

Merrimack College Well-Being Application

User Manual Document

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Introduction

Everyone has dealt with some sort of emotional, physical, mental, or social health factors that can affect their lives. This project aims to impact and help people who struggle with any sort of wellbeing aspect of their life. This is to be created through a mobile application that would manage the mental health and wellbeing of its users. Upon opening the application for the first time that day, questions prompt the user in order to assess their wellbeing. Given the results of those questions, information would be provided to the user with wellness based activities. These activities include mainly videos that are linked with the app and other infographics about the topics. To help develop this application, Ray Lavoie from the Marketing and Sports Management Department will provide us with infographics, supplementary videos, and a list of questions about each topic of wellness. This software has great potential to effectively help people and we all look forward to the development process.

Executive Summary

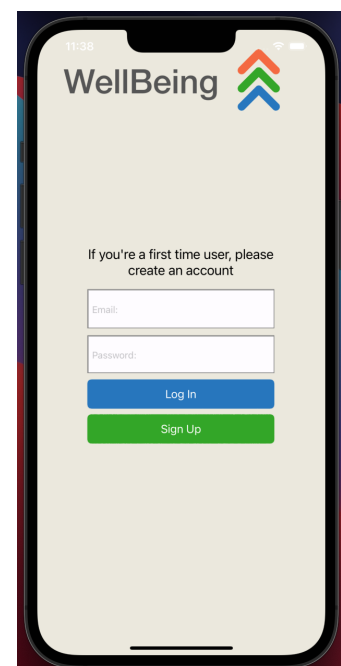
The completed Wellbeing app will be used by Merrimack students, faculty, and staff so that they can assess, manage, and maintain their mental health. Users of the app will answer questions everyday and after the assessment they will be able to view videos, infographics, utilize a wellness tracker, and be able to journal down their thoughts and emotions. This app will be an iOS app, which means it will only be available on Apple phones and tablets.

Application Sections

On the first time downloading this application you will be brought to a login screen. At this point you should Sign up and enter the prompted information. After this process you will be sent straight to the home screen and this is where the backbone of our project lies. By answering the questionnaire questions, by clicking the orange button, that information will be put to use by our Charts page. Once you complete the questionnaire you should see that the gratitude tree has updated and be shown a leaf of a certain category you scored well in. After this, you can navigate throughout the app to either the Mental Fitness Matrix to where you can browse all of the videos that relate to certain topics about mental health. You can navigate to the Journal page, this will probably be the most used page of the app because this is where it stores all of your thoughts throughout the day. After this you can either go view the Charts page, where you can see your past scores or you can go to the Profile page to update your profile picture, see our User Manual, or just sign out of the app.

Login Procedure

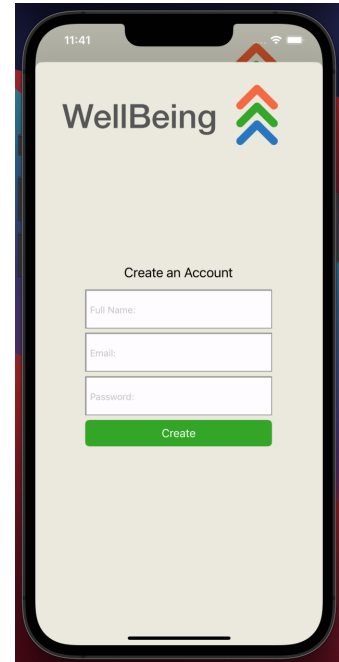
- First Time
 - Once you open our applications for the first time, you will see our splash screen appear for a moment and then you should be directed to a screen that looks like the one to the right of this text. On the screen it tells you if you are a first time user you need to create an account before you login. You will have to click on the “Sign Up” green button to continue to create an account.



Once you have clicked the Sign Up button you will be redirected to another screen. If you try to log in with an email address that has not been verified by our application you will not be able to login and be prompted to enter a valid email address. The same thing goes for the password, you will need to enter a valid password connected to the email address to be able to login to that specific account.

- Creating an Account

- You will need to provide a full name, a valid email address and a valid password to continue onto the application. If your email is invalid you will not be able to sign in so you will have to re-enter a valid email address. For the password, you will need to have a 6 character password. In this password you can use special characters and numbers as well. All of your information will be secure and encrypted so you do not have to worry about your data being stolen or used elsewhere. Also, if for some reason you find yourself clicking on “Sign Up” instead, you just need to press and flick down to go back to the login screen.

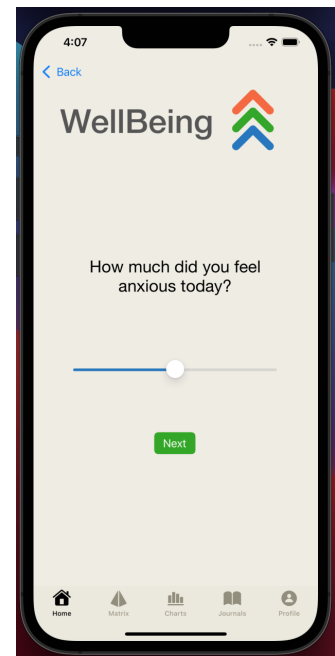


- Existing User

- If you are an existing user you will be automatically signed into the application and head straight to the Questionnaire page within the application.

Questionnaire

- How does this work?
 - Once the user is in the app, they will need to navigate to the Charts page. This is where the user needs to click on the Questionnaire button at the bottom of the screen and they will be brought to a survey like screen. Once you are here you will be asked a series of five questions where you will use the scroll bar provided to answer 1-10, how you react to this question. To go through each question you will press next until your score appears and that will be your score for that day. That score will then be stored and used for future reference to see how you are doing throughout the week or even month in the Charts page. Once you finish the questionnaire you can navigate through the application by pressing the icons on the bottom of the screen.



Home

- What is this tree on my screen?
 - The home screen will display to the user a [gratitude tree](#). This gratitude tree will show the user how they are feeling throughout the week by entering what they are grateful for and it will populate the tree. The tree will reset after each week so that the tree won't get too cluttered and it will be easier to read. This tree will also be interactive because the user

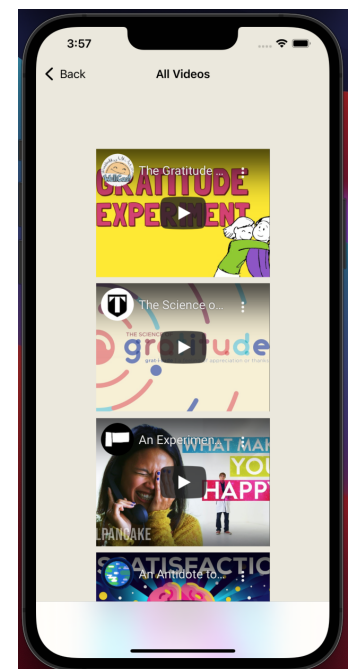


will be able to click on each leaf and it will be able to tell you what each leaf means.

- The word on the tree symbolizes what category you scored highest on that day and it will display on the home screen.

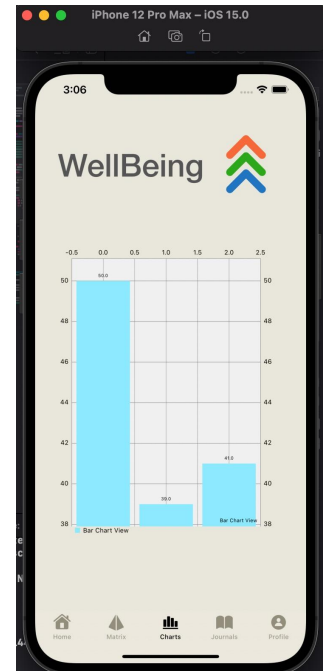
Mental Fitness Matrix

- What is a Mental Fitness Matrix
 - A Mental Fitness Matrix is where the user will be able to see videos on these topics. Positive Emotions and Engagement, Accomplishment and Meaningfulness, and Relationships. These are the categories that the Questionnaire, Home, and Charts page are based off of. If you click on any of the sections in the triangle, you will be sent to a video page just like the one you see on the right. In this instance if you click on the green button that says “Browse all categories” you will be sent to this page where you can scroll through all of the videos that are provided in the application. All of these videos are hyperlinked from a youtube video so it is very easy to navigate. You can enlarge, turn subtitles on, and adjust the volume through the app, it is very user friendly.



Charts

- What information is being presented to me?
 - You will be presented with a bar chart where you can see how well you scored on the mental health questionnaire. It will also have the questionnaire button so the user can fill it out. The bar graph displays the scores that you got on every instance you fill out the questionnaire and will serve as a guide where you have some room for improvement.



Journal

- What is a Journal?
 - On this screen you will see your journal. This journal will help you stay organized and help you become aware of how you are doing through the week. When you first open the journal screen you will see basically a blank screen that only has a “+” in the top right corner and in the middle it will say “No Notes”. The “+” in the right corner will create a new journal entry.
 - To create a journal entry you will need to click on the “+” and that will direct you to a new screen and this is where you are able to make an entry. Once you are done filling out your journal entry you will need to click on the save button and



then you will have your first journal entry! This entry will be saved to your account and no one else will be able to see this information. Just like the email and passwords, all of your information is encrypted and secured.

- Once you have created a journal entry
 - You are able to revisit your past journal entries to either look through them and reflect or you are able to edit them so you revise and add more information if you forgot to add something from before.

Profile

- What is a Profile?
 - On this page you will first notice the select image button. With this button you can choose from preloaded images to set your profile picture. If you don't end up liking this image you can click on "Select Image" again and choose a different picture. This picture will show up every time you log in. The second item you will see is the user. This will display the email that you entered with and your name that you entered. You will finally see the "Settings" and the "Sign Out" button. The setting button will direct the user to a google page of this document, the User Manual. The sign out button will sign you out of your account if you don't want to be logged in all of the time.

