

A COMMUNITY THAT IS

*inclusive*

AND

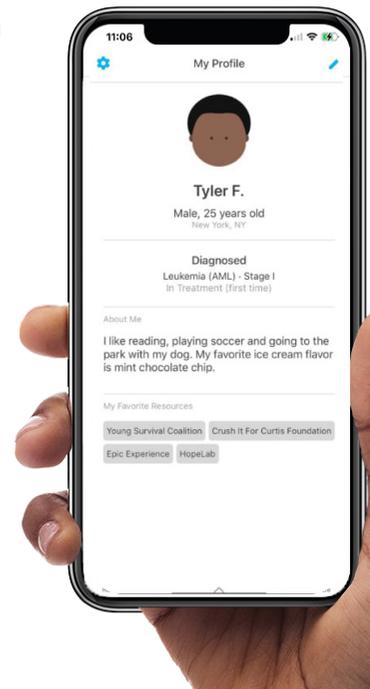
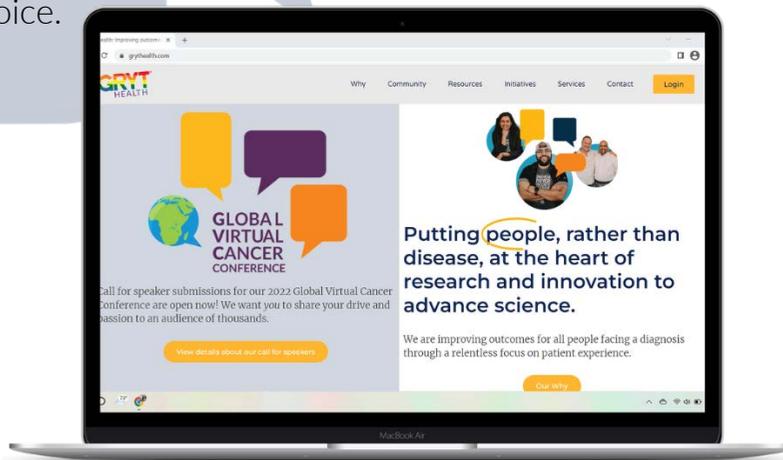
*human-centered*

WE EMBRACE THE VALUE YOU BRING.



**Gryt Health** offers access to a supportive community of patients, survivors, and caregivers through our Gryt Health platform - available via the web or Apple iOS and Google Play app stores.

Our goal is to create safe spaces for uncomfortable conversations with anyone involved in your healthcare experience - whether that means other patients, our non-profit partners, medical professionals or those in the pharmaceutical industry. Join us to learn what it means to find and use your voice.



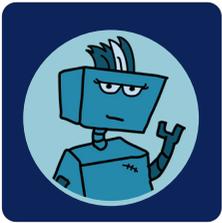
Create a **FREE** Gryt Health account  
today at [grythealth.com](https://grythealth.com) or on the app.

**GRYT**  
HEALTH



## Community Hub

Our Community Hub is the one place on our website where you will find stories from others and a variety of articles, program summaries and other resources that you can use to empower and educate yourself. We want the community to express themselves in whatever way they choose, including submitting their stories for us to publish or commenting on Hub posts. When we share our stories, we learn that we are not alone. Join us and let's walk through this together.



## Vivibot

Vivibot is a mental health chatbot that listens. She is approachable, safe, secure, and available 24-7-365. Vivi was designed for and by young adults dealing with cancer and will be adapted in the future to help deal with healthcare diagnoses of all sorts. Vivibot helps reduce anxiety and depression while boosting resiliency. She does this by providing a safe and secure space to express how you feel and empowering you to regain your sense of control. Vivi can also help create good habits for yourself and others through expressions of kindness and gratitude.



## Virtual Events

Need to learn or connect to those making impacts? We hold FREE programming each month that is open to everyone in our community. Whether you are looking for a Gryt Health Community Meet Up to find others to connect with and support or education on a specific topic, we have ongoing programming available for you. In fact, if you miss a session due to a schedule conflict or not feeling up to attending live, most of our events are recorded and you can find them on our website or YouTube! Thousands look forward to our cornerstone event, our annual Global Virtual Cancer Conference (GVCC) each fall. There you will experience empowerment through connection, education and advocacy.



## The GRYT Project

The Gryt Project works to bridge those that create treatments with those that receive treatments by providing opportunities to use your voice in patient experience research projects. You are given the opportunity to help advance science and make cancer care more receptive to patient needs. When you opt in to The Gryt Project, you choose the research projects in which you would like to participate and how your data is used. We also let participants know how their voice influenced healthcare after research studies conclude, something that a lot of other patient experience companies do not typically report on.

## RESOURCES

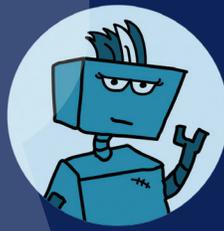
By creating a FREE Gryt Health account, you have access to a community of patients, survivors and caregivers, like you.

Through the Gryt Health platform you can:

- Experience fellow patient, survivor and caregiver stories
- Share your own experiences
- Find information - including partner resources, treatment updates and guidance on what it means to find and use your voice
- Connect 24/7 in secure Chatrooms
- Access human-focused programming to educate and empower you
- Utilize Vivibot, our mental health chatbot who gets it
- Participate in relevant research opportunities to improve care and advance science.

Join us at [grythealth.com](http://grythealth.com) today or connect with us on social media!





# INTRODUCING *Vivibot*

Meet Vivibot, a mental health chatbot that helps reduce depression and anxiety while boosting resiliency.



## **Built by cancer survivors who understand the journey.**

The mission was to build a bot voice that is empathetic, warm, rooted in real experience and sometimes even humorous.

## **Create good habits. Be kind to yourself. Practice gratitude.**

Vivibot helps you with your feelings and getting your sense of control back. This is your journey and Vivibot is here to get you through it.

## **Less anxiety and depression. More resilient. Every day.**

Vivibot is proven to be helpful and relevant to people living with and beyond cancer. 70% of users would recommend it to a friend.<sup>1</sup>

**Join our growing community of cancer survivors by creating an account at [vivibot.org](https://vivibot.org)**



**Authentic. Relentless. Together.**

Mini-mindfulness skills • Chat on your own terms, 24/7 • Safe & Secure<sup>2</sup>

[VIVIBOT.ORG](https://vivibot.org)

1. Greer S, Ramo D, Chang Y, Fu M, Moscovitz J, Haritatos J. Using a chatbot to deliver positive psychology skills to promote wellbeing in young people after cancer treatment: A feasibility trial. JMIR mHealth and uHealth. 24/09/2019:15018

2. Anything you share with Vivibot is private. We never sell or share your information without your permission.