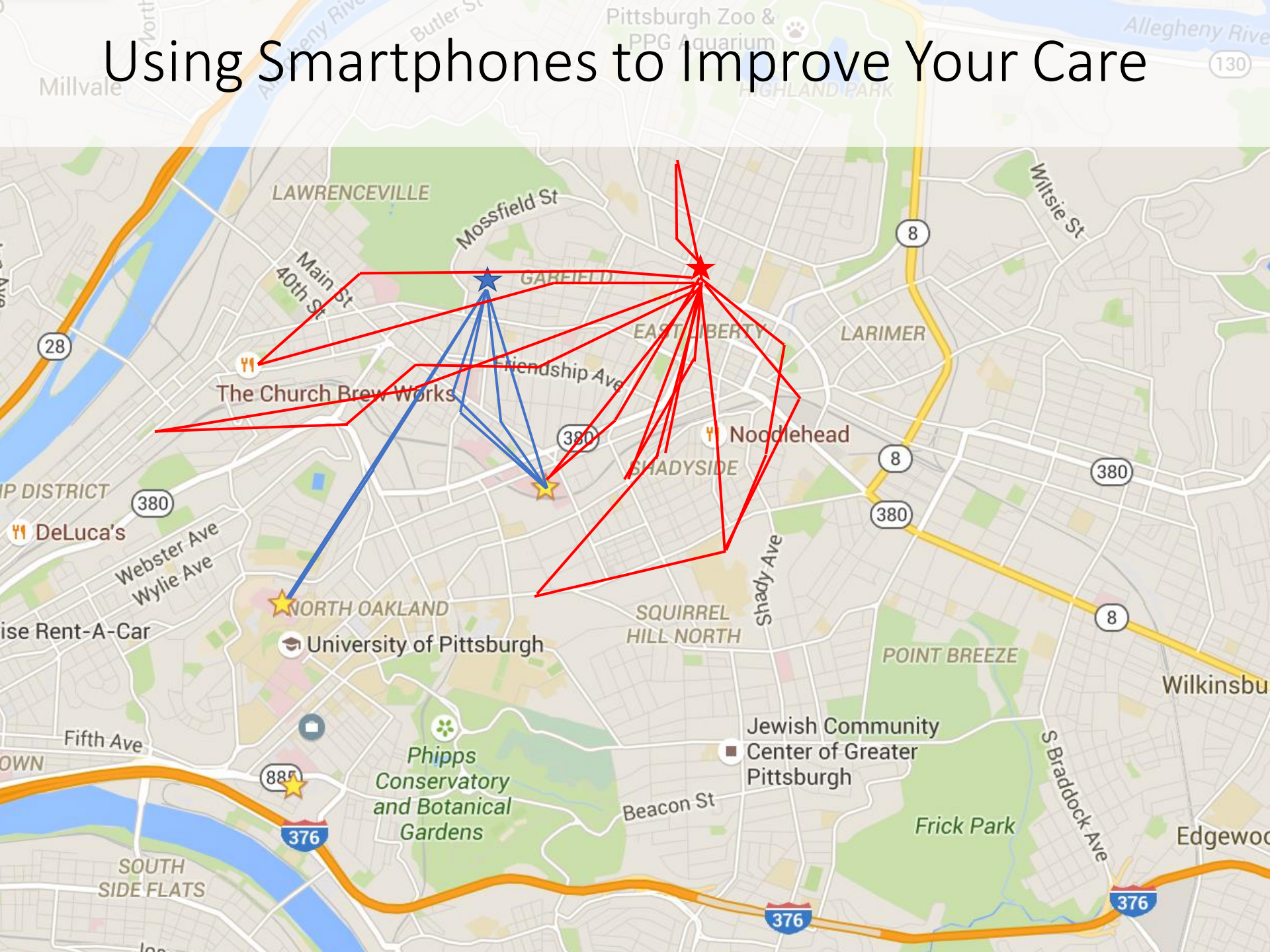
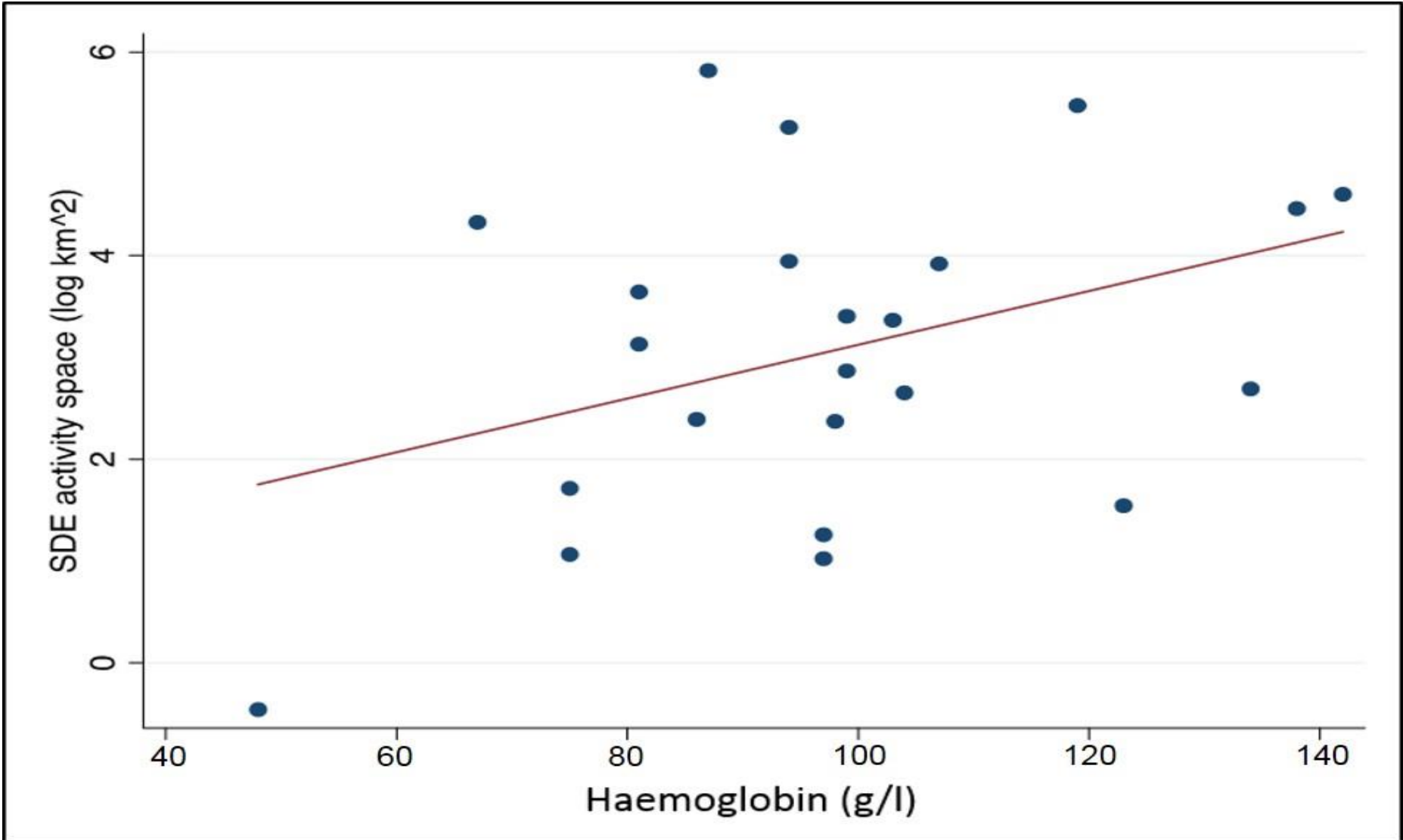


# Using Smartphones to Improve Your Care

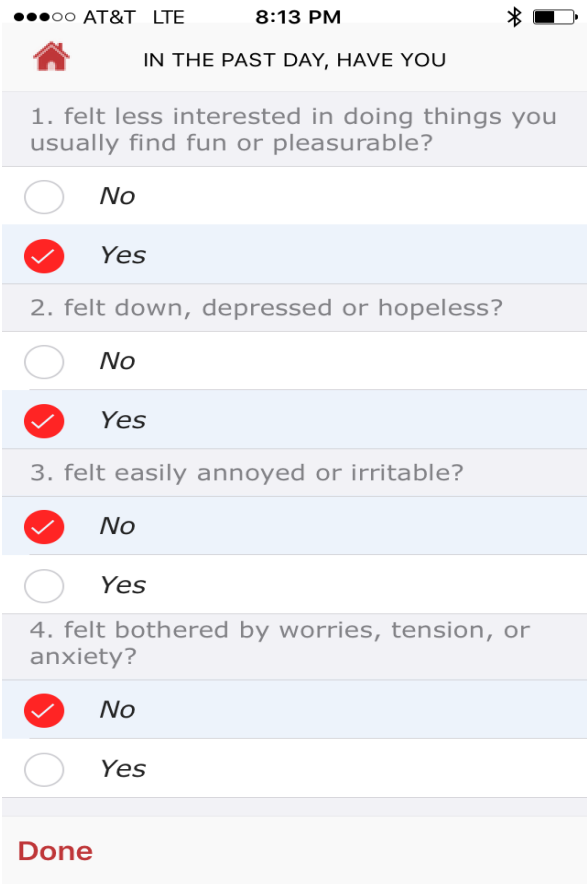
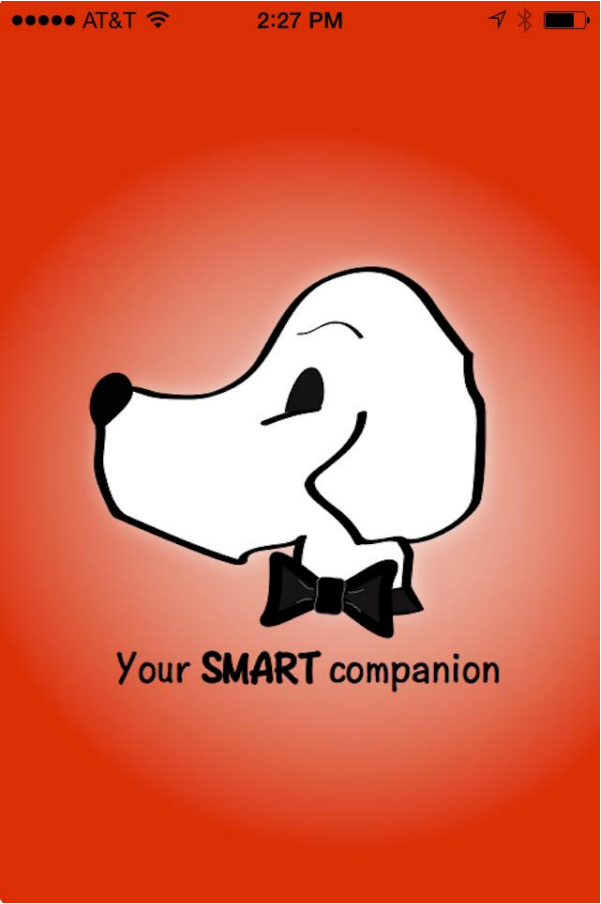


# Hemoglobin and activity space



# FUTURE DIRECTIONS

## Daily Recording of Pain and Mood



05/22/2016 13:02:03 -- I had chest pain.  
My pain was 5.2 on a scale of 0-10. It was  
more than usual, used distraction.  
Weather: Partly Cloudy, temp 61 °F, feels  
like 61 °F, cloud 46%, humidity 71%,  
pressure 1014, ozone 384, wind speed 3  
mph, and altitude 235 m

OK



# HERE'S WHAT I CAN DO

## Track your mood

Each week I'll show you how your mood changes on a graph so you can see what's up



## Give you insight

I can find patterns that are hard for humans to see



## Teach you stuff

I've got lots of techniques from Cognitive Behavioral Therapy that I can share with you



## Help you feel better

It's true, some nice people at Stanford showed I could help with that



## Be there 24/7

I don't actually sleep ever so I'm always delighted to hear from you

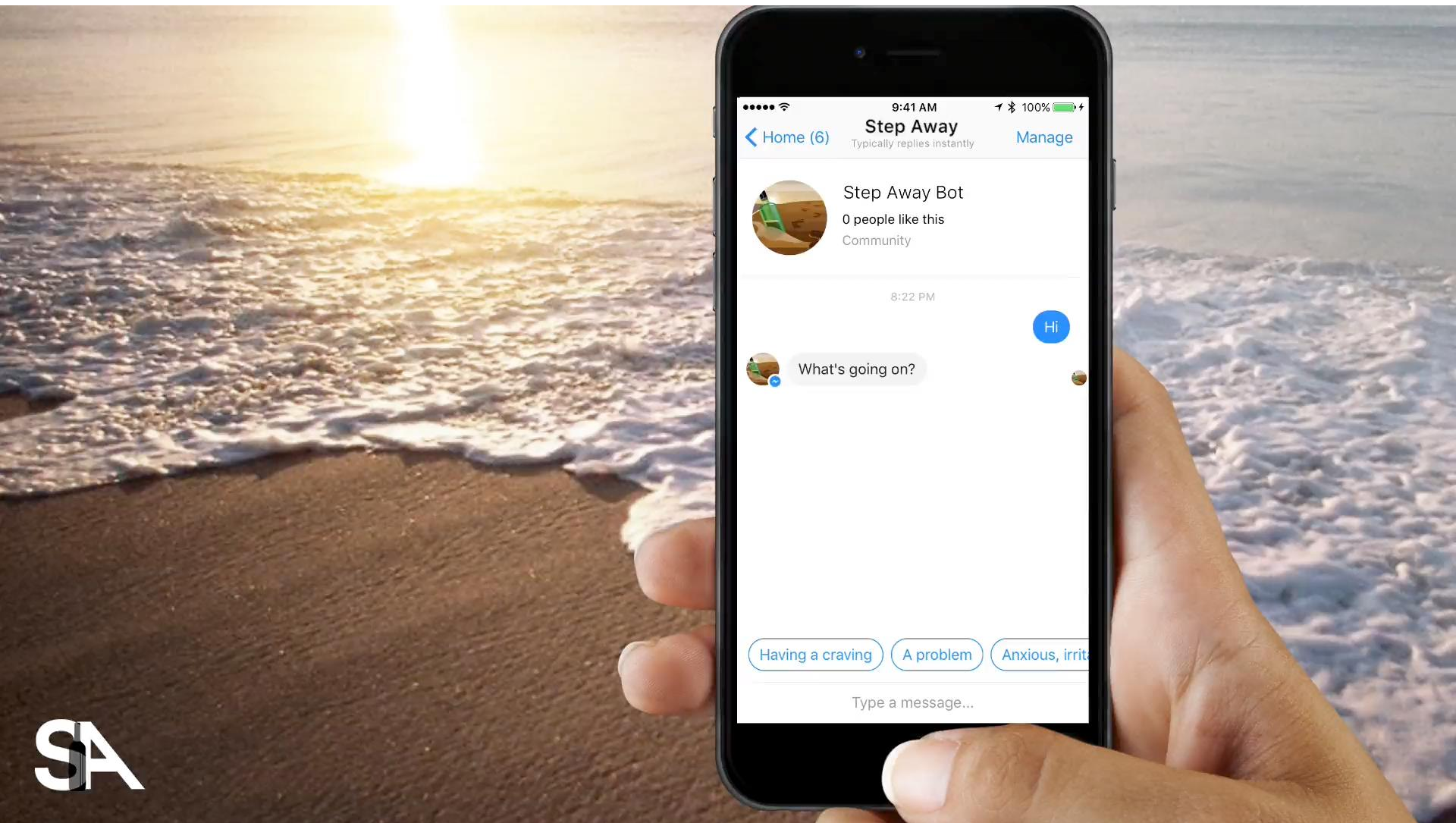


## Learn from you over time

So the more we chat, the better I get to know you



Ever used a chatbot?? You probably have and didn't know it



SA

