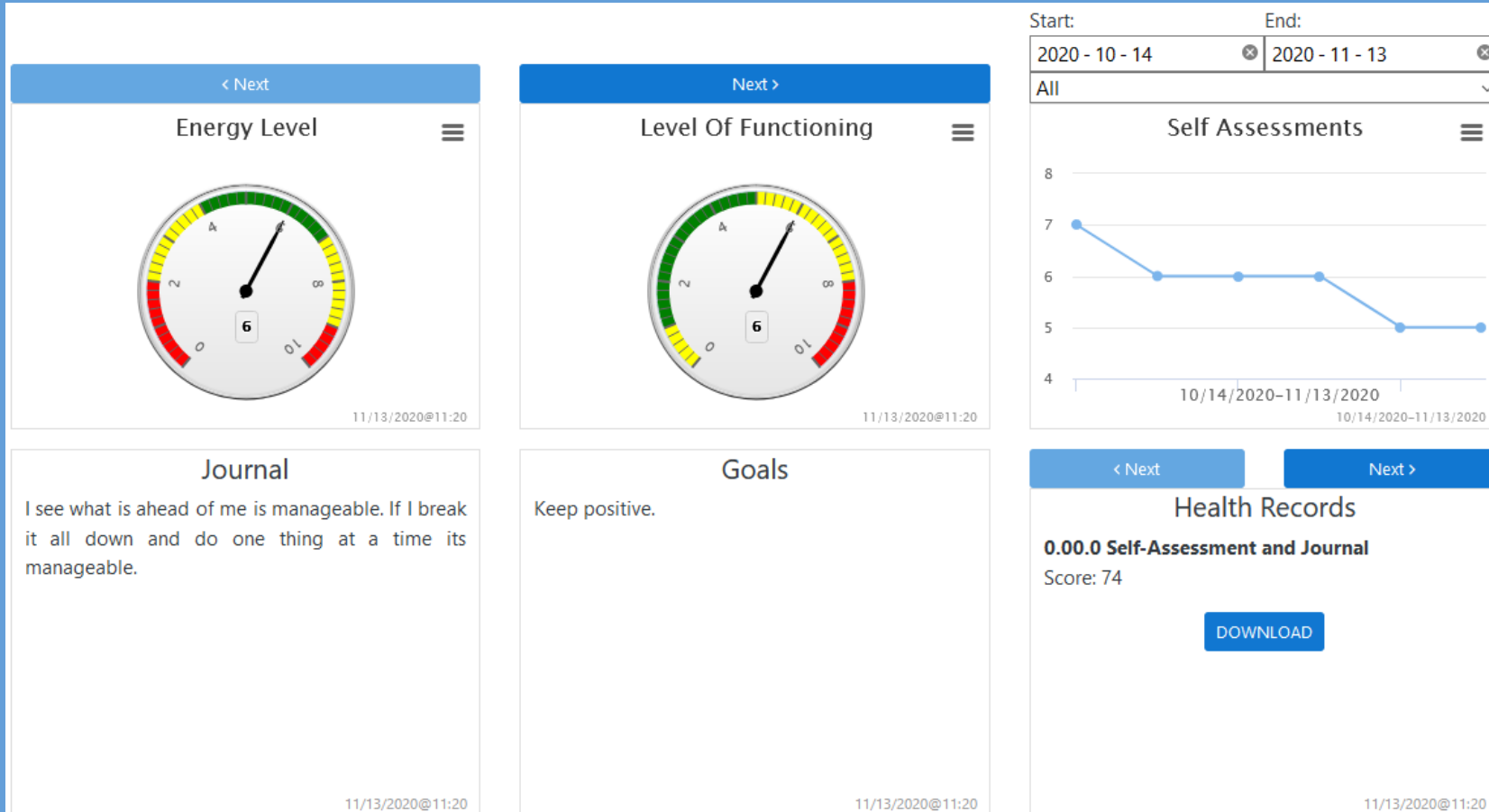


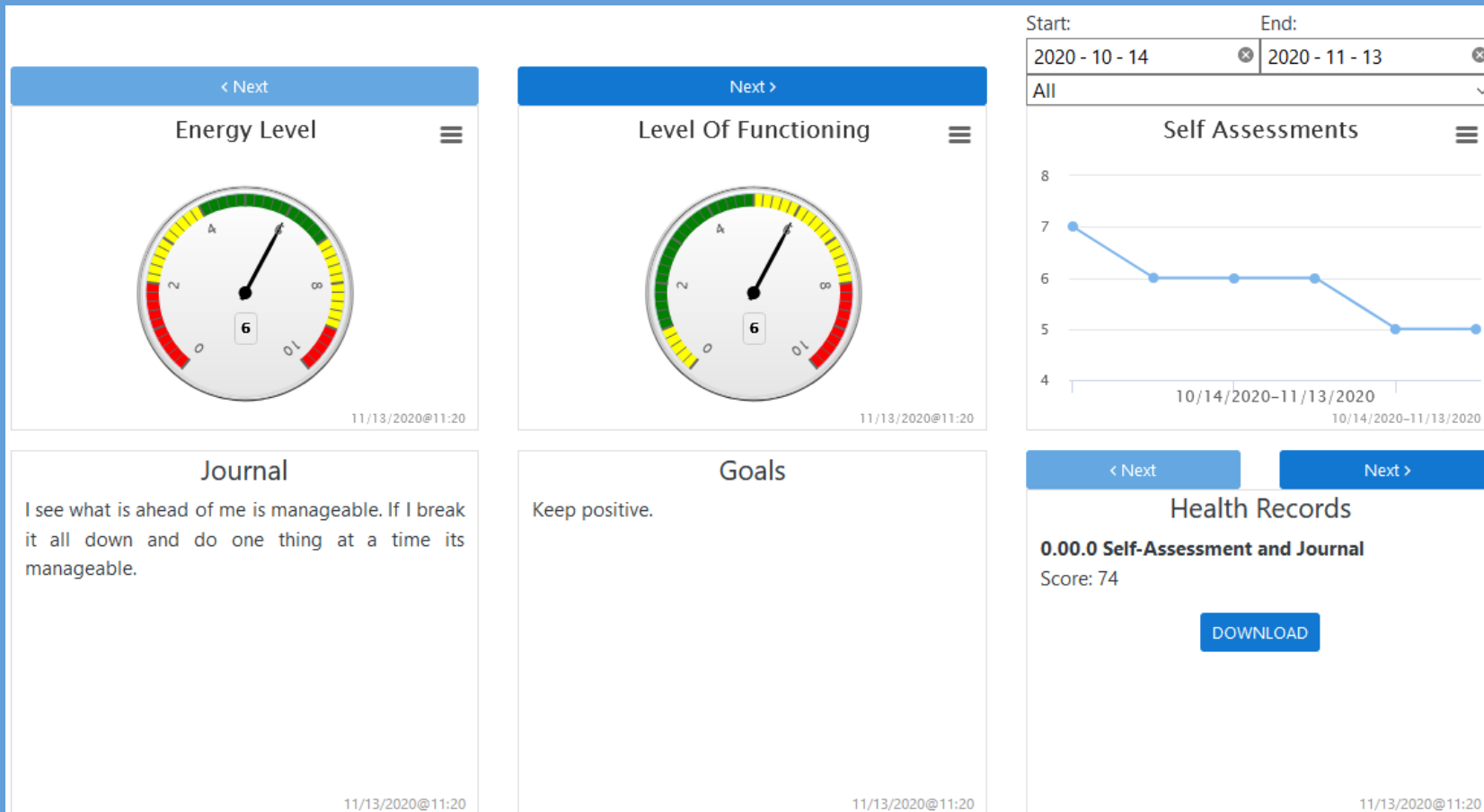
Cognit Mental Health Dashboards

The future is
self-managed
care.



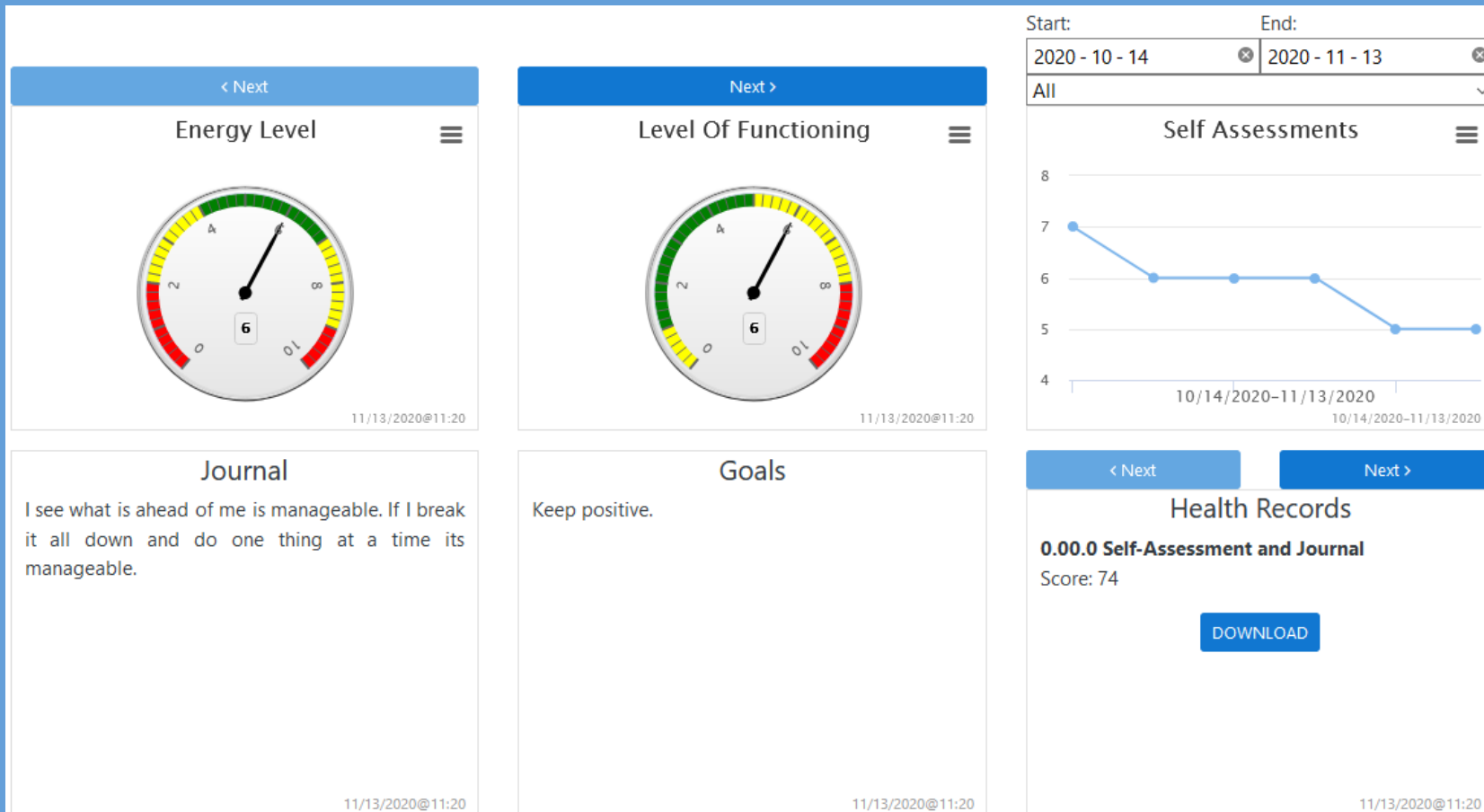
Cognit Mental Health Dashboards

The future is
personal mental
health records.



Cognit Mental Health Dashboards

The future is
personal mental
health dashboards.



Personal Dashboard

➤ Current Energy Level

Clients monitor their energy level.

The screenshot displays a personal dashboard with several components:

- Energy Level:** A circular gauge with a red-to-green gradient, showing a current value of 6. It is highlighted with a red border.
- Level Of Functioning:** A similar circular gauge, also showing a value of 6.
- Self Assessments:** A line chart showing data points for the period 10/14/2020-11/13/2020. The y-axis ranges from 4 to 8. The data points are approximately (10/14, 7), (10/21, 6), (10/28, 6), (11/4, 6), (11/11, 5), and (11/18, 5).
- Journal:** A text entry field containing the text: "I see what is ahead of me is manageable. If I break it all down and do one thing at a time its manageable."
- Goals:** A text entry field containing the text: "Keep positive."
- Health Records:** A section titled "0.00.0 Self-Assessment and Journal" with a "Score: 74" and a "DOWNLOAD" button.

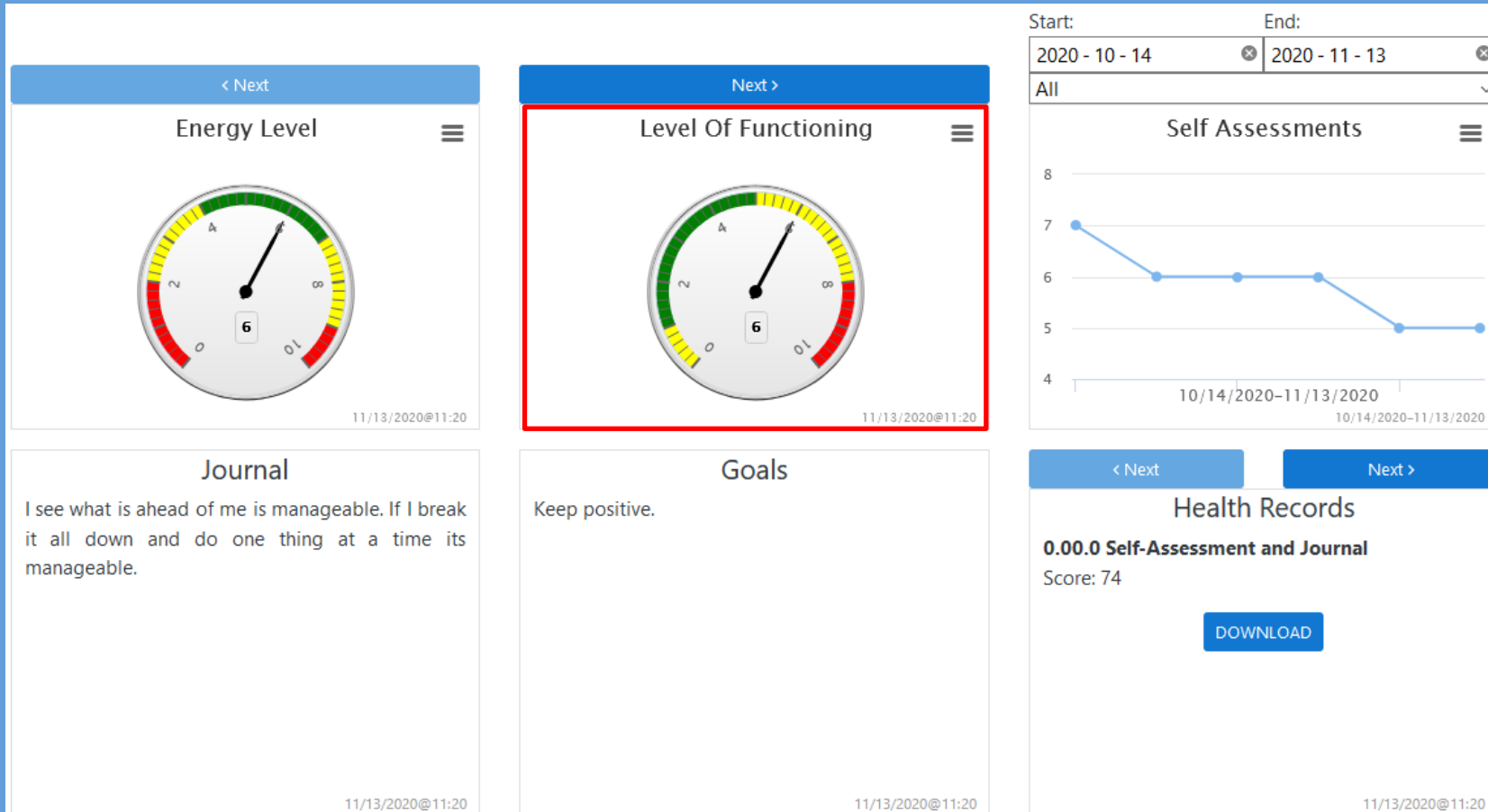
Navigation buttons like "< Next" and "Next >" are visible at the top of the dashboard sections.



Personal Dashboard

➤ Current Level of Functioning

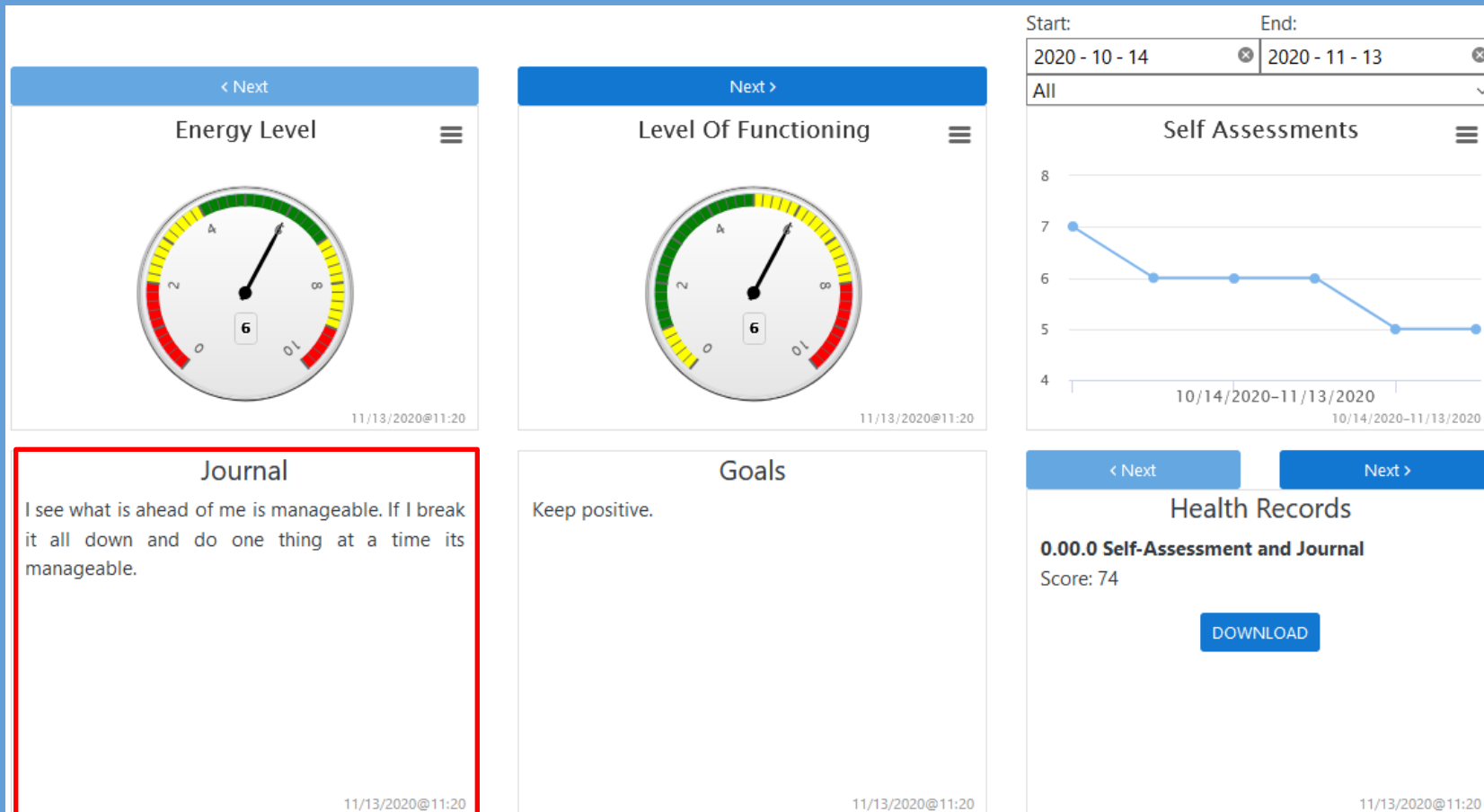
Clients monitor their level of functioning.



Personal Dashboard

➤ Latest Journal Entry

Clients can review their journal.



Personal Dashboard

➤ Latest Goal

The dashboard is divided into several sections:

- Energy Level:** A circular gauge with a needle pointing to 6. The scale ranges from 0 to 10, with green (0-4), yellow (4-6), and red (6-10) zones. A date stamp '11/13/2020@11:20' is at the bottom.
- Level Of Functioning:** A circular gauge identical to the Energy Level one, also showing a score of 6. A date stamp '11/13/2020@11:20' is at the bottom.
- Journal:** A text box containing the entry: "I see what is ahead of me is manageable. If I break it all down and do one thing at a time its manageable." A date stamp '11/13/2020@11:20' is at the bottom.
- Goals:** A text box containing the goal: "Keep positive." This section is highlighted with a red border. A date stamp '11/13/2020@11:20' is at the bottom.
- Self Assessments:** A line graph showing data points for the period 10/14/2020-11/13/2020. The y-axis ranges from 4 to 8. The data points are approximately (10/14/2020, 7), (10/21/2020, 6), (10/28/2020, 6), (11/4/2020, 6), (11/11/2020, 5), and (11/18/2020, 5). A date stamp '10/14/2020-11/13/2020' is at the bottom.
- Health Records:** A section titled "Health Records" showing a score of 74 for "0.00.0 Self-Assessment and Journal". A "DOWNLOAD" button is present. A date stamp '11/13/2020@11:20' is at the bottom.

Clients can set and review their daily goals.



Personal Dashboard

➤ Review all entries

Clients can review their history.

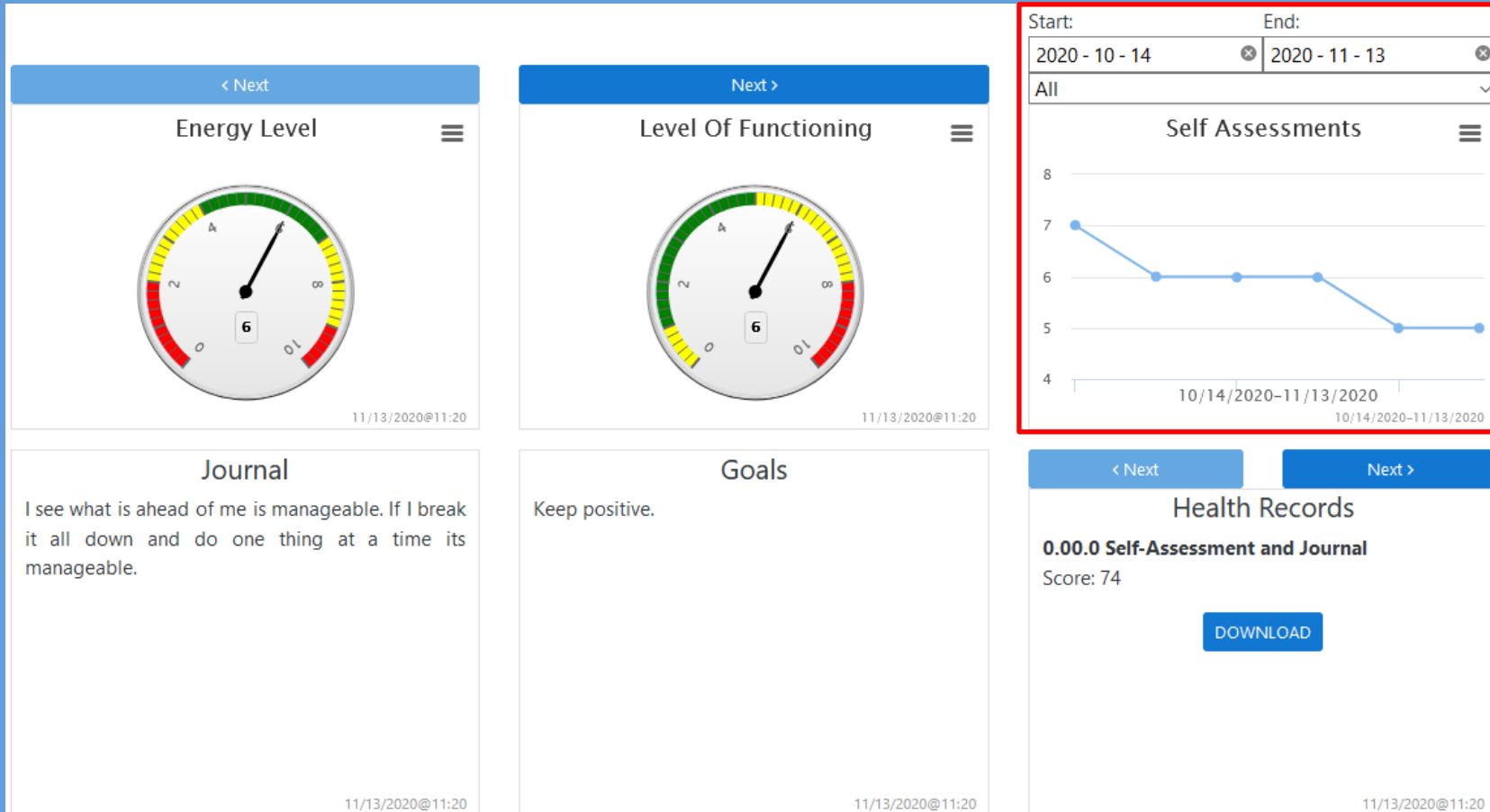
The screenshot displays a personal dashboard with several components:

- Navigation:** A blue bar at the top contains navigation buttons: "< Next" (highlighted with a red box) and "Next >".
- Energy Level:** A circular gauge with a needle pointing to 6. The scale ranges from 0 to 10, with green (0-4), yellow (4-6), and red (6-10) segments. A timestamp "11/13/2020@11:20" is at the bottom.
- Level Of Functioning:** A circular gauge with a needle pointing to 6. The scale ranges from 0 to 10, with green (0-4), yellow (4-6), and red (6-10) segments. A timestamp "11/13/2020@11:20" is at the bottom.
- Journal:** A text entry: "I see what is ahead of me is manageable. If I break it all down and do one thing at a time its manageable." A timestamp "11/13/2020@11:20" is at the bottom.
- Goals:** A text entry: "Keep positive." A timestamp "11/13/2020@11:20" is at the bottom.
- Self Assessments:** A line graph showing a score over time. The y-axis ranges from 4 to 8. The x-axis shows dates: "10/14/2020-11/13/2020". The data points are approximately (10/14/2020, 7), (10/21/2020, 6), (10/28/2020, 6), (11/4/2020, 6), (11/11/2020, 5), (11/18/2020, 5). A timestamp "10/14/2020-11/13/2020" is at the bottom.
- Health Records:** A section titled "Health Records" showing "0.00.0 Self-Assessment and Journal" with a "Score: 74" and a "DOWNLOAD" button. Navigation buttons "< Next" and "Next >" are at the top. A timestamp "11/13/2020@11:20" is at the bottom.



Personal Dashboard

➤ Review self-assessment results



Clients monitor all their emotional levels.



Personal Dashboard

➤ Individual results (for selected date range)

The dashboard displays four main sections: Energy Level, Level of Functioning, Journal, and Goals. Each section includes a gauge or text and a timestamp of 11/13/2020@11:20. The Energy Level and Level of Functioning gauges show a score of 6. The Journal section contains the text: "I see what is ahead of me is manageable. If I break it all down and do one thing at a time its manageable." The Goals section contains the text: "Keep positive." To the right of the dashboard is a date range filter showing "Start: 2020 - 10 - 14" and "End: 2020 - 11 - 13". Below the filter is a dropdown menu with "All" selected, and a list of emotional states: Frustration, Numb, Denial, Pain, Guilt or Shame, Fear, Anger, Stress, Anxiety, Depression, Difficulty Sleeping, Financial Concerns, Energy Level, and Level of Functioning.

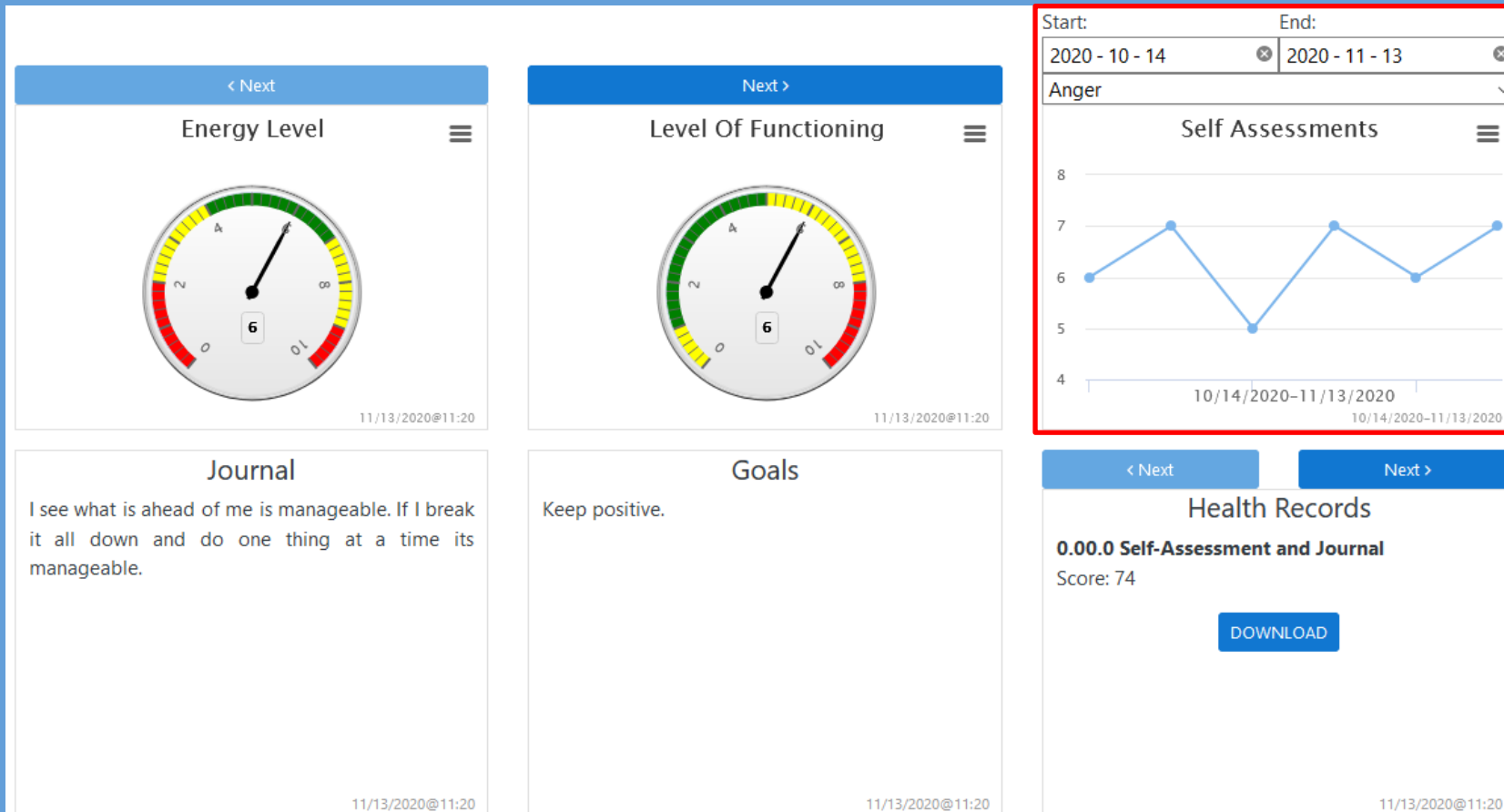
Clients monitor their individual emotional levels.



Personal Dashboard

➤ Individual results

Clients can review their individual levels over time.



Personal Dashboard

➤ Health Records

Clients can review and share their mental health records.

< Next

Energy Level

11/13/2020@11:20

Next >

Level of Functioning

11/13/2020@11:20

Journal

I see what is ahead of me is manageable. If I break it all down and do one thing at a time its manageable.

11/13/2020@11:20

Goals

Keep positive.

11/13/2020@11:20

Start: 2020 - 10 - 14 End: 2020 - 11 - 13

All

Self Assessments

10/14/2020-11/13/2020

10/14/2020-11/13/2020

< Next Next >

Health Records

0.00.0 Self-Assessment and Journal

Score: 74

DOWNLOAD

11/13/2020@11:20

Cognit Electronic Health Record

User ID: 1000
User Name: JAC
Date: 11/13/2020 11:20 AM

Please enter what you learned about yourself:

1. I see what is ahead of me is manageable. If I break it all down and do one thing at a time its manageable.

Total Score: 1

Cognit Electronic Health Record

User ID: 1000
User Name: JAC
Date: 11/13/2020 11:20 AM

Please enter what you learned about yourself:

1. I see what is ahead of me is manageable. If I break it all down and do one thing at a time its manageable.

Total Score: 1

Cognit Electronic Health Record

User ID: 1000
User Name: JAC
Date: 11/13/2020 11:20 AM

Please enter what you learned about yourself:

1. I see what is ahead of me is manageable. If I break it all down and do one thing at a time its manageable.

Total Score: 1

Cognit Electronic Health Record

User ID: 1000
User Name: JAC
Date: 11/13/2020 11:20 AM

Please enter what you learned about yourself:

1. I see what is ahead of me is manageable. If I break it all down and do one thing at a time its manageable.

Total Score: 1

Cognit Electronic Health Record

User ID: 1000
User Name: JAC
Date: 11/13/2020 11:20 AM

Please enter what you learned about yourself:

1. I see what is ahead of me is manageable. If I break it all down and do one thing at a time its manageable.

Total Score: 1

Cognit Electronic Health Record

User ID: 1000
User Name: JAC
Date: 11/13/2020 11:20 AM

Please enter what you learned about yourself:

1. I see what is ahead of me is manageable. If I break it all down and do one thing at a time its manageable.

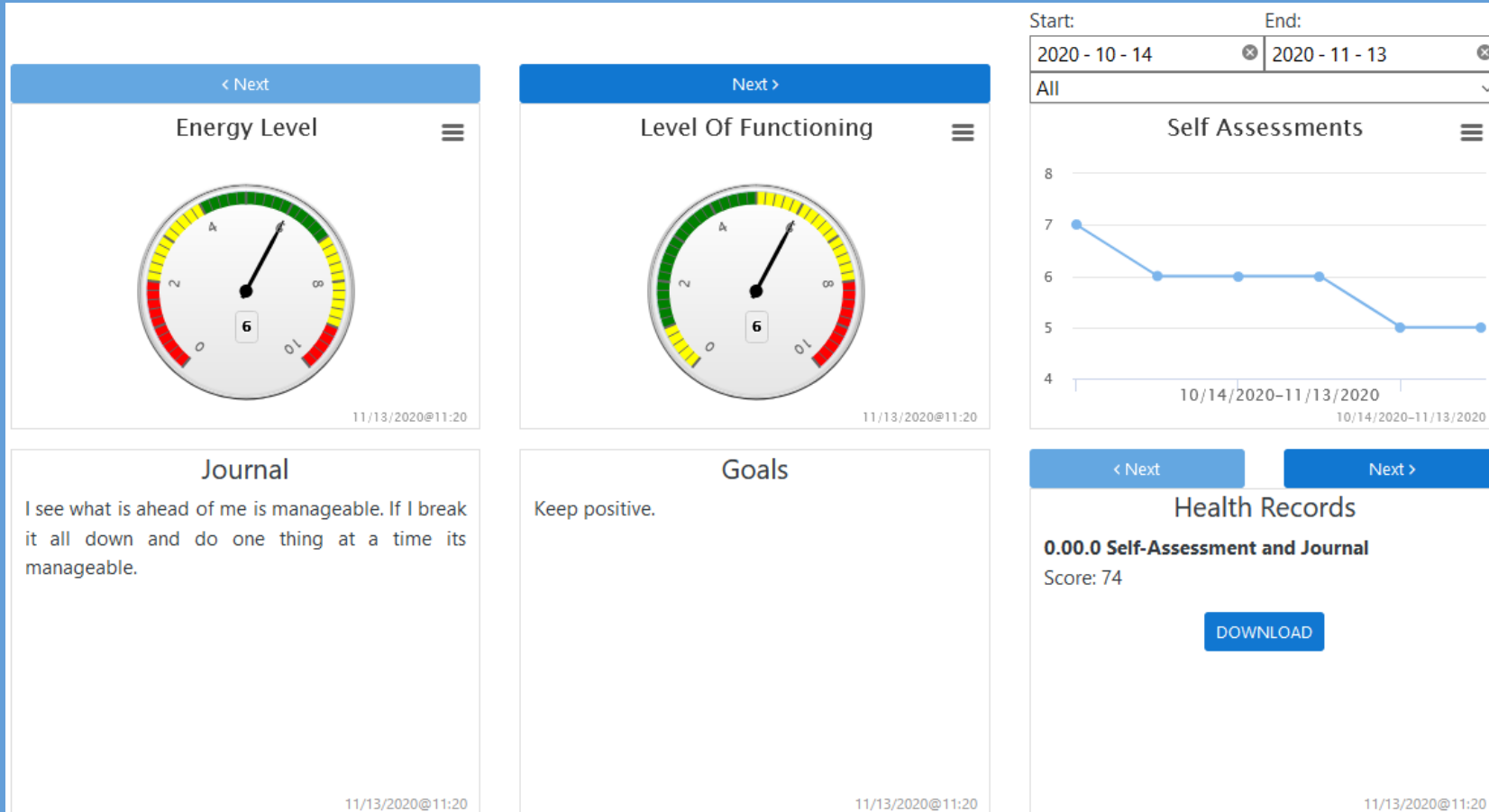
Total Score: 1

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Clinical Dashboard

➤ Clinicians can access their client's dashboard.

Clinicians are kept up to date on their client's progress.



Electronic Health Records

- Cognit electronic health records can be easily downloaded and imported into any client management or electronic health record system.

Energy Level

Level of Functioning

Self Assessments

Journal

Goals

Health Records

0.00.0 Self-Assessment and Journal

Score: 74

DOWNLOAD



Customizable

- You can add assessments and quizzes to Cognit to create health records specific to your organization.

The screenshot displays four panels from the Cognit app. The top-left panel, titled 'Energy Level', features a circular gauge with a needle pointing to the number 6. The top-right panel, titled 'Level of Functioning', also features a circular gauge with a needle pointing to the number 6. The bottom-left panel, titled 'Journal', contains the text: 'I see what is ahead of me is manageable. If I break it all down and do one thing at a time its manageable.' The bottom-right panel, titled 'Goals', contains the text: 'Keep positive.' Each panel includes a timestamp '11/13/2020@11:20' at the bottom.

The screenshot displays two panels. The top panel, titled 'Self Assessments', shows a line graph with a y-axis ranging from 4 to 8 and an x-axis for the period '10/14/2020-11/13/2020'. The data points are approximately (10/14, 7), (10/21, 6), (10/28, 6), (11/4, 6), (11/11, 5), and (11/18, 5). The bottom panel, titled 'Health Records', is highlighted with a red border and shows a score of 74 for '0.00.0 Self-Assessment and Journal'. A 'DOWNLOAD' button is visible below the score.

The screenshot shows a document titled 'Cognit Electronic Health Record'. It contains a header with user information, a section for 'Please share what you learned about yourself', and a table with columns for 'Date' and 'Total Score'. The table contains several rows of data, including dates and scores, and a 'Total Score: 28' at the bottom.



Cognit:

➤ Cognit is currently conducting community consultations.
If you would like more information, please contact us

- [Linkedin](#)
- www.cognitsa.com
- wayne@cognitsa.com
- 416-450-4553

