University of Regina | FACULTY OF ENGINEERING & APPLIED SCIENCE

Project scope

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Community (UN SD goal):   #3 Good Health and Well Being

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Project Name	Cope
Project Deliverables	
Access the Application	Add complication to watch face - edit watch face and add Cope app to face as complication Start the application from watch face - single click launch from watch face
Access Coping Mechanisms	View CBT coping techniques - click to view cues for CBT Switch CBT cues upon completion - cycle through CBT cues as the user feels necessary Select specific coping technique - choose either breathing or CBT cues View breathing coping techniques - click to view cues for breathing View cues on the watch face - have cues display on watch face complications without using app
Personalize the Experience	Select custom CBT categories - save preference for calming or empowering CBT cues Select CBT count before check in - save preference for number of cues displayed before app check in Select breathing technique - save preference for breath cue technique Select breath count - save preference for number of cues displayed before app check in Select check in frequency - save preference for frequency of push notifications Select custom color palette - save preference for app display color

Project Exclusions

IOS interface

User login functionality

Discussion boards / forums