

*Todays small  
changes, start  
tomorrows big  
future*

# IVIEW HEALTH & WELLBEING

## DIGITAL BROCHURE



## USING TECHNOLOGY, ENABLING SUCCESS.

Introducing iView Health & Wellbeing.

iView are a dedicated team, passionate about promoting positive mental health and wellbeing. iView Health & Wellbeing has been developed to support individuals to achieve optimum wellbeing, through personalised goal setting informed by analytics of daily habits and health monitoring.

This new system consists of the iView Watch, the iView Health & Wellbeing App, iView Analytics and iView Chat.



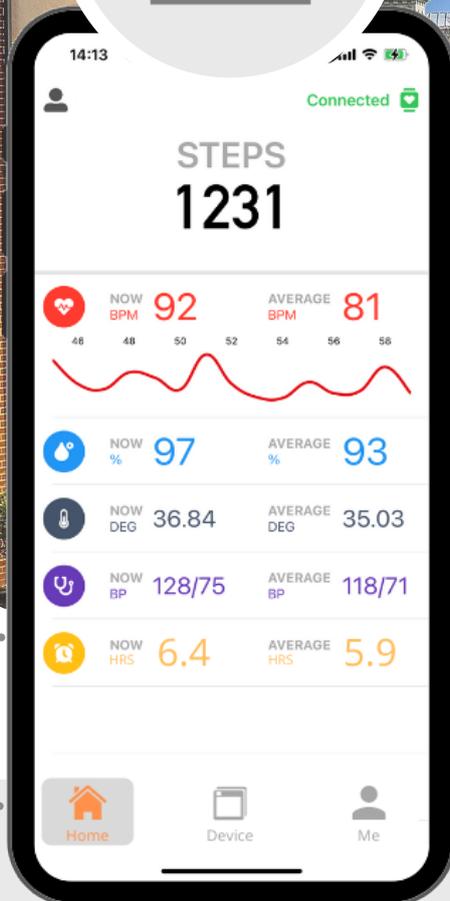


### MY CUSTOM GOALS

To get a full 8 hours of sleep for at least 4 days a week.



Walk 8,000 steps everyday.



# APP & WATCH

Try reducing your screen time today.



Don't forget to drink plenty of water.

# A NEW APPROACH TO MENTAL HEALTH.



**iView Health & Wellbeing** is designed to track health data collected through your iView Watch, you can then monitor your health data through the iView Health App on your mobile device.



Your iView Watch tracks the following vital parameters:



- Heart Rate
- Blood Pressure
- Blood Oxygen
- Temperature
- Sleep
- Steps
- Hydration



The iView Watch and App will also offer advice on when to stand, should you be sat down for long periods of time. You'll also receive reminders to drink water throughout the day, plus other general advice. These parameters can be adjusted to suit the individuals needs.



## MENTAL HEALTH STATISTICS (PRE COVID19)

**34%** of students report having psychological difficulties for which they needed professional help.

**1 in 4** experience mental health issues every year.

**1 in 6** experienced a common mental health problem in the last week.

# MINDFUL MESSAGES.

As your health data is collected iView Health & Wellbeing will generate a mindful message.

Our mindful messages are there to support you and are generated depending on the goals and parameters created on iView Health & Wellbeing by you.



It's time to stand and move around.



You got less than 8 hours sleep last night. You may experience fatigue, stress and lack of focus today.



Create a regular bedtime routine to help you wind down, avoid using smartphones for an hour or so before you go to bed.



## Custom goals are an essential part of iView Health & Wellbeing.

To ensure you're getting the most out of your subscription, we recommend working with a mentor to create a set of iView Health & Wellbeing goals. These goals will be custom made to your needs and are crucial for tracking your health progress.

# SIMPLE CHANGES MAKE A MASSIVE DIFFERENCE

All health stats can be viewed using your iView Health & Wellbeing App.

You can also utilise your iView Analytics dashboard, here you'll be able to view your health data and track your progress in more detail. The iView Analytics dashboard allows you to merge particular health stats to view common patterns, you can also adjust various parameters such as date and time to suit your needs. A PDF can then be sent for records or saved onto the system. This enables users and mentors alike, to analyse how small changes can positively impact day-to-day-life by highlighting beneficial changes.



# INTRODUCING iVIEW CHAT

iView Chat is a live chat function monitored by trained support practitioners. iView Chat is our first line of support. This live chat system is accessible to users 12 hours per day, 7 days a week.

Our iView Chat practitioners are there to give advice and guide users to internal and external resources when they are feeling stuck and want to talk to someone.



**iView Chat**  
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hours per day,  
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iView Health & Wellbeing

info@iviewhealth.co.uk | 01432 808 678