

## FAQ's

### What is the MiOK app?

MiOK – Am I OK? is a health and wellbeing mobile application, developed to encourage individuals to check in on their wellbeing. It is designed to offer simple and non-intrusive support with all personal data securely stored on the user's device.

### What does it do?

The overarching goal of MiOK is to help you look after yourself by maintaining a healthy wellbeing. As we know, getting on top of issues early leads to better long term health outcomes.

Although MiOK was originally developed as DB Results' philanthropic response to the 2020 bushfires, the app can be utilised in any crisis as well as help with the potential wide-ranging impact of COVID-19.

MiOK integrates tracking of health and wellness factors like exercise, nutrition, sleep and practicing mindfulness together with mood monitoring, in tune with first line management practices by mental health experts.

### MiOK aims to:

- **Assist** you to build an awareness of your own emotional wellbeing.
- **Alert** you when to seek expert support and advice, such as from a GP or Psychologist, and/or via phone support services provided by organisations such as Lifeline.
- **Provide** information and support through curated health and wellbeing resources.
- **Help** track important indicators for good health and wellbeing.
- **Support** you through the COVID-19 pandemic with features such as body temperature monitoring and other relevant health information.
- **Put** your wellbeing first.

### How is MiOK different to other apps?

MiOK is unique as it provides a holistic health and wellbeing solution in one place. It also provides personalised feedback to know when to get expert help, when things aren't right early on. Importantly, it integrates COVID-19 specific features, to assist you to stay safe and well.

### Why should I use this app?

We know that almost half of all Australians will experience a mental illness in their lifetime. Looking after your health and wellbeing has never been more important than now. COVID-19 has catapulted the issue of health and wellness, changing our way of life in unprecedented ways. Hybrid models of working from home and in the office is now the norm. Many of our households are affected by unemployment and financial strain, and the general challenges of constantly changing social isolation conditions which are all affecting our mental and physical wellbeing. Sadly, research shows that people can feel the emotional impacts up to several years after the initiating event.

## Key Features



### My Mood

Capture a quick, on-the-spot assessment of how you are feeling, and track changes in your mood. You can also add a note to further describe how you feel.



### My Checks

Track indicators of your health and wellbeing (like body temperature, daily steps, and sleep) to pick up on changes early. You can even create a personalised indicator to track! Validated mental wellness questionnaires will alert you to seek professional advice and support, if required.



### My Timeline

Keep a record of your COVID-19 related information, including testing and diagnosis dates, results, vaccinations and even treatment, so you have all your information safely in one place for easy access. You can even record your other health appointments or track your yoga sessions.



### My Toolkit

A library of resources to support you, including links to meditation and mindfulness activities, to help you stay well and healthy.



### Synchronise Health Data

Turning on this option will allow MiOK to sync health and fitness data with your devices, e.g., Fitbit or Apple Watch.



### Notifications

Stay on top of your tracking by setting a daily reminder to check in.



### Security Configuration

Decide the level of security you want for MiOK.

## How is MiOK different to other apps on the market?

MiOK is a holistic app that considers emotional wellbeing necessarily involves looking after our physical body as well, since the two are inseparable.

## How do you access the app?

MiOK is a native mobile application that can be downloaded from the **App Store (iOS)** or **Google Play Store (Android)**.

## Enquires and feedback

Your enquires and feedback is important to us. Please contact us via [email](#).