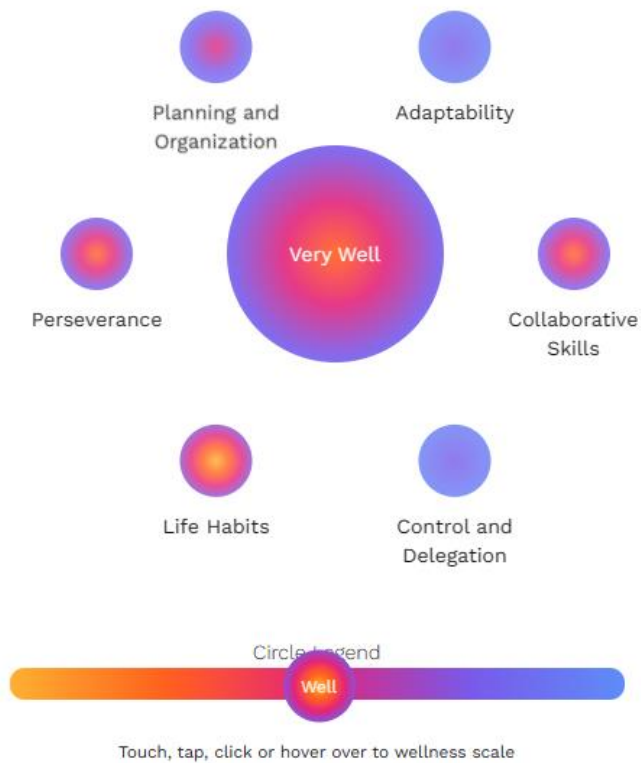


Dimensions of Wellness

Enterprise User Guide



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Introduction

What is Dimensions of Wellness?

Dimensions of Wellness is an enterprise web application designed to allow organizations to track, monitor, and increase the wellness of their humans, be they patients, clients, students, employees, stakeholders, shareholders, or executives. It is our belief that the wellness of people will make organizations well.

Our world is in the midst of a mental health crisis. Dimensions of Wellness is designed to be one small but effective step that an organization, business or government can use to begin meeting that crisis head on.

If our application can bring a positive outcome to one person in crisis, or even save a life, we will consider our project to be success.

Dimensions of Wellness Enterprise

The Enterprise version of Dimensions of Wellness allows an organization to collect, own and control all the data from the users. This means that a large organization can use the tool to measure and report on the wellness of all their employees or members.

Enterprise Dimensions of Wellness can be modified to match the needs of an individual organization. It can be rebranded. All assessment questions, answers, analysis, and web links can be modified. With the assistance of our developers, even deeper modifications can be made to the application.

Enterprise provides a full Admin dashboard with control over single sign on, announcements, the blog, and more. It has rich interactive data reporting that provides zoomable granular analysis of wellness data.

Definitions

To further understand Dimensions of Wellness and how it works, we have included definitions of certain terms you will see repeated in this document.

Assessment

Dimensions of Wellness uses wellness assessments to gain a measure of user's wellness. These assessments were developed by Dr. Peat and associates over years of working with education, development, and mental health groups.

The current assessments are targeted to adults, but we are currently working on assessments for children and young adults.

The assessment consists of questions that are tied to a Dimension and Dimension category. The score for a Wellness Dimension is made up of the scores for each of the Dimension categories. This can give a rich multi dimensional view of wellness.

Once completed the Assessment is evaluated and analysis generated to assist the user in improving their wellness.

Provider

A Provider is someone who provides health or wellness services to clients. We have done our best to not precisely define a Provider, as it could be a counsellor, schoolteacher, therapist, psychologist, psychiatrist, family doctor or even a family member. For the Enterprise version Provider accounts will be defined and provisioned by the Administrators of the system.

Contributor

A Contributor account can administer the Blog create new articles. They can also edit and modify all Questions, Answers, Analysis and Links for the Assessments and Analysis.

Administrators have all the Contributor permissions.

Contributor accounts should only be provided to a small number of users as they have powerful control over some parts of the application.

Administrator

Administrators have full control over the application. There should always be at least two Administrator accounts defined, in case one Administrator falls ill or leaves the organization.

Only Administrators can assign and manage user roles.

Screen or Screening

A screen is automatically invoked in a user's answers certain questions that are indicative of a possible concern around suicide, depression, anxiety, and cardiovascular health. The screen is a set of follow up questions used to determine if there is an urgent need for a quick intervention or response. Any screen is automatically sent to a client's Providers, and if necessary, the user is referred to a suicide crisis line and/or other emergency phone numbers to obtain immediate assistance.

Wellness

Wellness can be a very difficult thing to measure. We consider Wellness to be multi dimensional. Rarely is someone doing very well in every area of their life. People handle their wellness in different ways. Some people are very affected by how others perceive them for example. Some people lead very stressful and intense lives but do not show their stress, while others show a lot of stress even if their lives seem serene to outsiders.

Wellness is a journey. Our wellness changes and fluctuates with changes in our family, environment, work, health, and economy. Wellness is also a pursuit. We can always improve our wellness, whether its getting a bit more exercise, eating more healthily, getting proper sleep, spending time with family and friends, leaving toxic workplaces and relationships, or just talking to someone about stressors in your life.

Dimension

Dimensions of Wellness measures wellness with four Dimensions. These are Behavioural, Environmental, Internal, and Wellness Indicators. The indicators are a measure of how you are affected by your Behavioural, Environment and Internal dimensions.

Dimension Category

Each of the three determinant dimensions are divided into six Dimension Categories, where there are there Indicator Categories. Measuring these categories can show how an otherwise healthy dimension may itself have strengths and weaknesses. My addressing the categories that are not contributing to your wellness, you can more easily find improvements.

User Guide

Dimensions of Wellness has a lot to offer an individual user. A user can take wellness assessments and receive detailed analysis and recommendations. They can share their assessments with other users, view assessments shared with them. They can also view how their wellness has changed or improved over time.

Register and Login to Dimensions of Wellness

Dimensions of Wellness has several ways you can register. My default you can login with Google, Microsoft or using an email address. Ultimately your email becomes your account name on Dimensions of Wellness.

The Enterprise version allows an Administrator to enable or disable these various methods of login, so not every login provider will be available on every instance.

You can login directly with one of these providers and then confirm your associated email address (we will send you a link).

Manage Your Account

To manage your account simply click your email address in the upper right corner of the screen. From there you can change your password, delete your account or download your data.

Your Profile and Contact Details

Your demographic profile and contact details are separated from your login details. This is to allow you to choose what is shared with a Wellness Provider or when you share an assessment with someone.

Your demographic profile assists in gathering meaningful data from the system. Your profile strength is shown at the top of the screen and/or in the main menu. Your personally identifiable information is never shared with anyone, and we will never divulge your contact information without your explicit consent to do so.

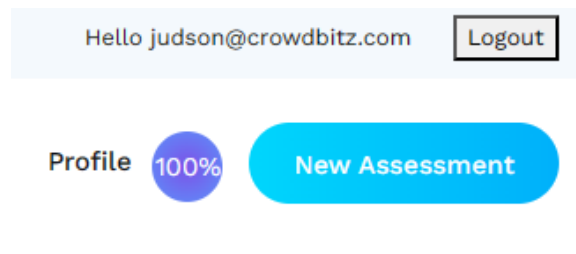


Figure 1- Links to Profile and Account

Wellness Assessment

Any user can take a Wellness Assessment at any time. Just click the New Assessment link in the menu.

The user is presented the Wellness Assessment.

If they have a previous assessment that they were unable to finish, the application will offer to take them back to the previous assessment so that they can pickup where they left off.

Previous assessments have a lifespan of 30 day, this is to keep the assessment data current.

Each question is rated from 1-5. With 1 being the lower or more negative answer, and 5 the higher or more positive answer. Click the color bar to register your answer, which will automatically advance the assessment to the next question.

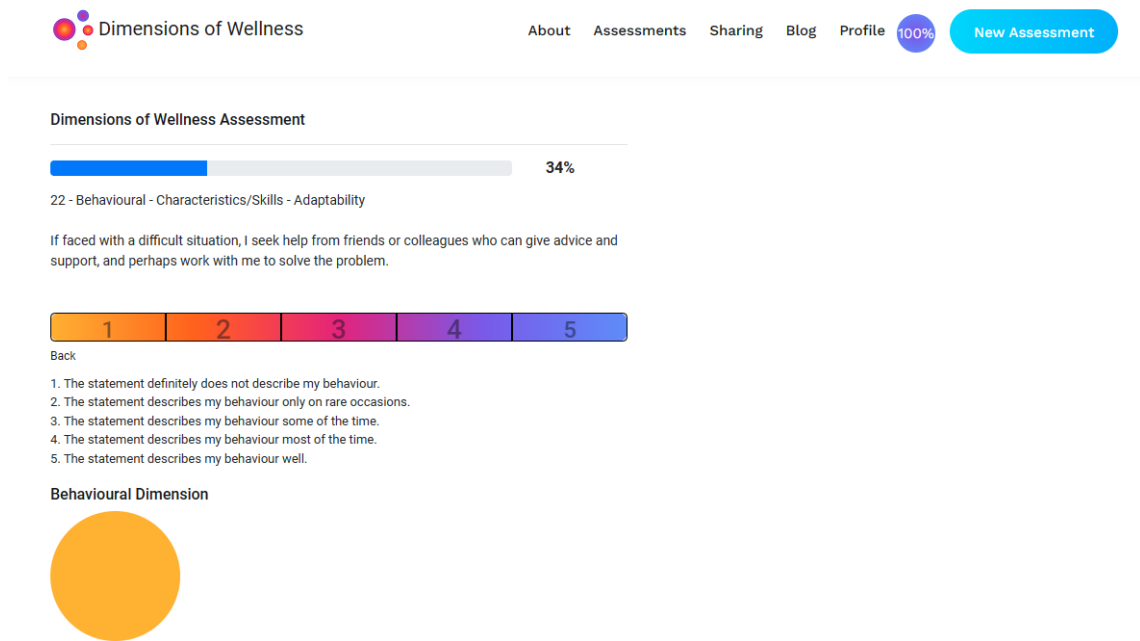


Figure 2 - Wellness Assessment

Your Wellness Journey

The My Wellness link will take you to your Wellness Journey. This includes a graph that shows the results of all your Dimensions from up to your last 25 assessments. You can click or tap on any dot to show the results of the assessment, and mouse over a dot to view further details.

Tapping, hovering over or clicking on a line will highlight that particular dimension and make the others fade so that you can see on dimension clearly.

Your Wellness Journey also includes a list of every assessment that you have taken. Each shows the relative change in every dimension. To view any assessment click or tap the View link next to the listing.

My Wellness Journey

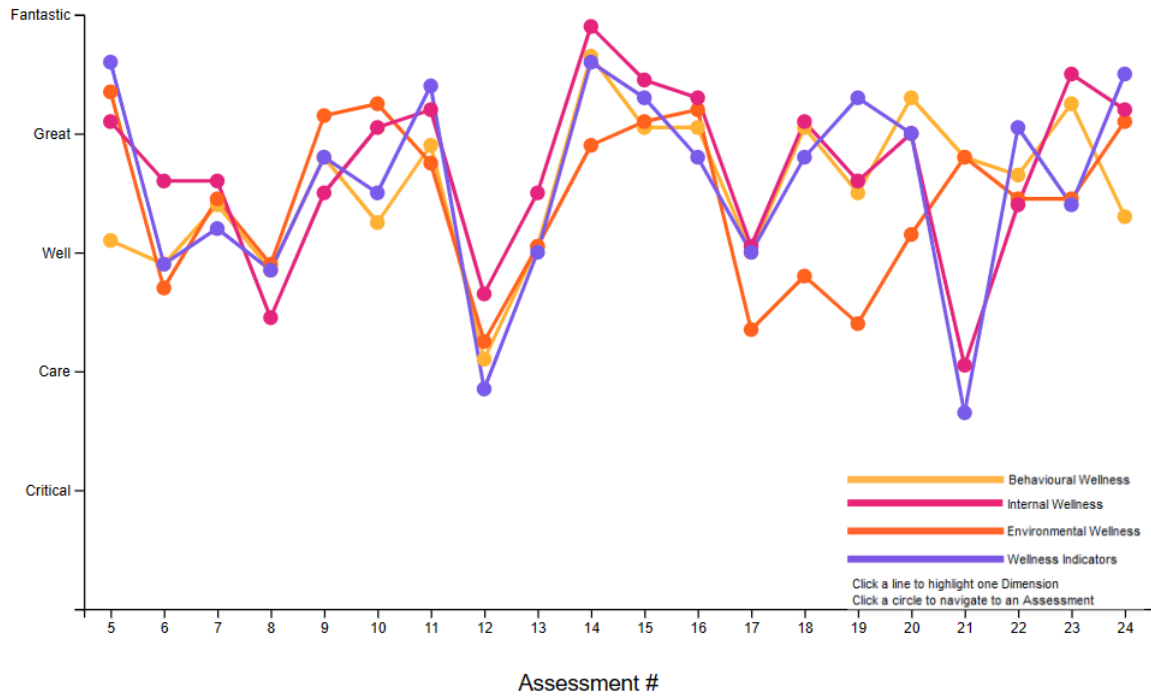


Figure 3- Your Wellness Journey

Viewing Assessment and Analysis

To view any assessment and its accompanying analysis just click on the dot in the graph or the link in the list and it will take you to a detailed view of the assessment.

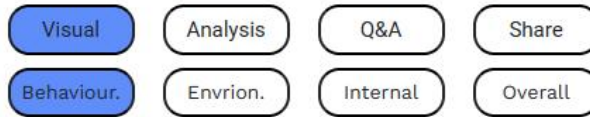
Visual

The assessment is shown with the results for each Dimension and Category in a color spectrum from a yellow to blue in the color-blind spectrum.

To navigate through the assessment and analysis just click the menu, links, or circles. Each circle will take you to the detailed analysis for each Dimension Category.

Assessment #1257

Date Completed: 03-April-2023 08:23 PM



Behavioural Dimension



Figure 4- Completed assessment and analysis view.

Analysis

The Analysis link or clicking any circle will take you to the detailed analysis and recommendations for each of the Categories.

The analysis consists of feedback on the rating and recommendations for improvement. This includes links that have been curated for use in improving your wellness. Any links are subject to a malware check to Google when clicked to enhance the safety and security of the user.

Planning and Organization - Care



This is an area that requires you to take **care**, to not let it slide and to work on improving. It may also be beneficial for you to seek further professional help from a counsellor, psychologist or life coach. The following suggestions, if followed, should be of help to you.

1. Take control by breaking large tasks down into smaller targets. Create a schedule to finish these smaller targets. This may help improve your planning and organization by minimizing distractions and prioritizing where to start.
2. Develop to-do lists to help plan and organize what needs to be done. These can help you stay on track and create more free time to do things that you want to do!
3. Keeping your space free from clutter will help you find what you need when you need it. This applies to both your home and workspace. Keeping clutter to a minimum will enhance your ability to be organized.

For more in-depth information and suggestions, click the web-links below. They provide in-depth information and suggestions.

Links

[How To Improve Your Organizational Skills – 11 Practical Tips](#)
[A Way to Plan if You're Bad at Planning](#)

Environmental Dimension - Fair



Changes at Home - Critical



Your results indicate that this is an area of **critical** concern. They indicate that you should seek further professional help from your family doctor, a counsellor, psychologist or life coach. In the meantime, the following suggestions, if followed, should be of help to you.

1. Take control of the situation. Talk to someone who has experience. New baby? Find a parent group or take advantage of classes offered. Taking care of

Figure 5 - Analysis

Clicking a circle in this view will take you back to the Visual results.

Q&A

This section shows the text of every question and every answer you gave for an assessment and is shaded to make it easy for you or a wellness Provider to quickly find answers that are of concern or can be improved upon.

Strengths and Weaknesses

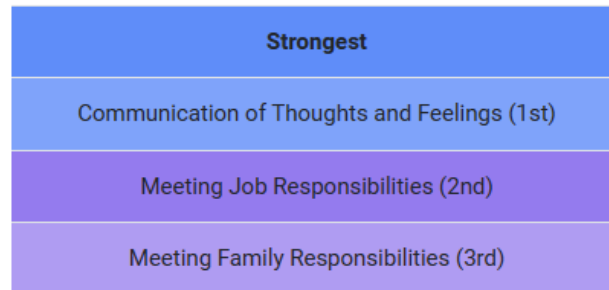
If your categories have some variability in the scoring, you will be presented with a list of strengths and weaknesses. These are your strongest and weakest categories.

Assessment #242

Date Completed: 29-December-2022 09:12 PM



Strengths and Weaknesses



Physical, Behavioural and Emotional indicators are not compared for strengths and weaknesses

Detailed Analysis

Behavioural Dimension - Well



Figure 6- Strengths and Weaknesses

Sharing an Assessment

You can share an Assessment with a friend, family member or caregiver. To do so click the sharing link. Choose the duration of time you want the share to last for, and whether you also want to share your contact information or profile.

Assessment #1257

Date Completed: 03-April-2023 08:23 PM



Share Assessment

Email Address	<input type="text" value="judson@crowdbitz.com"/>
Share Contact Info.	<input checked="" type="checkbox"/>
Share Profile	<input checked="" type="checkbox"/>
Comments	<input type="text" value="Check this assessment out please"/>
Duration	<input type="text" value="1 Year"/>

SUBMIT

A link to your shared assessment will be sent to the email specified.
Your assessment will NOT be emailed.
Any previous shares of the same Assessment with the same email will be replaced by the new share.

Figure 7 - Sharing Assessment

A link will be sent to the indicated email with a link to the shared assessment. The other user will need to have an account on Dimensions of Wellness to be able to view the assessment.

Manage Sharing

As a user you can manage your shared assessments, as well as those that have been shared with you.

You can see if an assessment you have shared has been viewed by the person that you have shared it with. You can also remove any share links to assessments you have already shared, or of assessments that have been shared with you.

Once removed, a share link cannot be restored, you will need to ask the user to share it with you again.

The Manage Sharing page also lets you view and interact with any Wellness Providers that you have. You can view their Provider page, Chat with them, or remove them as a Wellness Provider.

Providers can see all of your wellness data, and if you have shared it with them they can also view your profile and/or your contact details.

Your data of birth will never be shared with anyone ever. If you have shared your profile, then your age will be shows to those you have shared with, not your date of birth.

Manage Sharing

You can share assessments from the assessment view

Assessments Shared by Me

ID#	Date Completed	Shared With	Expiry Date	Contact Info	Profile	Viewed		
1257	03-April-2023 08:23 PM	judson@crowdbitz.com	14-November-2024 01:16 PM	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	View	Remove

Assessments Shared with Me

ID#	Date Completed	Shared By	Share Expiry	Contact Info	Profile		
1257	03-April-2023 08:23 PM	Judson Tunnell	14-November-2024 01:16 PM	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	View	Remove

You currently have a valid provider account.

Provider List

You do not currently have any wellness providers in the system. Find a provider [HERE](#)

Figure 8- Manage Sharing

Find Provider

If there are any Providers who have a public profile, they will appear in the Find a Provider tool. Click the magnifying glass at the top of the page or in the menu to search for a Provider.

To find a Provider in your area, try searching for your city, country, or postal code.

Once you find a Provider, you can request to become a client of the Provider. All you need to do is select whether you wish to share your profile and/or contact information with them. The Provider will then either approve or deny your request. When that is done you will receive an email notifying you of the status of your request.

Provider Details

Dimensions of Wellness

Dimensions of Wellness

Email	judson@crowdbitz.com
Phone	2502137878
Street Address	1234 Nowhere Lane
City	Welltown
Province/State	BC
Country	Canada
Postal Code	V8N2B9
Website	https://dimensionsofwellness.ai 

[Request Service](#)

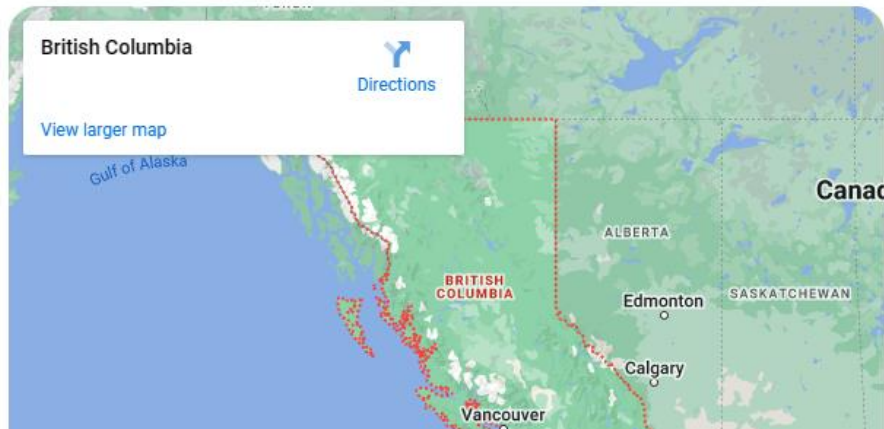


Figure 9- Provider Details

Request to Become Client

Request to become a client of the Provider Dimensions of Wellness.

Share Contact Info.

Share Profile



[Send Request](#)

By sending this request, you agree to share all your assessments and wellness data with the Provider. Your contact information and/or demographic profile will only be shared if you choose to do so.

Figure 10- Client Request Form

Chat with Provider

You can chat with a Provider at any time. Click the Chat link in your Provider list in Manage Sharing. That will open the client chat window where you can chat directly with the Provider. The only chat permitted on the system is directly between a Provider and a Client.

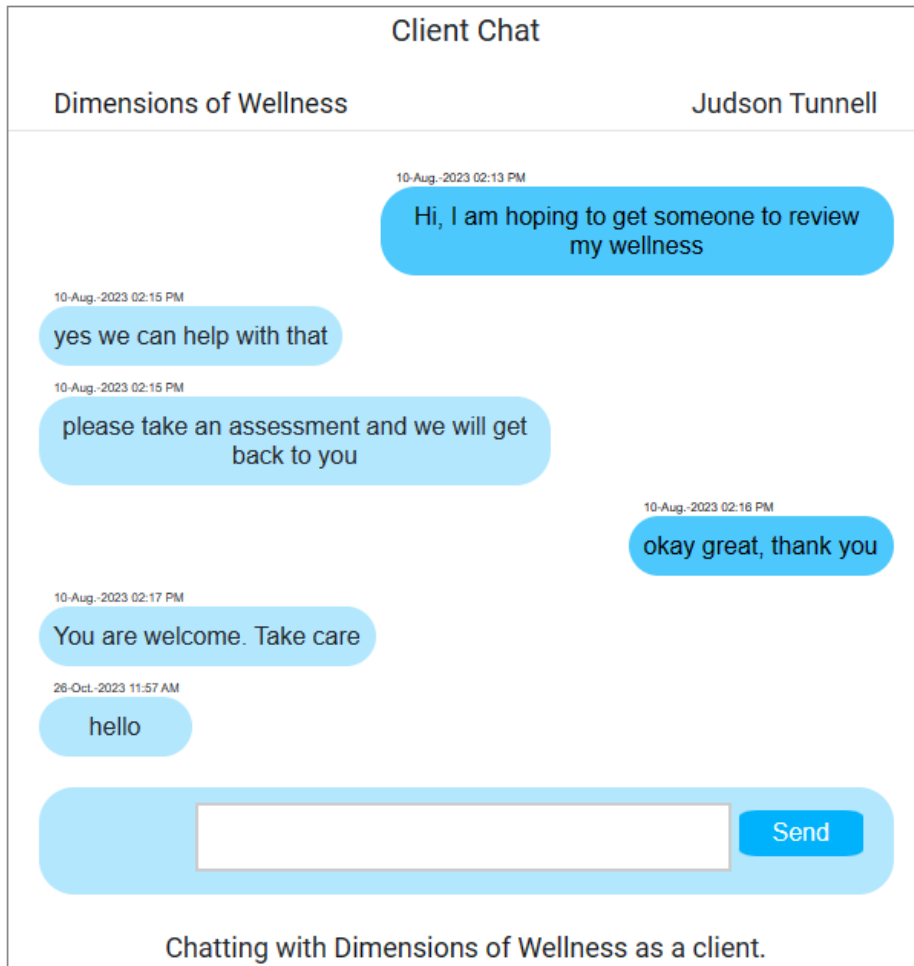


Figure 11- Chatting with a Provider