



INSTRUCTIONS FOR USE

INTENDED USE STATEMENT

The Mindstep application (app) provides a personalised approach directly to the general adult population to screen for and reduce risk factors for cognitive decline and mental health disorders, in both the short and long term. It provides suggestions for evidence-based techniques to improve general health and well-being.

Mindstep aims to be a tool to evaluate cognitive function and mental health, and maintain brain health, provided in an accessible design that enables unsupervised use in clinical and non-clinical settings. It is not intended to replace a healthcare professional, provide a diagnosis or medical plan, or inform health decisions.

BEFORE USING MINDSTEP

Please ensure the app is appropriate for you:

- Users must be 18 years or older.
- Use of the app is available strictly to users located in the UK. It should not be downloaded, accessed, or used in any manner outside of the UK.
- The app makes use of audio, video, text and symbols (e.g. emojis). The experience will not be optimal for users who are unable to engage with these forms of communication easily, e.g. Blind or Deaf individuals.
- The app has been designed for a single user. Sharing an account will result in reduced efficacy.
- It is recommended you consult with a licensed healthcare professional if you have brain health concerns - while Mindstep has been built by doctors, each person's brain health is different.

ACCESSING MINDSTEP

Please download the Mindstep app to begin, and keep it up to date. It is available on iPhones that support iOS15 & higher. It is currently not available on Android devices.

WHILE USING THE APP

Please follow the guidance provided in-app: Mindstep is built in a user friendly way, and will guide you step by step. If at any point you are experiencing difficulties in the app and need support, please contact info@letsmindstep.com.

