

# WebMAP Mobile™

A free app designed to help teens cope with chronic pain



## Features:



Track your pain, mood, sleep and activities and create personalized graphs



Learn about chronic pain, set goals for increasing physical activities, and learn how to use relaxation and imagery strategies



Set up your profile to receive additional guidance on sleep and mood problems



Discover the library with videos from other teens and useful tips for using each pain management skill



Track the skills that you use and earn rewards

The WebMAP Mobile™ app was developed by the Pediatric Pain and Sleep Innovations research team at Seattle Children's Research Institute with our digital health partner 2Morrow Inc. To learn more, visit [bit.ly/2NA3M3M](http://bit.ly/2NA3M3M)



Research shows that WebMAP Mobile™ works for teens

## Download For Free:

Search for "**WebMAP Mobile**" in your app store or scan a QR code with your phone's camera:



For Android:



For iPhone:



Recommended for ages 10 to 18 (with parental supervision for younger teens)



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