ONE WELLBEING

ART HEALTH SOLUTIONS

ONE WELLBEING USER GUIDE

Welcome to One Wellbeing

Thank you for choosing to participate in the One Wellbeing programme. This is the start of your journey to becoming healthier, happier and higher performing at the touch of a button.

This document is designed to help you understand how the app works, so you can get the most out of One Wellbeing.

How it works

One Wellbeing is designed to provide you with a personalised wellbeing programme that helps you to feel and perform at your best more often.

How does it do that? One Wellbeing collects data on three key health and wellbeing areas to provide insights specifically tailored to you and your lifestyle.

The app gathers data related to your activity levels, sentiment and cognitive performance. Our advanced algorithms use this data to recommend habits designed to enhance your health, happiness and performance.

The more you interact with the app, the more impactful the recommendations will be in helping you to enhance your health and wellbeing.

Activity

Every day the app will track your steps and sleep through your wearable device. Under the Daily Metrics heading in your Dashboard, you can track your daily activity levels. The Activity icon has three different settings to indicate whether you're on track to meet your daily activity targets.

If the icon is grey with a (!), this means you have no data for the previous night's sleep and the current day's activity. This may be because you are not wearing your wearable device or because your wearable has not synced with the app.

If the icon is amber with a tick, this means you are on track with your sleep and activity levels but you have not yet reached the minimum daily targets required to achieve good health and wellbeing.

If the icon is green with a tick, this means you have reached the minimum targets required to maintain good health, wellbeing and performance. To achieve this, you will need to reach 8000 steps and have slept seven hours the night before.

Interested in seeing your data in more detail?

Simply click on the Metrics tab at the bottom of the app, then on the Activity button and scroll down to see how you have performed in the past 7, 14 or 28 days. This will allow you to understand if there are particular days of the week where you struggle to meet your activity targets and to identify any trends. The app will track these trends over time and suggest habits to enhance your activity levels.

Please note, Activity metrics may take up to 2 hours to update once your wearable device has been synced with the app.

Sentiment

Within the Daily Check-In feature located in the dashboard tab, you can provide feedback on how you are feeling on any particular day. The Sentiment icon under the Daily Metrics section in your dashboard will indicate whether or not your Sentiment is within your normal range.

If the icon is grey with a (!), this means you have not completed your Daily Check-In.

If the icon is amber with a tick, this means you have completed your Daily Check-In, but your Sentiment responses are below your normal range

If the icon is green with a tick, this means you have completed your Daily Check-In and your Sentiment responses are within the normal range.

Interested in seeing your data in more detail?

Simply click on the Metrics tab at the bottom of the app, then on the Sentiment button and scroll down to see an average of your data over the past 7, 14 or 28 days. These graphs provide you with insights relating to your mood and sentiment across the week, allowing you to identify any trends. The app will track these trends over time and suggest habits to enhance your mood and sentiment.
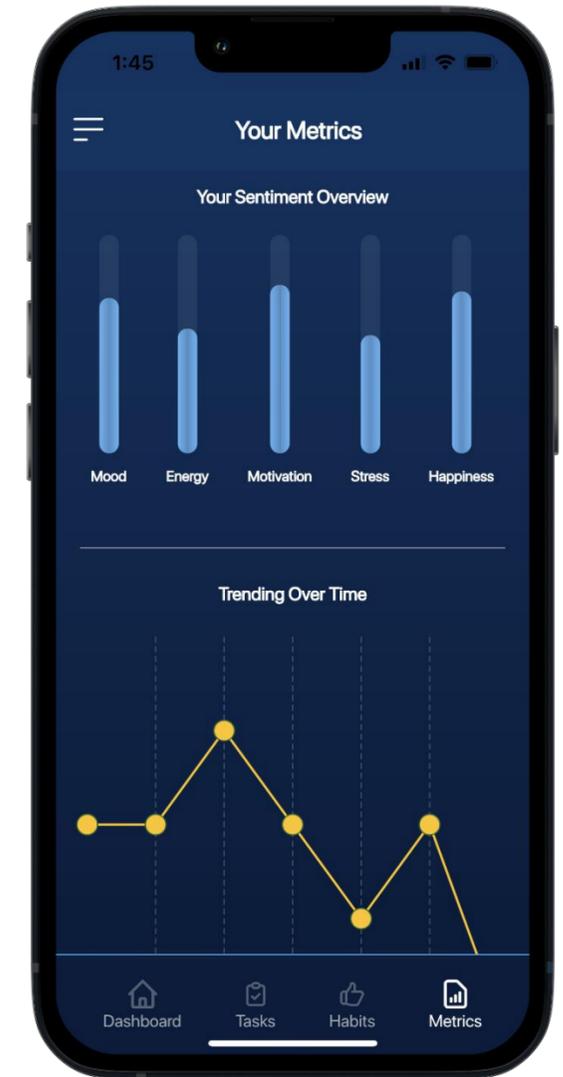
Performance

Within the Tasks tab located at the bottom of the app, you can complete eight different cognitive performance tests to measure constraints, such as short-term memory and decision-making. Cognitive performance is not a measure of an individual's IQ but a test of the different aspects of cognition.

Our cognitive performance is more or less the same every day, however, changes in our environment, mood or wellbeing can significantly impact it. If you're having a bad day, you may notice that you're more forgetful, you struggle to focus or are less organised than usual – that's all part of cognitive performance! Testing allows you to explore your cognitive performance, find your strengths and weaknesses and see what could be boosting or hindering your performance.

Once you have completed any of the cognitive performance tests a minimum of three times, you will be able to monitor your results using the Performance icon under the Daily Metrics section in your Dashboard. As cognitive performance is unique to each individual, the data we collect establishes your personal range, so the app can tell you how your latest results measure up against your usual performance.

If the icon is grey with a (!), this means you have not completed a cognitive performance test on that day or your data is still being processed. Please note it may take up to 2 hours for your performance test results to be processed and updated in the app.

If the icon is amber with a tick, this means you have completed a cognitive performance test today and your performance on that test was within your personal range.

If the icon is green with a tick, this means you have completed a cognitive performance test today and your performance is at an optimal level.

Please note, all of the performance tests will remain available to take at any time and you can complete as many or as few as you would like on an ongoing basis. You do not have to complete a test every day, but the more regularly you complete tests the more accurate and valuable feedback the App will provide.

Interested in seeing your data in more detail?

To look at data relating to your last performance on each test, click on the Tasks tab and then on the Completed Tests button before scrolling down to see your most recent performance on each test. Here you will be able to see how your performance compares to your personal range.

At risk suggests that your last test performance was outside of your personal range and something is affecting your performance within that cognitive constraint.

On track tells you that your last test result was within your personal range and you are performing as expected.

Optimal tells you that your test performance was greater than your usual range and you are working at an optimal level.

Additionally, you will be able to see your accuracy levels and your reaction time, and compare these results to your average performance.

To look at your historical performance data, simply click on the Metrics tab at the bottom of the app, then on the Performance button and scroll down to see an average of your data over the past 7, 14 or 28 days. These graphs provide you with an overview of your performance on the tests across the week and allow you to identify any trends.
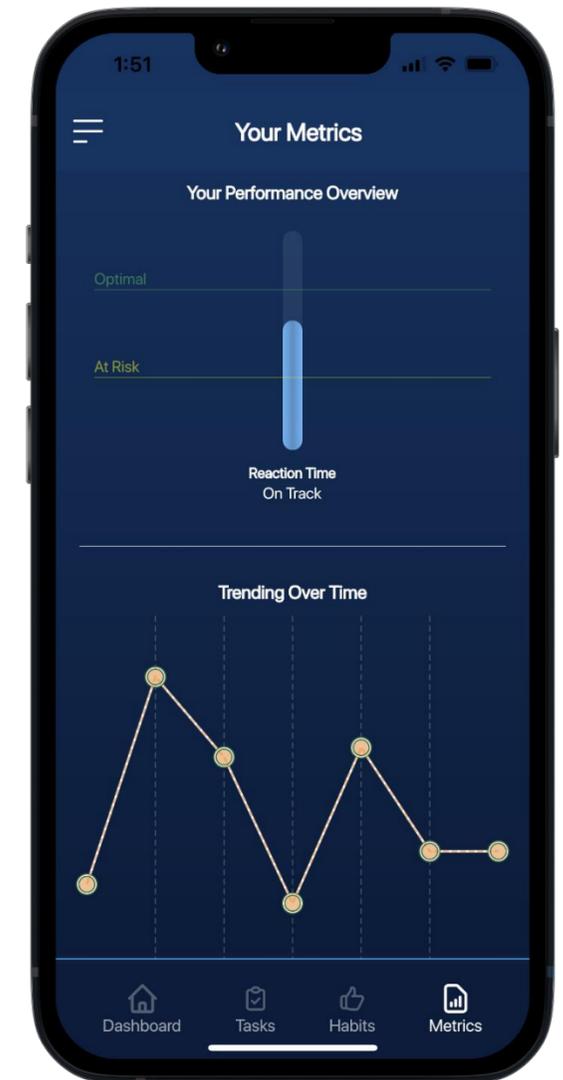
Habit builder

The One Wellbeing app is designed to intuitively understand your data to provide habit recommendations. Within the Habits tab, you can see the recommended habits that the app selects for you based on the trends it sees within your data.

Habits focus on three specific areas of wellbeing:
Improving your sleep
Increasing your activity levels
Lowering your stress levels

You will be provided with a list of Habits to choose from. By clicking on one or more of these Habits and then selecting Activate, the app will add these to your dashboard as your chosen active Habits.

We encourage individuals to click on a Habit within the dashboard to indicate when they have completed it. The app is then able to track the actions you are taking to improve that specific area of wellbeing.

You will also see a selection of resources as you scroll down within the Habits tab. You will have access to video and audio content, relating to the specific area of wellbeing you are trying to improve.

You will not receive a recommended Habit until you have used the app for 14 days. However, this doesn't stop you from selecting a Habit to work on, which you can do by simply clicking on the area of wellbeing you would like to improve and selecting a Habit.

As you work through Habits, the app intuitively tracks how successful you have been in completing your Habits and how this has impacted your data, resulting in your recommendation changing in line with your behaviour.
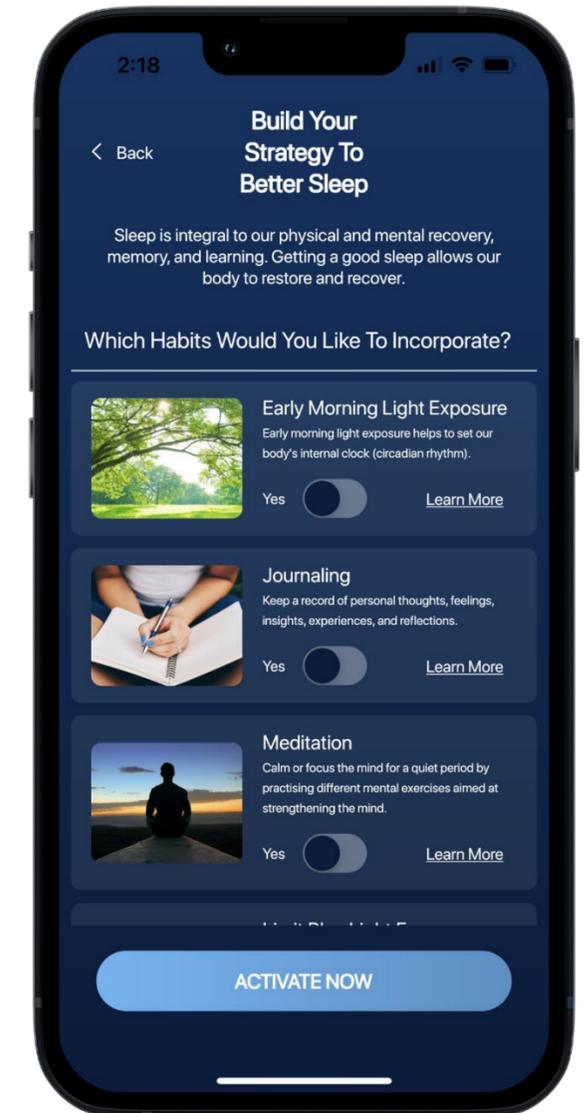
ART Health Solutions

Thank you

Thank you for engaging with One Wellbeing. We're delighted to support you in your health and wellbeing journey. If you have any further questions, please get in touch.

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🌐 www.arthealthsolutions.com

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