

# Introducing Lumien

## Pathways

September 2021

### Your Pathways



Stress 0%

An illustration of a hand covering the face, surrounded by colorful, abstract shapes and symbols, representing stress.




Cognition 0%

An illustration of a brain with gears and a lightbulb, representing cognitive processes.



Emotional Wellbeing 0%

An illustration of a person's face with a dark, swirling background, representing emotional states.



Nutrition 0%

An illustration of a plate of food, including a fried egg, vegetables, and bread, representing nutrition.



Distraction 0%

An illustration of a person looking at a laptop screen with a black cat, representing distractions.




Financial Wellbeing 0%

An illustration of a person's face next to a bar chart and a building, representing financial aspects.



Engagement 0%

An illustration of a person sitting at a desk with a laptop and a smartphone, representing engagement.




Sleep 0%

An illustration of a person's profile with a moon and stars, representing sleep.




Purpose 0%

An illustration of a rocket launching, representing purpose and achievement.



Body Image 0%

An illustration of a person in a bikini, representing body image.



Getting Started 0%

An illustration of a person's face with a grid of icons, representing the start of a journey.

## Your Lumien journey continues

Let's take that next Step

Upon completing your next **Check in** and receiving your **Wellbeing Report**, you might notice something new ✨

You can still interact with your **Overall Wellbeing Score**, **Top Recommendations** and delve deeper into your score in each **individual area**, in the same way and now we would like to introduce you to **Pathways**.

What is Pathways?

**Pathways** is our **Step-by-Step** programme that aids you even further in Understanding, Improving and Maintaining your **Optimal Wellbeing**. Pathways will be available for every Domain outlined in your Wellbeing Reports.

Each pathway will be available when your scores indicate that you may need it and you can choose when you want to start along each path.

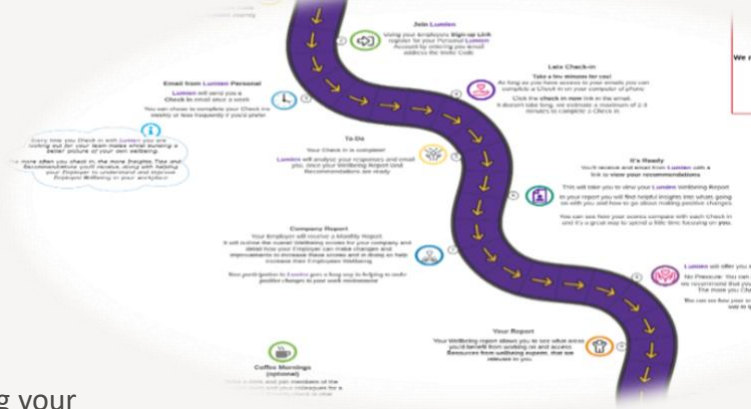
Directions to Pathways.

When viewing your **Wellbeing Report** in **Lumien**, you can gain access to **Pathways** via your **Top Recommendations** or the **Recommendations** tab within a specific area:

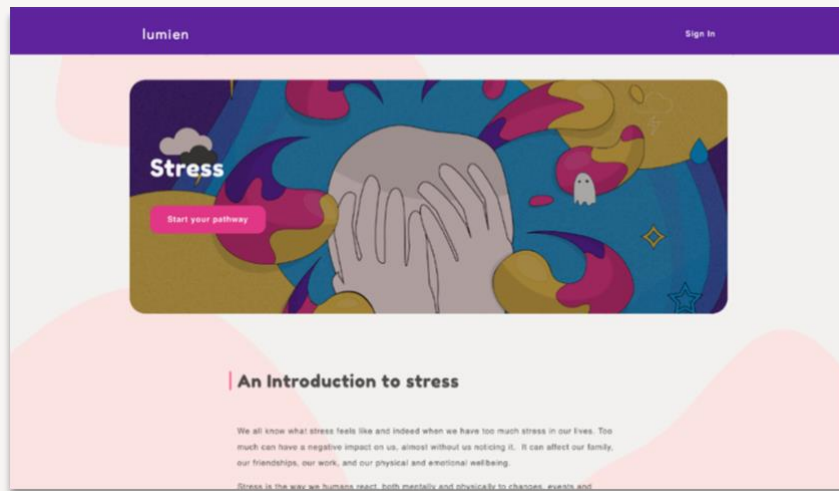
First time using pathways

Recommendations within an Area

The screenshot displays the Lumien Wellbeing Report interface. At the top, a purple banner contains the text "Top Recommendations". Below this, a card titled "Your top recommendations" lists five items: "Stress", "Lumien Coffee: Morning", "Breakfast of champions", "Eat Right", and "Activities". Below the recommendations list is a grid of area-specific cards. The first row includes "Stress" (score 84), "Emotional Wellbeing" (score 69), and "Financial Worry" (score 100). The "Stress" card has a pink callout box pointing to it with the text "Recommendations within an Area". Below the "Stress" card, it shows "1 Recommendation" and "6 Subdomains". The "Emotional Wellbeing" card shows "1 Recommendation" and "6 Subdomains". The "Financial Worry" card shows "No Recommendations" and "8 Subdomains". The second row of the grid shows "75", "90", and "94" scores for other areas.



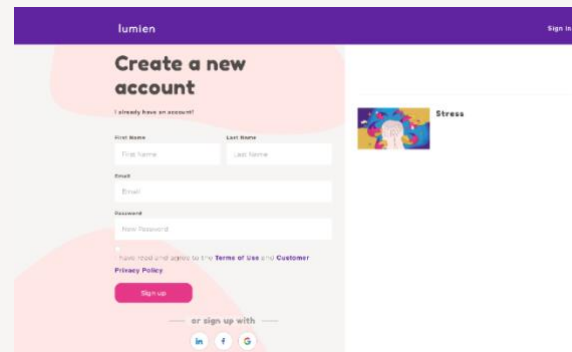
- You will be transported to the main page of your selected pathway, where you will be able to read through the Introduction



- When you are ready click

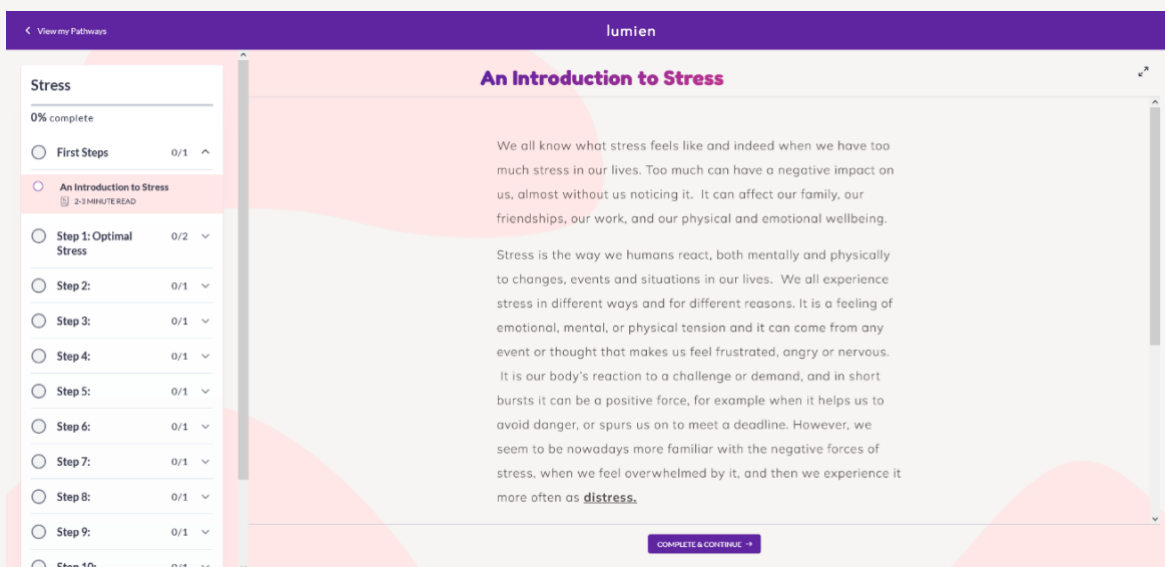
**Start your pathway**

- You'll need to Create a new account, specifically for the Pathways

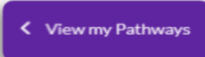


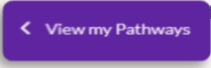
- ⓘ Don't worry - you will not lose access to your Lumien Reports
- ⓘ Use the same Email address that you've used for Lumien
- ⓘ There will not be a duplication and both accounts will be merged (in the future)

- Once you have Created a new account for Pathways, you can now take that first step:



1. Start the pathway - you have as long as you need to work your way through the Steps
2. The First Step in every Pathway is an Introduction, to that specific area

3. From here every Step is different, depending on which Path you are on
4. New Steps are released as you make progress
5. As you progress you will be able to choose specific routes to Focus on, in this area
6. Your progress will automatically be Saved, come back and continue with your journey at any time
7. At any time you can head back to your Dashboard by clicking  screen, when in a Pathway)



## Your Dashboard

From your main Dashboard page, you have access to: Find Support & all of Your Pathways.

The screenshot shows the 'lumien' dashboard. At the top left is the 'lumien' logo. At the top right is a user profile icon labeled 'You'. A large pink bubble on the left contains a welcome message: 'Welcome back Lauren.' followed by a paragraph about receiving reports and a 'find out more' link. A yellow bubble on the right is titled 'Find Support' and contains text about available support types and two buttons: 'find support' and 'Crisis Support'. A pink callout box points to the 'find support' button, containing the text: 'Find More Support Click the Links to find information of other organisations that offer Help and Support with Mental Health'.

## Your Pathways

A grid of 14 pathway cards, each with an illustration and a progress indicator (0%):

- Stress**: Illustration of hands covering eyes with colorful abstract shapes.
- Cognition**: Illustration of a brain with gears.
- Emotional Wellbeing**: Illustration of a woman's face with a starry background.
- Nutrition**: Illustration of a plate of food.
- Distraction**: Illustration of a laptop and a cat.
- Financial Wellbeing**: Illustration of a laptop showing a bank account and a woman's portrait.
- Engagement**: Illustration of a person at a computer.
- Sleep**: Illustration of a woman's profile with a moon and stars.
- Purpose**: Illustration of a rocket launching.
- Body Image**: Illustration of a woman in a bikini.
- Getting Started**: Illustration of a grid of icons.