

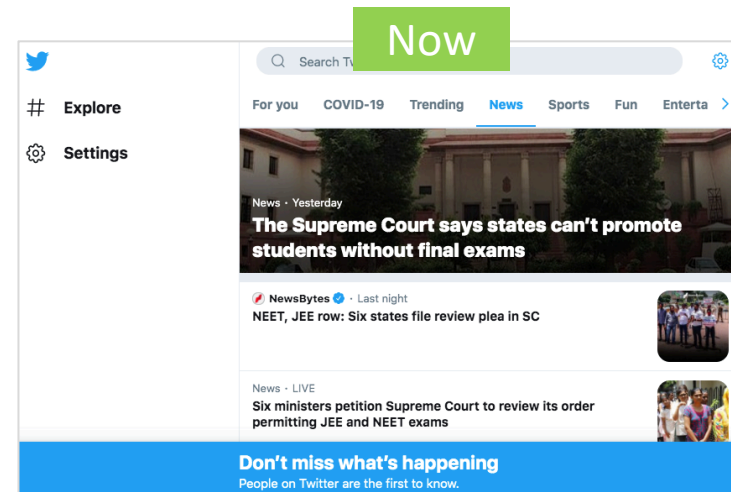
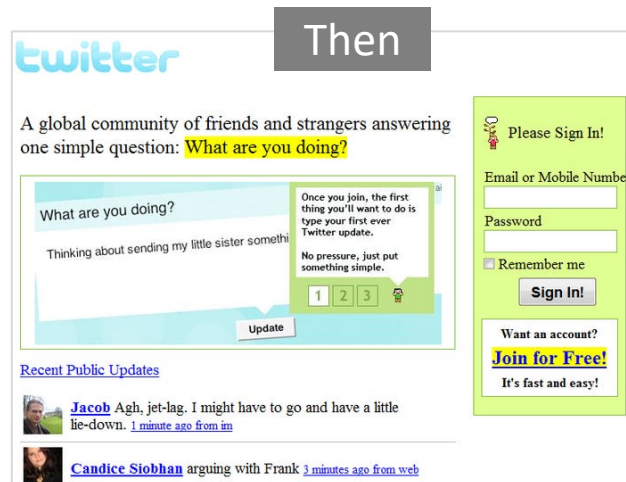
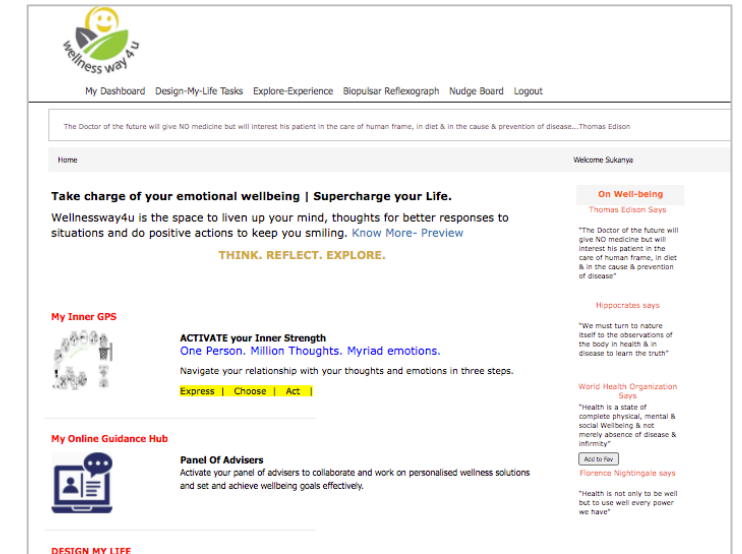
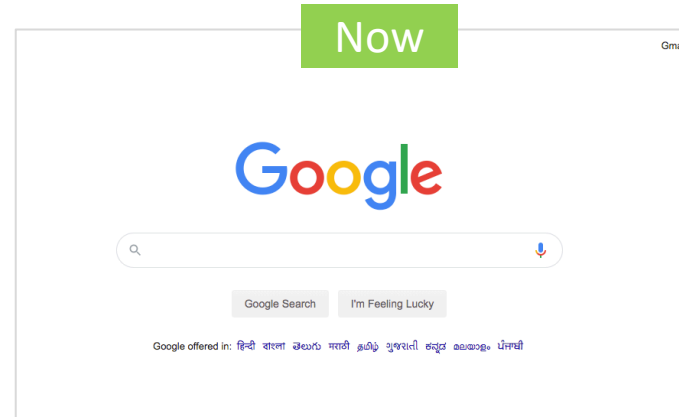
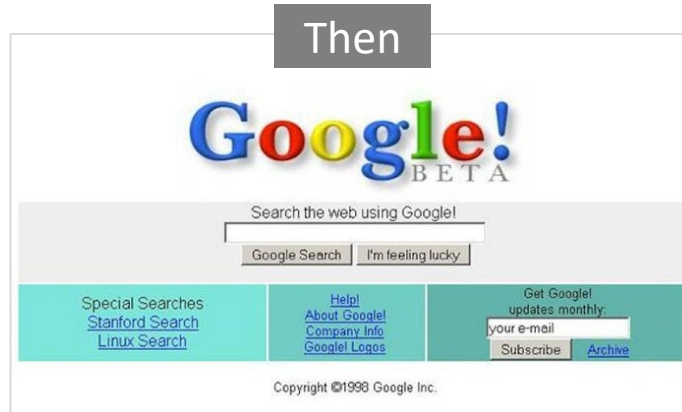
WW4U Process Flow

Notes

- In this deck, we have highlighted the process to navigate only the key features/ tools of the platform.
- Data entered is for illustration purpose and gives the beta tester a flavor of the platform. Our team is working to update the relevant data.
- For better experience – view the presentation in full screen.

Before we dive in...

Here's a look at the **1.0** and **current versions** of popular websites



Your support can help us
create a better and smarter
version of WellnessWay4U

Registration

Take the first step

- Create an account with WellnessWay4U (www.wellnessway4u.com) by filling out a basic registration form (5 minutes max). Click [here](#) to signup.
- Once you fill out the form, and click on **“I accept. Create my account”**, you will receive an OTP on your registered number, which you need to enter to verify your account.

User Login/Signup

All Fields are compulsory

Log In

Sign Up

First Name

Middle Name

Last Name

Gender: ☐ Male ☐ Female

Email

10 digit Mobile Number

Select Country

Select your state

Select your city

Select your location

Password

Password Atleast 1 Upper case alphabate[A-Z], 1 Lower case alphabate[a-z] , 1 Numeric[0-9] , 1 special characters[!@#\$%^&*()-_+=,<>./?]

By clicking the "I accept. Create My Account" below, I certify that I have read and agree to the [Terms & Conditions of Service](#) below and both the [Disclaimer Policy](#) and the [Privacy Policy](#).

I accept. Create My Account

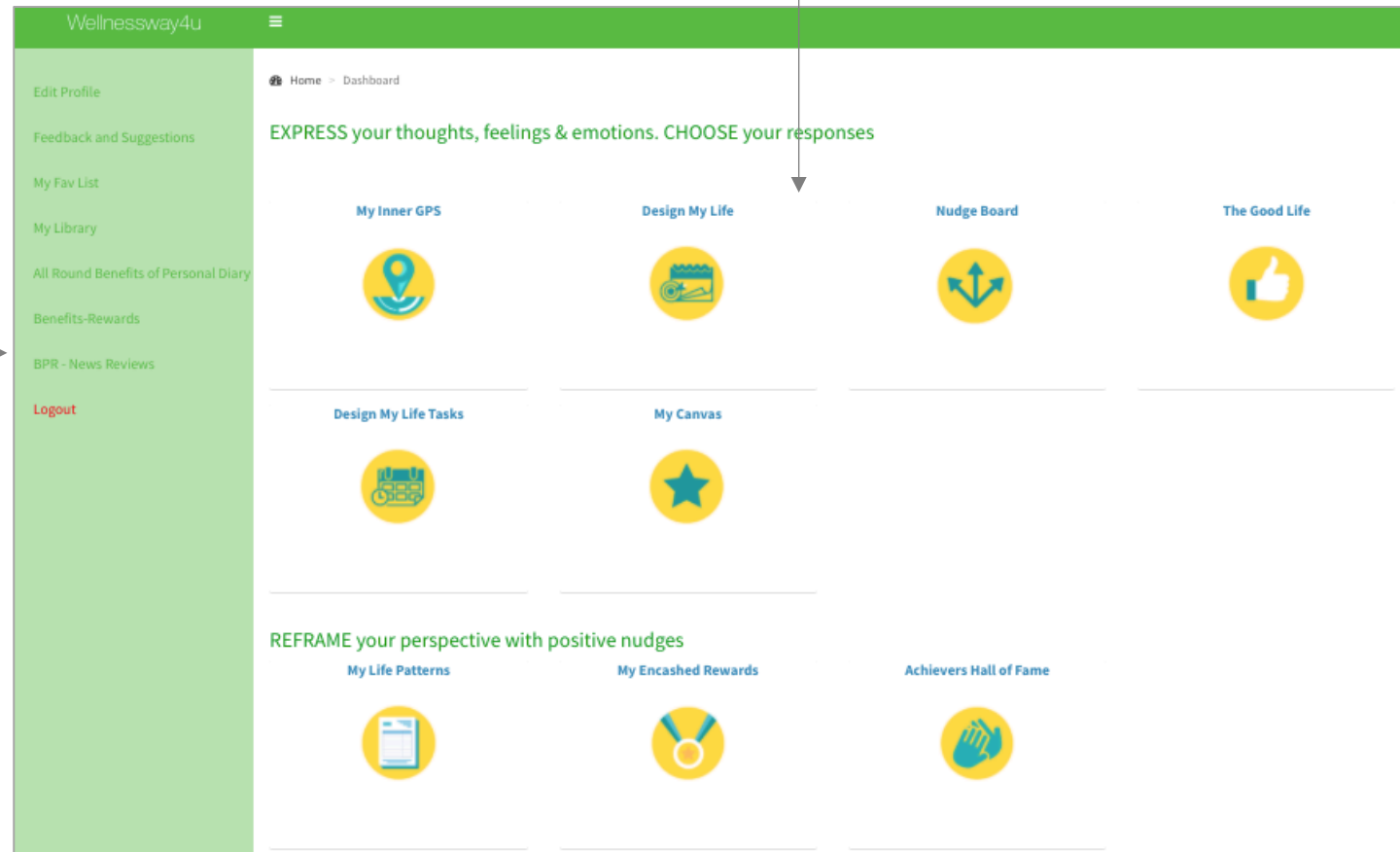
My Dashboard

Get started

Once you login, click on “[Dashboard](#)” in the top navigation bar

Click on the icons to access the features

- Edit profile
- Provide feedback
- View/ Manage content in your library and
- Access general content

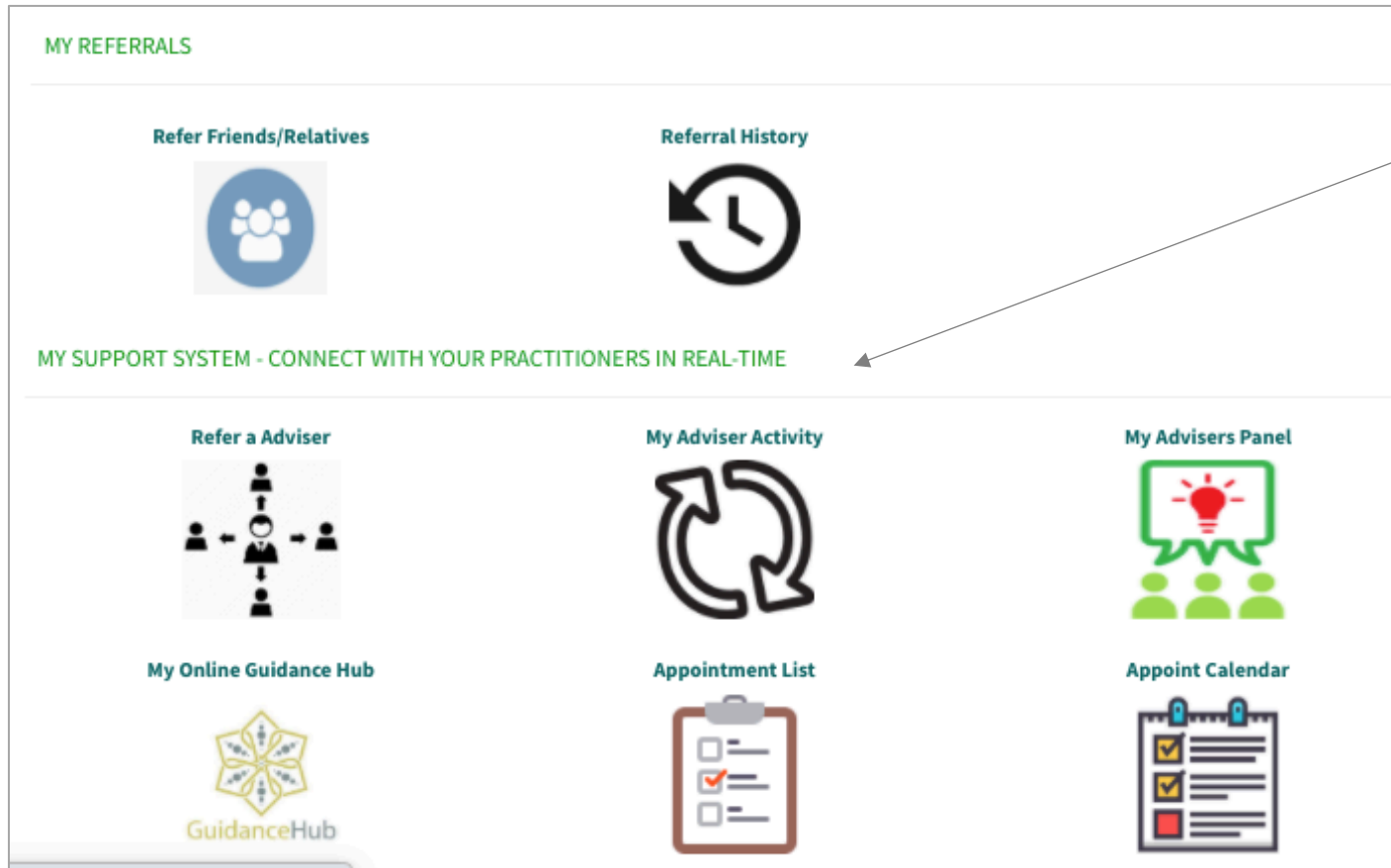


- Click on “Life patterns” to view the activity status/ progress report
- Manage rewards

My Dashboard

Get started

Scroll down...



Touchpoints to manage interactions with practitioner.

★ Upcoming:

- Dynamic analytics and progress indicators.
- Performance streaks
- Weekly highlights.
- Snapshot of upcoming events.

Inner GPS

Express & Reflect

- Select the emotion/ situation/ feeling from the dropdown.
- You can capture more detail such as intensity, time, duration, location, and also elaborate in the text box.



Try it yourself

- **Input** Query/ Focus/ Situation - Select **"Overworked"** from the dropdown.
Describe more (Optional)
- **Input** Trigger One - Select **"Too many projects live at once"**.
Describe more (Optional)
- **Input** Trigger Two - Select **"Unable to prioritise work"**.
Describe more (Optional)

EXPRESS

Get off autopilot. Hit pause and stay with your thoughts.
Take the first step to express your feelings and drill a layer deeper to understand your triggers.

Reset your Mood

Select Theme Select Music Select your today's mascot

Build your path

Select Date

My Challenges History

Select your My Query /Focus / Situation

(Type 4 letters and select keyword option)

Describe More.. [Icons: Toggle, Clock, Calendar, Location, Document]

Select your Primary Cause / Reason (I feel)

Describe More.. [Icons: Toggle, Clock, Calendar, Location, Document]

Select your Other Cause/Reasons (I feel)

Describe More.. [Icons: Toggle, Clock, Calendar, Location, Document]

Breathe In. Breathe Out.

Annotations:

- The historical data and trends of issues & triggers for a time period can be [viewed here.](#)
- Set theme. Select music. Choose a mascot. (All optional).
- Select a date between previous date and current date. Multiple entries for each date is possible.
- Select the up to two triggers . The option to capture more details on additional parameters is the available here as well.
- After you input the data, click here and proceed to the 'CHOOSE' page.

Inner GPS

Choose

- Choose the suggestions you would like to act upon and mark it for the relevant action by clicking on the **eye** and then selecting the relevant action to be taken from the dropdown.
- You can select from the options “Consult Adviser”, “Nudge Board”, and “Challenge to Change/ Set Goal (Design My Life)”.
- This can be done for the “Emotion/Feeling/Situation” and “Triggers” described in the previous stage (Express).



Try it yourself

- Select suggestion 1 and choose **“Nudge Board”** from the dropdown.
- Select suggestion 2 and choose **“Challenge to Change”** from the dropdown.
- Scroll down and click on the **“Act Now”** button.

CHOOSE:

Relax – You have the power to choose

A new perspective. An inspiring thought. A refreshing activity or passion. Choose to respond to your situation through a refreshing lens. Choose to let your thoughts and emotions breathe. You have the power to choose.

In this DIY step, create your own bucket list from the possibilities picked out for you. Pick what floats your boat and select your next move from the options provided in the dropdown.

Reset your Mood

Select Theme Select Music Select Avatar

[View My Canvas History](#)

MOOD BOOSTER

Overworked

Top Suggestions

Find your 20% task - The Pareto principle states: You tend to get 80% of your results from 20% of your work. The best way I Have found to identify my 20% work is this simple exercise: First, ask yourself what you would work on if you could only do three things today. Be ruthless; only pick three. Next, cut that down to two. And finally, just one. If you absolutely had to stop working after doing only one task, which would you do?

Nudge Hub

Prioritise well -- Use Relative Prioritisation. A helpful next step is to assign each task a priority number. If you have ten tasks, each task gets a number 1-10. You cannot have two number ones. The exercise here is to weigh each task against the others in order to determine where to start first

Quick Check-1

View history of Canva options here

Selected options appear here

To do list

Explore More

1. Prioritise well -- Use Relative Prioritisation. A helpful next step is to assign each task a priority number. If you have ten tasks, each task gets a number 1-10. You cannot have two number ones. The exercise here is to weigh each task against the others in order to determine where to start first

Nudge Hub

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Inner GPS

Act

- Options selected in the “Choose” stage appear here.
- You can select the radio box and then click on Explore-Try to proceed.
- Nudge Board will lead you to the page of related curated content and recommendation for more information.
- Consult adviser option will take the user to the adviser interaction page.
- Challenge to Change/ Set goals will lead the user to Design My Life for acting on the goals.



Try it yourself

- Click on “Explore-Try” for the chose options.



Upcoming:

- Buddy Connect - One of the options in the dropdown on Choose page will help users connect with their trusted confidantes.

ACT

Bravo! You have stated the problem and triggers. You have planned the next steps.

Now, here is where the magic happens. Act on the positive reinforcements and start your journey toward change.

MY COMPASS

Entry Date:27-Aug-2020 Sequence:5

Overworked

Top Suggestions

Find your 20% task - The Pareto principle states: You tend to get 80% of your results from 20% of your work. The best way I have found to identify my 20% work is this simple exercise: First, ask yourself what you would work on if you could only do three things today. Be ruthless; only pick three. Next, cut that down to two. And finally, just one. If you absolutely had to stop working after doing only one task, which would you do?

☒ Nudge Board

Explore-Try

Prioritise well -- Use Relative Prioritisation. A helpful next step is to assign each task a priority number. If you have ten tasks, each task gets a number 1-10. You cannot have two number ones. The exercise here is to weigh each task against the others in order to determine where to start first

☐ Challenge2Change

Explore-Try

Nudge board

Curated and relevant

- View curated content for selected categories such as – guides & tips, activities & events, yoga, workouts, & more.
- In addition to curated content, Nudge board also pulls content based on the keyword from sources that are linked to the RSS aggregator.



Try it yourself

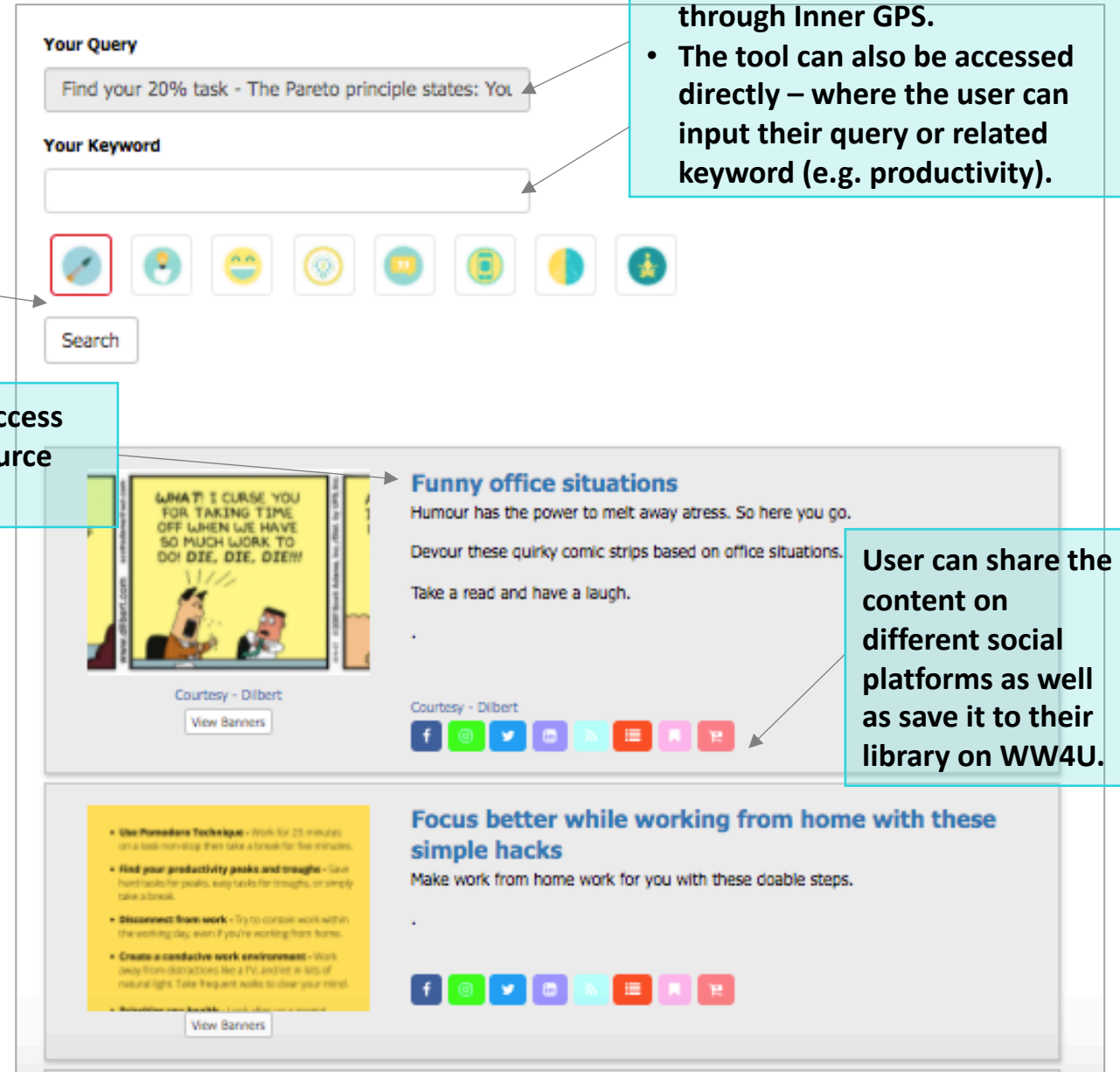
- Directly [access](#) “Nudge Board from the dashboard and type in “Work” or “Stress” in the keyword section.

★ Upcoming:

- A “pin it” feature, where users can create content boards/ guides by topic (reminders / notes to self)

Click the headline to access the original article/ source and read more.

- The query is auto-populated since the user lands on this tool through Inner GPS.
- The tool can also be accessed directly – where the user can input their query or related keyword (e.g. productivity).



Design My Life

DIY change enabler

- State your goal.
- State your action plan add details such as time, location, duration, additional notes.
- Jot down issues and barriers.



Try it yourself

- Follow the above guidelines to capture your goal on the tool.

★ Upcoming:

- Sync activities with calendar. Trigger reminders.
- Find relevant resources related to goal.
- Smart prompts once the goal is set to keep users going strong on their journey to change.
- Collaborate with the community members/ friends.

Select Theme ▼

Select Music ▼

Select your today's mas ▼

Prioritise well -- Use Relative Prioritisation. A helpful next step is to assign each task a priority number. If you have ten tasks, each task gets a number 1-10. You cannot have two number ones. The exercise here is to weigh each task against the others in order to determine where to start first
(Challenge2Change)

Challenge2Change-Step by Step

Get, set go -- You can do it. Believe in yourself.

It's simple and effective -- prompts and resources are available to help you in your journey to become YOU 2.0

One CHANGE as your Focus / Goal

?

DYL ModelV

Your Action plan in maximum 10 single Steps (+). For specify details (eye icon) for each.

?

+

Design My Life

Calendar and tasks

- Click on [Design my life](#) tasks on the dashboard.
- Your day's tasks will pop up on the screen. You can take action on specific tasks by clicking on the “eye icon” next to each task.

The dashboard shows a 'Today Task' pop-up window with a list of tasks. Below it is a weekly task calendar for the week of September 27 to October 3, 2020. The calendar displays tasks for each day, including 'Reusing some of the water for watering gardens in our homes', 'War water before bed', and 'Try different Solution'.

Sr.no.	Today Task	Action
1	Happiness is not a stable to arrive at, but, rather, a manner of travelling.	
2	Reusing some of the water for watering gardens in our homes	
3	War water before bed	
4	Try different Solution	
5	Building a big office.	

The 'DYL Review-Act' page displays task details for 'Save Water'. It includes a 'DO IT' button, an 'ACTION' button, and a detailed description of the task. The task is 'Reusing some of the water for watering gardens in our homes'. It includes details such as 'Week days: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday', 'Location: Home', 'Alert: SMS', 'Time: 11:45', 'Duration: 5 Minutes', and 'Comment: Test Thanks nature mother earth 210920 b'. There are also 'DO IT' and 'ACTION' buttons at the bottom.

Save Water

DO IT **ACTION**

Inputs

Reusing some of the water for watering gardens in our homes

Week days : Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday

Location: Home

Alert: SMS

Time: 11:45

Duration: 5 Minutes

Comment: Test Thanks nature mother earth 210920 b

DO IT **ACTION**

CLOSE Water taps when not in use

From : 21 Sep 2020 **To :** 30 Sep 2020

Location: Garden

Alert: e-Newsletter

Time: 16:00

Duration: 365 Day(s)

Comment: Test Thanks nature mother earth 210920 a

DO IT **ACTION**

- The path from where the task is initiated is shown here.

- In this frame, you can see the micro-tasks chalked out for a master task. E.g. – “Save water” is the master task and the other two are micro-tasks for the day.
- Once you have completed the task for the day, click on “Do It” next to each task. Once you do that, you will be required to fill out the activity completion details and mark it complete.
- When you click on “Action” you can reschedule the task and make other modifications

On this page, you can also view the tasks lined up for the rest of the days of the week/month. You can adjust the view as required.

Online Guidance Hub

Practitioner Interaction

Build your adviser panel by **inviting** your practitioner(s) to the platform.

If the user is led to this page from Inner GPS, then the query is pre-populated and the user can select the relevant adviser they would like to share the details with.

If not by the above method, users can start a new conversation thread by adding a new query.

Threads on different topics will appear in the conversation feed here.

My Online Guidance Hub

Stay connected with your adviser anytime, anywhere

An online consultation forum to enable multiple advisers (Practitioners/ coach) to provide guidance, personalized wellness solutions and services customized to your specific wellbeing need.

- Build your panel of advisers.
- Interact with your panel – post queries, share progress reports, and receive feedback.
- Set goals and achieve them with the help of your adviser.

Pro tip: Collaborate with your adviser to set goals, track, and receive feedback. Once you enter a query and select the reference, after that go to the add column and provide relevant details. The icon will move to the view column and this information will be visible to your practitioner and, together, you can work to conquer the goals

From date: To date:

Search Keyword:

Search For: My Patterns:

Adviser Name: LearningWave Status: **Activated By Me**

Sr No.	Query / Guidance ID	Reference	Queries & related Guidance	Date	Add	View
1	SUKA00064	Challenge2Change	Prioritise well -- Use a priority matrix. Take all of your tasks and assign each a priority based on the priority matrix by Stephen Covey - Important, Not Important, Urgent, Not urgent	29-Aug-2020 01:09 AM		<input type="button" value="Update"/>

User can add filters of date range, advisers, and patterns (issues) or also look up the feed for specific keywords.

Create appointments with advisers. Add it to calendar.

Collaborate with advisers by providing access to data on relevant tools (e.g. Inner GPS, Design My Life, etc.).

Update query/ responses.

Online Guidance Hub

Calendar and Appointments

[Appointment List](#) will give you a glimpse of your appointments. You can apply the relevant filter to view the desired information. For an appointment created by your practitioner, you have the option to Accept/ Decline/ Cancel

This is your Appointment calendar with all your Advisors- Practitioners

< > today August 2020 month week day list

W	Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	26	27 4p Appointment of Dupli T 8p Appointment of Avni,Ba	28 10:30a Appointment of Av 10:45a Appointment of K 8:37p Appointment of Ray	29	30	31	1 3p Appointment of Ketan,C
32	2	3	4	5	6	7	8
33	9	10	11	12	13	14	15
34	16	17	18	19	20	21	22

All active appointments with your practitioner panel will appear in the [Appointment Calendar](#)

Appointment List

From date

To date

Search Keyword

Search For

Select Vendor

Search

Sr No.	Appointment Date	Appointment Time	Contact Name	Contact Address	Vendor Info	Request Status	Request Date	Action
1	23-09-2020	11:45 AM	Avni	Bambolim Complex,Panaji,Goa,India	Pavan media	Accept Remark:Test Appointment Accepted 220920	22-09-2020	View
2	27-07-2020	4:00 PM	Dupli	A.M. Colony,Mumbai,Maharashtra,India	Pavan	Pending	26-07-2020	View Decline

Vendor Name: Pavan media Vendor Email: pavan@wellnessway4u.com

Remark: Test Appointment Accepted 220920
Appointment Date: 23 Sep 2020 Appointment Time: 11:45 AM
To Meet: Avni Location: Bambolim Complex,Panaji,Goa,India
Appointment request status update On 22 Sep 2020.

Special Inputs

What Services are you interested in ?

Test Health and Wellness 220920.

Best Time of the day to reach you -

13:00 hours

Preferred method for contacting you

I would like to be notified about new products

Yes

What days work best for you ?

Tuesday,Wednesday,Friday,Saturday

I would like to be notified about promotional services.

Maybe

On clicking "View", you can get the detailed information regarding each appointment.

**Thank you for reviewing the process flow.
We appreciate it.**

**For us to make the experience better, we would
request you to provide your feedback on the below
link**

(in case it does not work directly, copy the link in your browser).

https://www.wellnessway4u.com/design-my-life.php?&ref_num=Dsgn-Q-Sug&fav_cat_id=406&group_id=661

You can reach out to us at - support@wellnessway4u.com | 91 – 86550 18341