

Project Description

ReVitalize is a digital support tool designed to combat winter onset Seasonal Affective Disorder. It uses a motivational approach to healthcare with the integration of gamification mechanics and structural scaffolds over the span of a 4-week period to encourage users to meet their goals and improve their wellbeing.

ReVitalize is not meant to be a stand alone therapy - it is a blended care solution that is meant to be used in conjunction with light therapy to focus on easing the effects of Seasonal Affective Disorder. It targets individuals suffering from mild to moderate SAD to help users manage their condition by encouraging positive lifestyle habits in a self-care routine.



