

WeFeel



Care Provider Quick Start Guide



Get the app...

For Yourself

- 1.** Go to www.wefeel.us/get-the-app and click on the link for your device type OR Go to Google Play, iTunes, or the Windows app store and search for WeFeel.
- 2.** Install WeFeel on your phone, tablet, iPad, or on multiple devices.
- 3.** The first time you open WeFeel on your device go through the tutorial. You'll learn how to log an emotion entry and use the features and tools.
- 4.** After finishing the tutorial, save your first entry by clicking submit. You will be prompted to create your account.
- 5.** Then purchase a monthly or yearly subscription that you can access on all of your devices by simply logging in. A subscription with your account allows you to view up to 180 entries, access additional features, and **access all the information on shared entries from your clients.**

For Clients/Patients

- 1.** Instruct clients/patients to use WeFeel by giving them one of the "How to Get Started" cards.
- 2.** For clients to share their data, you will need to provide an email address where they can send the sharing token. If you do not want to share your regular email address, set up an additional gmail account you check regularly or have them share the token with you during a session.
- 3.** The back of the "How to Get Started" card has a place for you to put the email address where they can share the token. It also has a place for you to list custom emotions or items you want them to track. For example you can suggest they track mania, anxiety, addictions, or specific symptoms such as tiredness, or thinking patterns like all-or-nothing thoughts, etc.

Using WeFeel...

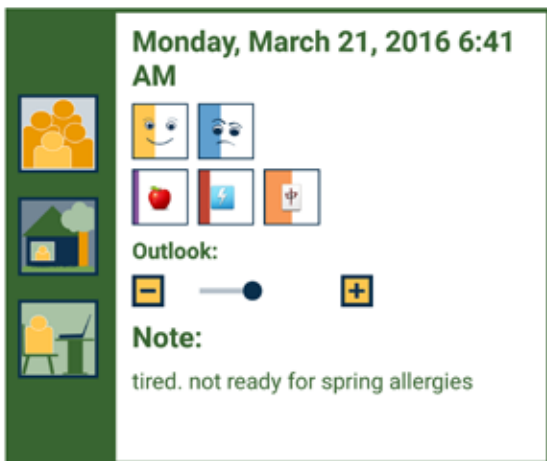
As it's always good practice to use what you suggest for your clients, we recommend you take time to use WeFeel for yourself, as well as with your clients. It will be personally enlightening and provide you a better understanding of how to most effectively use WeFeel to enhance your client's experience and therapy outcomes.

Emotion and journal entries are the two ways your clients will enter information in WeFeel. The more often they use it and the more information they record, the more helpful the reporting tools become. As you work with clients you will be using those tools, which include **Discussion Points**, **Dashboard**, and **Filters**.








Discussion Points




Discussion Points shows the complete entries for the lowest and highest outlook and when core emotions were strongest felt.






Monday, March 21, 2016 6:41 AM

Who:  What:  Where: 

Core Emotions:  

Custom Emotions:   

Outlook:   

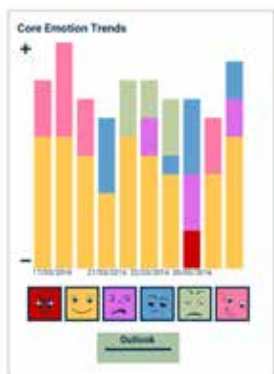
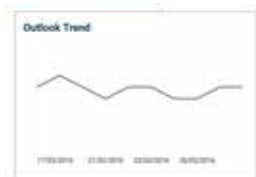
Note: tired. not ready for spring allergies

Like the name suggests, Discussion Points highlights things you may want to discuss with your client. This is also where you can see core and custom emotions simultaneously to discuss correlations between them. You can also quickly see Who, What, Where for each entry and the Note which will provide a quick reminder for why you or your client were feeling that way.



Dashboard

- **Outlook Trend** and **Core Emotion Quick Summary** give you a general overview.



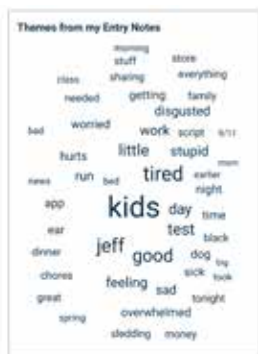
- **Core** and **Custom Emotion Trends** show emotion entries over time.

You can click any entry to see the note that goes with it.

You can turn the emotions on or off in the bar chart view by

clicking on them below the bar chart.

- **Themes from my Entry Notes** is a quick view of what words or themes are most commonly entered as a note. Encourage clients to enter a note every time to make this more useful.



- **Themes from my Journal** is similar to **Themes from my Entry Notes**. It provides a quick view of the words or themes in the journal entries they have made. It shows the items they write about most often, which provides you a quick insight into what they find important enough to write about.



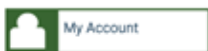
Filters

One of the most powerful features of WeFeel is the ability to filter entries based on a client's needs. On both the **Dashboard** and **Discussion Points** you can limit the entries that are shown to specific **Situations**, **Locations**, and/or **Activities**, allowing you to pinpoint scenarios. For example, click on "in public" and/or "with strangers" to only show entries for identifying situations related to social anxiety.



With the **Filters** function you can also specify how many entries to search through (up to 180). This allows you to look at a narrow scope of specific entries or expand to see longer-term trends of change over time. Be patient when selecting more entries because it will take a little longer to incorporate and sort all the data. Once it is sorted you can scroll through Discussion Points or page back and forth in the Dashboard without waiting for it to load.

Sharing



WeFeel

Access data shared with you by others (i.e. clients) by selecting from the dropdown. **An important note about sharing:** clients have the option to not share specific entries. This is to provide them a way to record events, thoughts, and emotions they may not be ready to share. They can also revoke shared access at any time.

Frequently Asked...

- **Do my clients have to purchase WeFeel?**

Yes. Sharing is a feature of the paid version. However, they can try it out with the free version to see what they think of it before purchasing.

- **Is there a limit on the number of people who can share with you?**

There is not a limit in WeFeel; memory size and free space on your device are the only limits.

- **Can I rename a shared account?**

Not at this time. The only way to do this is to have your client delete and re-share with you. Use names that make sense and are secure for your clients when choosing the name for the share account when adding the share token.

- **I can't remember the name/info I used to create my account. Can you recover my account for me?**

No. To provide the most security for you and your clients we have no way to access individual accounts.

- **Who do I contact for support questions?**

If you have technical questions or problems, WeFeel has e-mail support: support@wefeel.us Free free to contact us, we will get back to you within 2 business days.

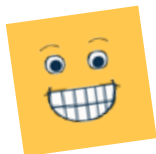
- **Is WeFeel HIPAA compliant?**

WeFeel data is stored securely in Microsoft Azure ISO 270001 certified data centers. The data is classified as personal items and is owned by the individual client. WeFeel data falls under the HIPAA section that governs psychotherapy notes.

We take privacy very seriously; check out <http://wefeel.us/our-tech/security-tech> for more complete details.

Contact Us

Do you have comments, questions, or suggestions for future releases? We would love to hear them!



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