

## 1. Description?

- ☐ Via **Symple** you can easily keep an overview of your medical information and symptoms.
- ☐ **Insight** | You will gain insight into how exercise, diet and medication affect how you feel both mentally and physically.
- ☐ **Doctor's visit** | You can prepare for a doctor's visit by exporting a report from the app.
- ☐ **Recognition** | Symple has been named best Healthy Lifestyle App in 2019.
- ☐ **Apple Health** | You can import information such as your step count, your sleep quality and all kinds of other health data from Apple Health.
- ☐ **Privacy** | You can protect your data with a passcode or fingerprint ID.

## 2. For whom and why?

- ☐ Symple can be interesting for all students but especially for students with medical problems.
- ☐ **Overview** | Via Symple you collect important information about your health in one place. You can easily demonstrate what your movement patterns, diet and medication looked like, the app makes remembering and reporting symptoms easy.
- ☐ **Insight** | Through Symple you gain insight into which factors have an impact on your physical and/or mental health. By paying attention to how you feel and what you do, you will better understand how your body works.
- ☐ **Positive impact** | Research from Columbia University shows that apps like Symple have a positive impact on self-care.

### 3. How does it work?

- ☐ The use of Symple is quite simple. [Discover here how Symple works and what functionalities it has.](#)

### 4. Pricing

- ☐ **Free** | With the free version of Symple, you can enter up to five symptoms and factors that affect how you feel, and import from Apple Health.
- ☐ **Paying** | With the premium version of Symple (Symple Complete) you can enter infinite symptoms and factors. You can also take pictures of e.g. your medication or food intake and you can automatically store a recovery file in iCloud.

### 5. Language

- ☐ Symple is available in English.

### 6. Type and platform

- ☐ Symple is an **application**, available for **smartphones** running on **iOS**. Symple can also be reached via the **website**.

### 7. More information?

- ☐ Learn more about Symple on the [website](#).