



# Digital gegen den Stress

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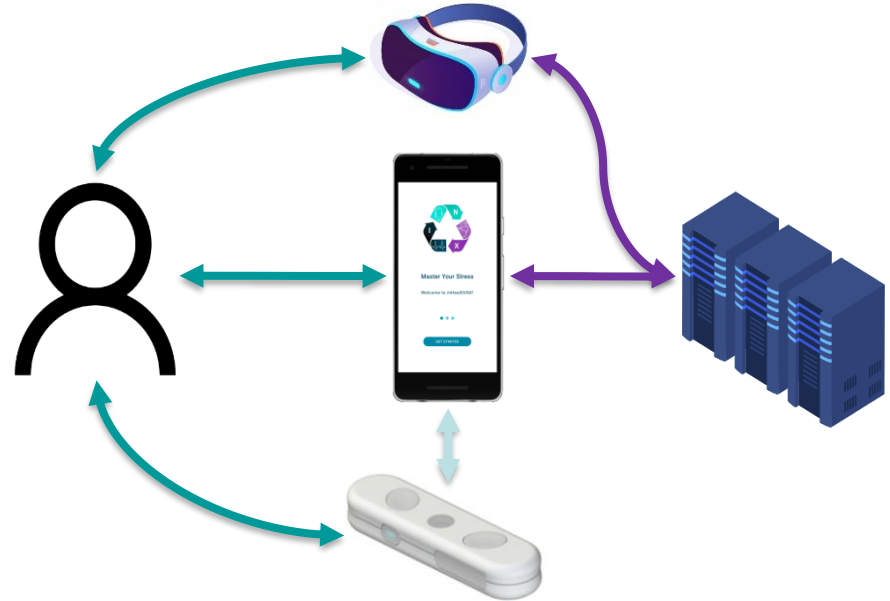
# EU Projekt: mHealthINX



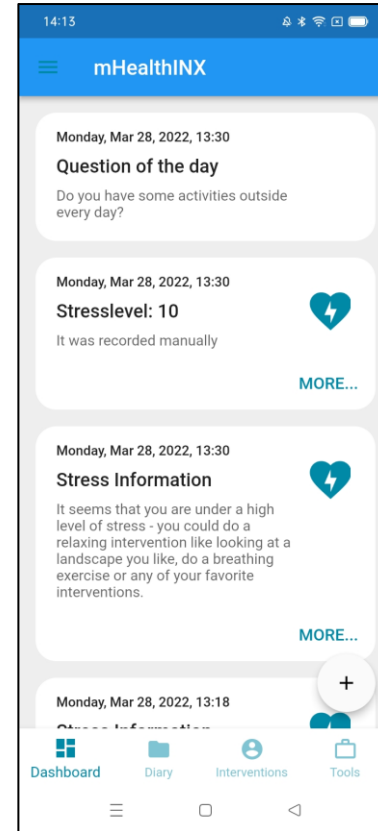
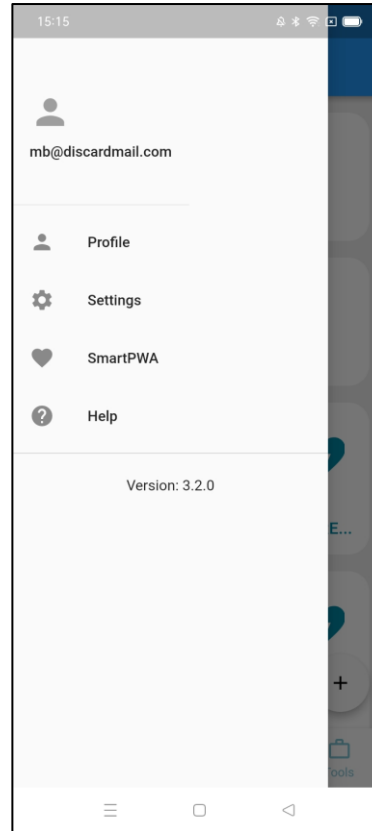
# Stressapp

## Personalisierte Stressreduktion

- Fragebögen
- Messungen
- Tagebuch
- Hinweise
- App in DE, NL, EN
- Optional
  - VR Übungen
  - Stressmessung

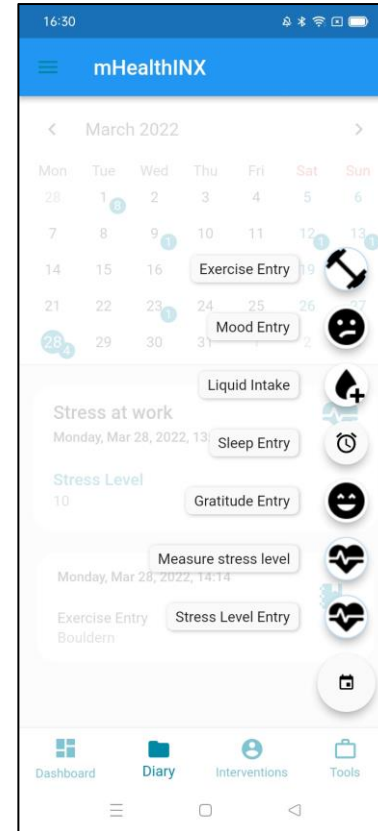
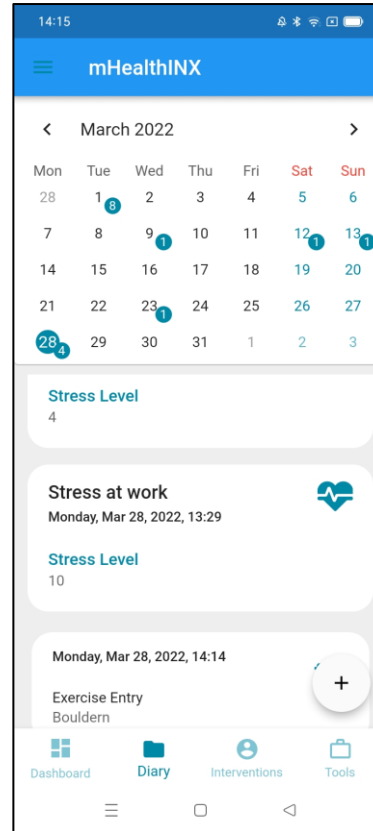


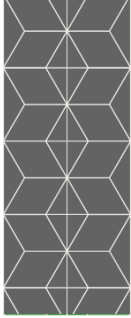
- Onboarding
- User & Geräte Management
- Dashboard: Information, Motivation



- **Tagebuch mit 7 Kategorien**

- Sport
- Stimmung
- Flüssigkeit
- Schlaf
- Dankbarkeit
- Stress Messung
  - Objektiv
  - subjektiv





**Danke für Ihr Interesse!**

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