

In this tutorial, we would like to guide you through the Mindstretch app after you complete the installation. If you have not already done so, please go to: <https://www.biorics.com/getting-started/>.

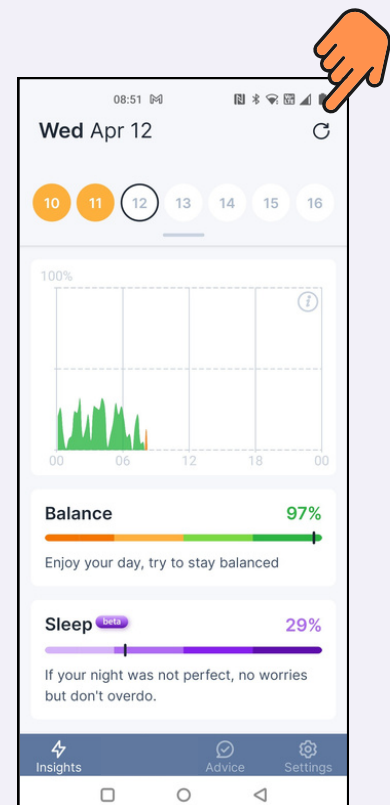
How do I receive my measurement results?



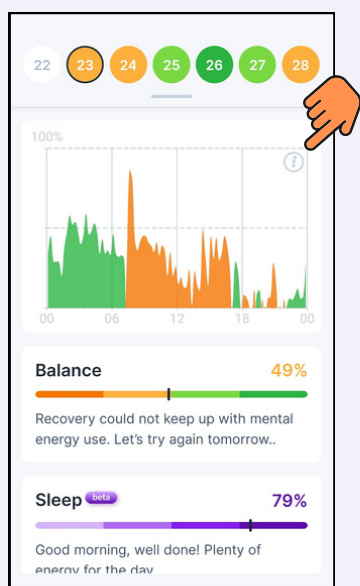
Make sure you are connected to the internet and that Bluetooth is activated.


Always first open the Fitbit app and let it sync (swipe down). Then open the Mindstretch app and click on the little circle at the top rechts.

You can have the Fitbit app sync automatically. To do so, go to "frequently asked questions" or "tutorial videos" in the Mindstretch app settings.



The daily graph



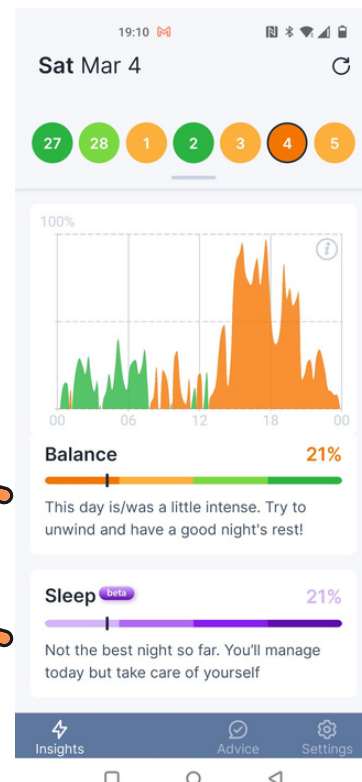
The daily graph shows the evolution over 24 hours and starts with the night. Hence, with a good night recovery, the first part is "green." The green color represents energy recovery. During the day, the daily graph builds up with green or orange bars. Orange means mental energy consumption, which is quite normal because most activities also often require a lot of energy from the brain. You can zoom into the graph by pulling it open with 2 fingers - see also .

The balance score and sleep score

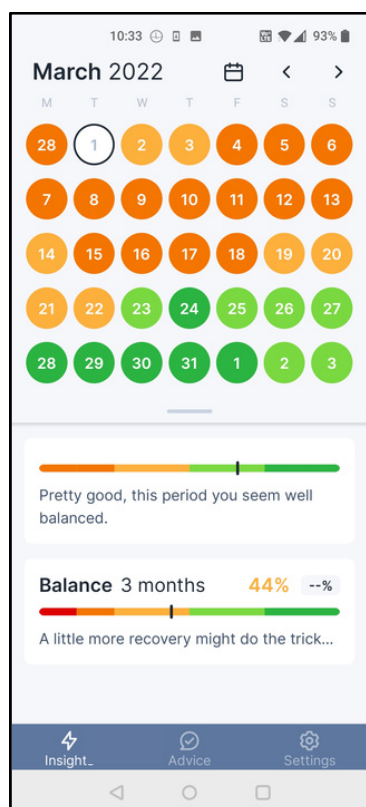
Below the graph you can see the balance score for the day. You are exactly balanced when this score is 50%. The score is not final until midnight at which moment it will translate into an orange or green bullet (see explanation below).

Each morning you also receive a sleep score. It tells you how well your sleep recovery was the previous night.

When you click on the bullets at the top and scroll down, the monthly overview appears.



The monthly overview



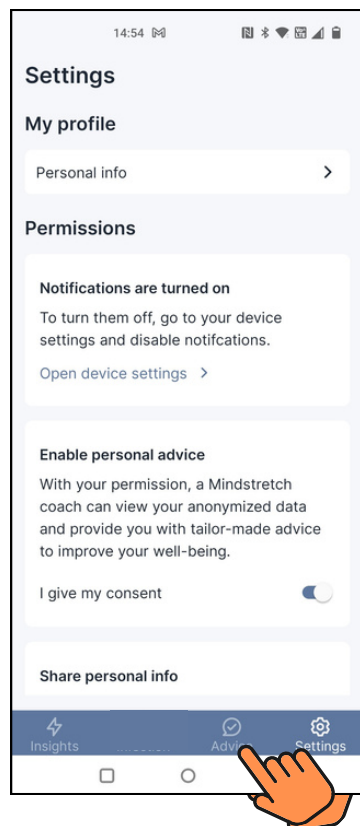
An "orange" day means you had more (mental) energy consumption than recovery. These are days with a lot of time pressure, a busy schedule, interaction with others, (positive) stress, etc. but this is not negative! However, it is important to also have "green" days. On "green" days you had more energy recovery than consumption. On energy recovery days, there is usually no time pressure and more time for yourself. Since each person is different, a certain activity may be relaxing for some but not for others. Try for yourself what really relaxes you and make sure you have at least 5 green days/month.

The long term scores

Below the monthly overview you will see the balance scores for 4 weeks and 3 months. From 8 weeks and 6 months onwards, a 2nd percentage appears (on the right), comparing the 2 latest periods. It is important to monitor this progression closely because declining percentages may not continue to drop to a risk zone around 35%. Then it's time to call in a doctor or a professional!



Sharing your measurement results with a coach



If you see an "advice" button in the blue menu bar at the bottom, it means you can chat with a professional coach(*) assigned to your company or project. In order to use this function, you must first give us permission to share your data with this coach. To do so, go to the settings. You have the choice to remain anonymous or to identify yourself. The "advice" button will then take you to the chat screen.

(*) Via the chat screen, *Newpharma* customers have access to the professional team of pharmacists at *Newpharma*.

Managing your health with Mindstretch

Small changes in your daily schedule, your lifestyle, your eating or exercising habits, etc. often have a big effect on mental energy consumption. If you wish to see more "green" in your data, try out what gives you the most rest in your mind. Good nighttime recovery is also very important and has a direct impact on the amount of mental energy you need the next day for daily tasks.

What should I be aware of?

- Wear your Fitbit 24/7 to make sure your balance scores are correct.
- Check your results regularly and sync your Fitbit at least every 5 days, otherwise some data might get lost.
- Stay curious and ask yourself what your measurements mean. Your perception may be very different from what your body experiences. This is how you create new insights about yourself.

Contact us

For more info on the use of Mindstretch: read the "About" section in the app settings.

For questions about your measurement results or technical problems:

- use the button: "Questions? Chat with us!" or
- mail to: support@biorics.com or
- go to: <https://support.newpharma.eu/hc/nl>.

If you wish to have a 1-on-1 coaching session, you can make a paying appointment with our coaching partner FARESA on <http://www.faresa.be>.

