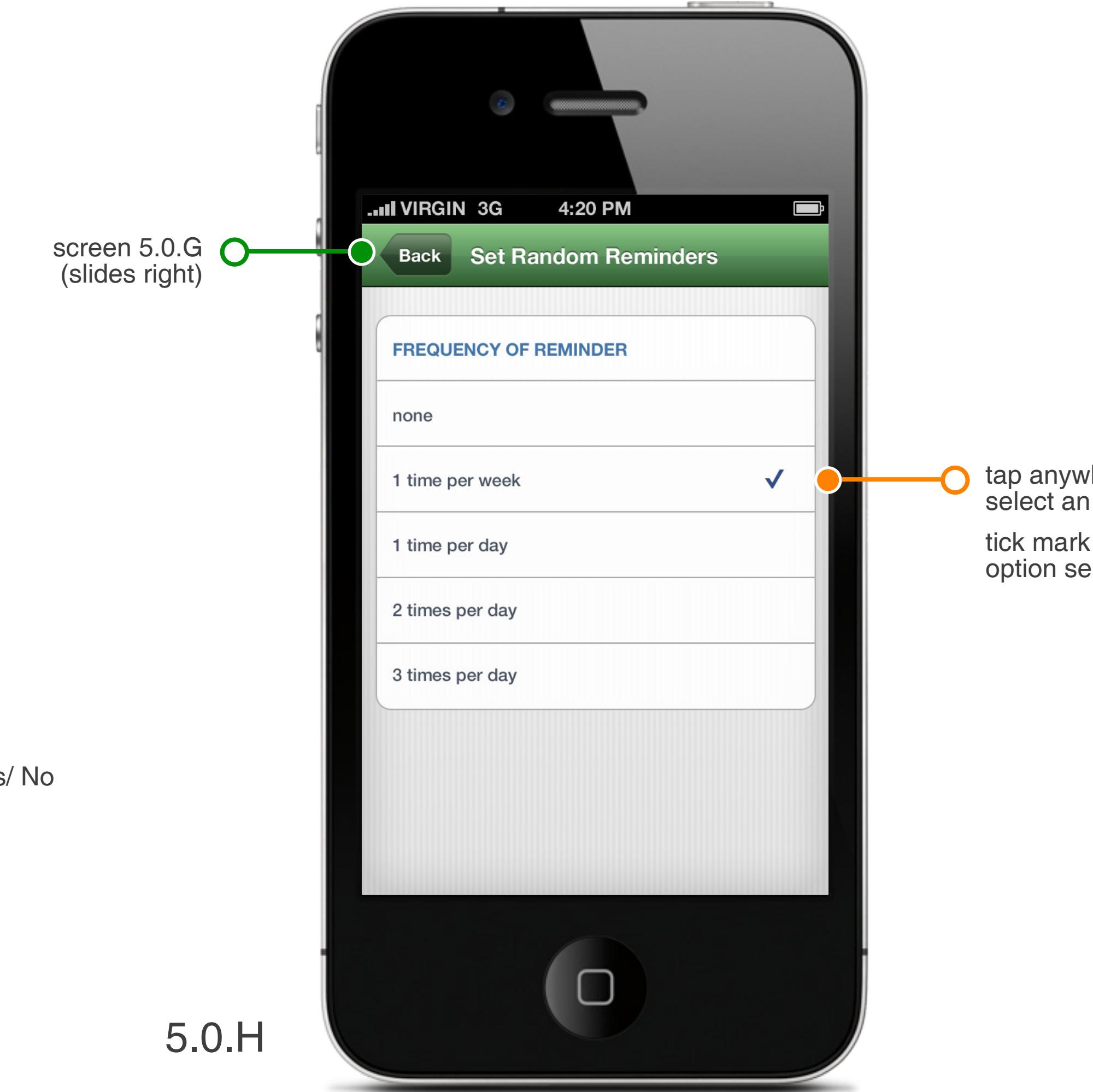
## 5.0 Set Reminders: Planned Reminders



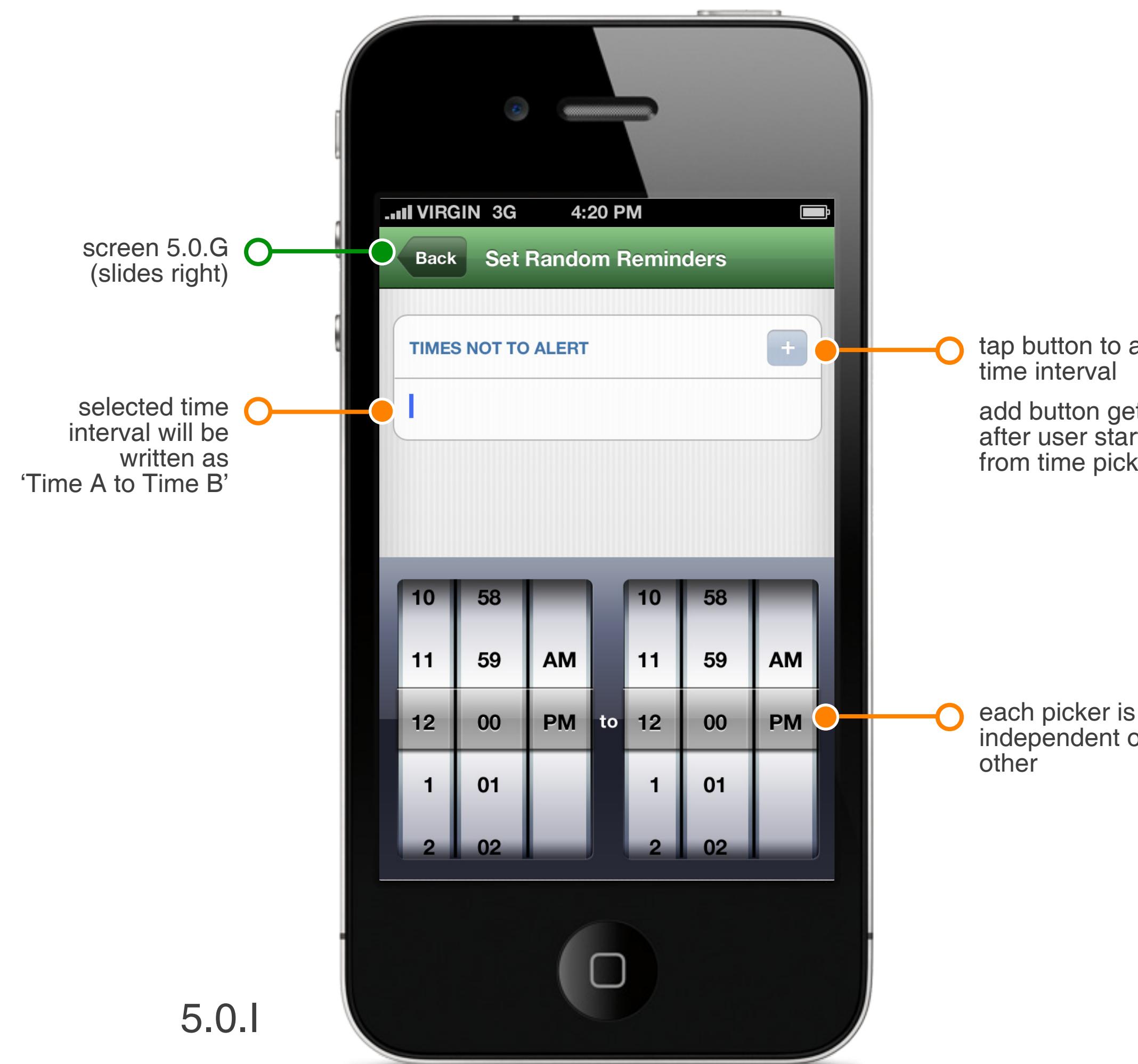
## 5.0 Set Reminders: Random Reminders



5.0.G



5.0.H



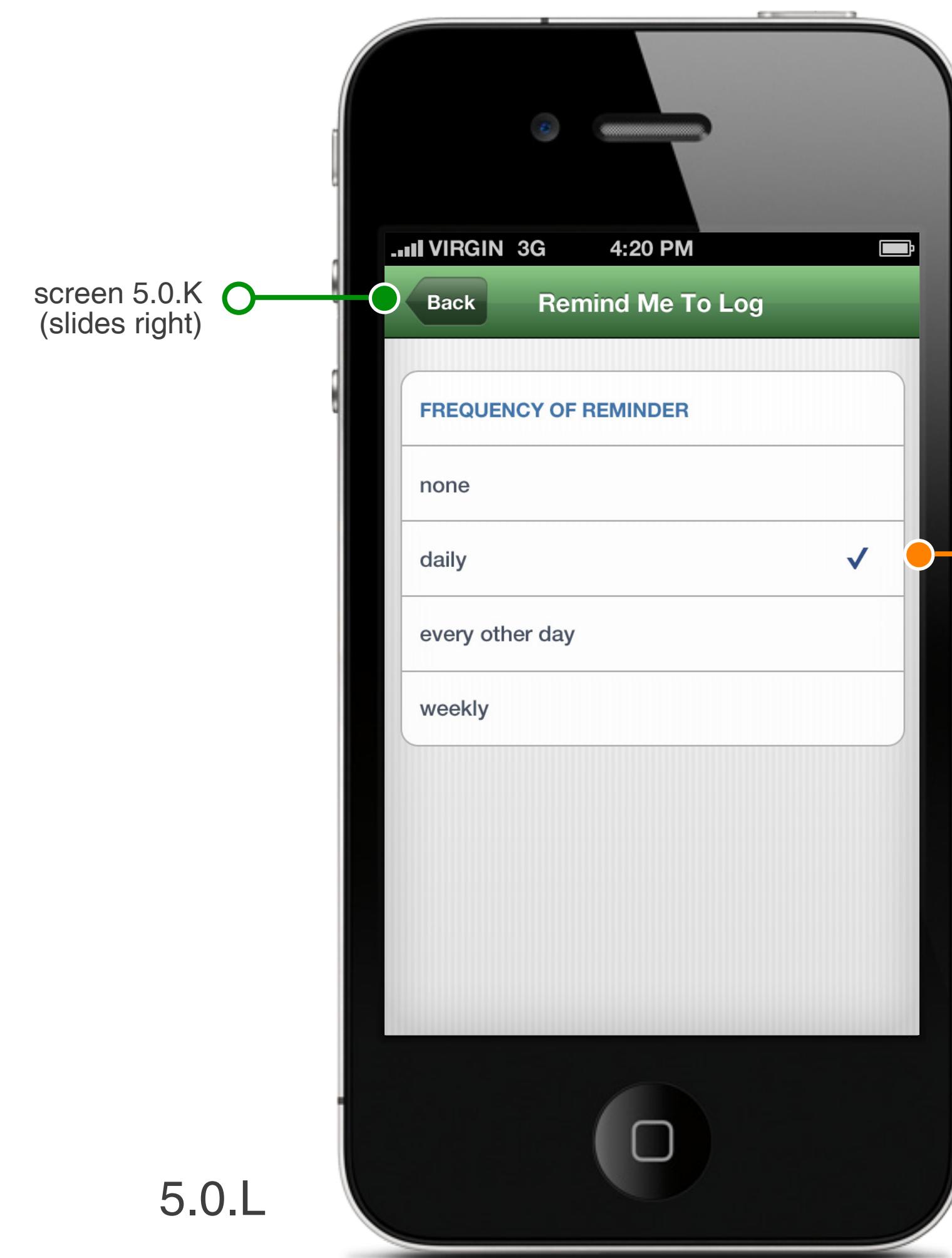
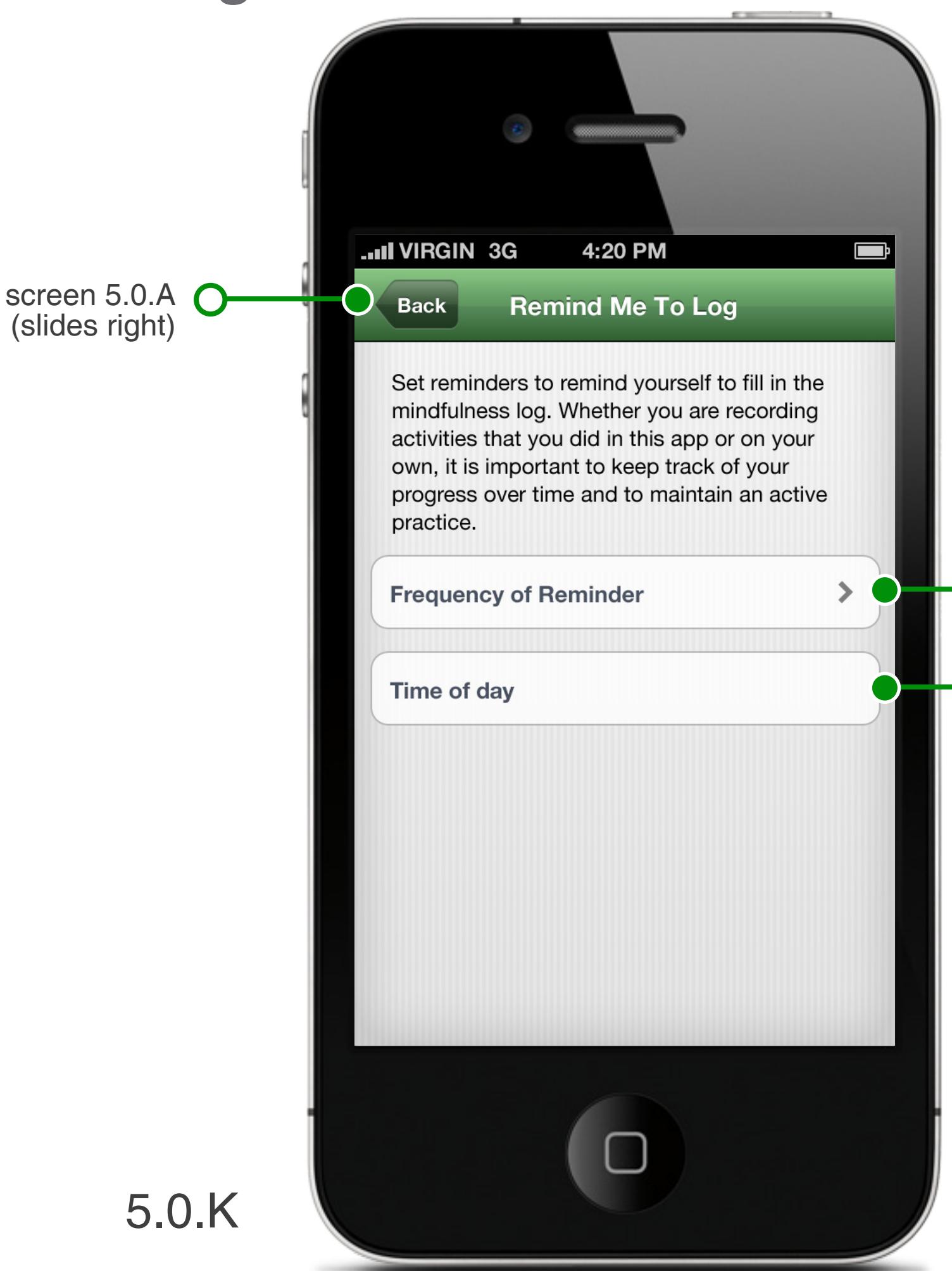
5.0.I



5.0.J

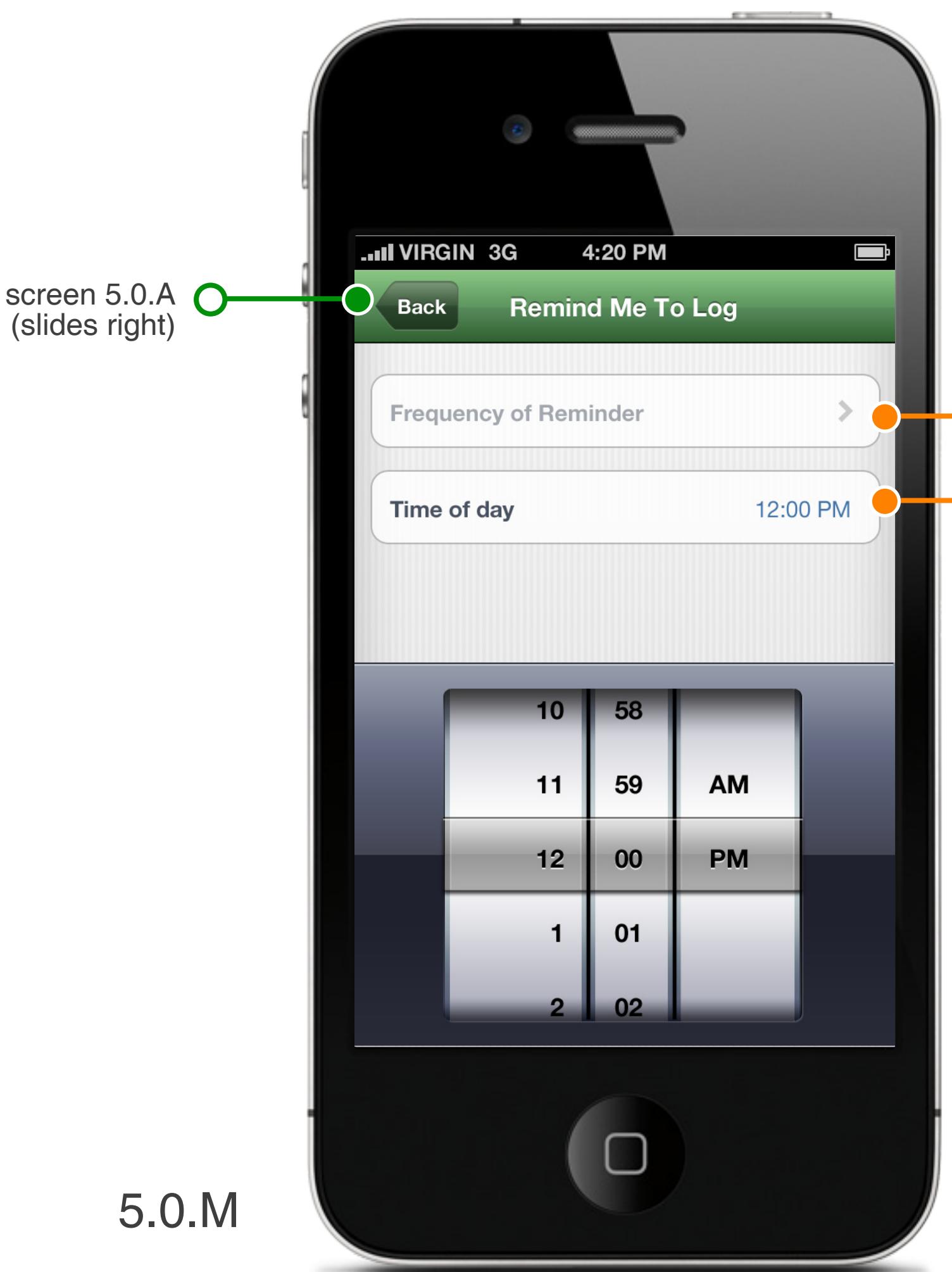
**note:**  
user input from screens 5.0.H, 5.0.I and 5.0.J will be auto-loaded when user returns back to screen 5.0.G

## 5.0 Set Reminders: Remind me to Log



tap anywhere on line to select an option  
tick mark indicates option selected

**note:**  
user input from screens 5.0.L will be auto-loaded when user returns back to screen 5.0.K

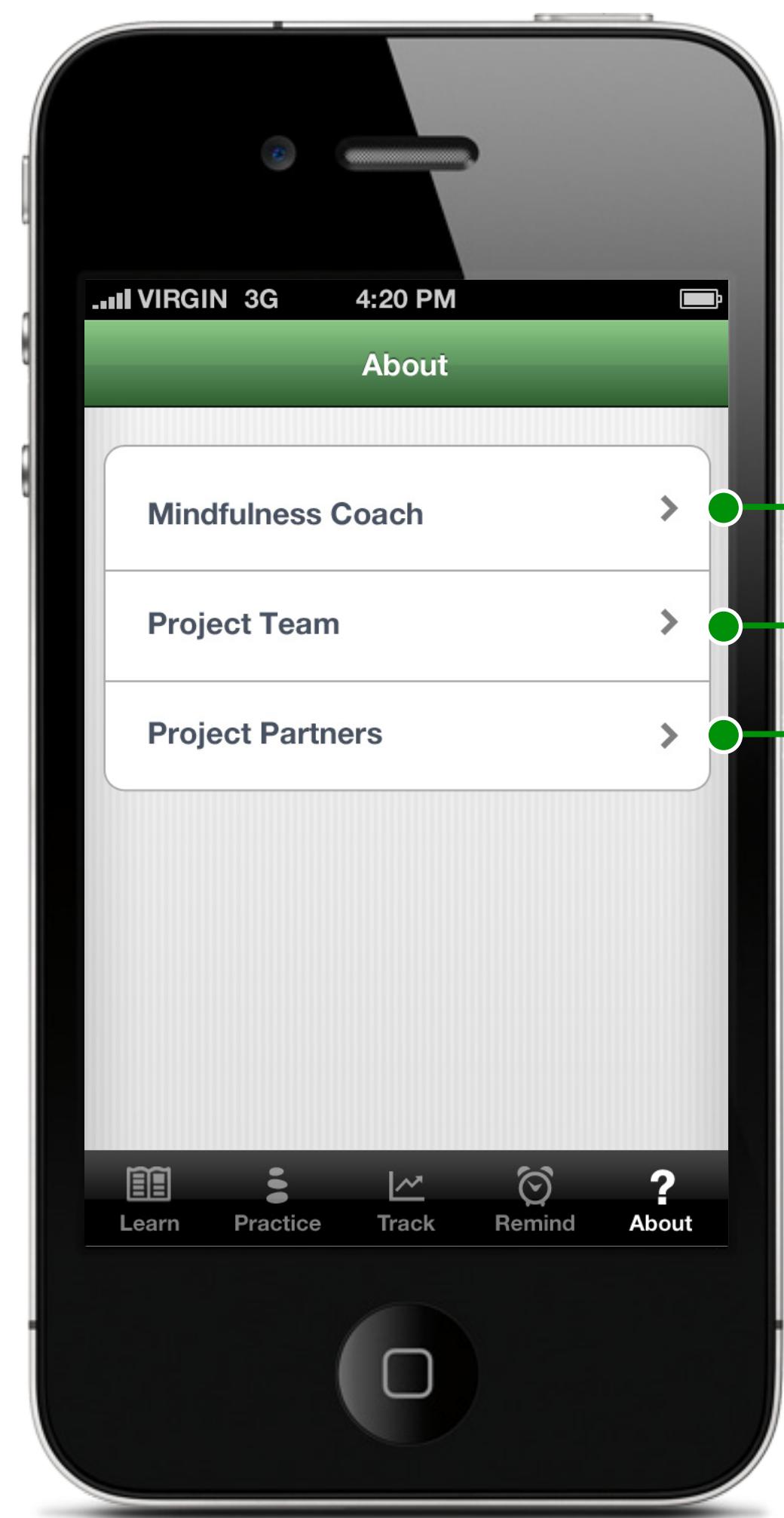


## 5.0 Set Reminders: Alerts



# About

## 7.0 About



7.0.A



screen 7.0.A  
(slides right)

screen 7.0.B (slides left)

screen 7.0.C (slides left)

screen 7.0.D (slides left)

Back Mindfulness Coach

Mindfulness Coach is a mobile phone application for Veterans and Service Members to learn and practice mindfulness skills. It is intended to help build this important skill for those who would like to build their resilience and manage their lives and emotions better.

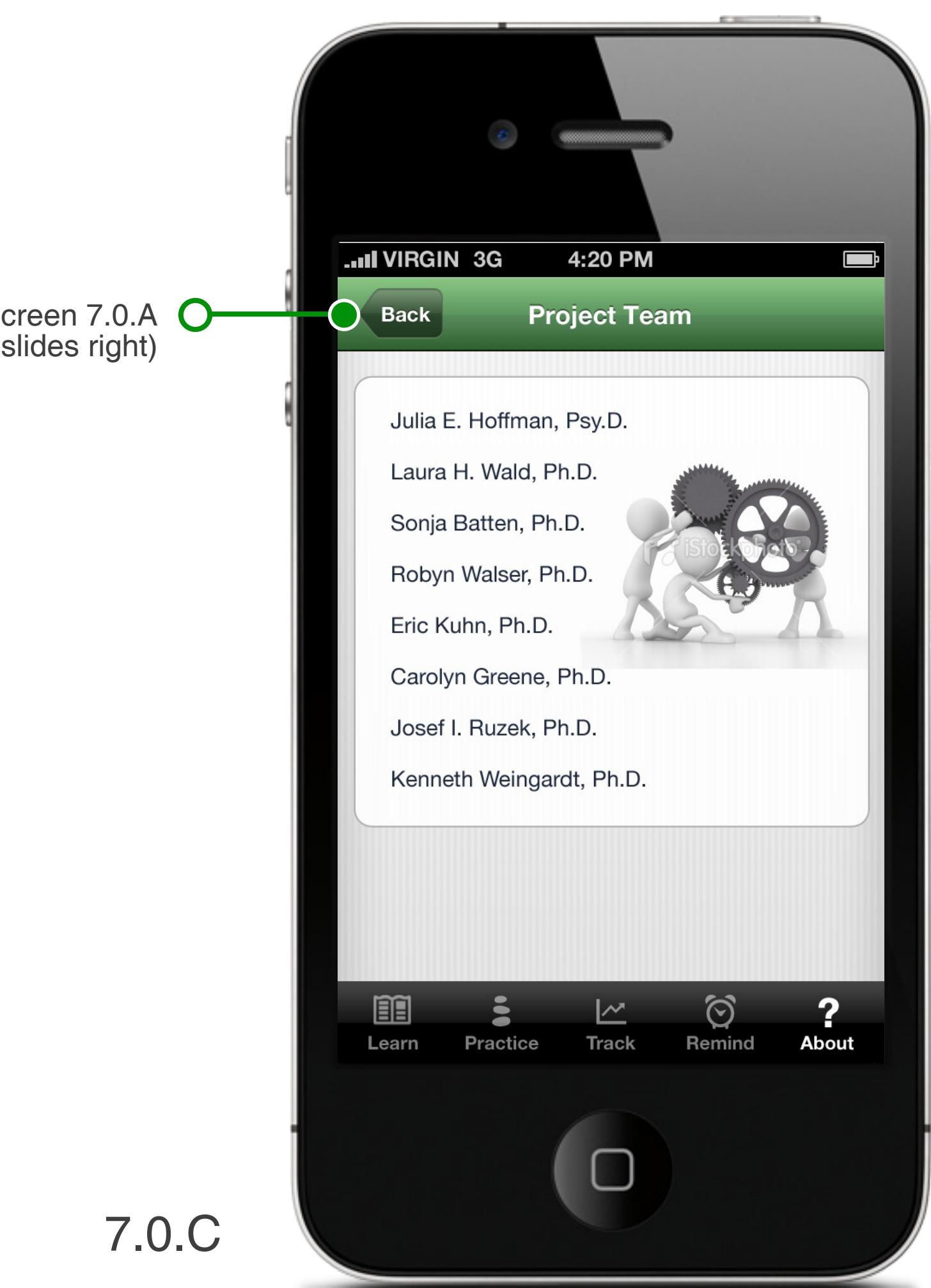
This application provides:

- Education about mindfulness
- Various mindfulness activities
- A log for tracking mindfulness practice

It can be used on its own by those who would like mindfulness tools, or to augment face-to-face care with a healthcare professional. It is not intended to replace therapy for those who need it.

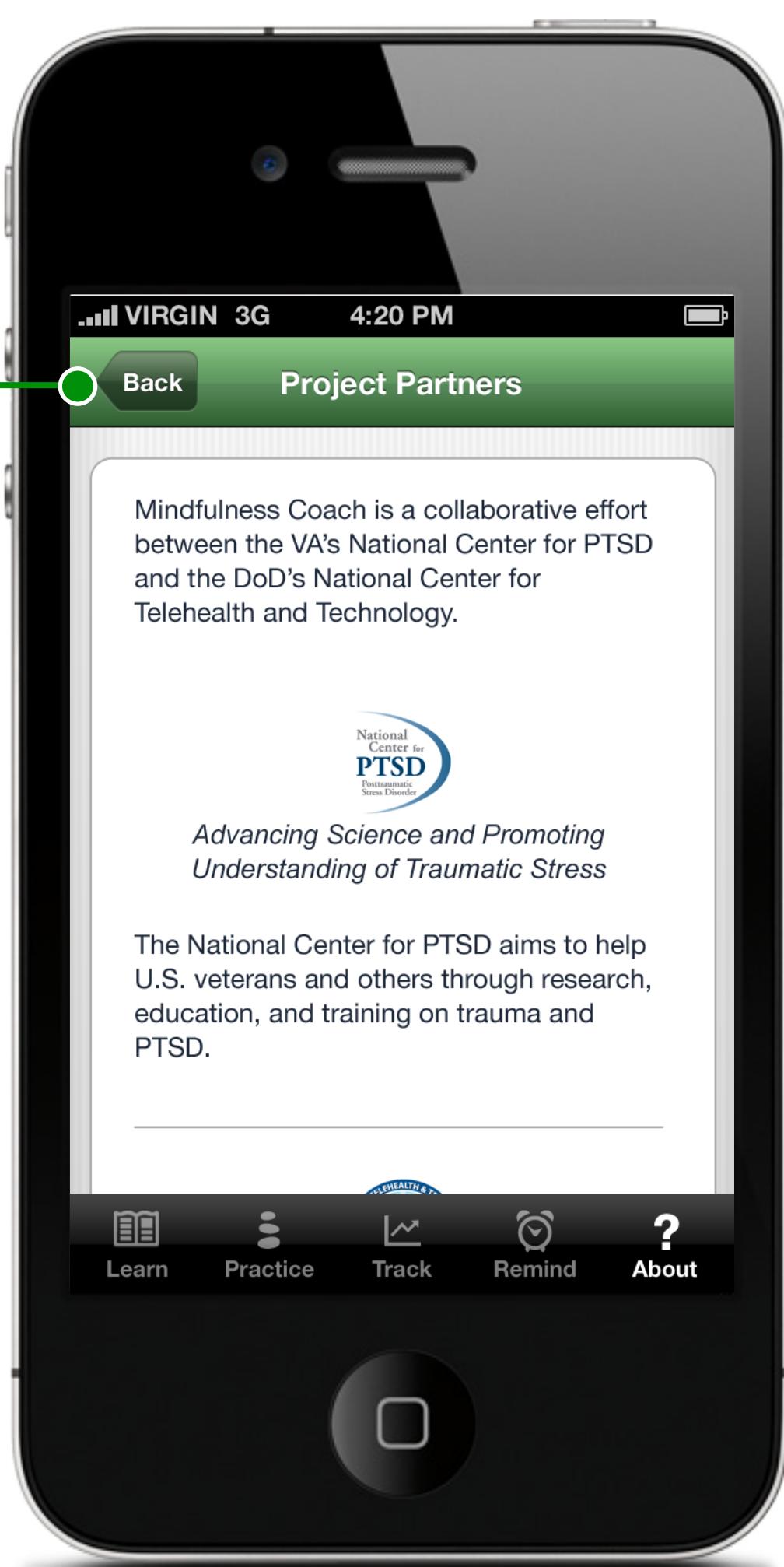
Learn Practice Track Remind About

7.0.B



screen 7.0.A  
(slides right)

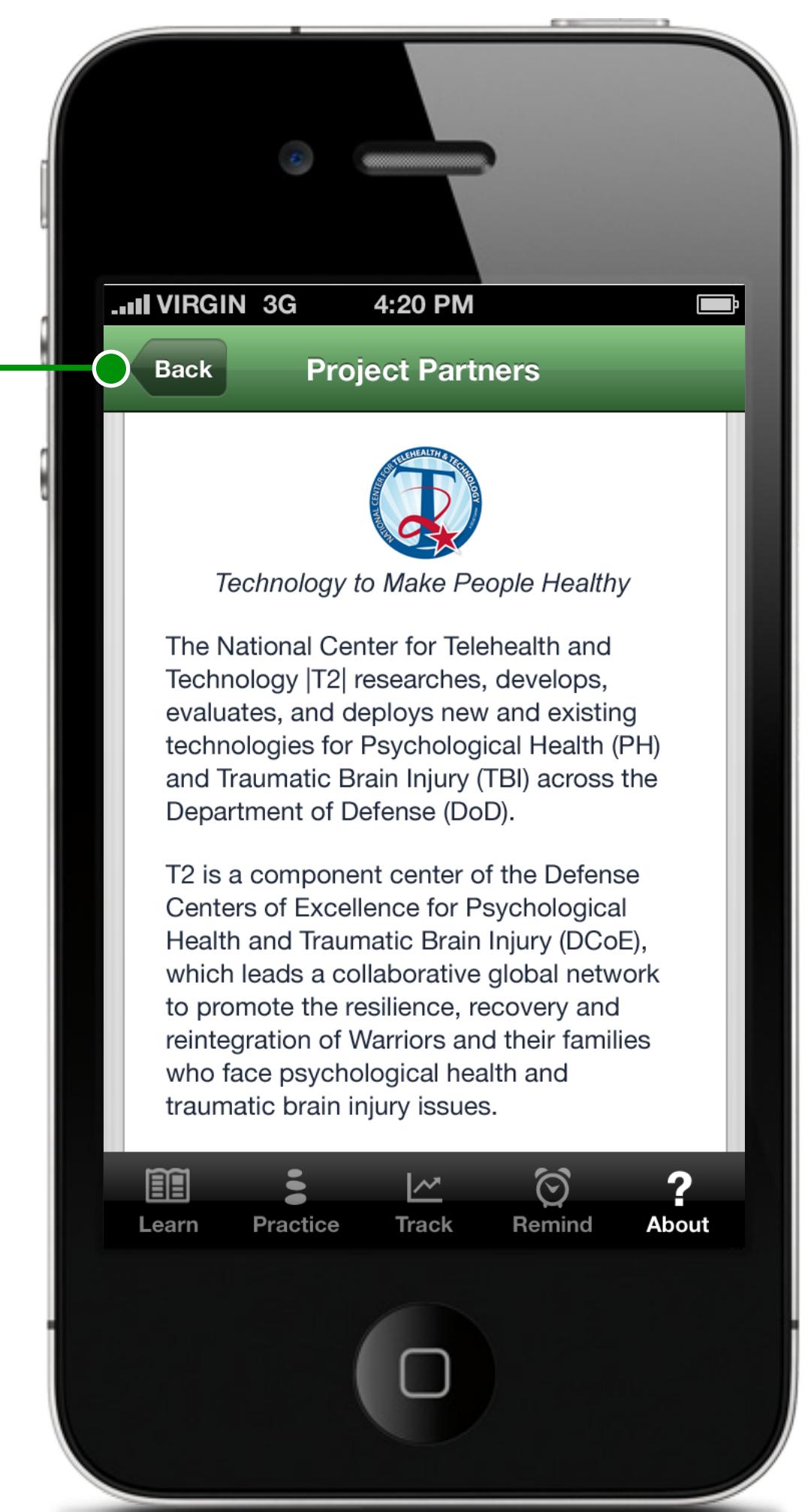
7.0.C



screen 7.0.A  
(slides right)

7.0.D

note: refer to screen 5.0.E  
for more details



7.0.E

