



What is TryCycle?

TryCycle is a tool that helps to create a digital connection between you and your Health Team, in between scheduled appointments, and visits to the clinic.

How it Works

By staying connected and engaged throughout your treatment and recovery journey, TryCycle can be used to bring more awareness to how you might be feeling. This tool helps to encourage a healthy habit of checking in during times when you're doing okay, and during times when you may be struggling. Download the [free TryCycle App](#) to start receiving reminders, complete self-assessments, monitor your own moods, and safely type and share notes in your digital journal.

This companion tool helps your Clinician review your progress and determine if you, or any other patients may require additional services, or support.

Guaranteed Secure and Confidential

Your data is completely confidential and secure. Any information that you chose to share in the TryCycle App is visible only by authorized and trusted members of your Health Team.

Benefits to You

- TryCycle helps to identify and discuss early warning signs and symptoms of relapse.
- TryCycle helps your Health Team reinforce positive habits that are important to your recovery.
- TryCycle can help you to engage in a therapeutic practice of regular reflection and self-assessment.
- TryCycle can help your Health Team reinforce the positive habits that are important to your recovery.



Reminders

Your Clinician will customize a schedule to send Automated Reminders to your phone. The reminders are discreet, with a message saying, "[It's Time to Check-In](#)".



My Journal

At each TryCycle App 'check-in', you will be prompted to respond to a short set of Self-Assessment questions, followed by an optional journal entry. *You can type this out or use voice-to-text on your phone!



My Journal History

Reviewing your own trends and patterns can be extremely helpful. You can use the TryCycle App to reflect on your Moods, Self-Check-Ins, and Journal Notes, day by day, week by week, or month by month.



Motivation

Earn Badges and keep track of your engagement with the App using our daily streak count. Receive personalized feedback and messages direct from your Health Team.

Let's Get Started

Speak to your Health Team to find out how TryCycle can be incorporated into your treatment plan!



Looking for us in the App Store? Enter the keyword TryCycle (remember to spell it exactly this way!) to download the App.