



# How are you?

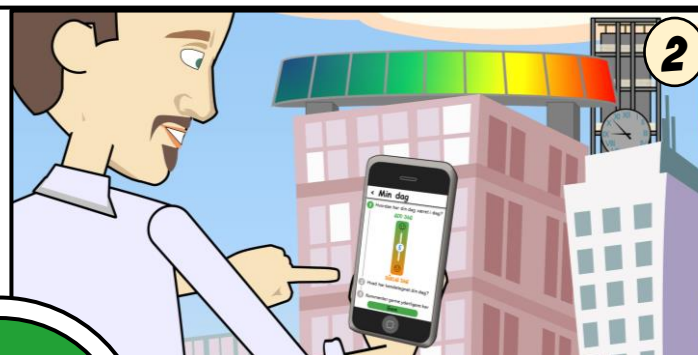
Mira – A digital diary that provides insight into your progress



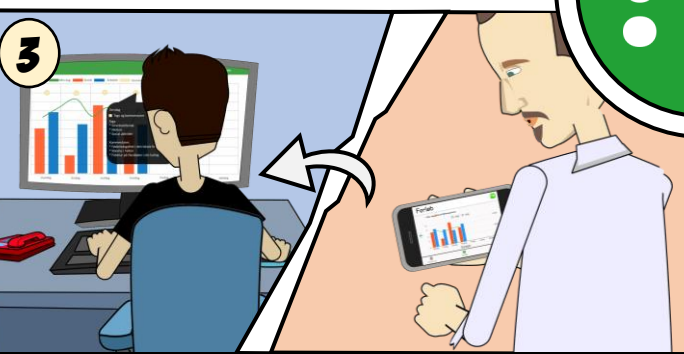
The Social Medical Institution has created a digital diary so you can learn more about how you are feeling. The diary is called Mira, and it is our experience that it both helps you to have a better process and strengthens the dialogue between you and us.



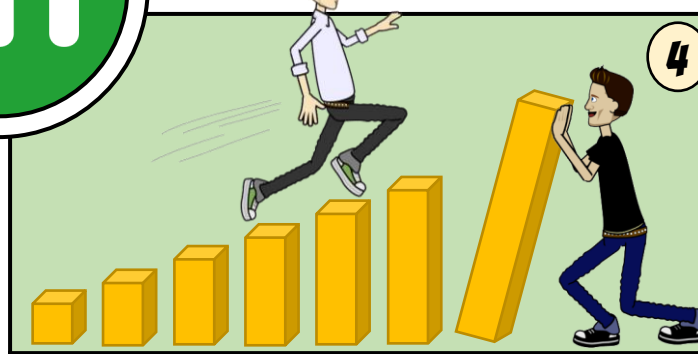
1 Mira can ask you about almost anything you can think of is relevant, e.g., well-being, pain or mood and your activities.



2 The cell phone notification system message you when you must enter.



3 We can both see your information in Mira, so that together we can find out what works for you.



4 Based on your data, we do just the right things that create positive change for you.



Mira complies with the Data Protection Act and the requirements of the GDPR. We take good care of your data – so don't worry.



**Support**  
Monday – Friday: 8.00 - 13.30  
Mette: 89 40 31 40  
Dorthe: 87 13 33 70

**m**  
Insight and dialogue

