



10. 24. 2011
Phase 1.4

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



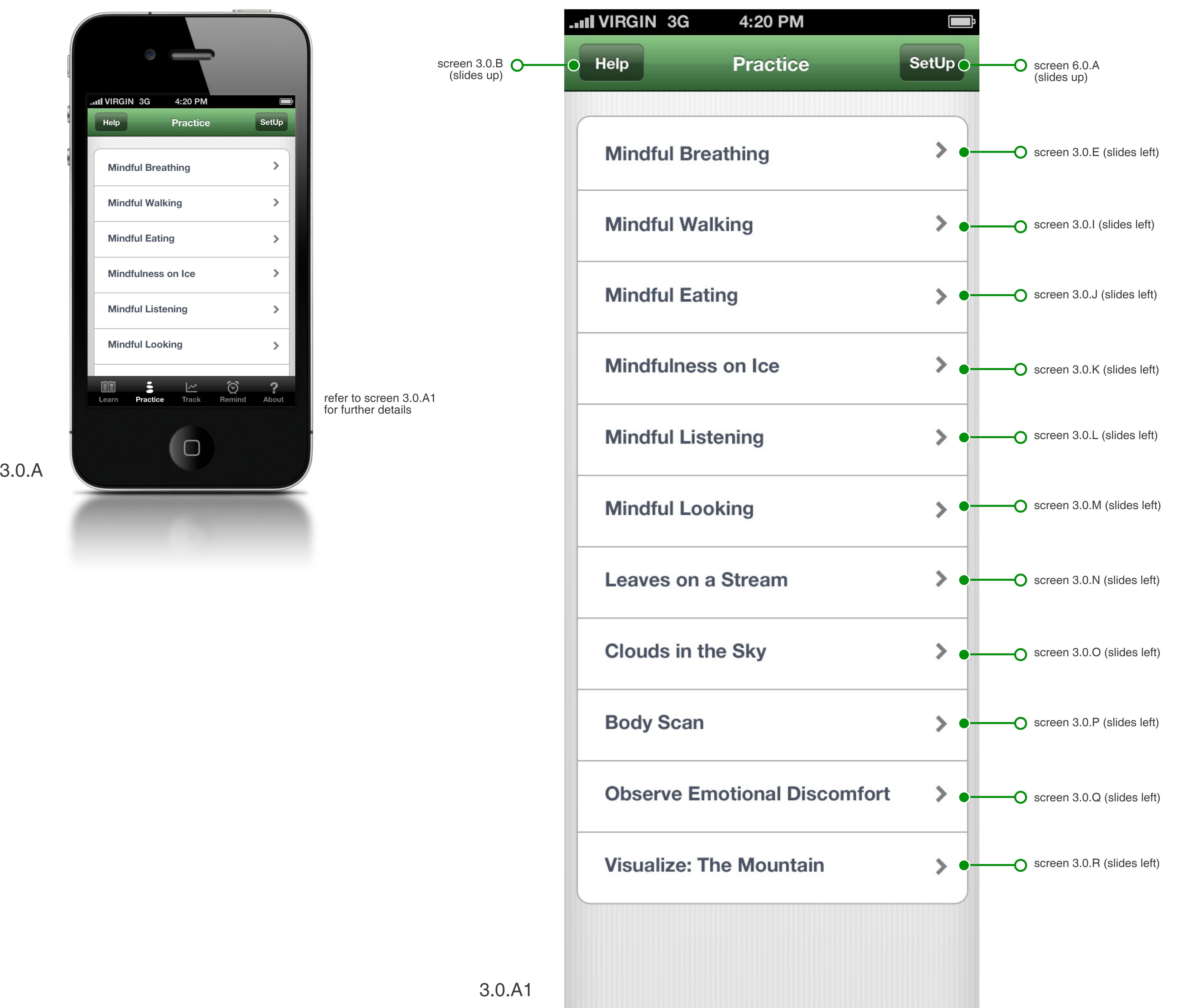
Learn

2.0 Learn

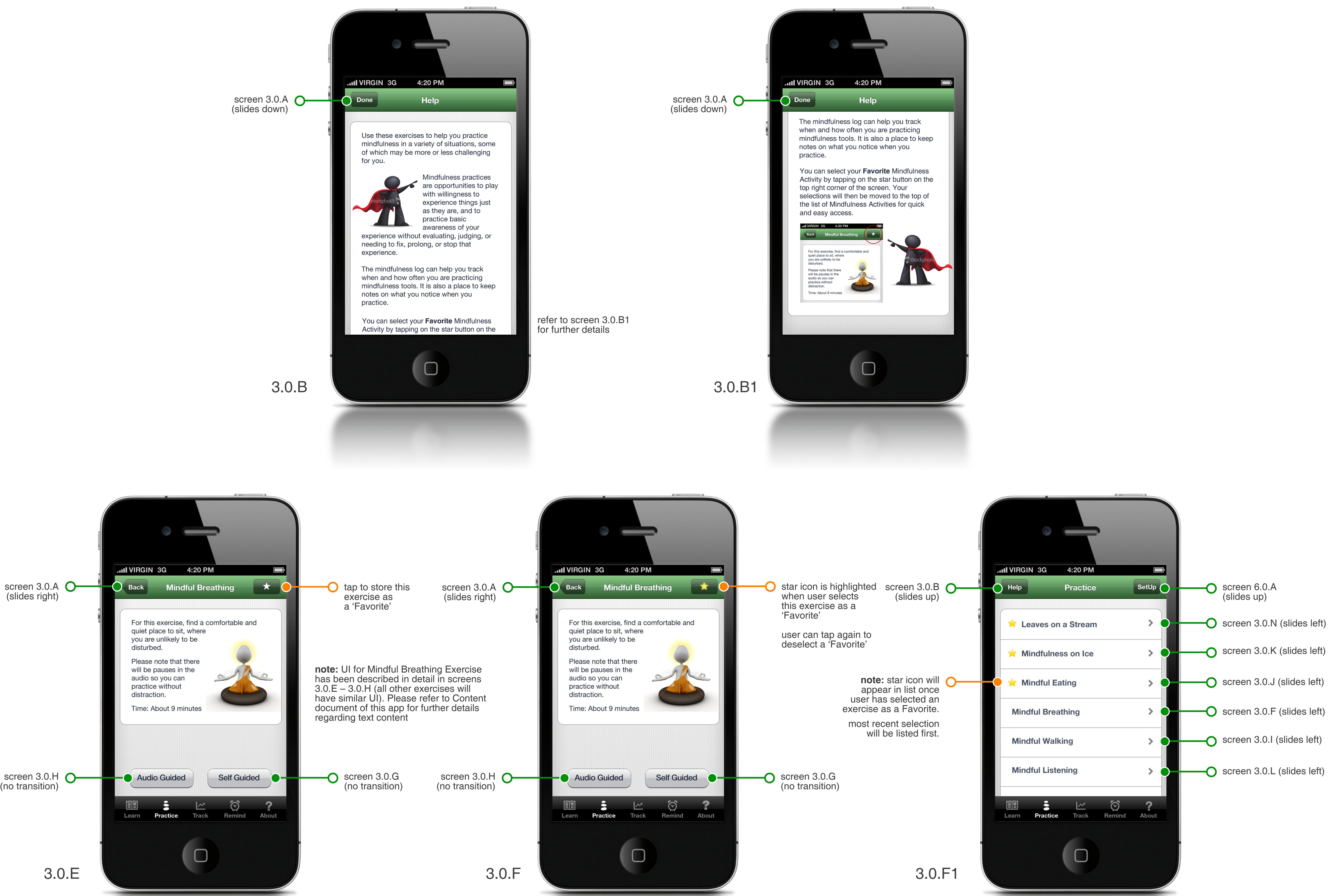


Practice

3.0 Practice



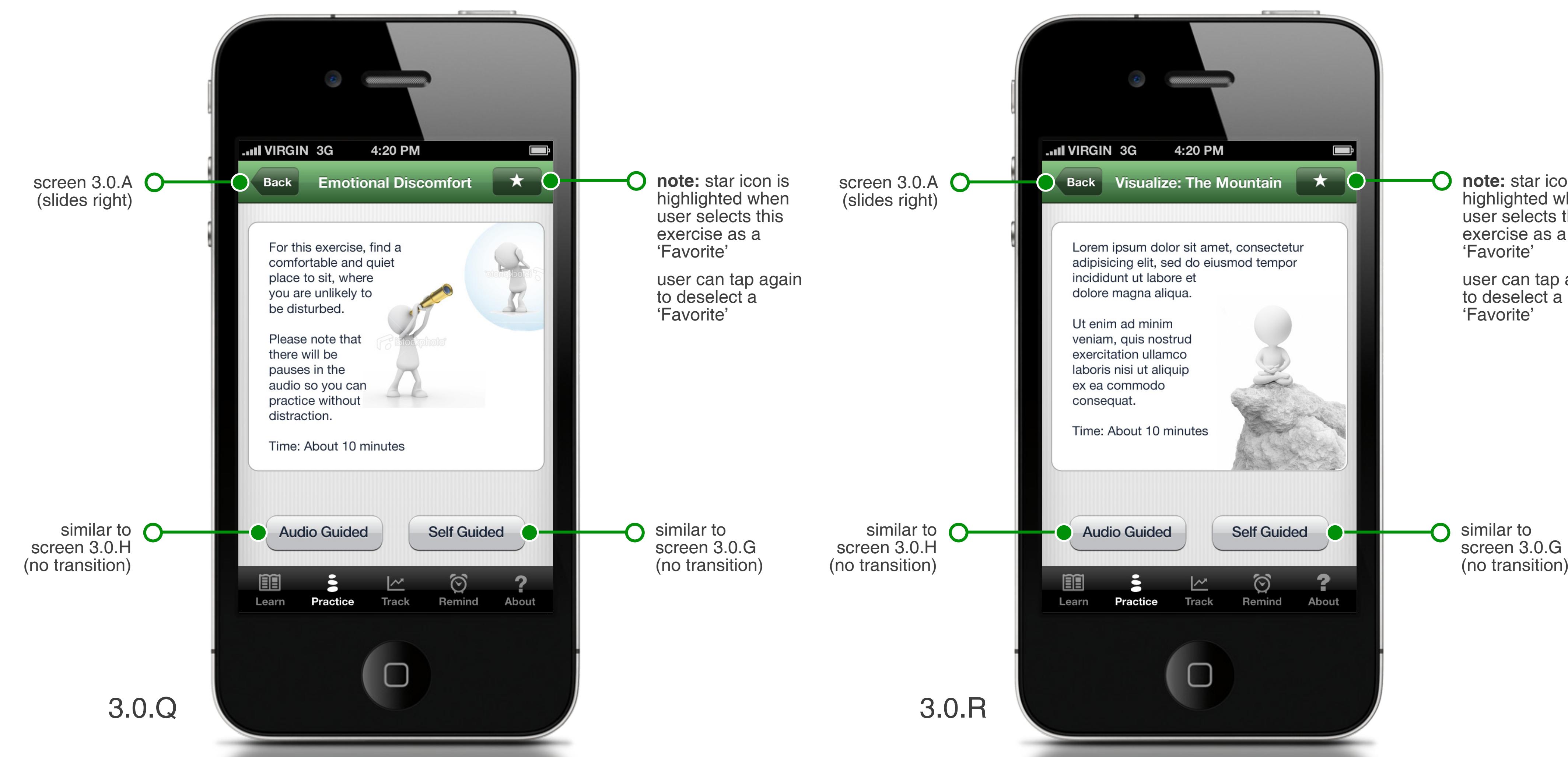
3.0 Practice



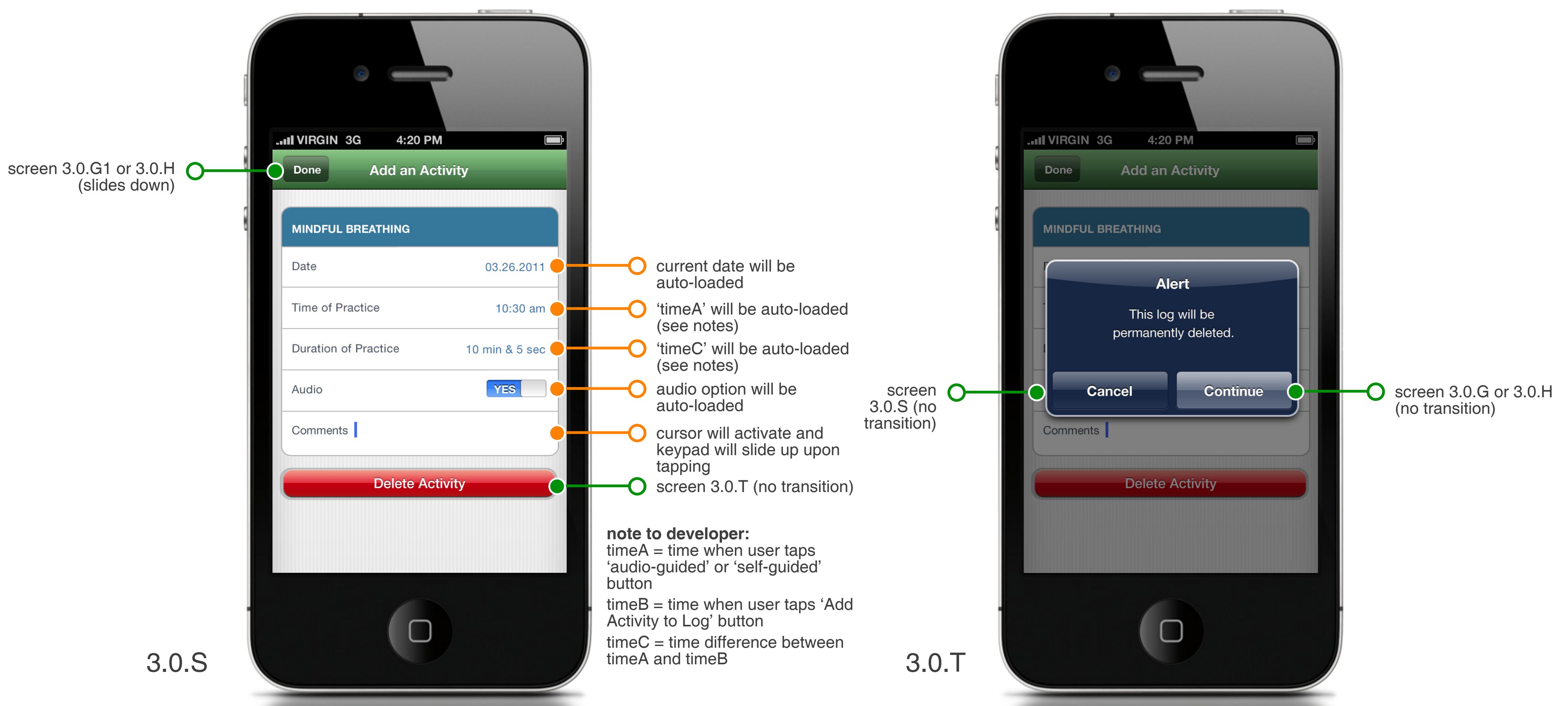
3.0 Practice



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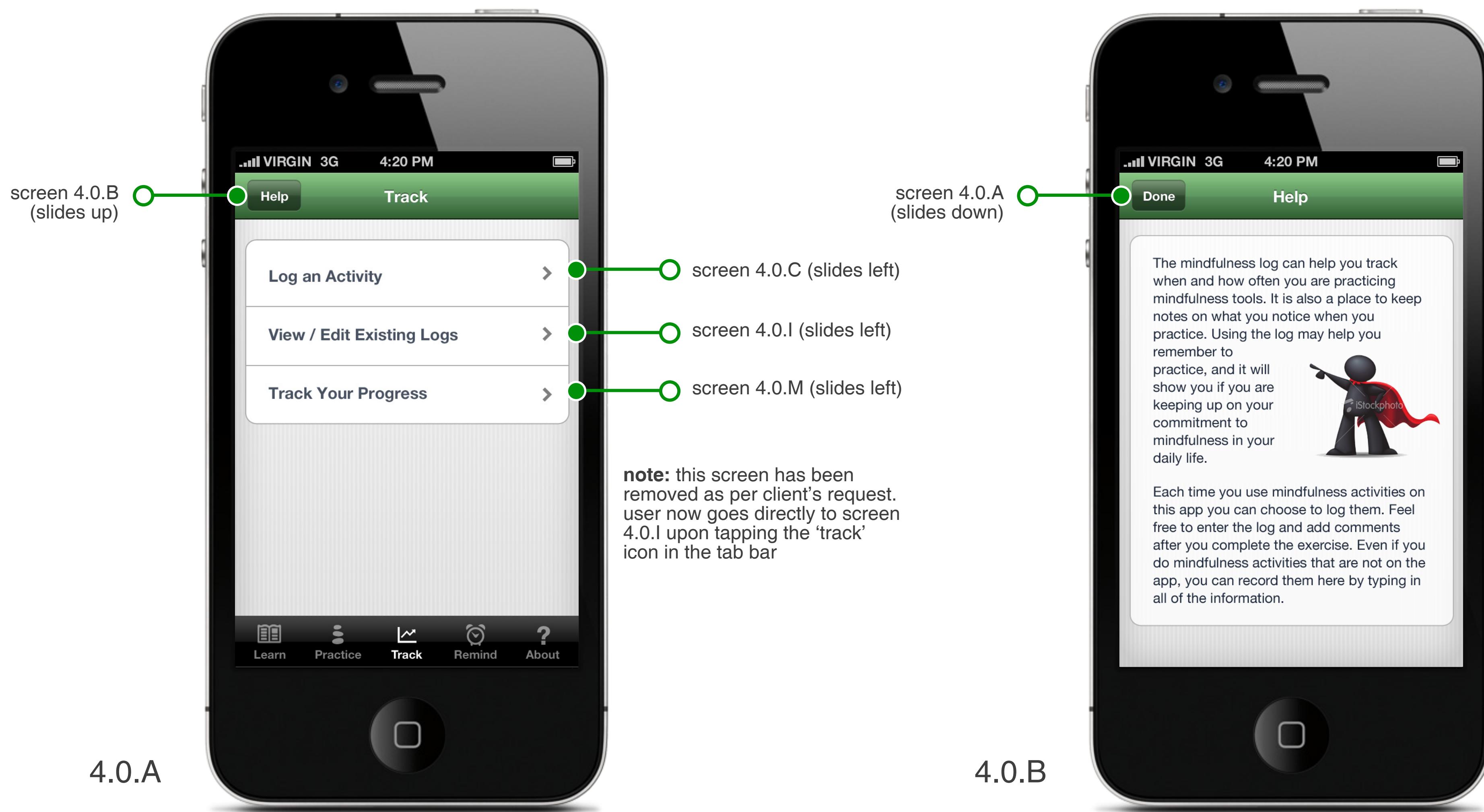


3.0 Practice



Track

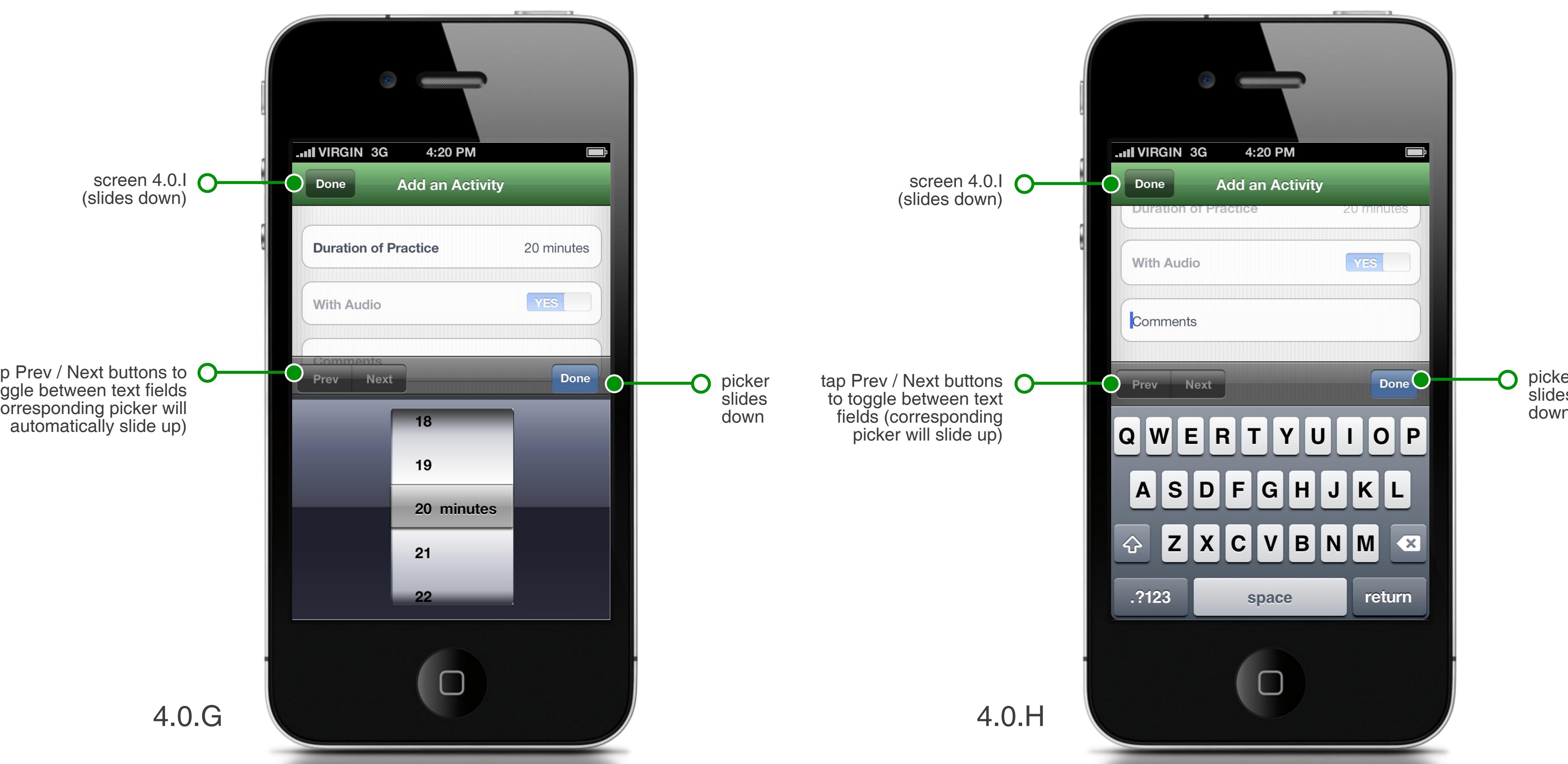
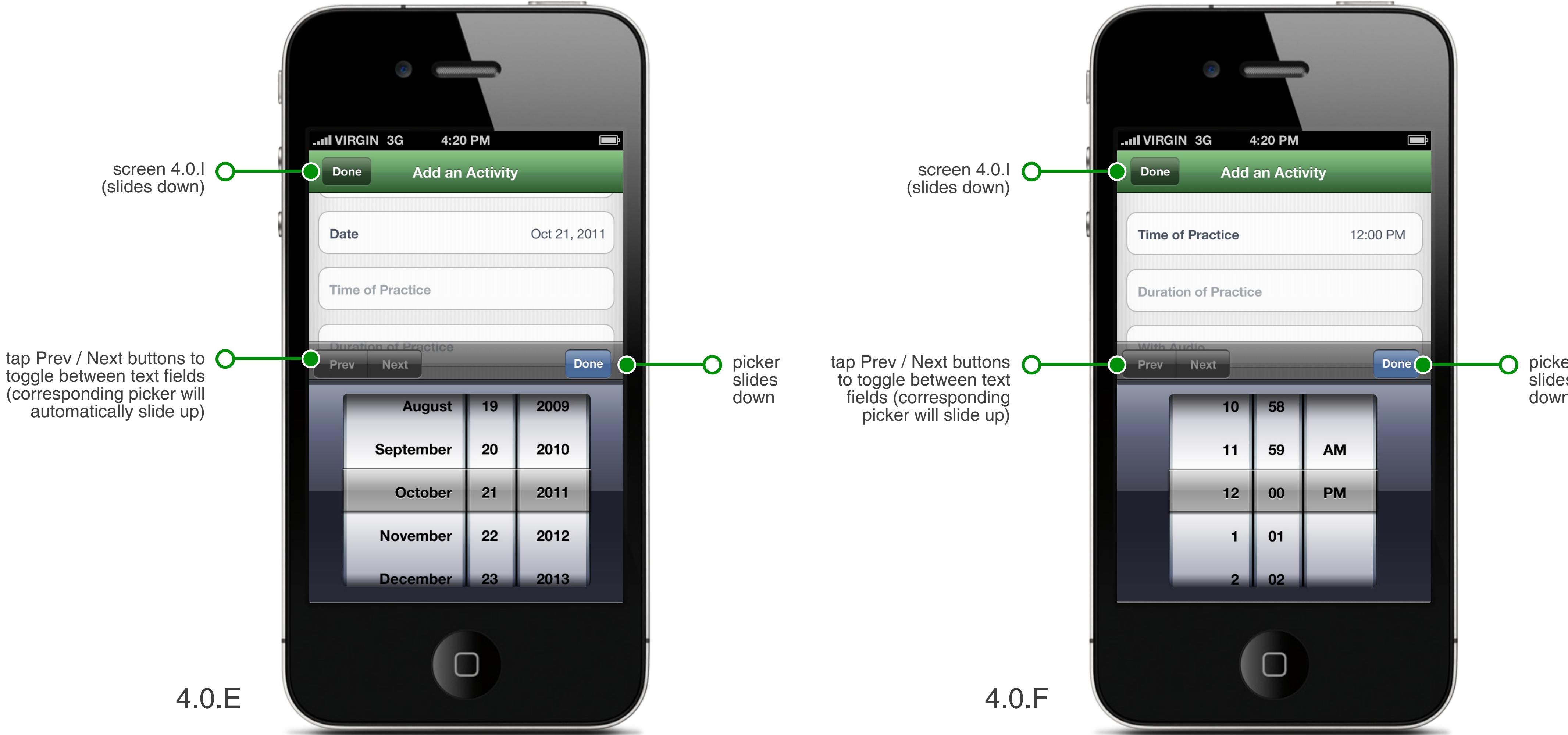
4.0 Track



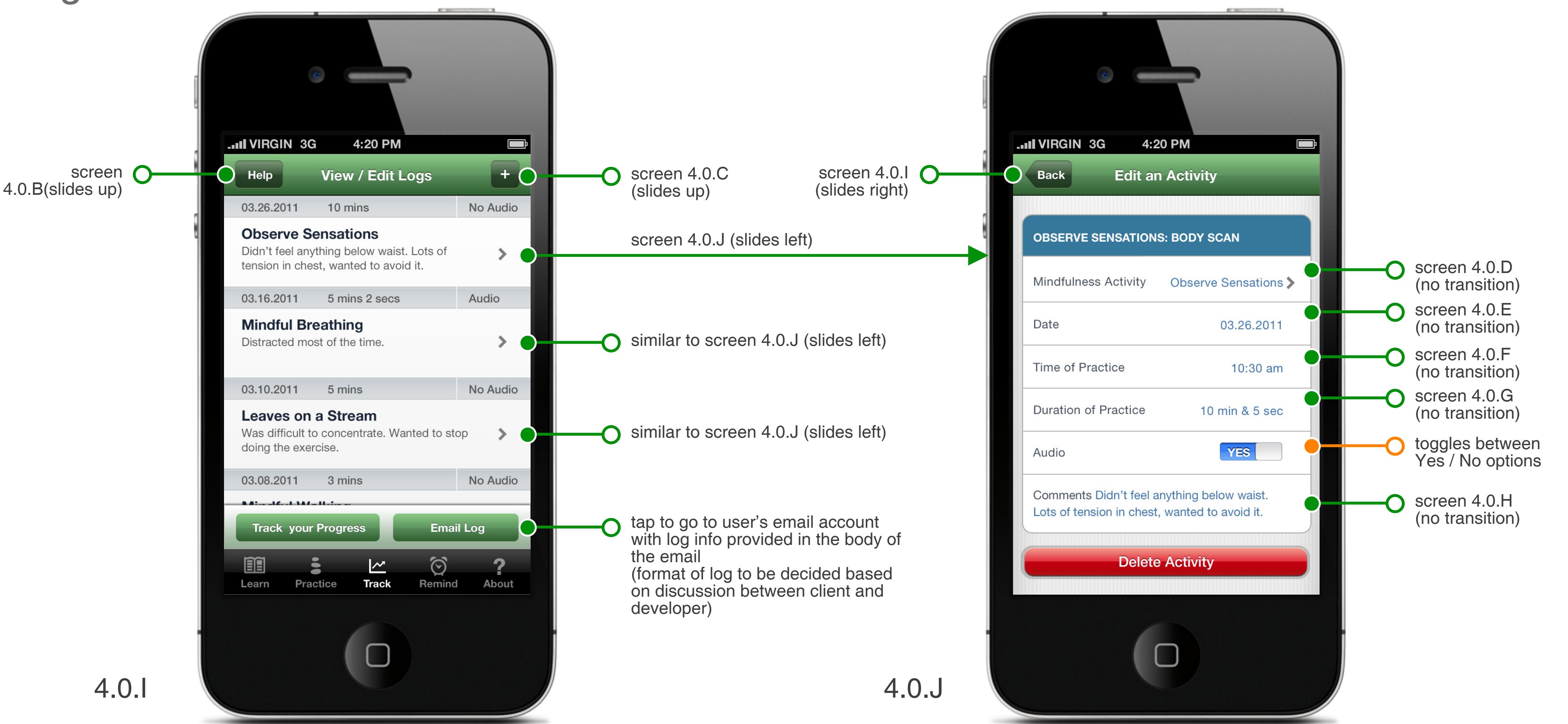
4.0 Track: Add an Activity



4.0 Track: Create a Log



4.0 Track: Edit / View Existing Logs

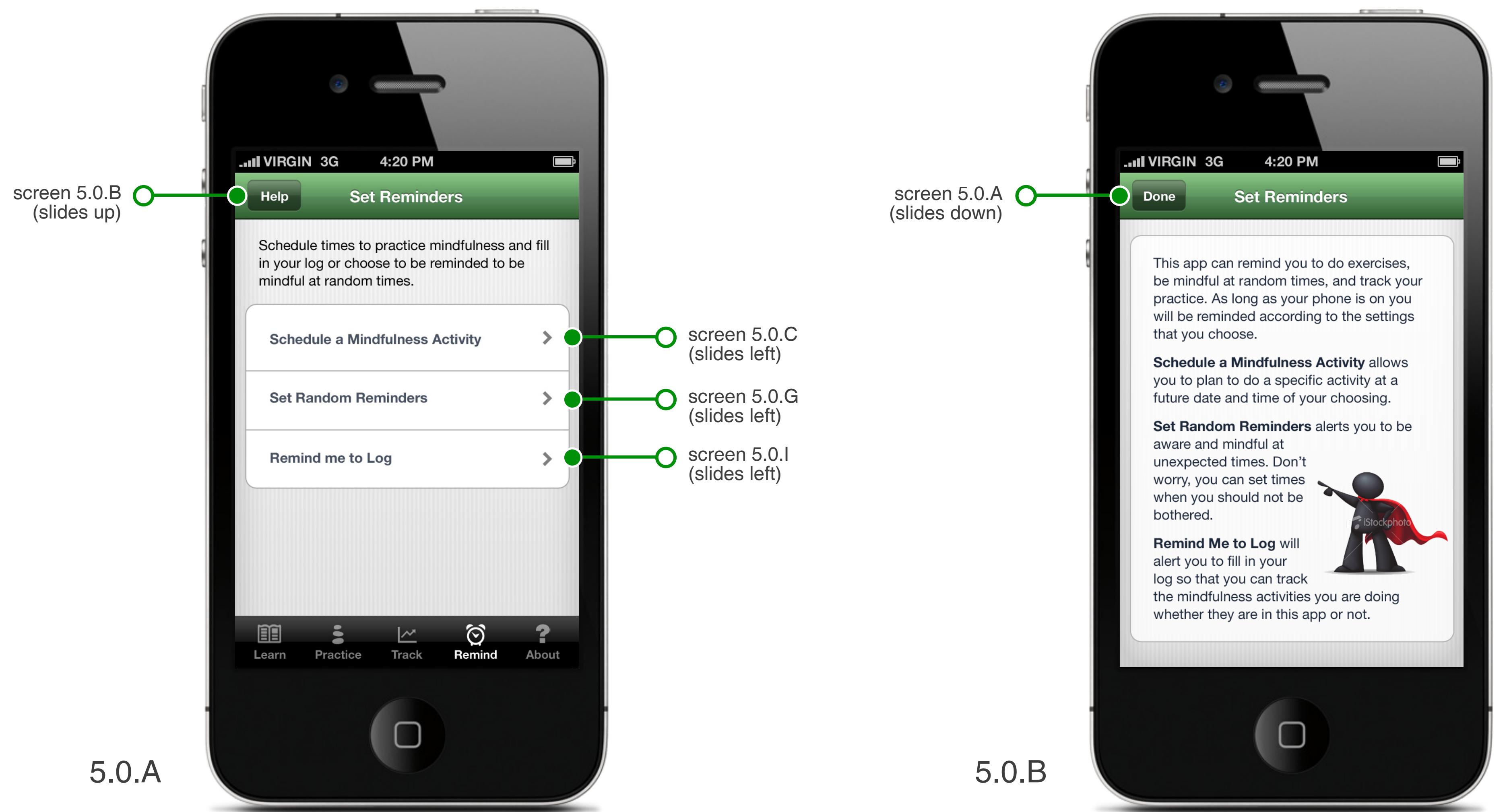


4.0 Track: Track Your Progress



Set Reminders

5.0 Set Reminders



5.0 Set Reminders: Planned Reminders



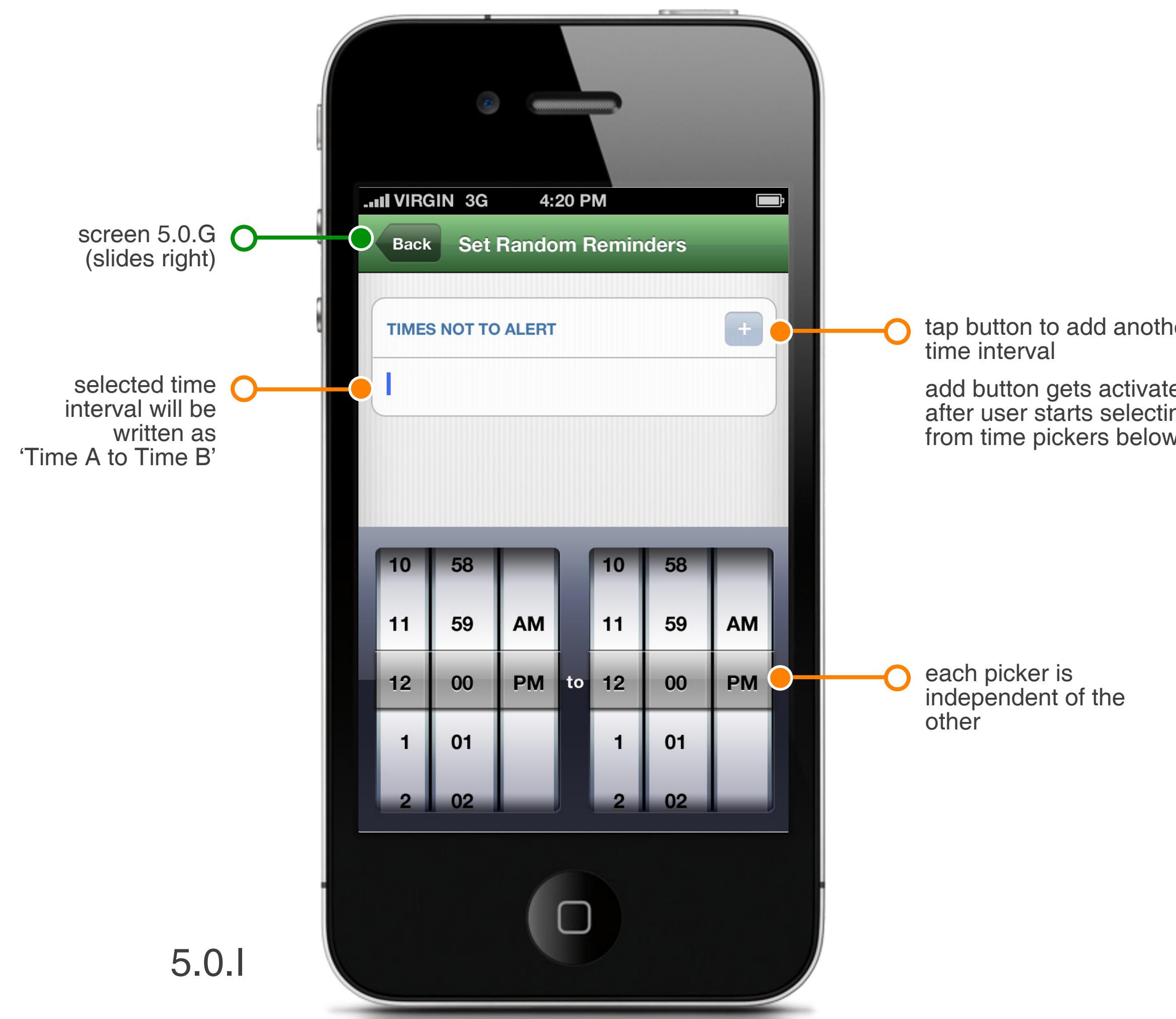
5.0 Set Reminders: Random Reminders



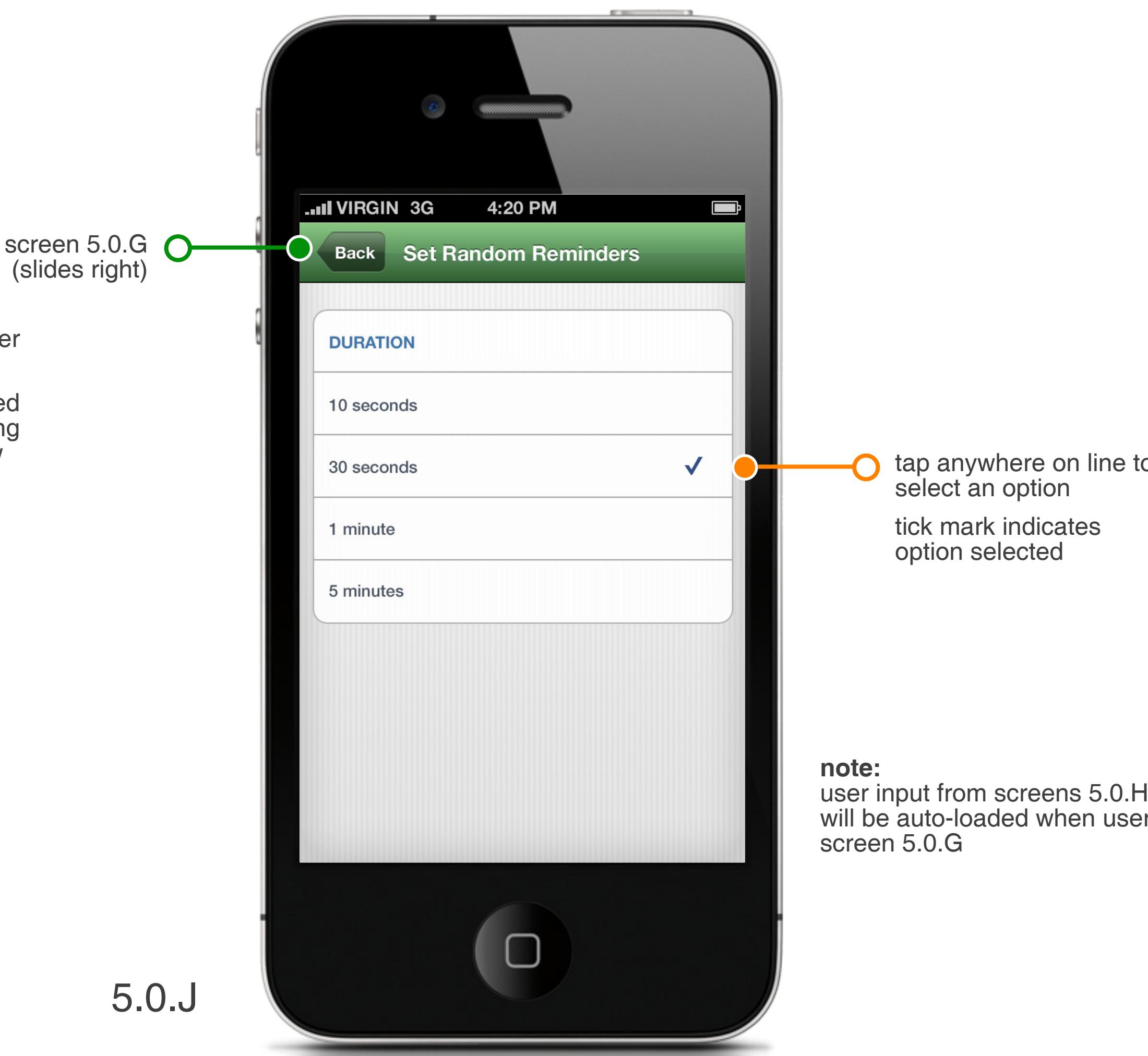
5.0.G



5.0.H

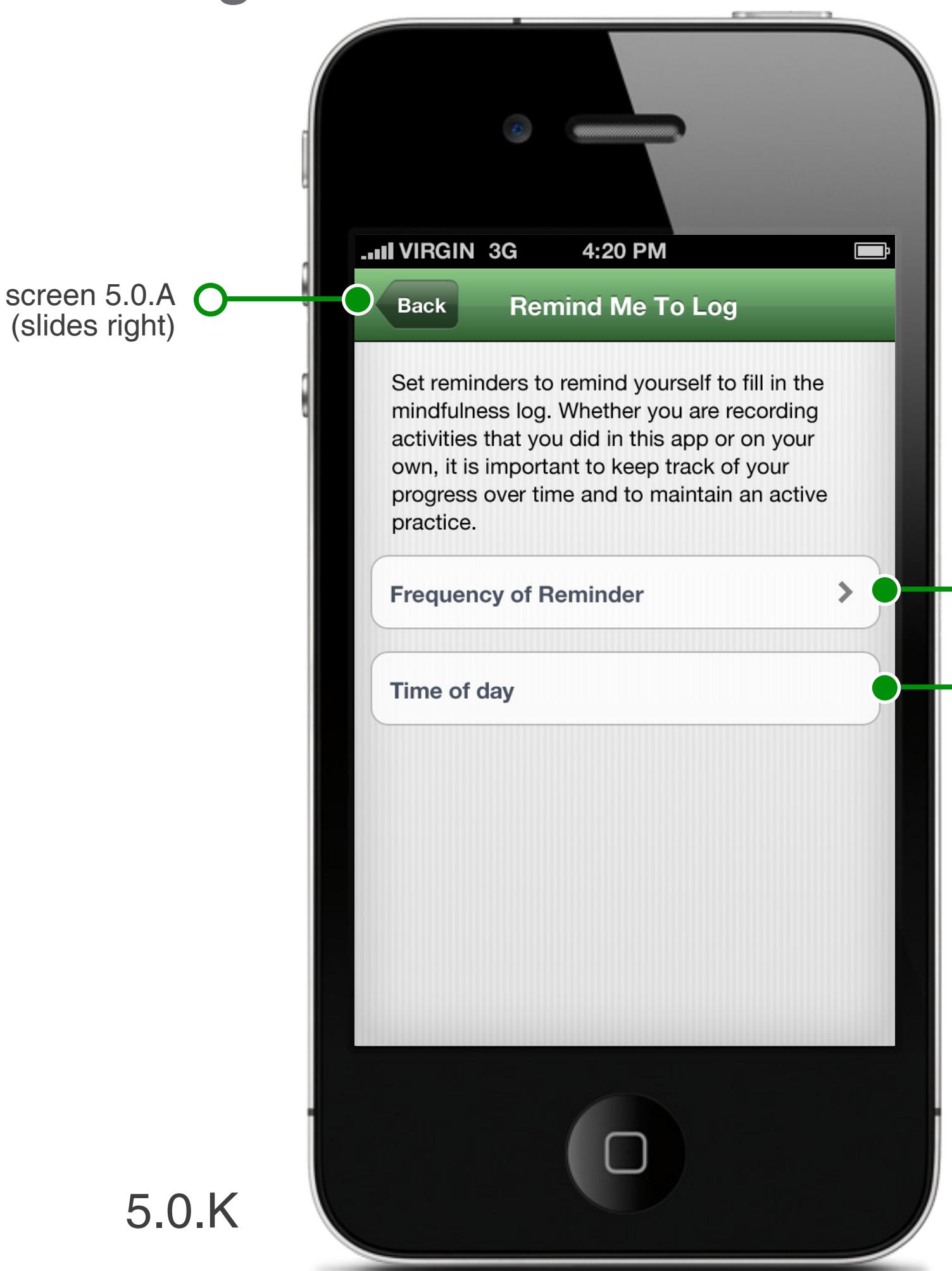


5.0.I

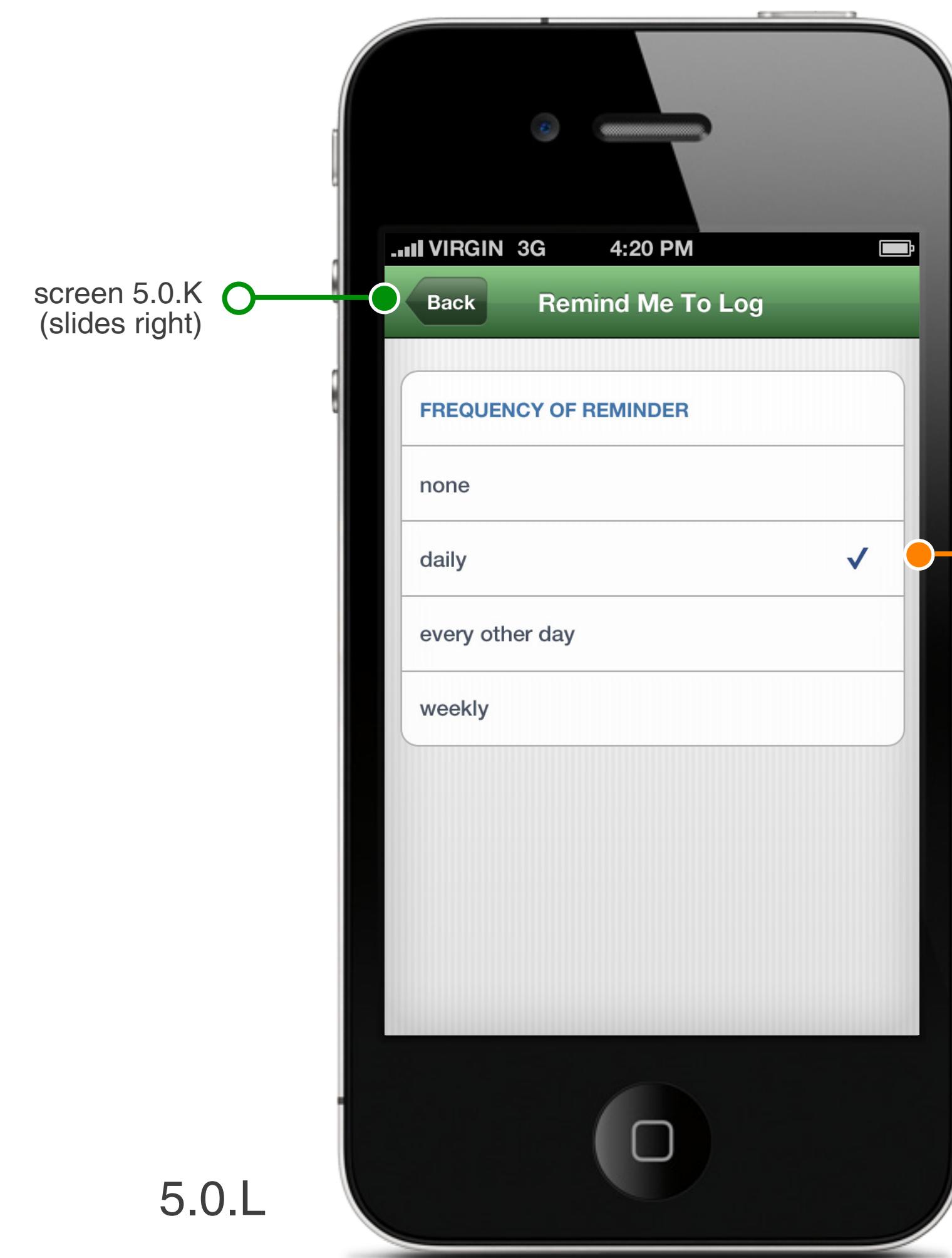


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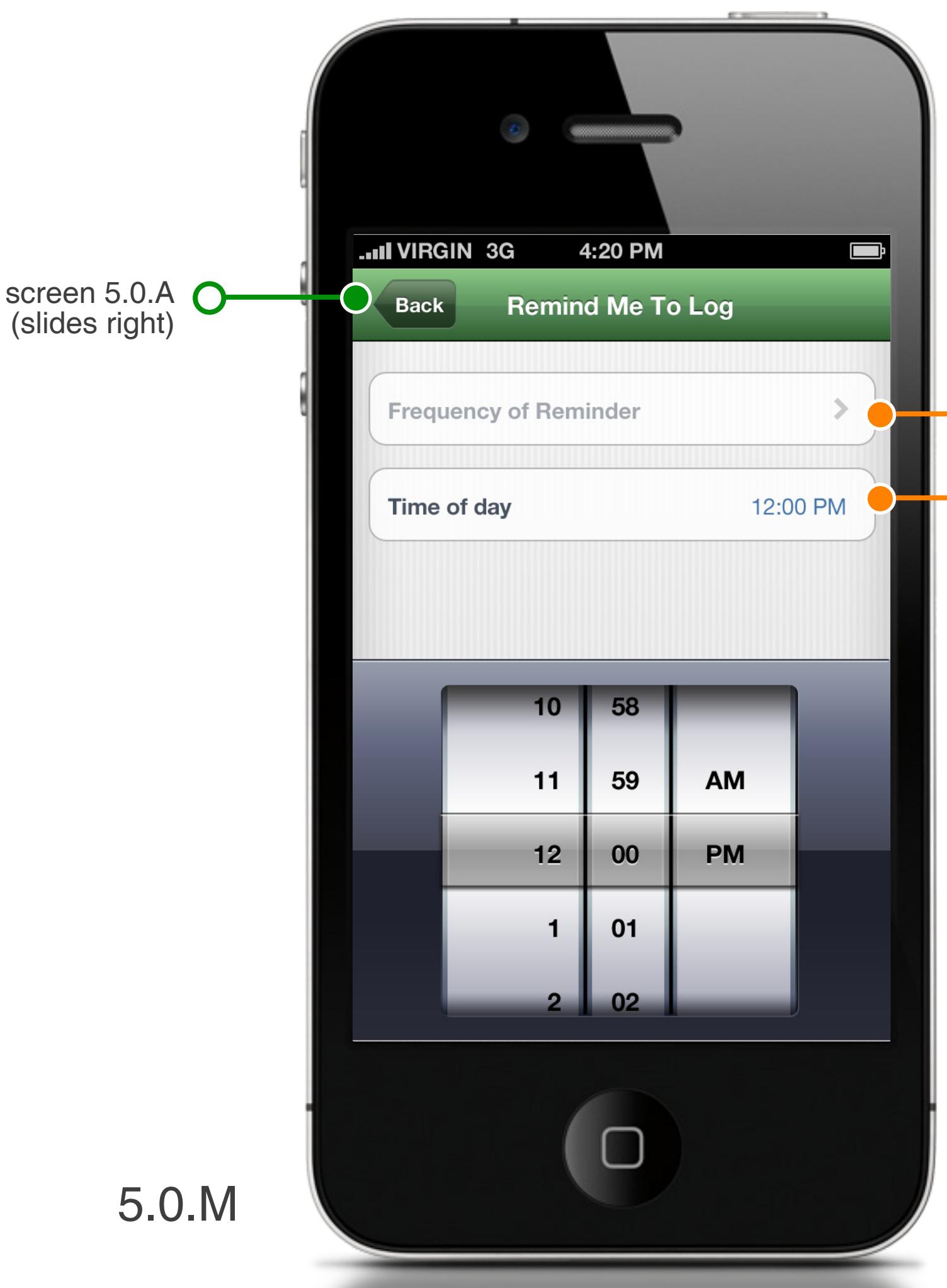
5.0 Set Reminders: Remind me to Log



5.0.K



5.0.L



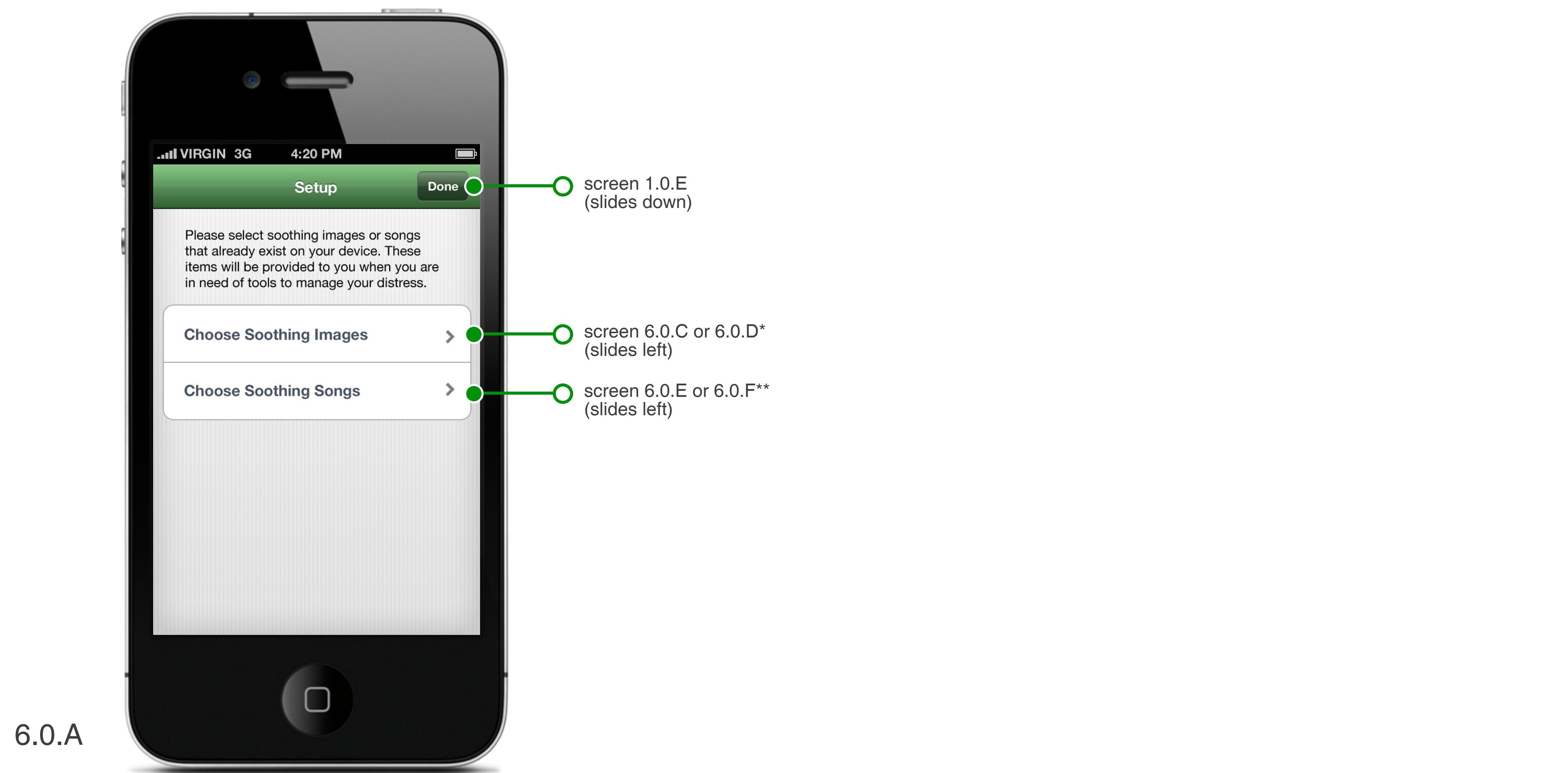
5.0.M

5.0 Set Reminders: Alerts

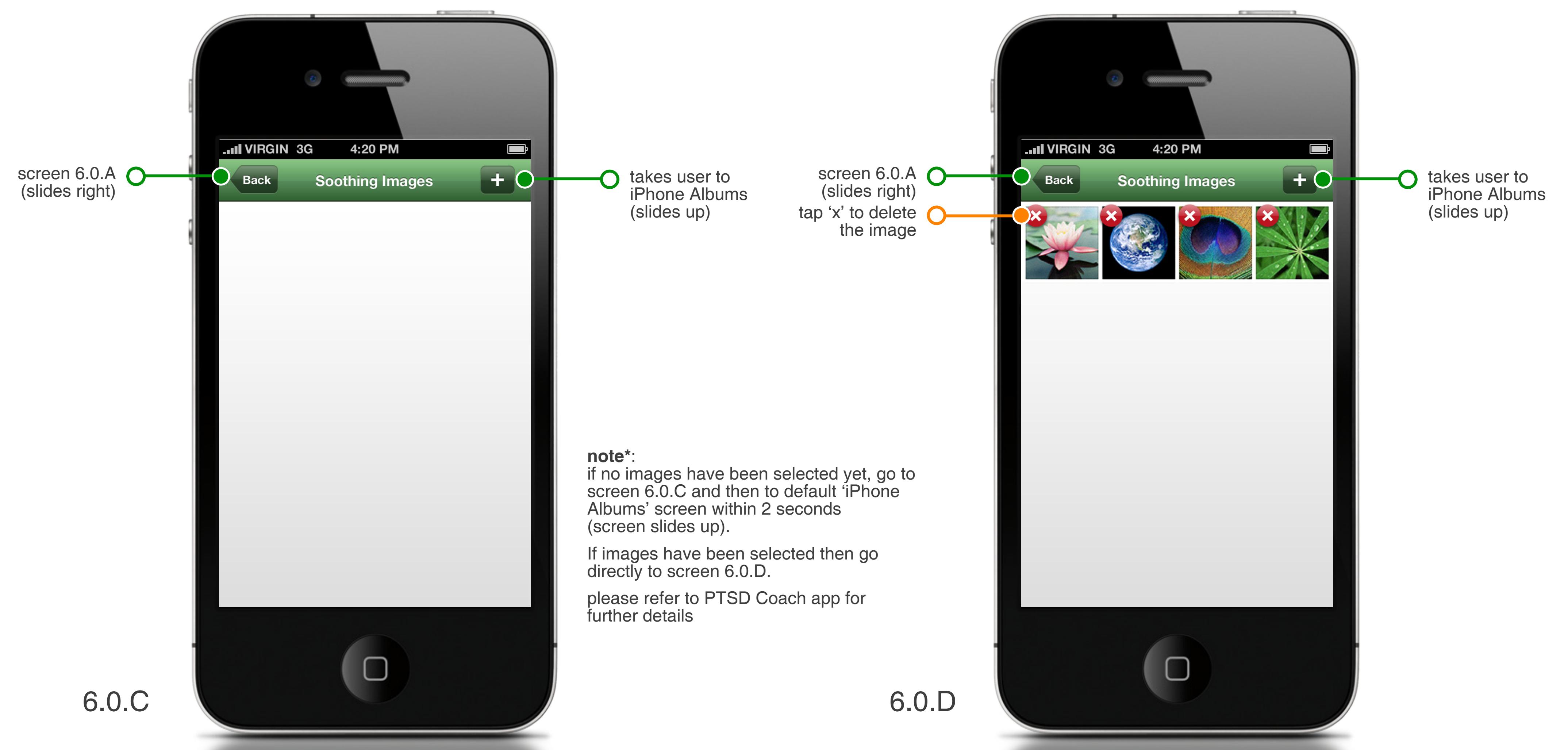


Set Up

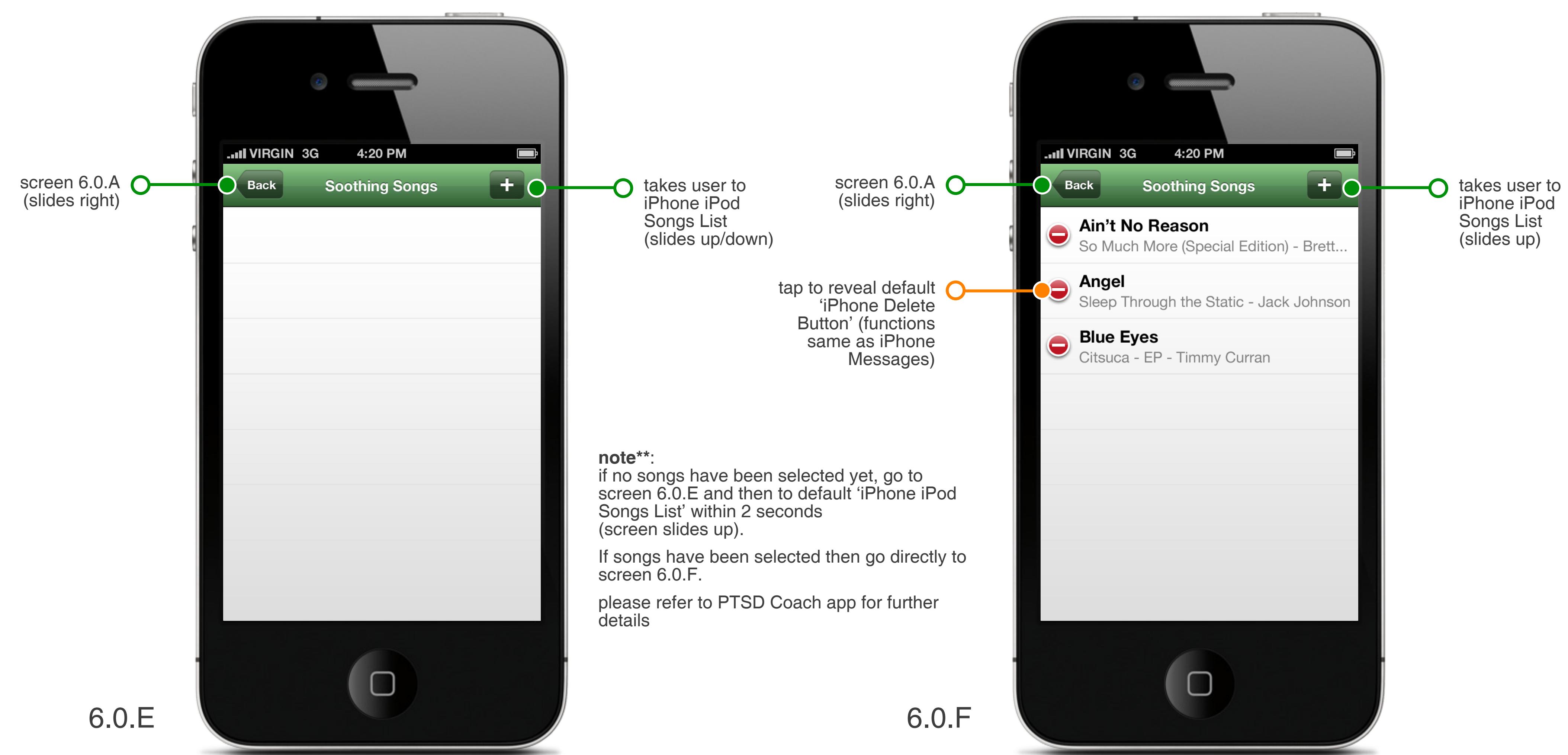
6.0 SetUp



5.0 SetUp: Soothing Images

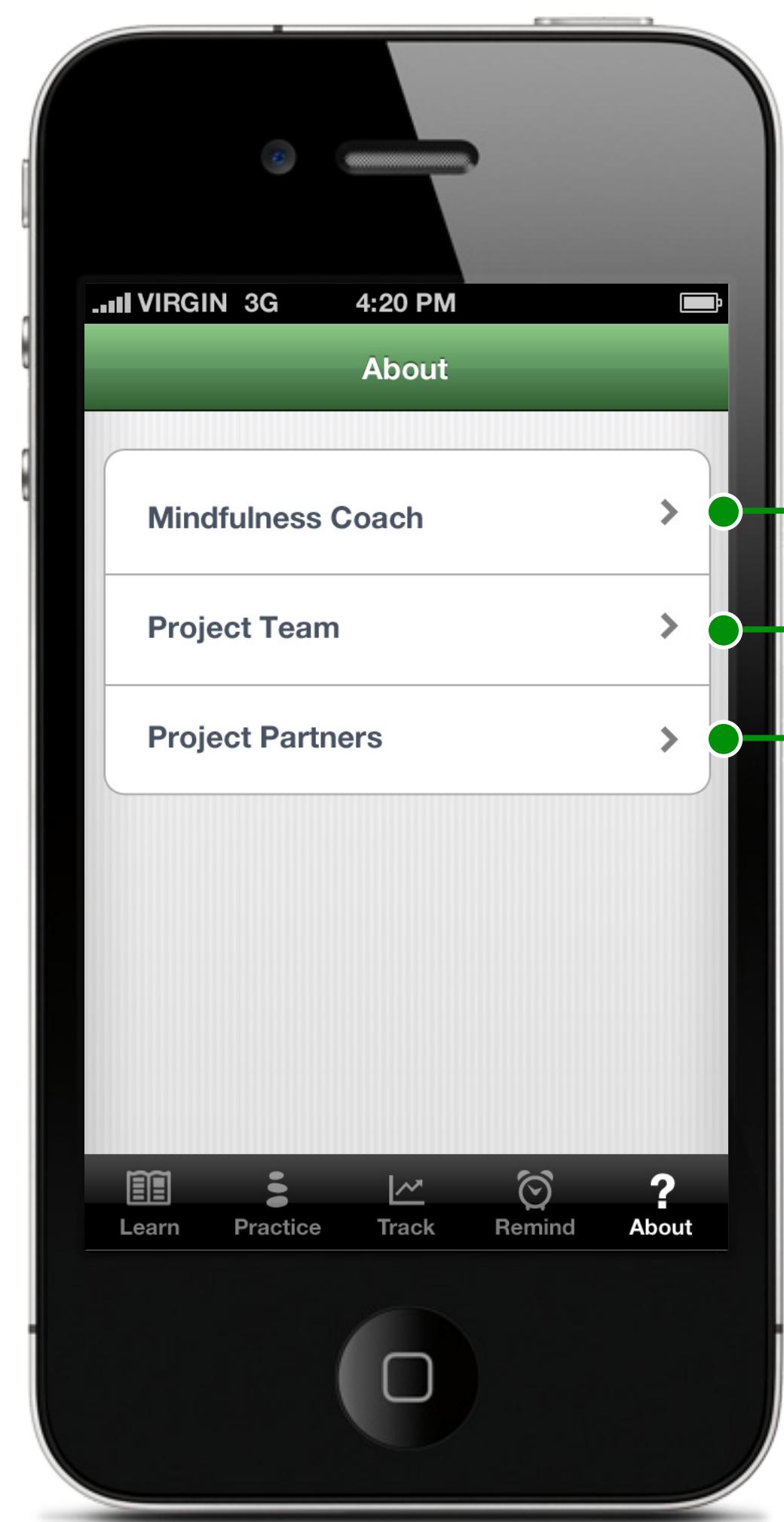


6.0 SetUp: Soothing Songs



About

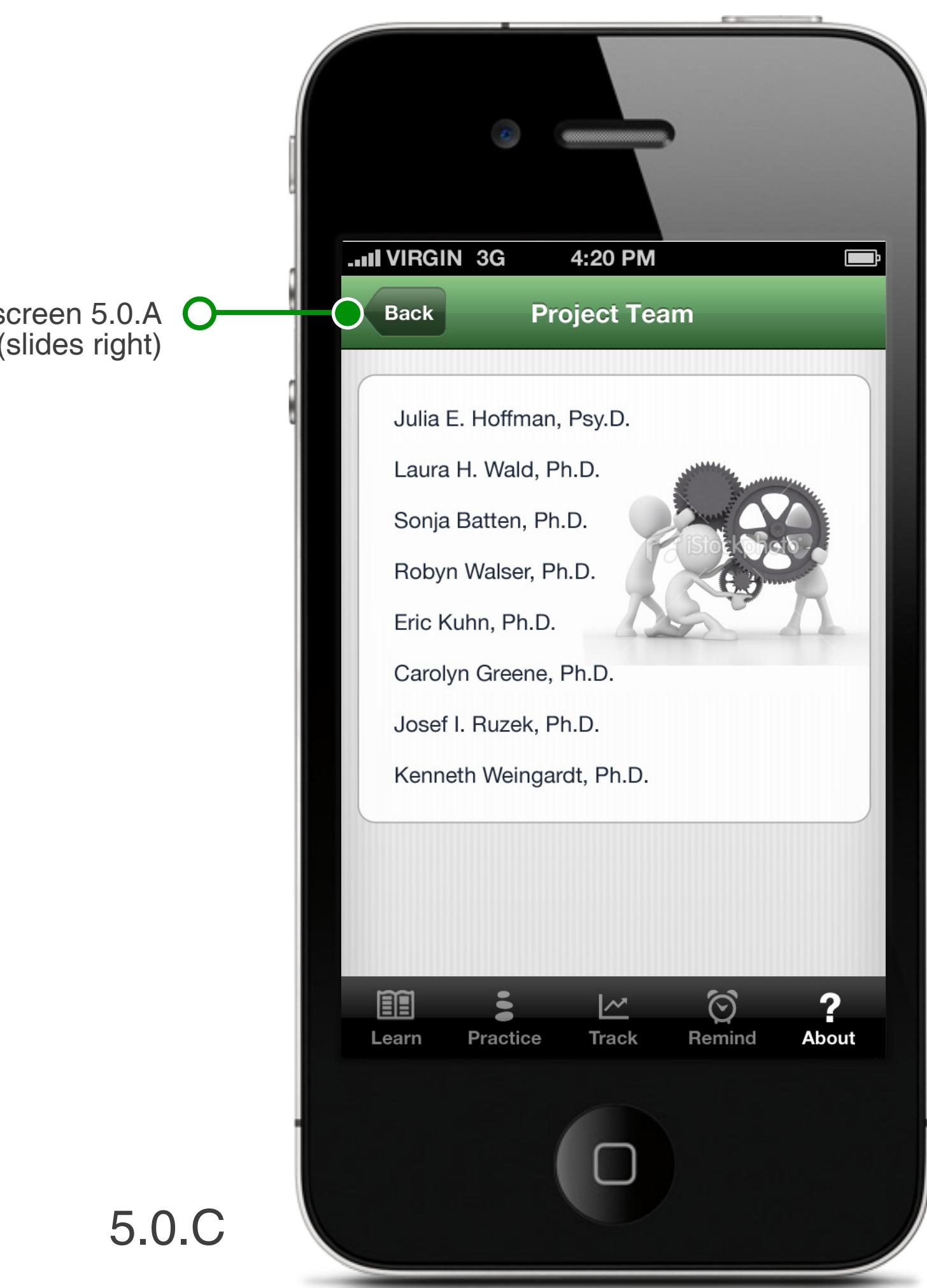
5.0 About



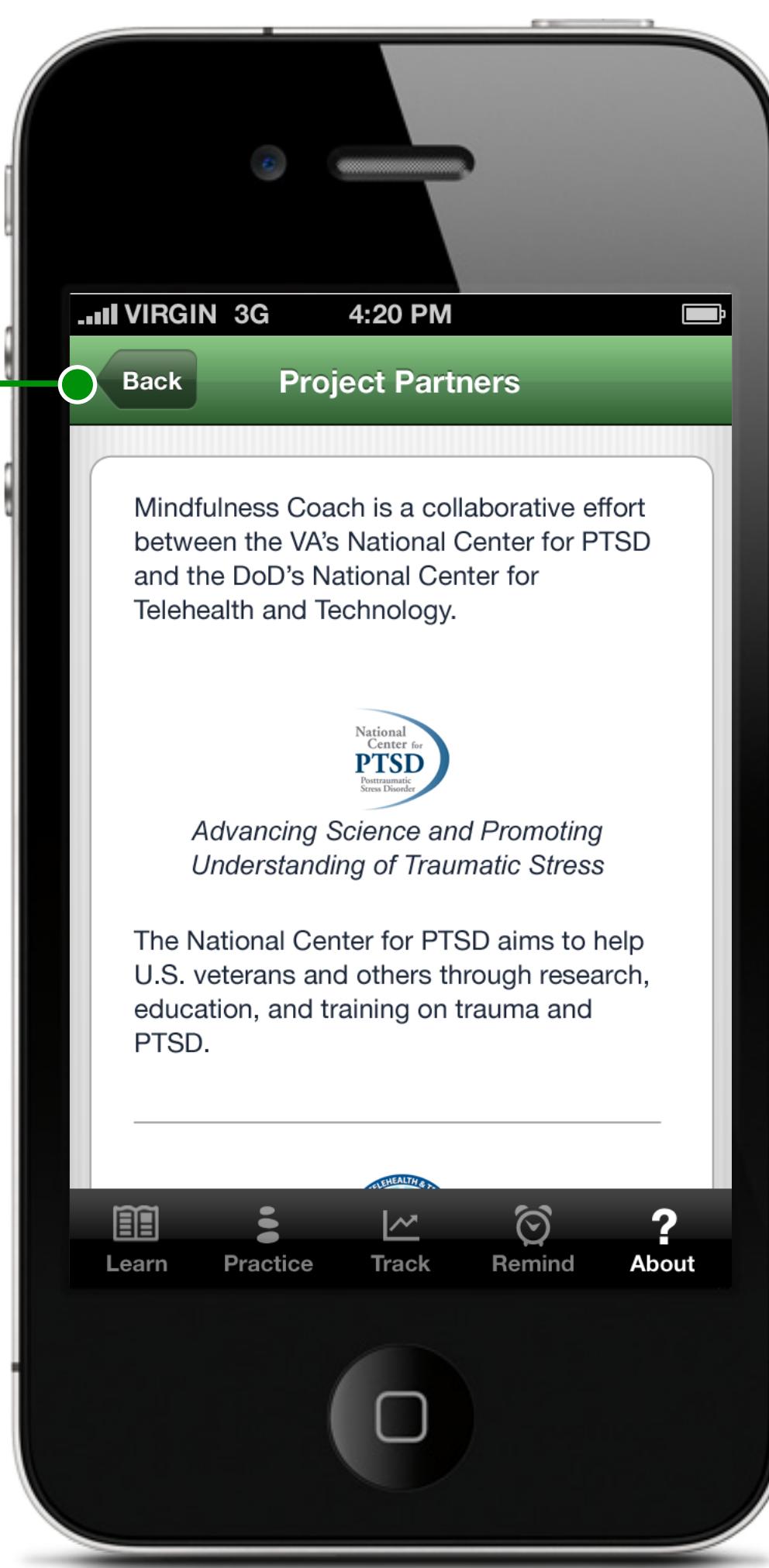
5.0.A



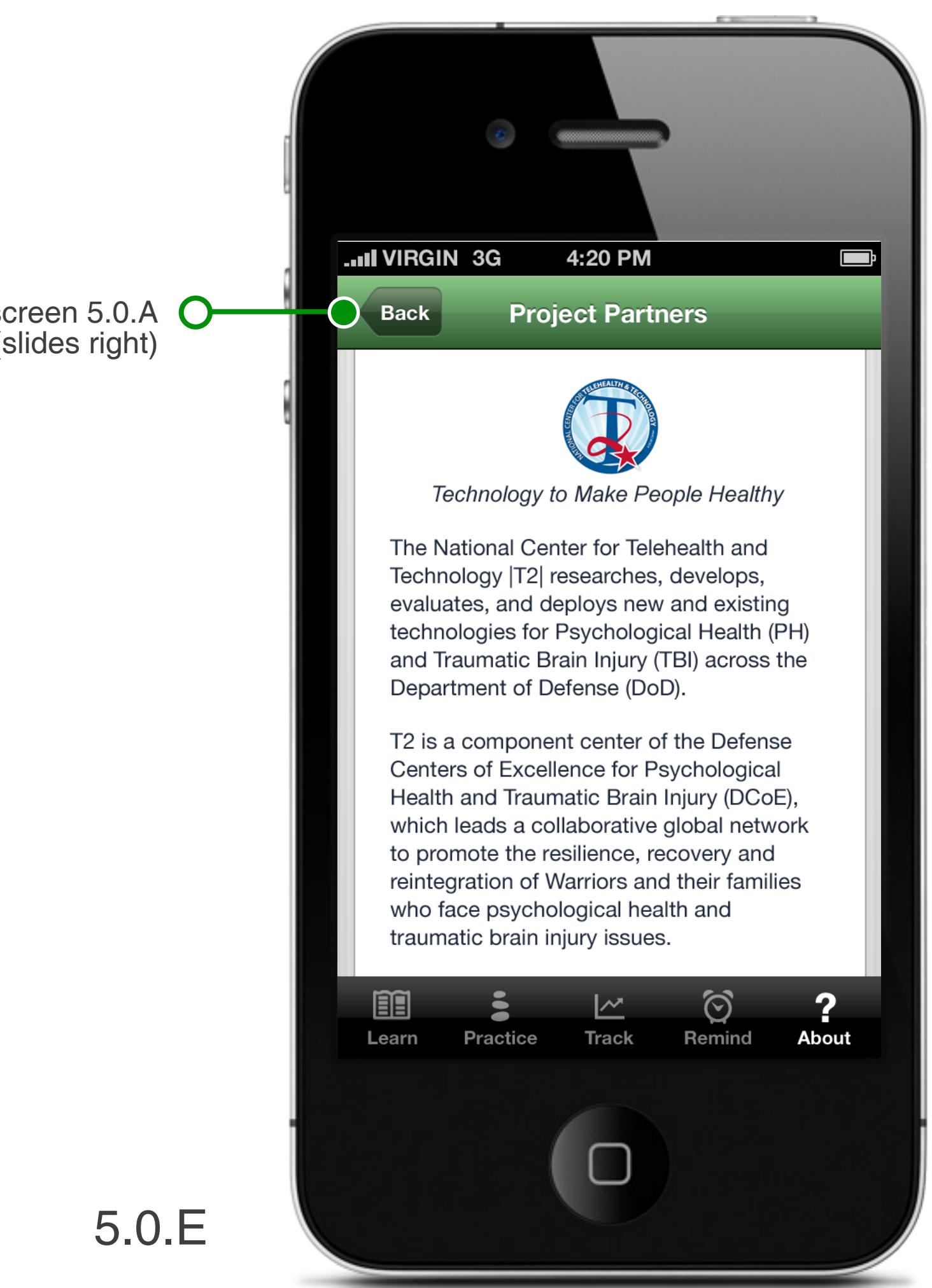
5.0.B



5.0.C



5.0.D



5.0.E

screen 5.0.A
(slides right)

screen 5.0.B
(slides left)

screen 5.0.C
(slides left)

screen 5.0.D
(slides left)

screen 5.0.A
(slides right)

screen 5.0.A
(slides right)

screen 5.0.A
(slides right)

note: refer to screen 5.0.E
for more details

