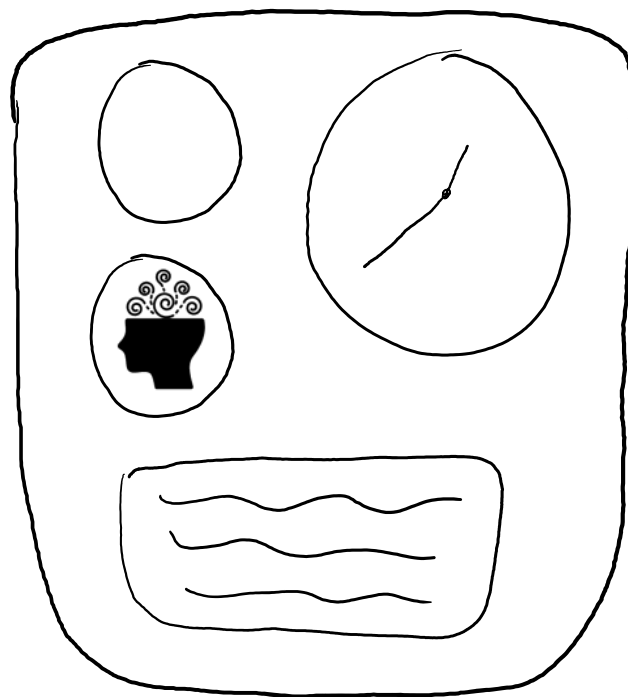
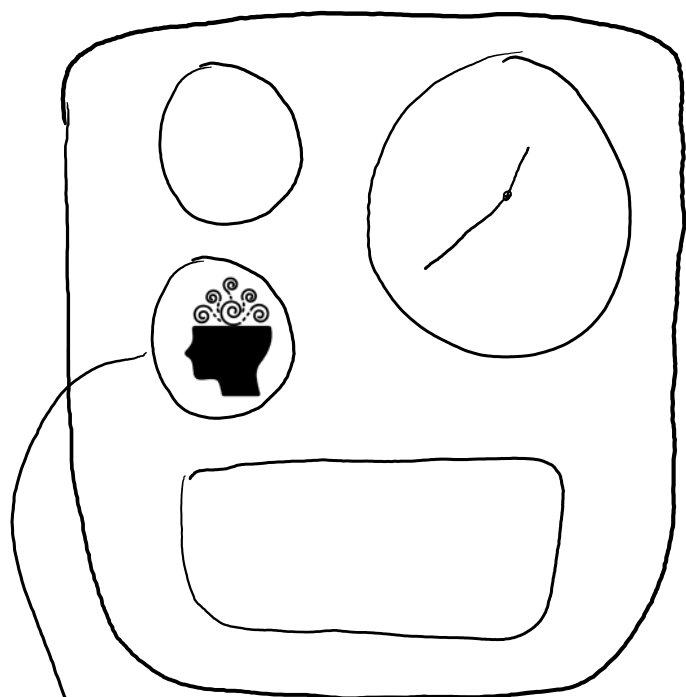


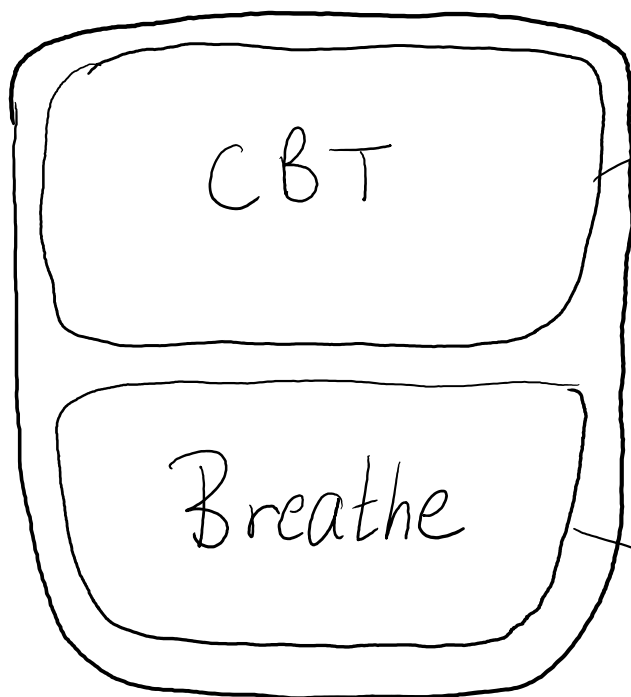
Cope App - Lo Fi Prototypes (Watch Face)

Add complication to watch face

View CBT cues on the watch face



Launch app

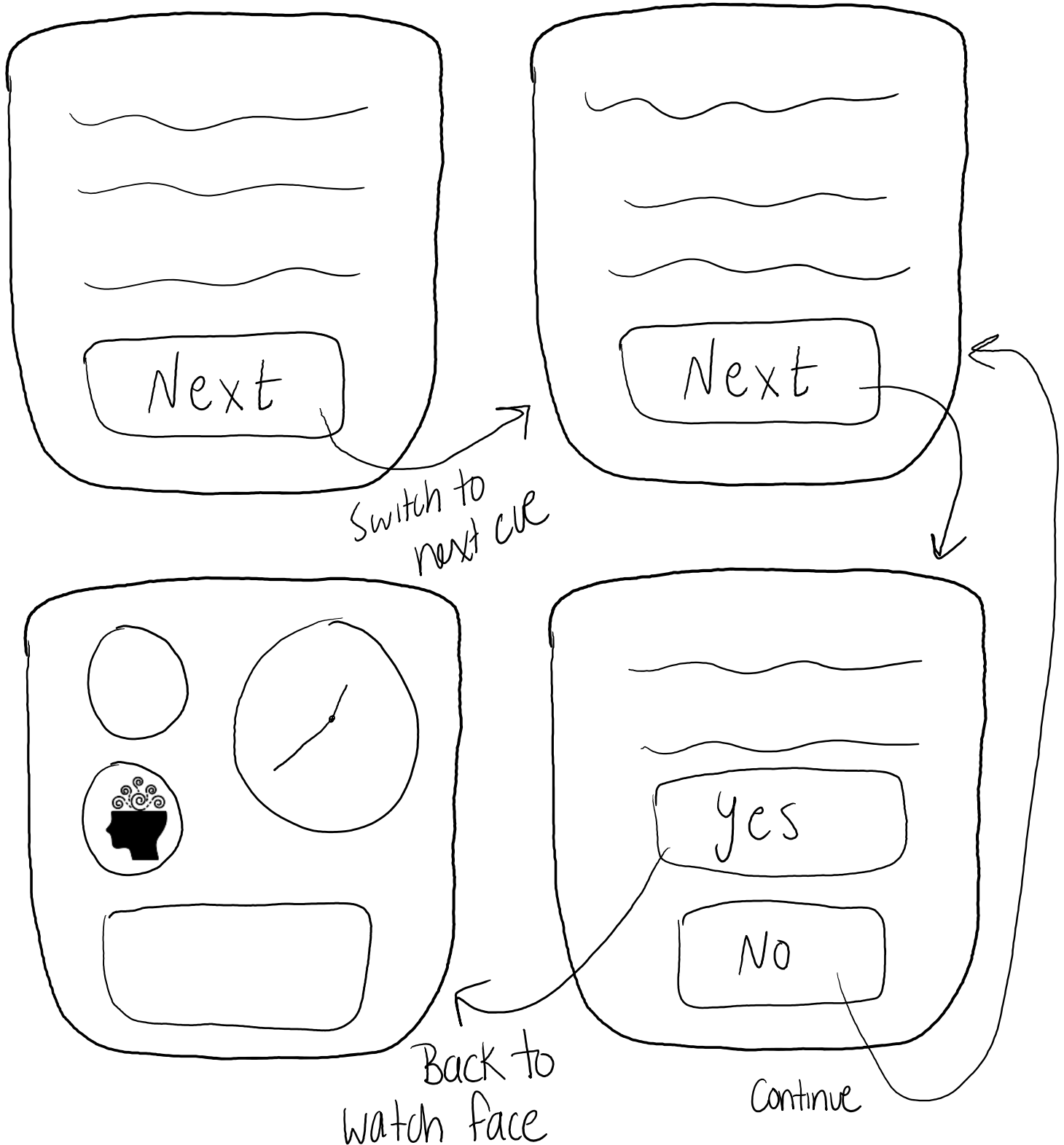


CBT
mini app

Breathe
mini app

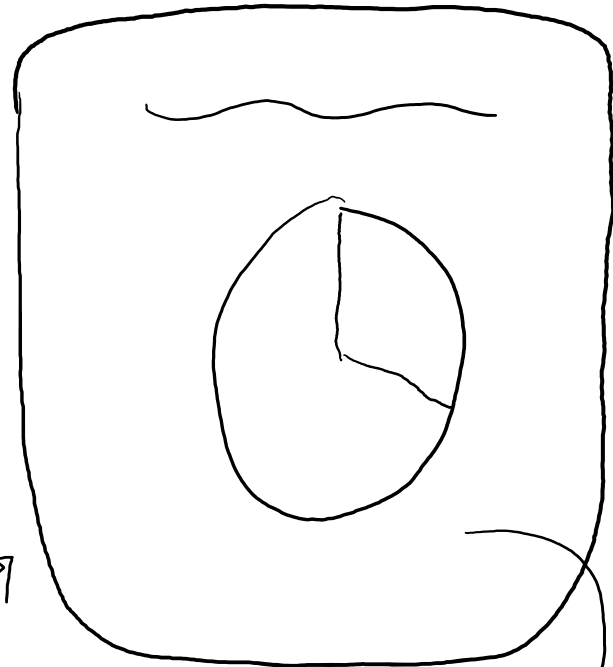
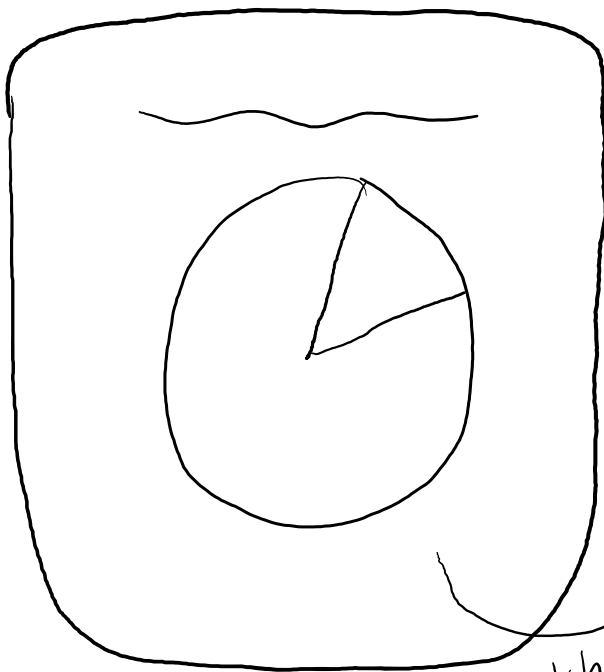
Cope App - Lo Fi Prototypes (CBT Mini App)

View CBT coping techniques

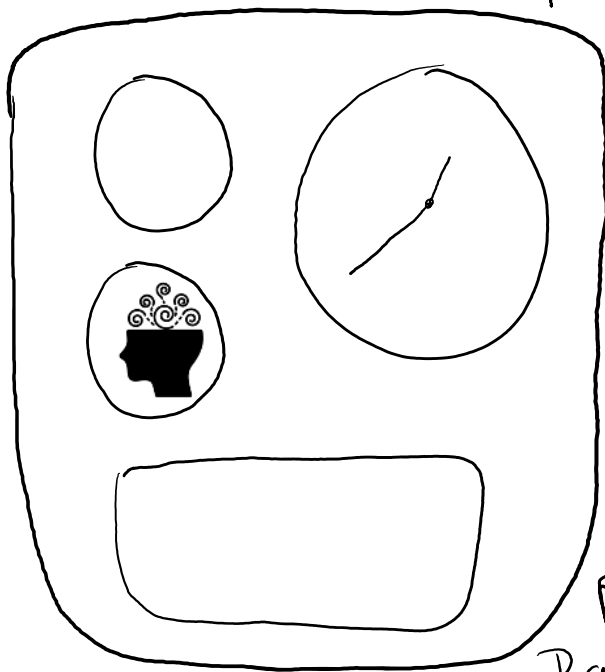


Cope App - Lo Fi Prototypes (Breathe Mini App)

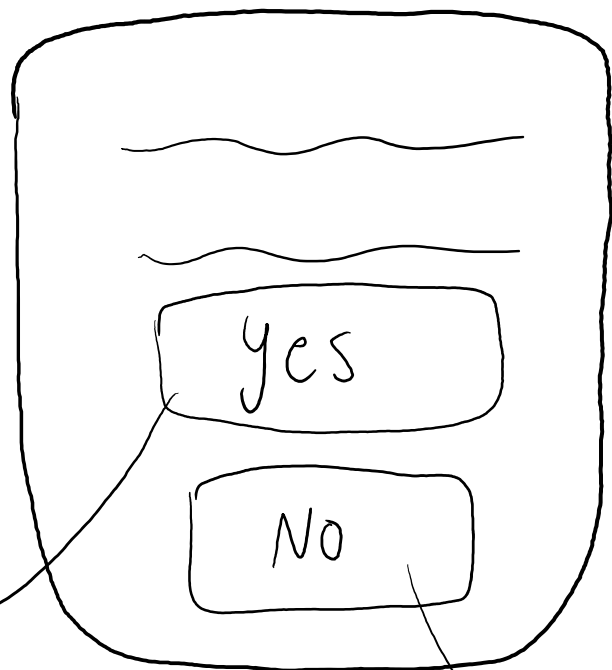
View breathing techniques w/ timer



Switch to
next cue



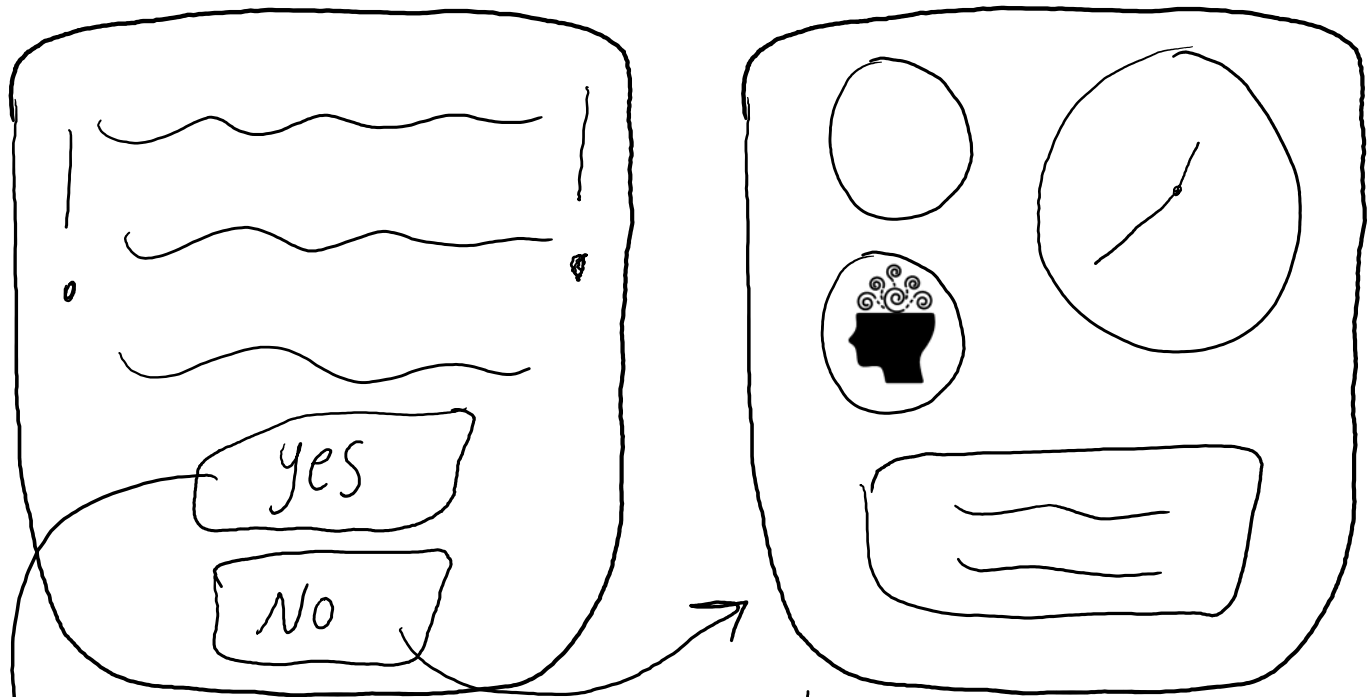
Back to
watch face



Continue

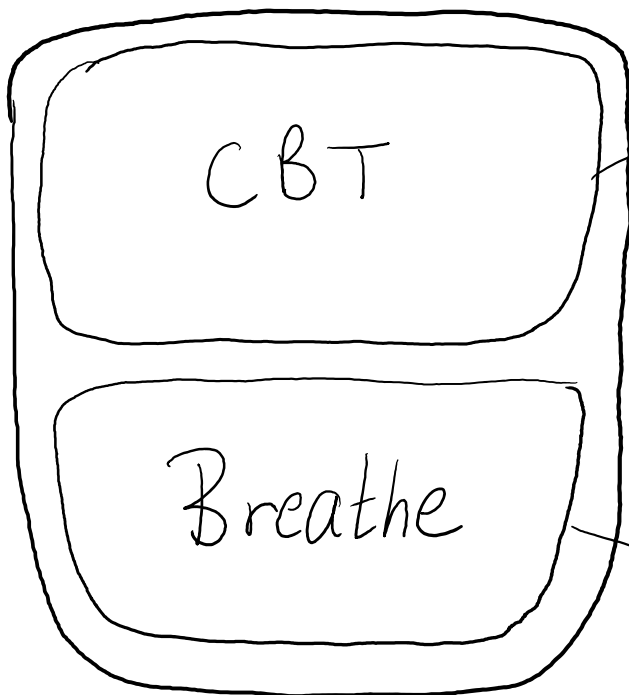
Cope App - Lo Fi Prototypes (Notifications)

Alert for periodic check in



Launch App

Back to watch face



CBT
mini app

Breathe
mini app