



## onlinehulp-apps

app description in the Flemish Appstore for well-being and mental health:  
<https://www.onlinehulp-apps.be/>

version: 13.3.2023

# How are you?



### Where is the app available?

	platform	URL
X	iOS (Apple)	<a href="https://apps.apple.com/dk/app/how-are-you/id746072884?l=da">https://apps.apple.com/dk/app/how-are-you/id746072884?l=da</a>
X	Android	<a href="https://play.google.com/store/apps/details?id=dk.howareyou.aps&amp;hl=nl&amp;gl=US">https://play.google.com/store/apps/details?id=dk.howareyou.aps&amp;hl=nl&amp;gl=US</a>

### What is the app's uniqueness? \*

With 'How are you?' it is easy to keep track of how you feel.

### MORE EXTENSIVE DESCRIPTION

#### Subtitle

Your mood in chart

#### Description \*

'How are you?' allows you to frequently register your mood and then puts it in a clear chart. The app uses emoticons and is therefore easy to use without too much explanation in advance.

#### Whom is this app for?\*

Everyone who wants to monitor his/her mood.

**What is the purpose of the app\***

Frequent registration of your mood to get an insight into what events trigger you.

**What can you do with the app? \***

In this app, you can use simple emoticons to register how you feel, and represent these in a clear chart.

**How much does it cost to use this app? \***

Free

**Who is the supplier of the app?**

Lene Bammeskov

<https://how-are-you.dk/>

**Release:** 4 december 2013

**QUALITY ASSESSMENT**

*In the app store, we include the most important notes of attention on the quality of the app. These are distinct strengths of the app as well as possible weaker aspects. We do not include what is just okay.*

**On the app's TRANSPARENCY**

What are the most important strengths of this app if you focus on transparency?

- The purpose is clear and simple.

**On the ACCESSIBILITY of the app**

What are important strengths of this app if you focus on accessibility?

- Because of the emoticons, 'How are you?' is accessible to a broad audience without a lot of explanation.

What are important weaknesses of this app if you focus on accessibility?

- The explanation is only available in English in the Android version.
- The explanation is only available in Danish in the Apple version.

## On the RELIABILITY of the app

What are the most important weaknesses of this app if you focus on reliability?

- You get a notification on how personal data is being used, yet this is followed by 'to be used at your own risk'.

## DOES THIS APP ENABLE CONTACT WITH A COUNSELLOR?

This is a self-help tool.

## IN WHAT LANGUAGES(S) THIS APP CAN BE USED?

English  
(and in the Apple version Danish)

## WHAT IS OR ARE THE CENTRAL THEME(S) OF THE APP?

- Psychological well-being
- Mood swings
- Well-being in relationships
- Well-being in your environment
- Well-being at work
- Well-being of professionals