



iOS App: Wireframes and Prototype

Boulder Hypnosis Works

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iOS App: Overview

Interactive Prototype:

<https://xd.adobe.com/view/710ea5e9-d41d-46f5-be68-52b787b2ace2-245d/>

Purpose

The main intention for the mobile application is to provide a service that supports people in developing a growth mindset and experimental attitude toward pursuing their goals and resolving their personal challenges.

Functionality

The app supports the following interactions and user flows. (Please note, any functionality that is not demonstrated in the prototype is described in the annotations below.)

Create Account or Login

- * Create an account with email
- * Continue with Apple, Google, or Facebook
- * Login with email

Navigation

- * Bottom nav bar: Home, Teachings, WELL, History, and Settings
- * Top nav bar: back and close

Home

- * Provides overview of the app to help orient new users
- * Quick links to the Teachings, WELL, and History sections of the app
- * Expand and collapse individual accordions
- * Expand all and collapse all accordions

Teachings

- * Select an introductory video and make it full screen
- * Select an in-depth program and make the video full screen
- * Play and pause a video

WELL

- * Be guided step-by-step through the WELL process
- * Progress bar provides quick navigation between steps
- * Answer questions by inputting text into a text box or using speech to text
- * Get more information on each step with an info button that triggers a pop up screen

History

- * View history by navigating the calendar one week at a time
- * Edit previously completed WELLS
- * Add to WELLS in progress

Settings

- * View, edit, and delete account under “Account Info”
- * Set up payments under “Manage Subscriptions”
- * Manage push notification for daily tips, quotes, and reminders under “Notifications”

Splash



Splash

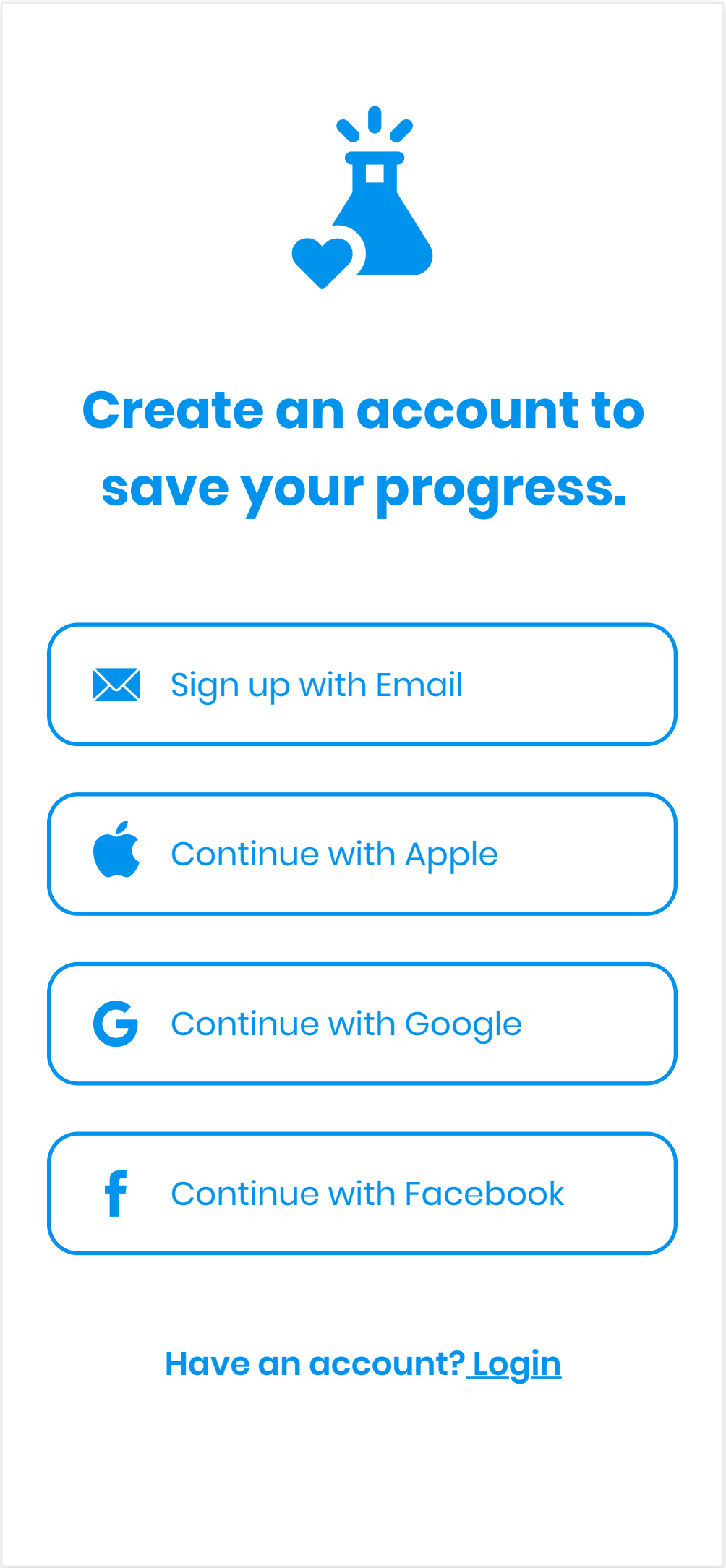
This screen will appear for 2 seconds when the app is first opened.

Create Account with Email



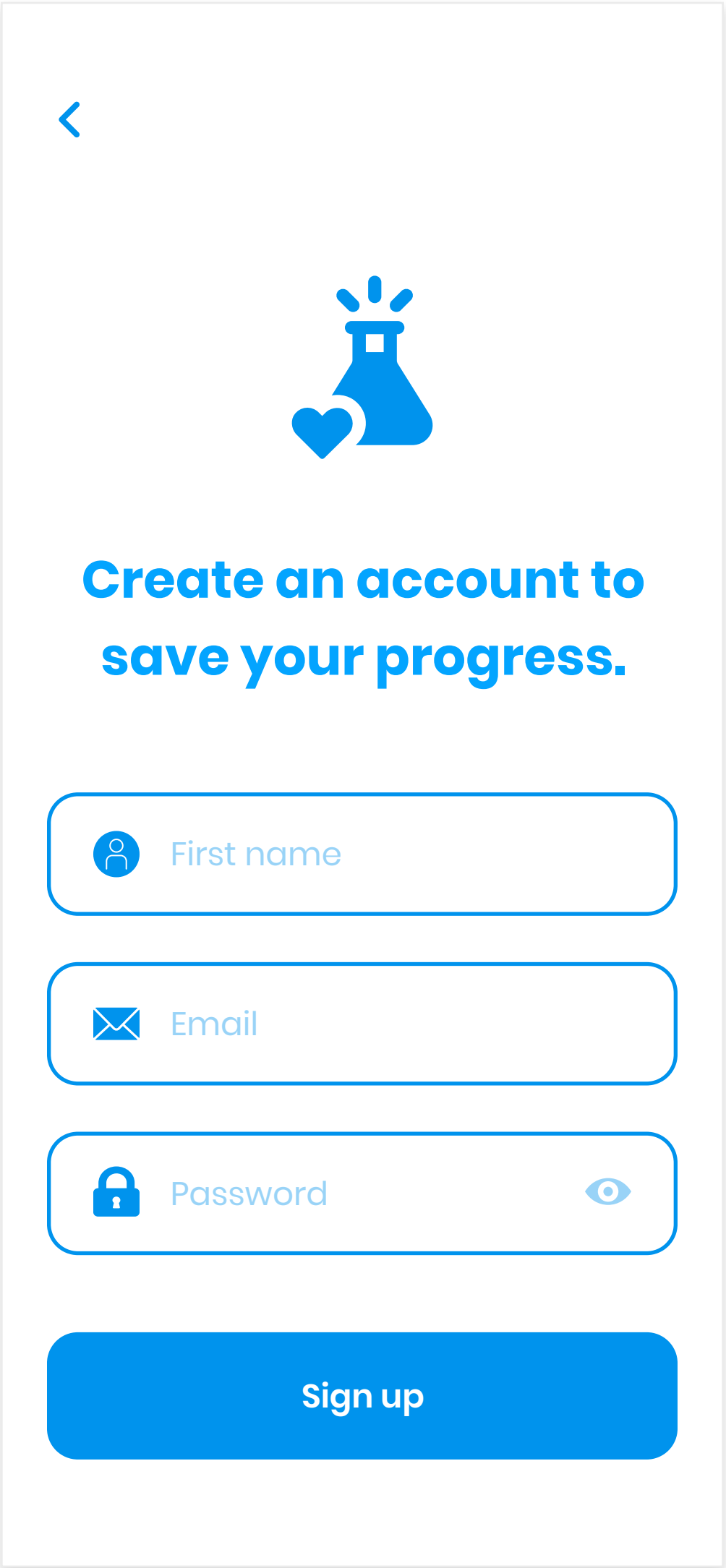
Loading

This screen will only appear if the app takes longer than 2 seconds to load.



Create Account or Login

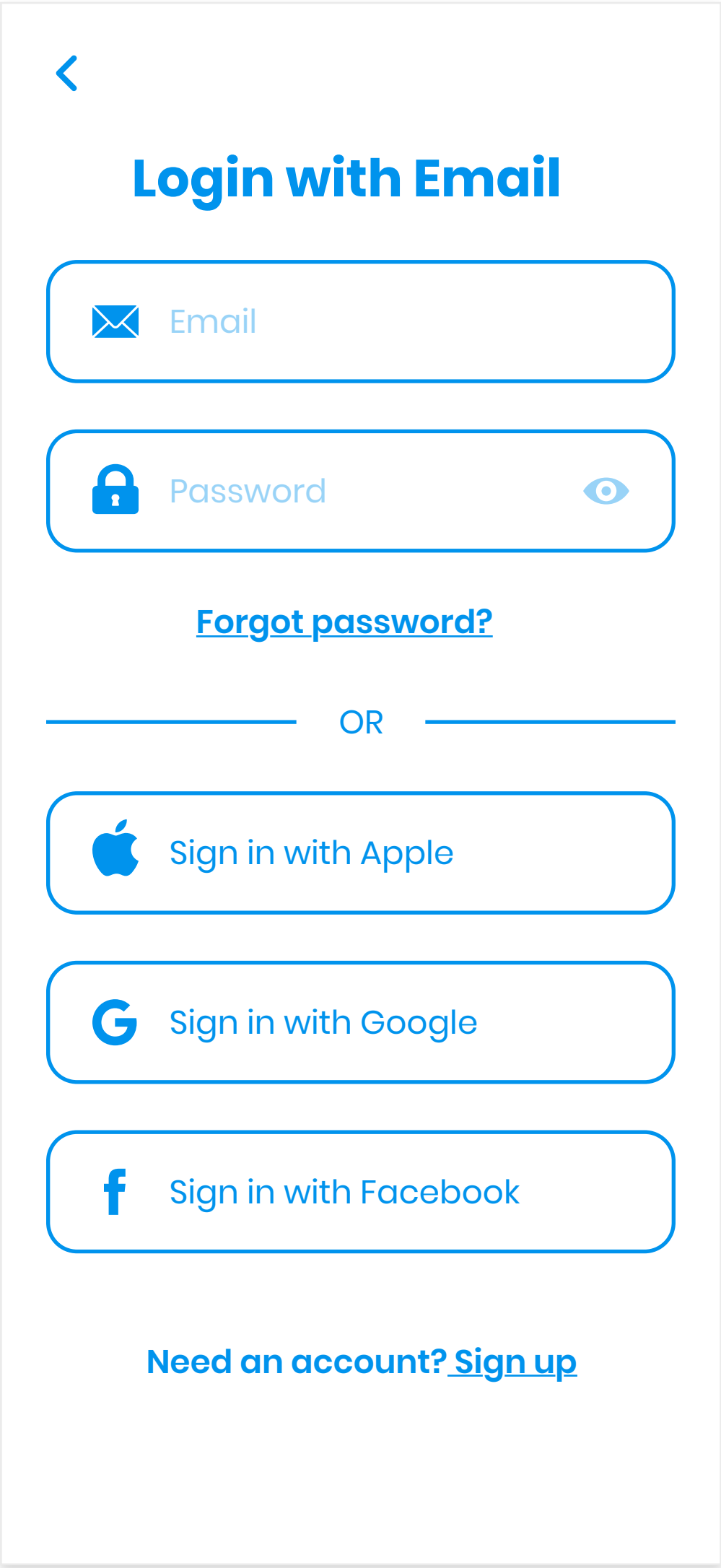
Selecting “Continue with Apple, Google, or Facebook” will bring users to an OAuth consent screen to verify access to their account.



Create Account with Email

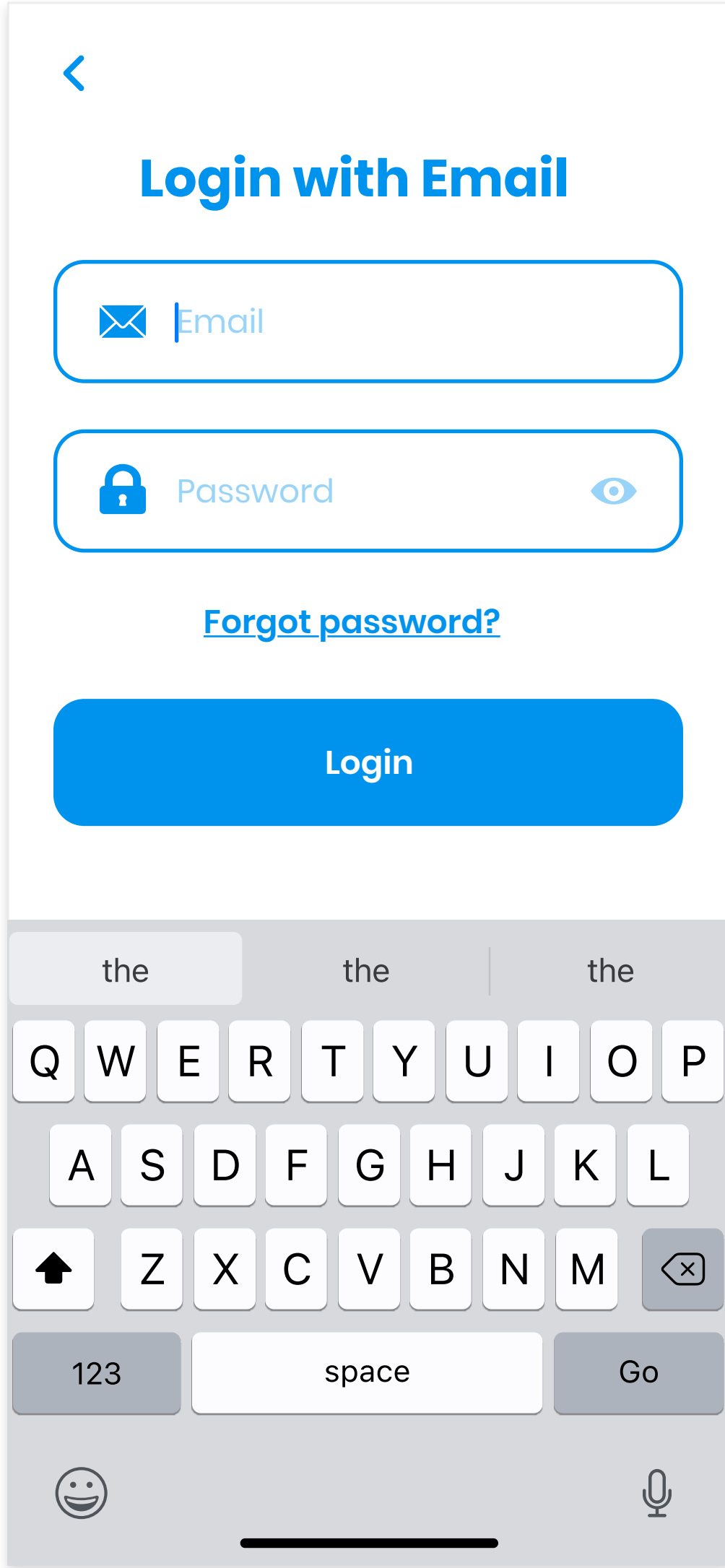
Tapping on any of the text boxes will bring up the keyboard.

Login with Email



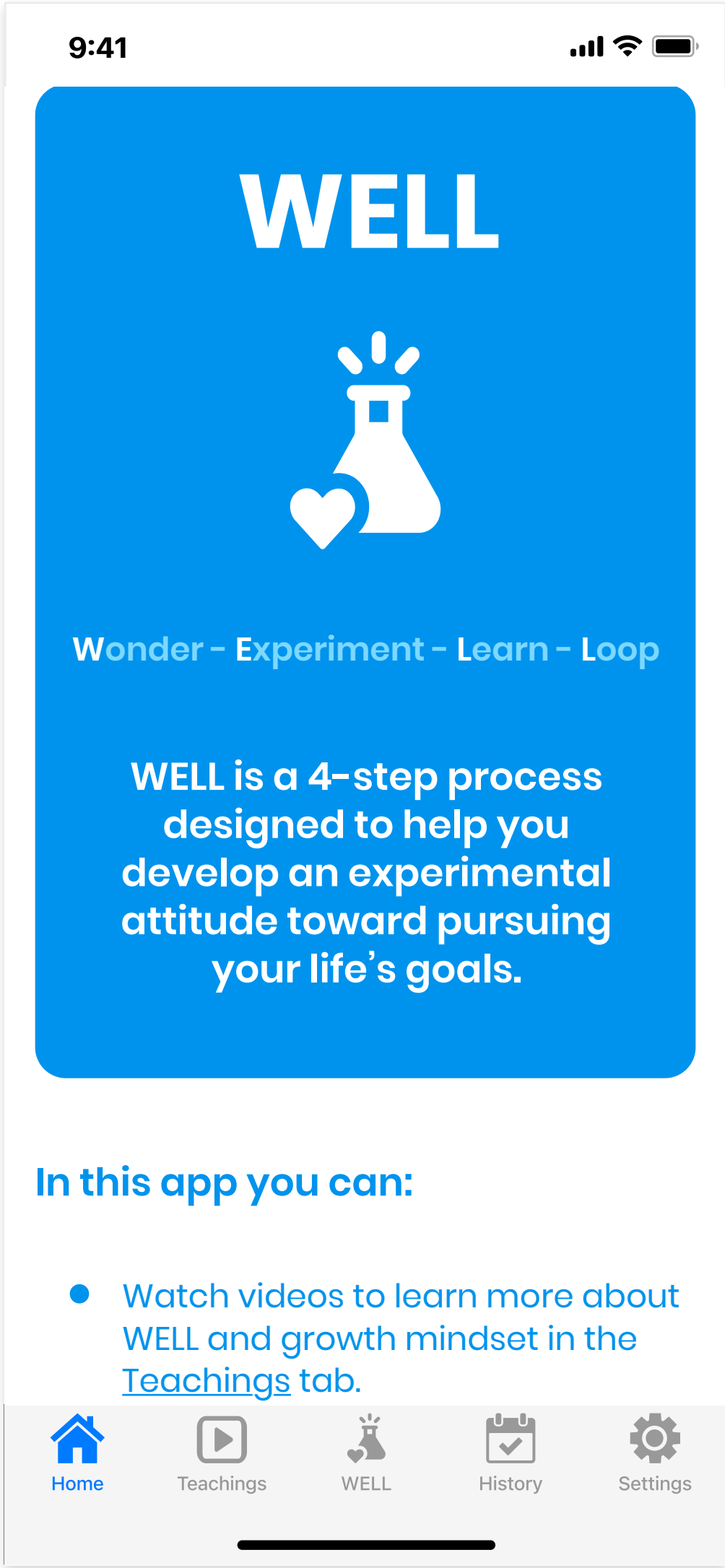
Login - 1

Tapping on “Forgot password” will allow a temporary password to be sent via text or email.



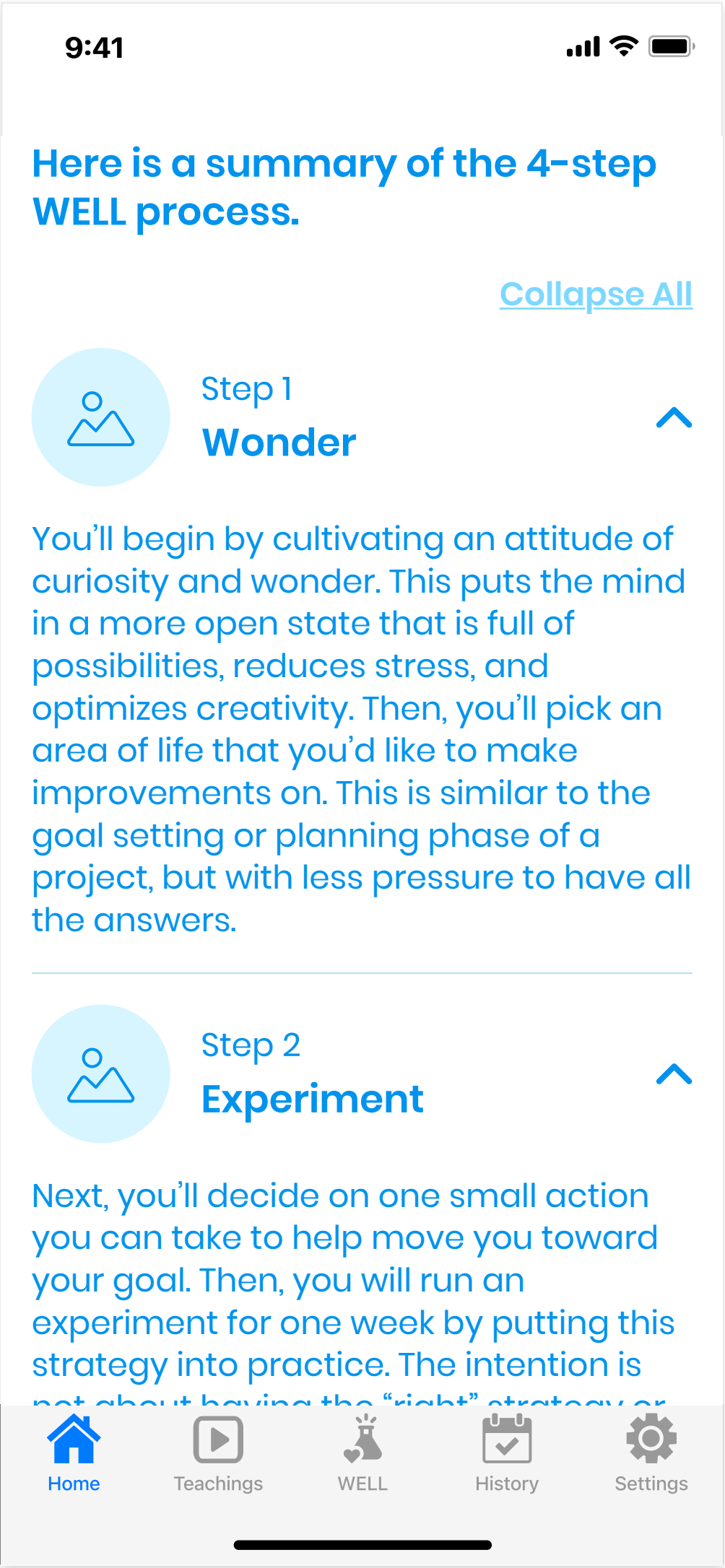
Login - 2

Home



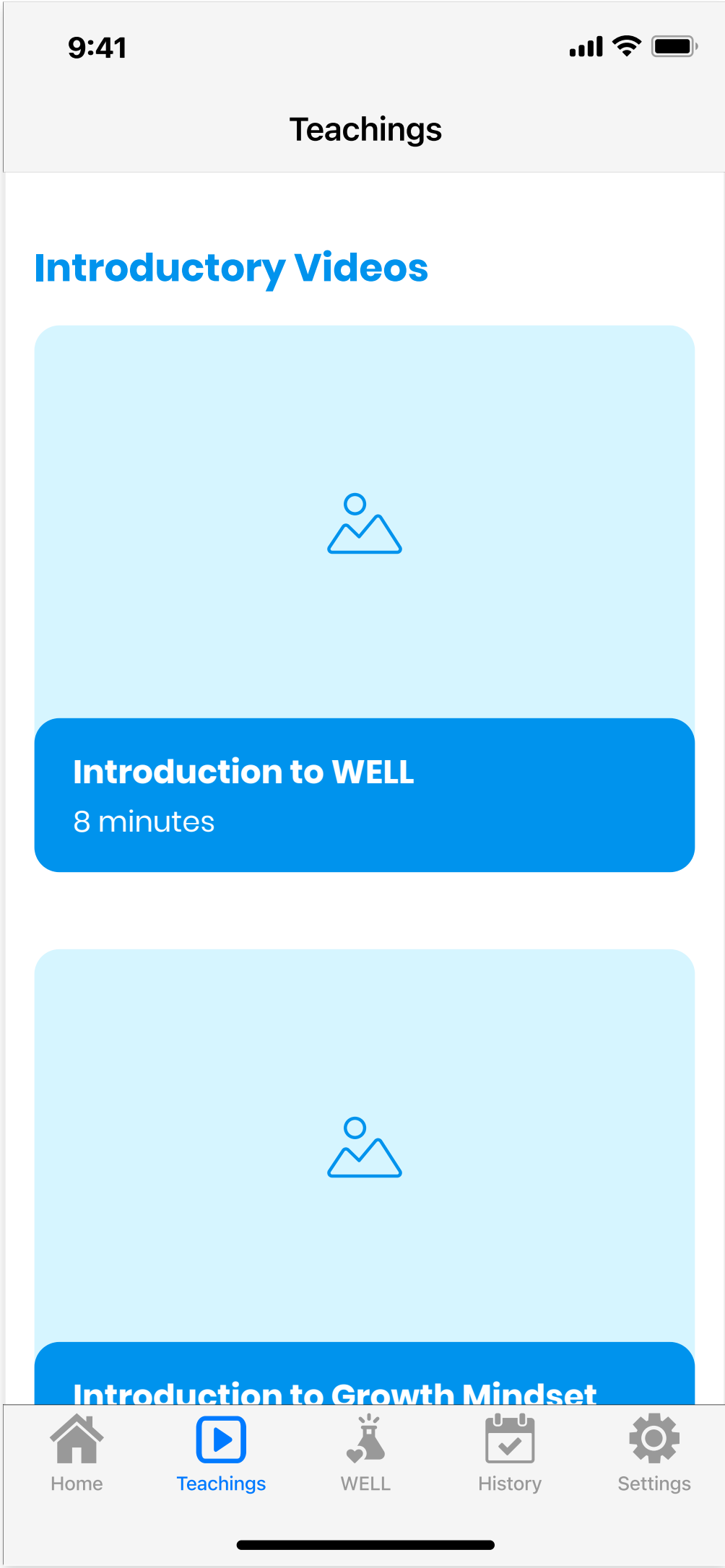
Tab - 1 - Home - Collapsed

Tapping the accordion button (not shown) will collapse and expand the description for each step of WELL, and the content below it will move up and down in response.

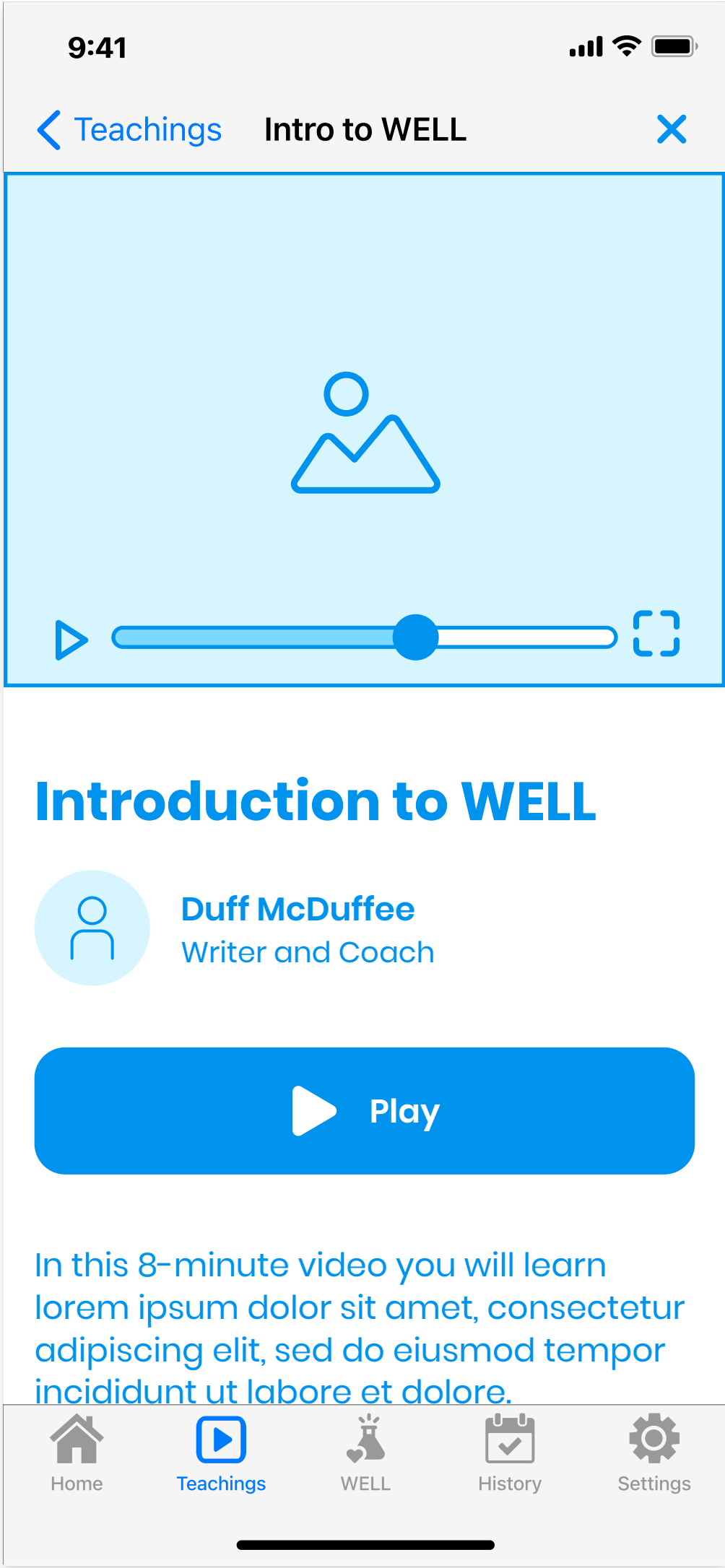


Home - Expanded

Teachings

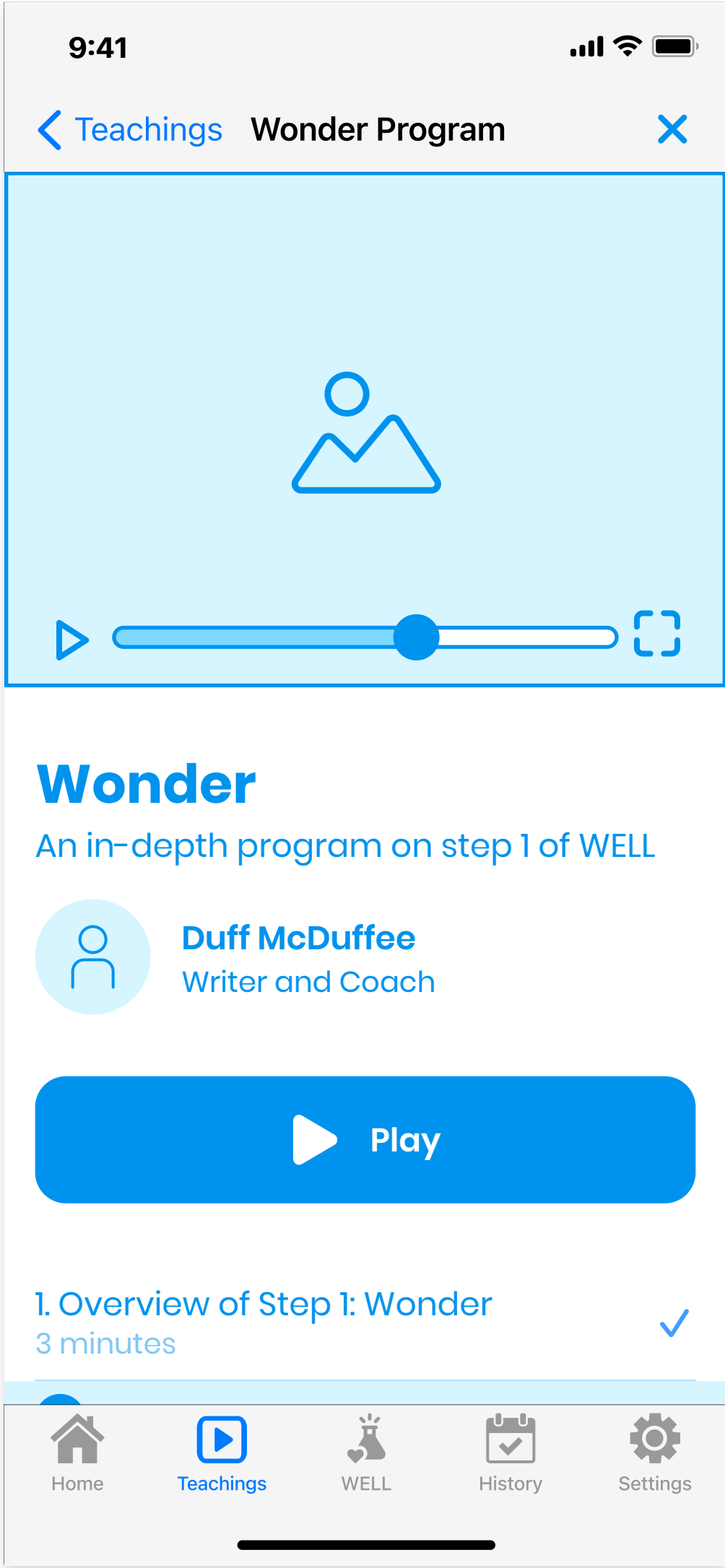


Tab - 2 - Teachings



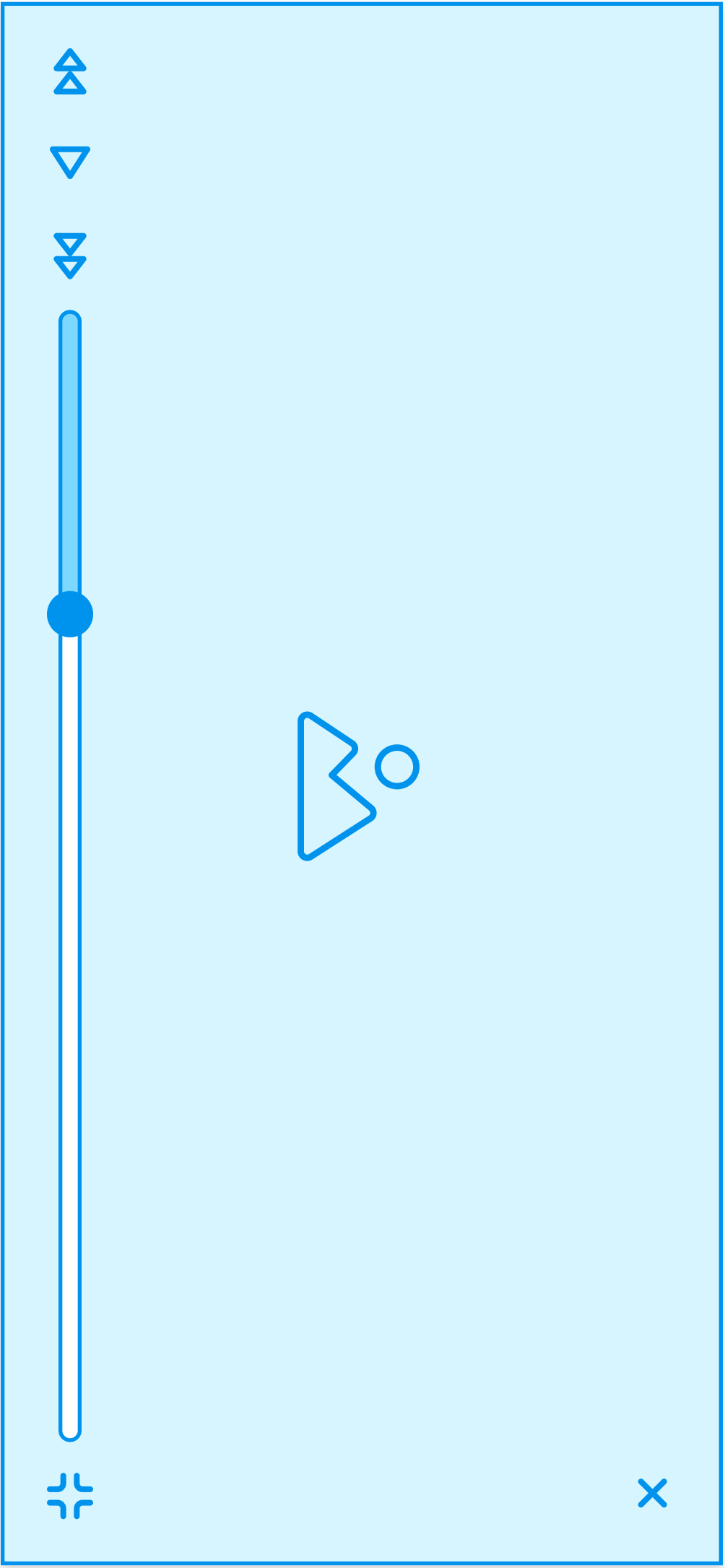
Intro Video - Overview

Play/pause button will play the video on the same screen.

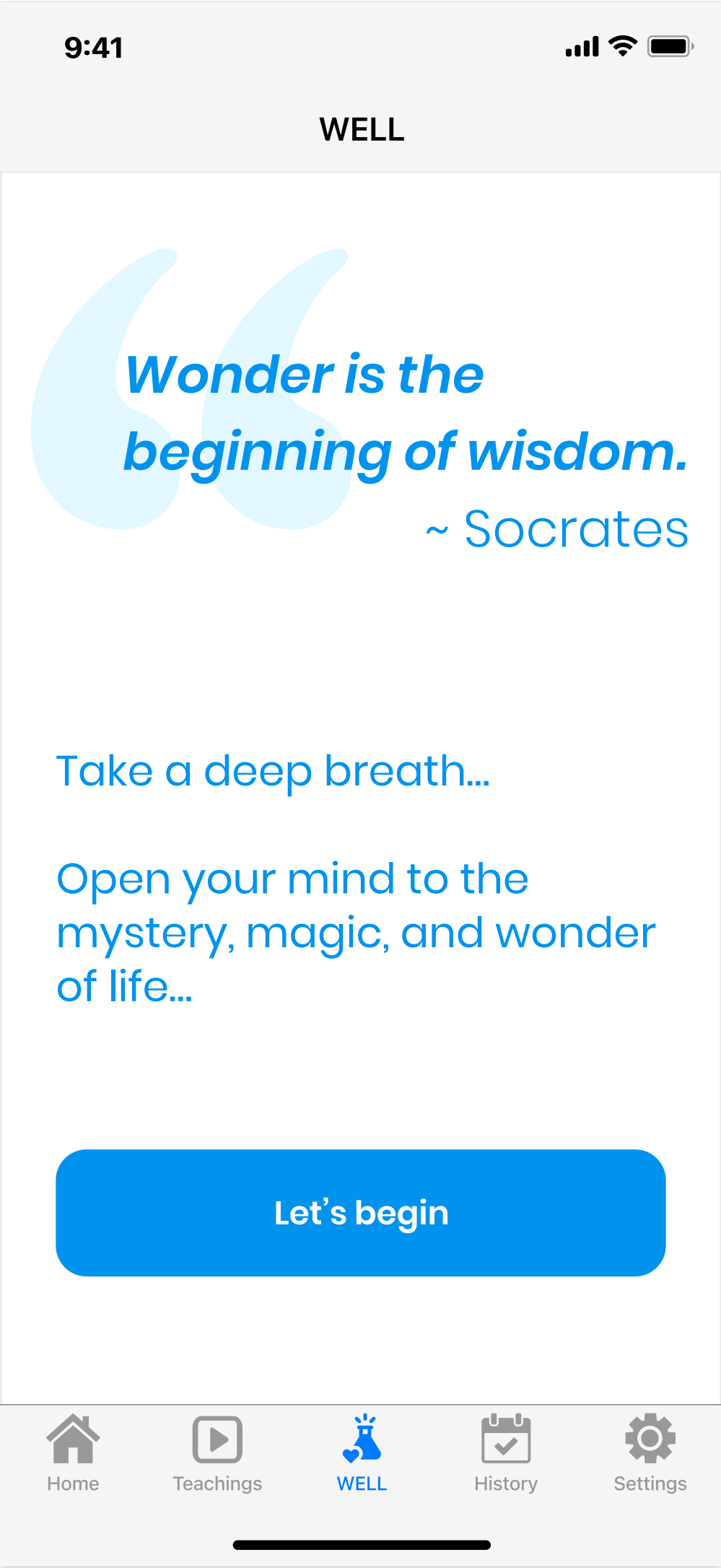


In-depth Program - Overview

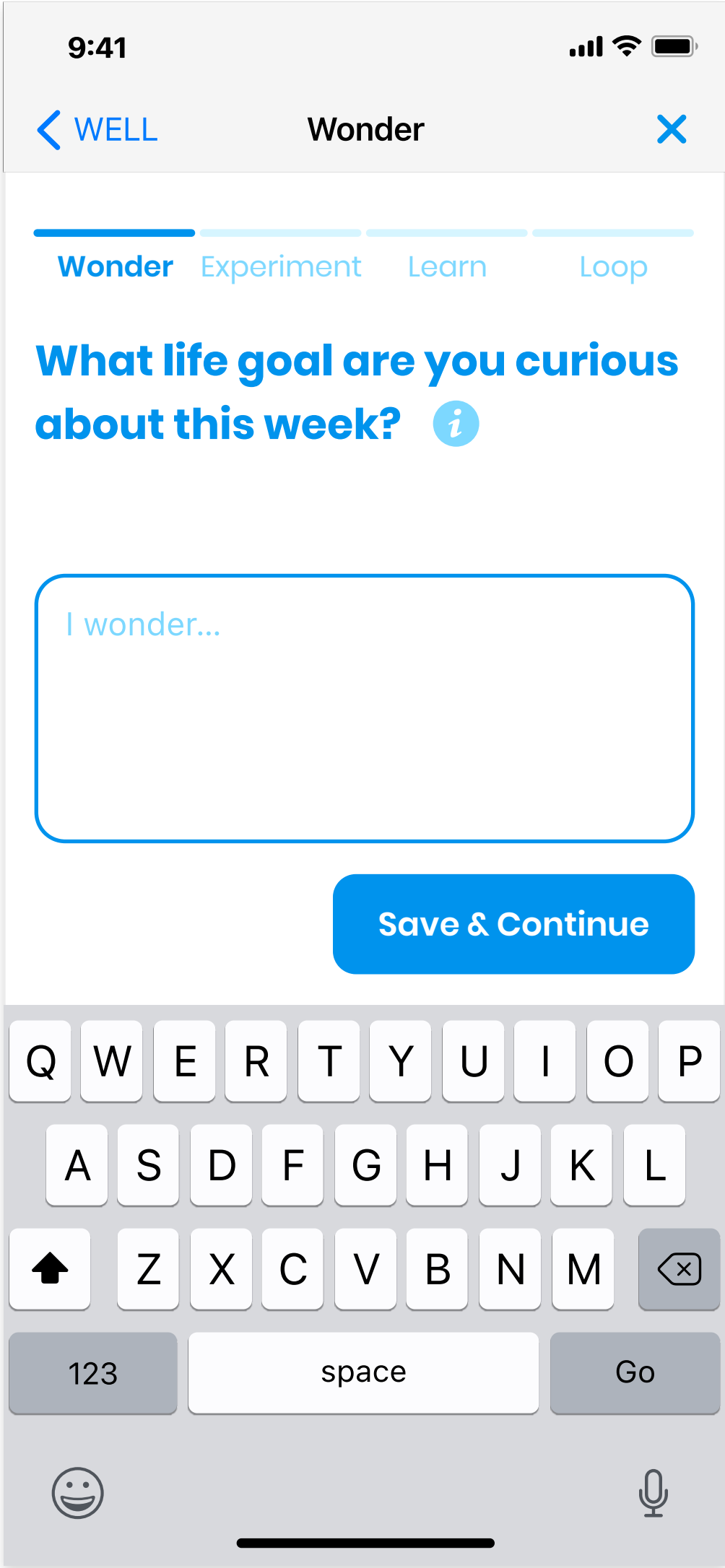
A checkmark will appear next to the lessons that have been viewed. The currently selected video will be highlighted.



Full Screen Video

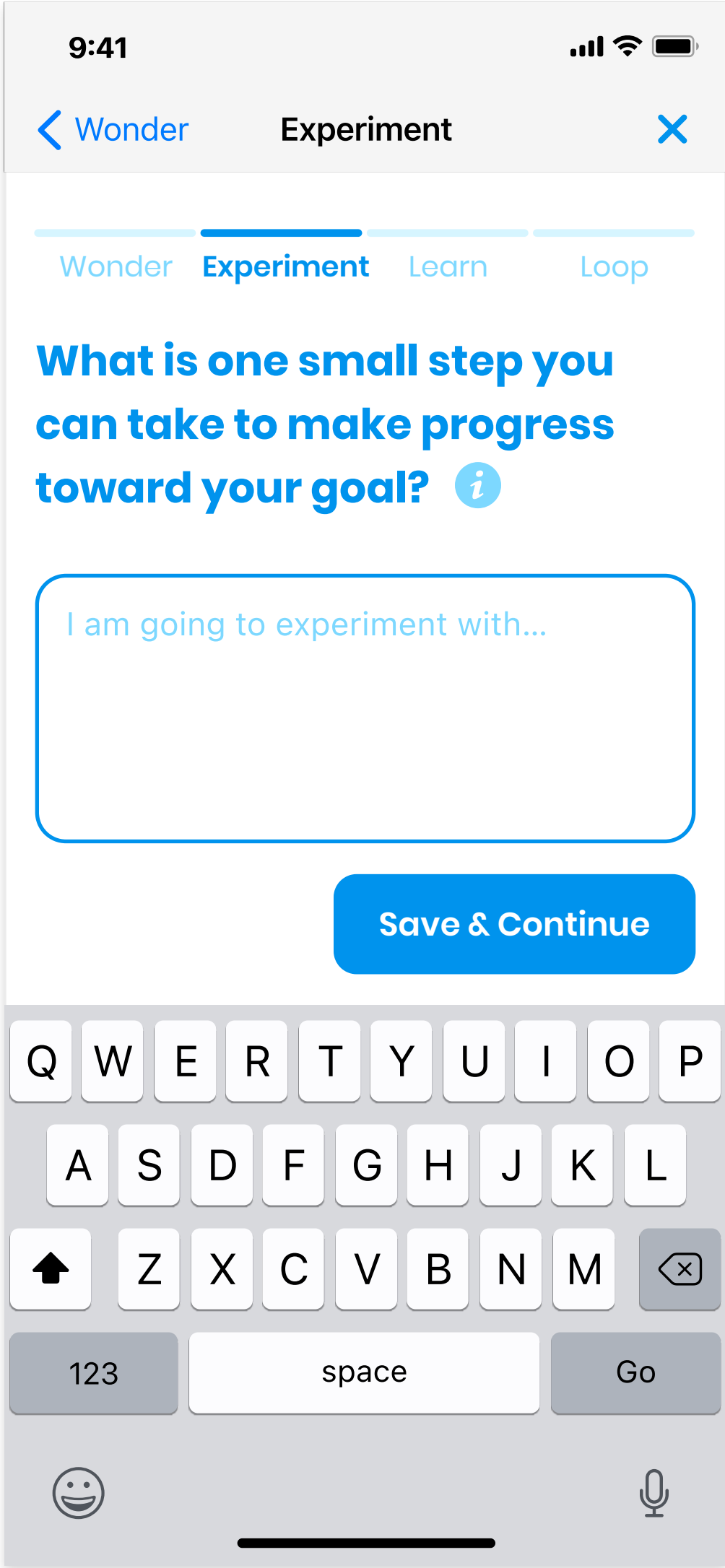


Tab - 3 - WELL



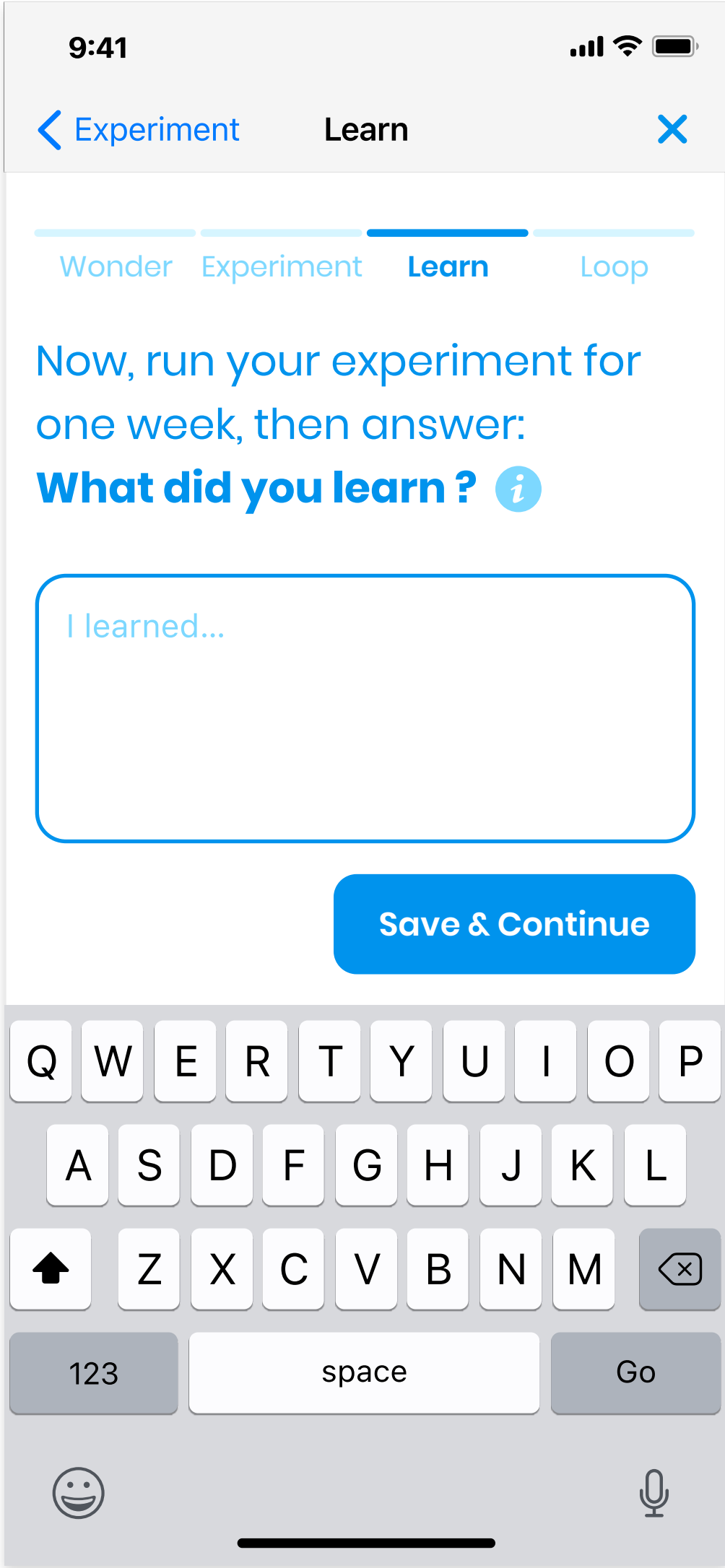
Wonder

Users can type their answer or tap the microphone icon to use speech to text. Tapping the info button will trigger a pop up with additional instructions. Tapping “save & continue” will save a copy in the History section.



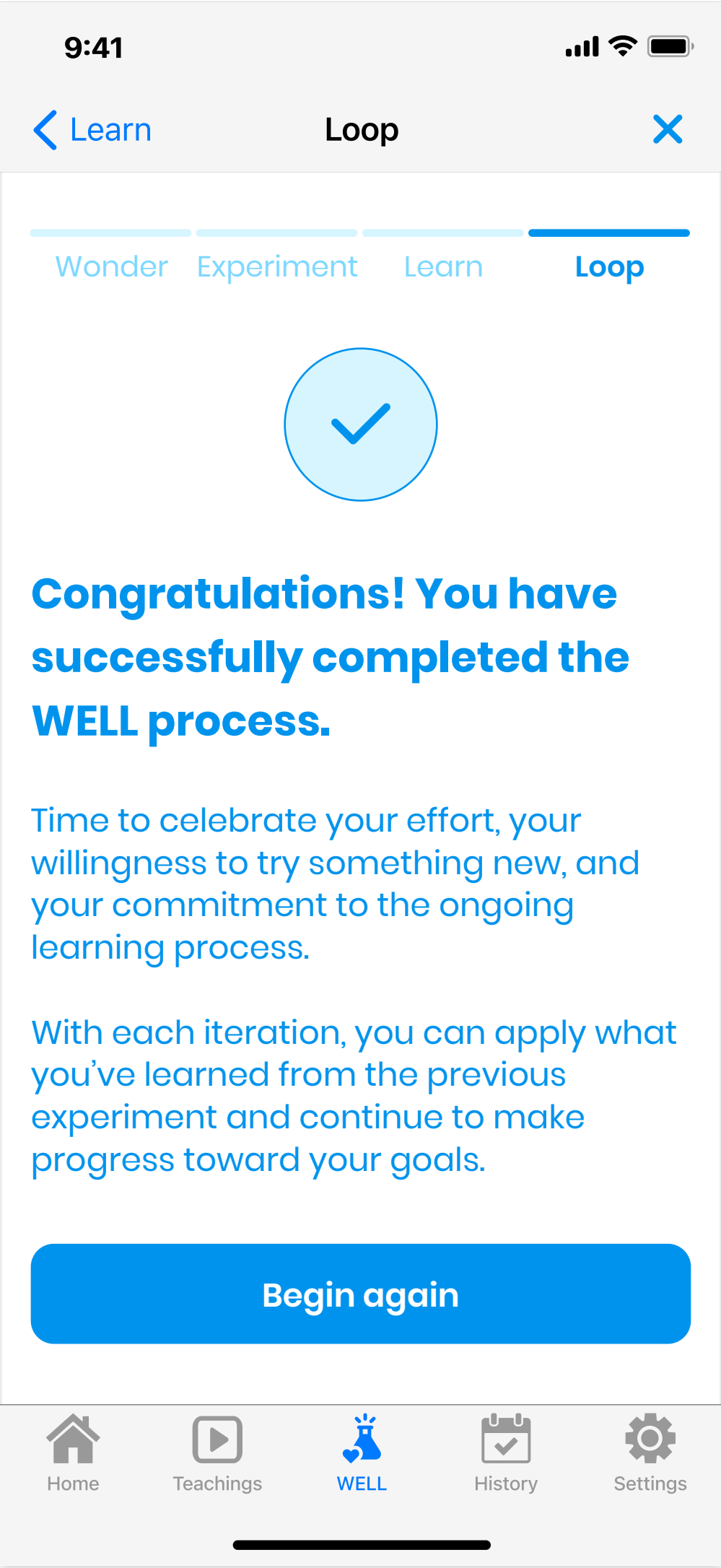
Experiment

Same

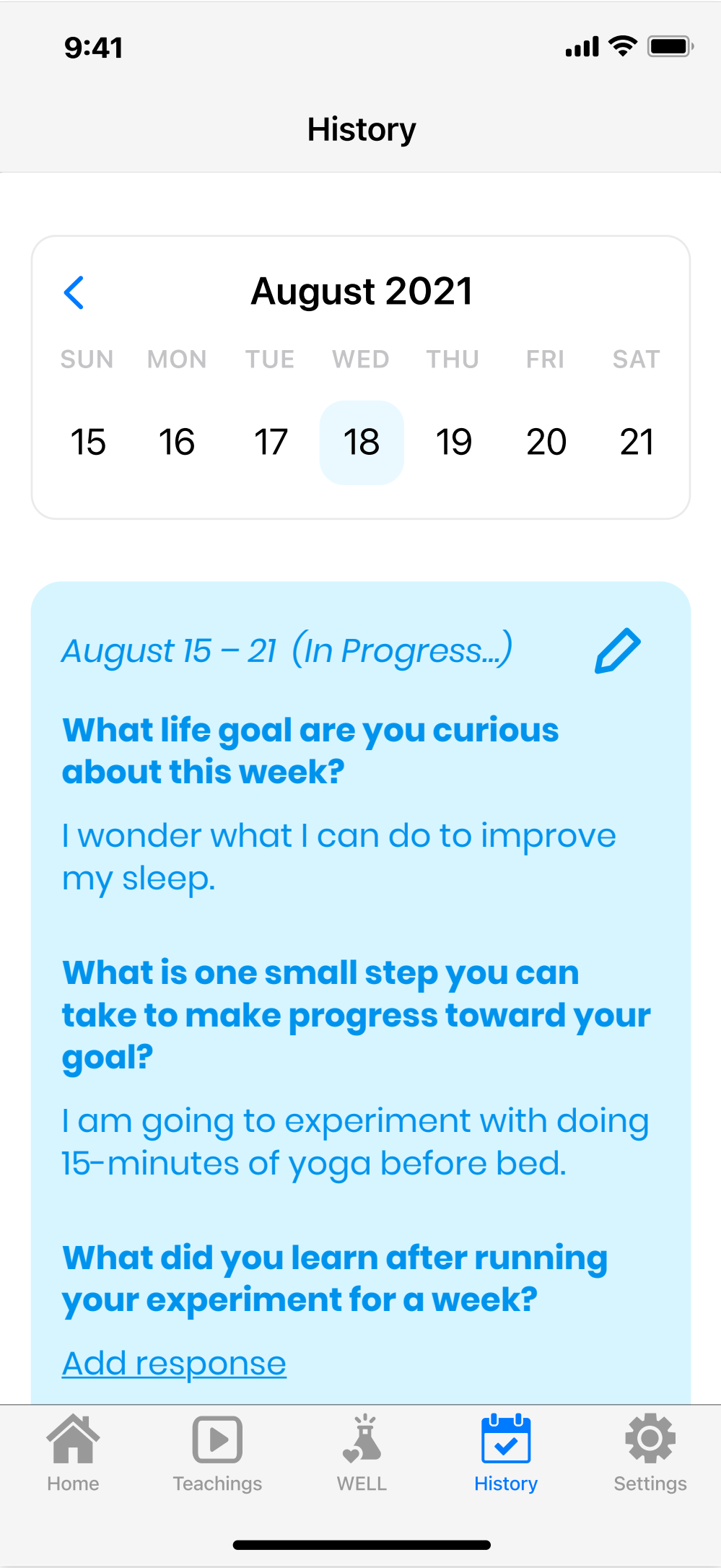


Learn

Same

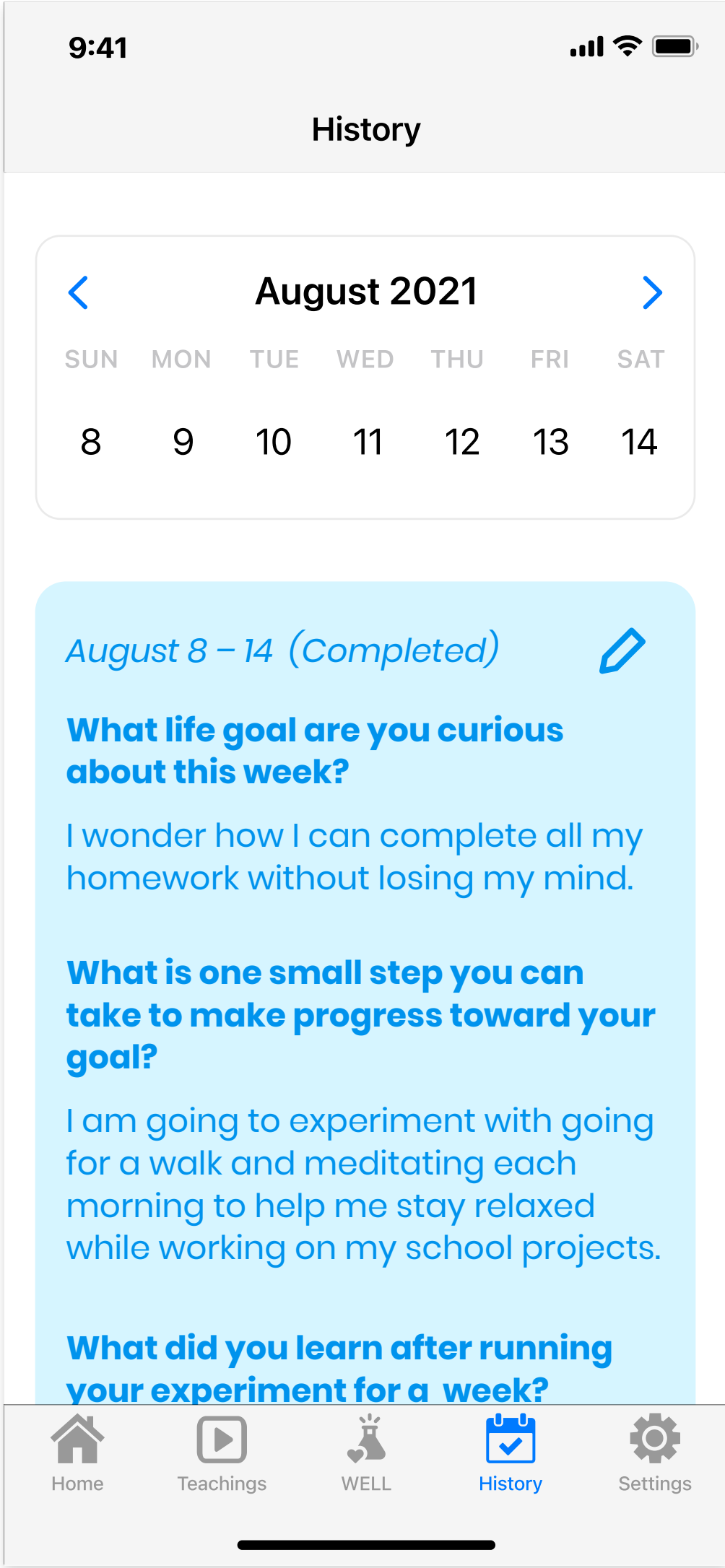


Loop



Tab 4 - History - In Progress

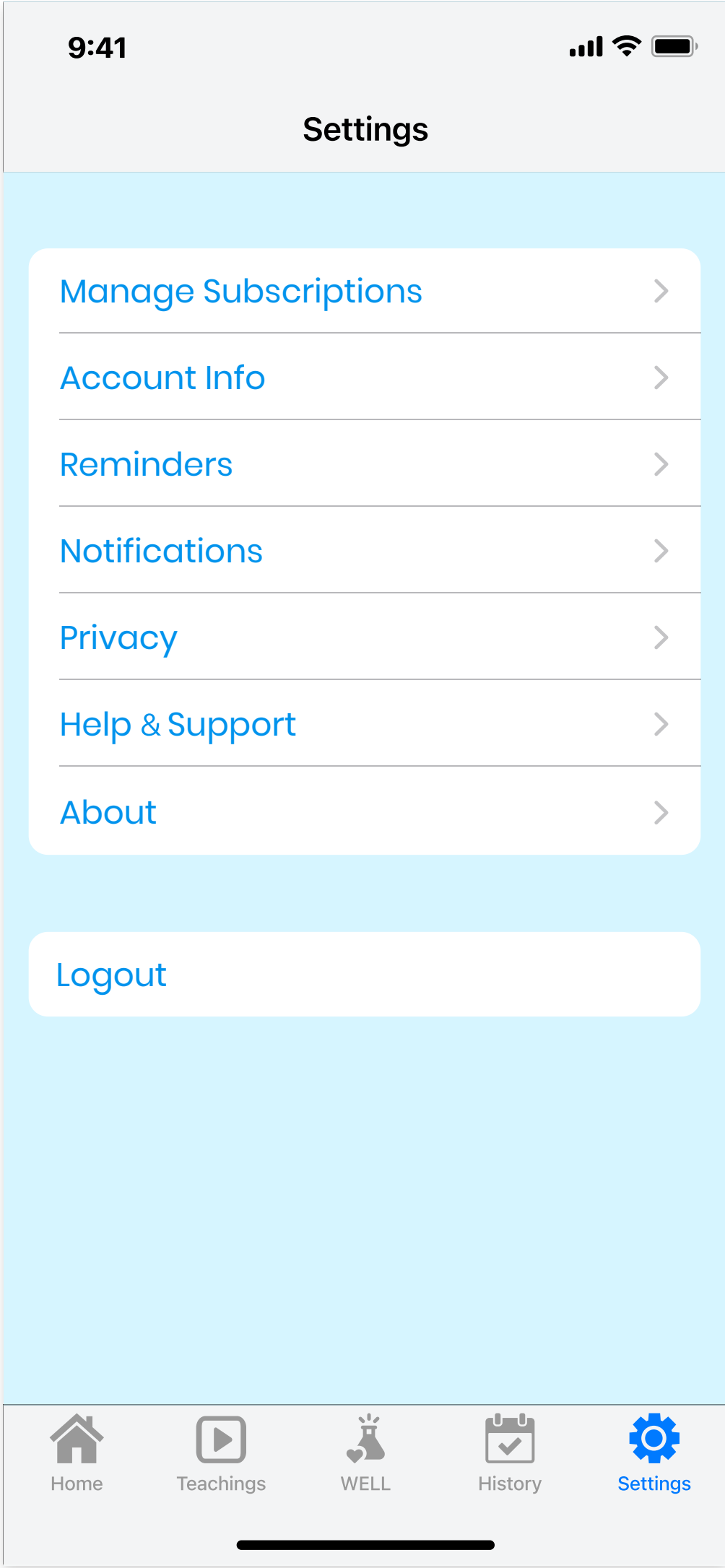
Tapping the edit icon will bring the user back to step 1 of the WELL section with their answers automatically filled in, and they will be able to edit their responses there. Tapping “Add response” will bring them directly to that step.



History - Completed

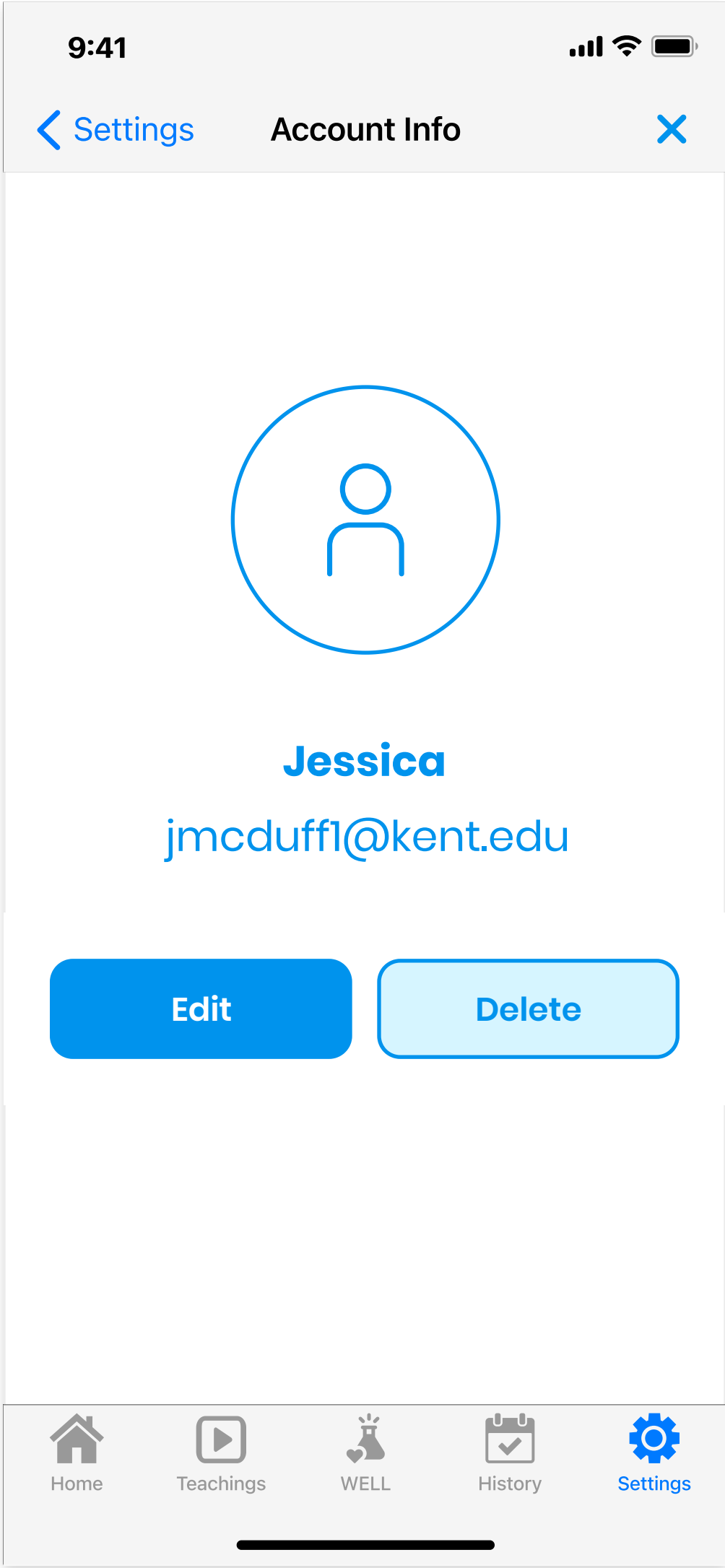
Same

Settings and Account Deletion



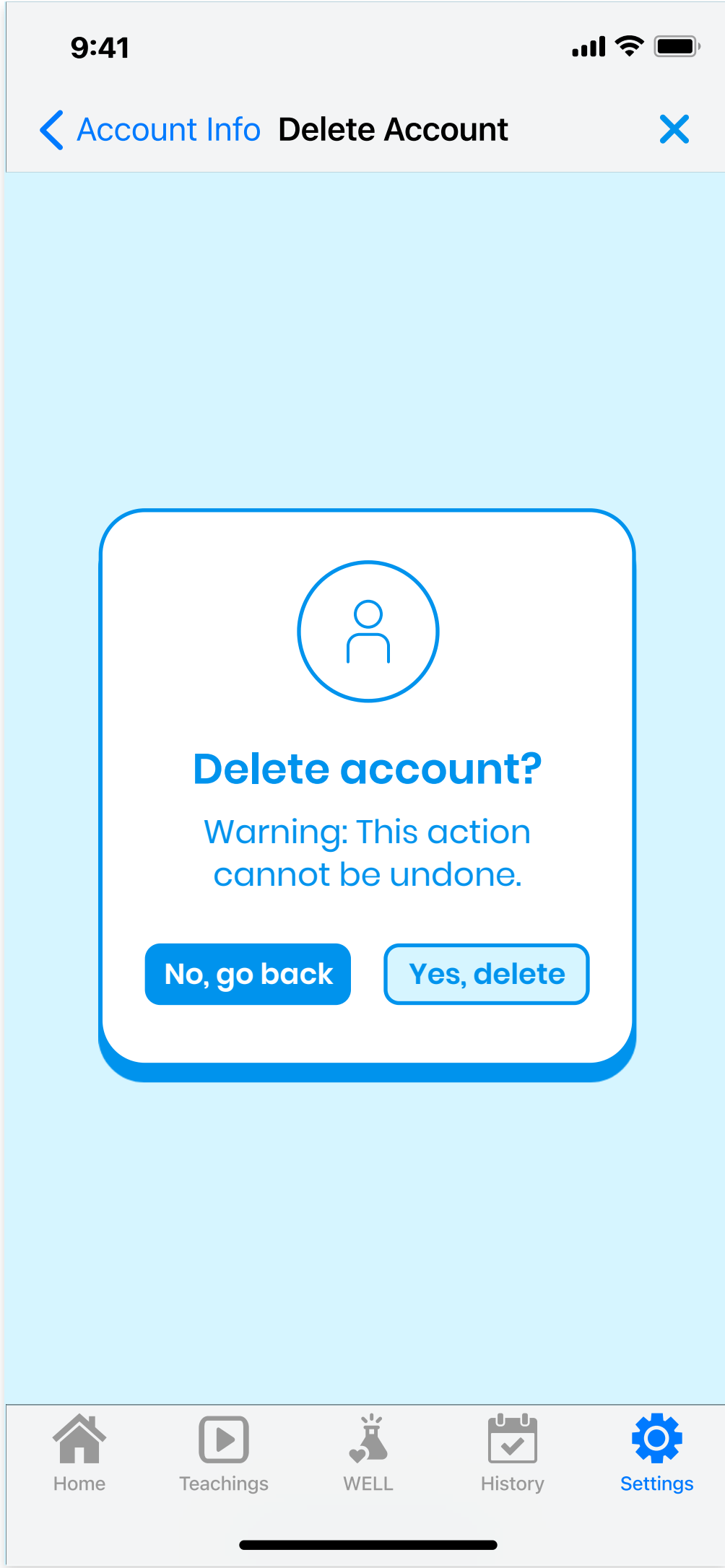
Tab 5 – Settings

Subscription payments will be processed through the App Store with the user’s Apple ID. Users can manage push notifications and sign up for daily tips, quotes, and reminders under “Notifications”

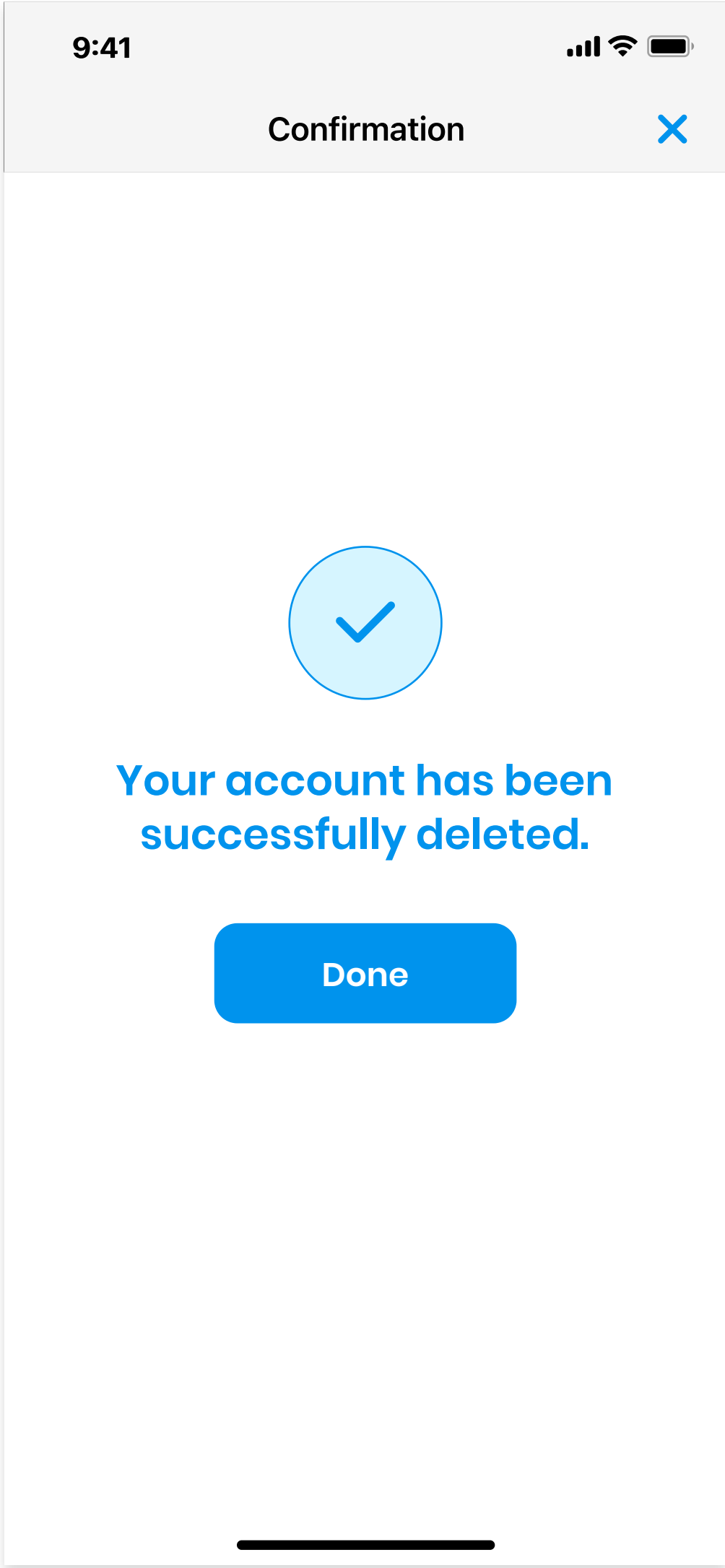


Account Info

Tapping the edit button will bring up a screen similar to the “Create account with email screen” that will allow users to make any necessary changes.



Delete Account



Confirmation