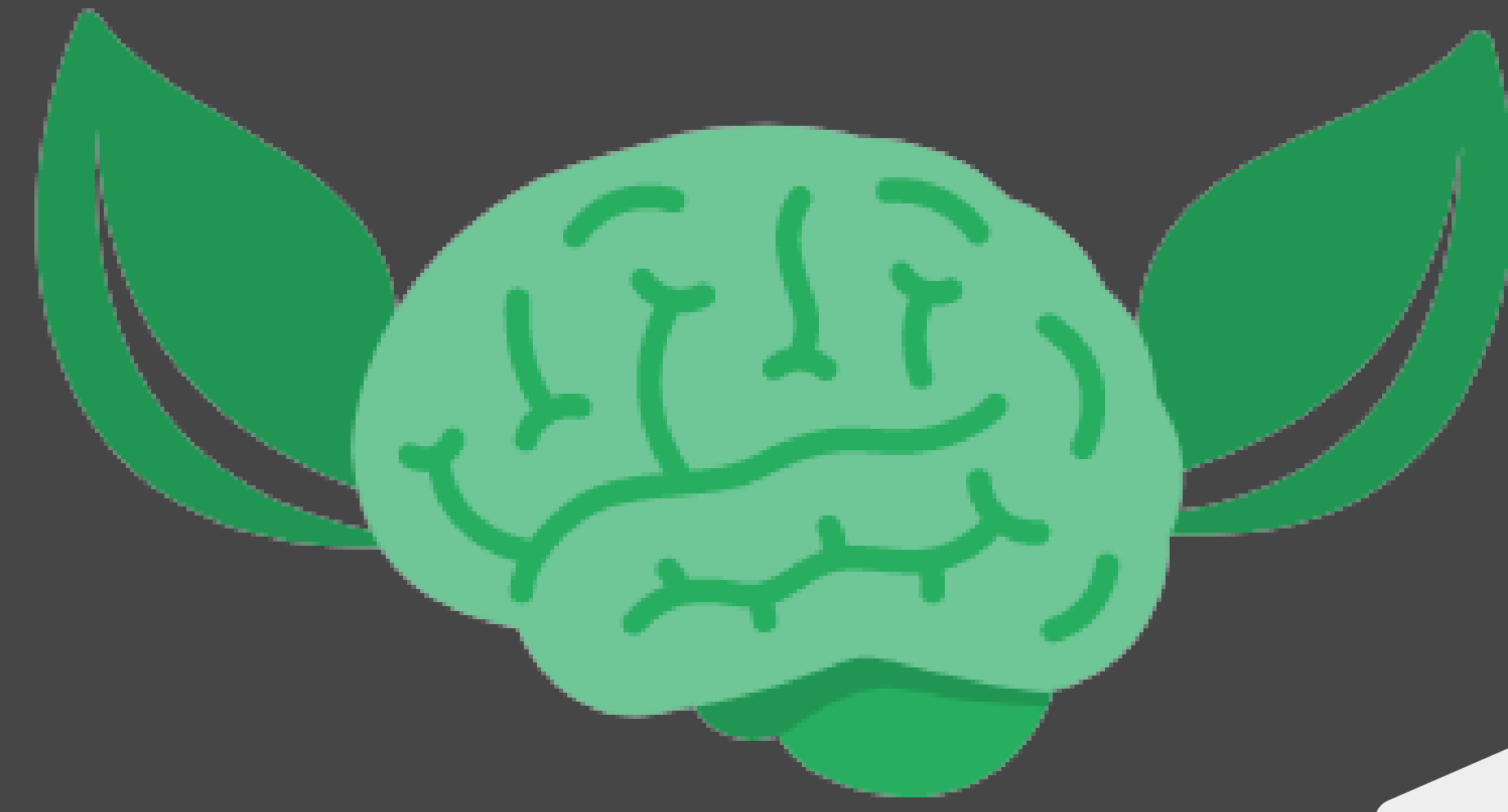


RecoveryGrow

Holistic Concussion Recovery



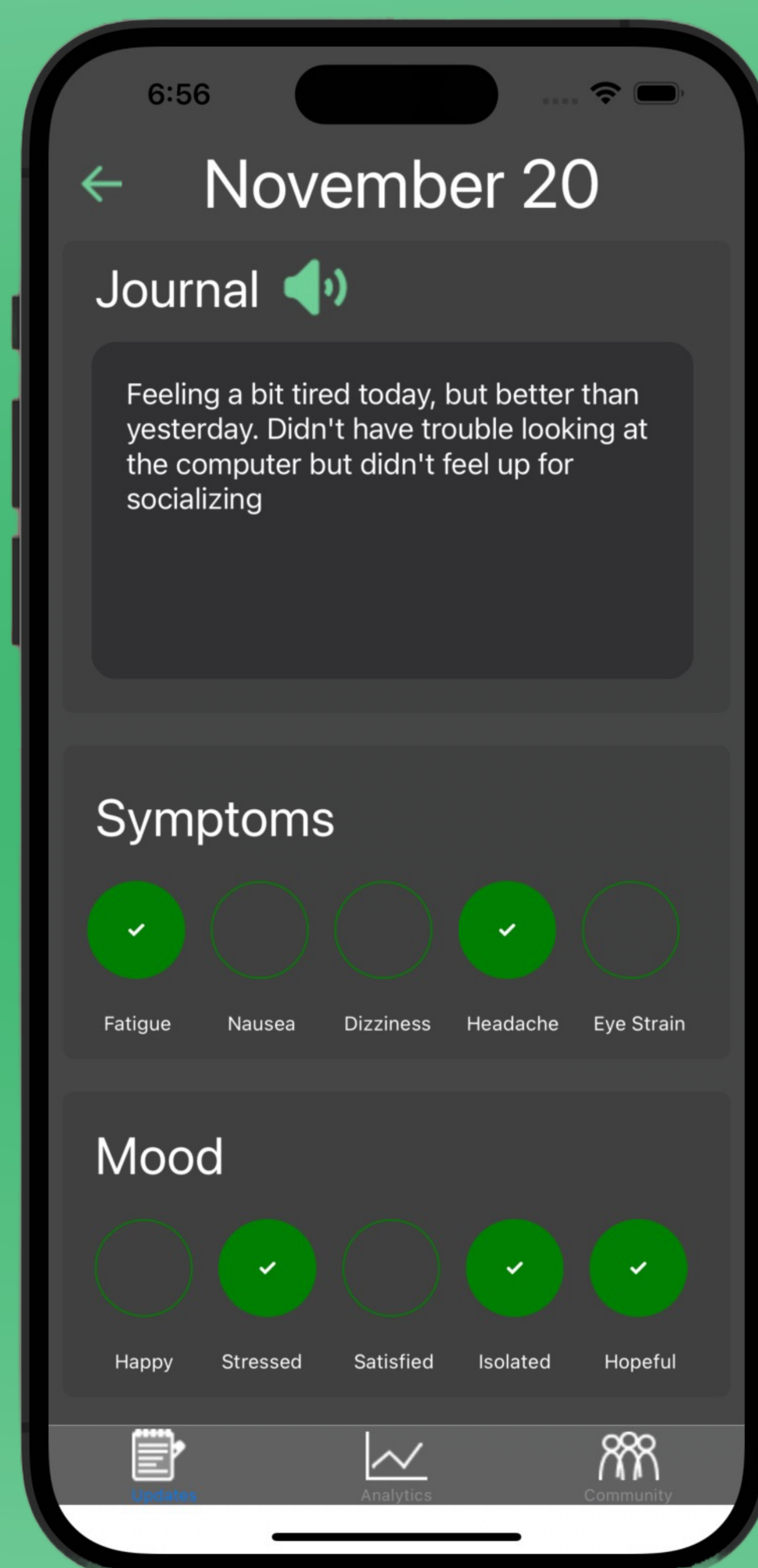
Problem: The mental and emotional impacts of a concussion are often overlooked during the recovery process.

Solution: Meet the needs of people healing from concussions by helping them reflect on their health and find a community.

Key Features



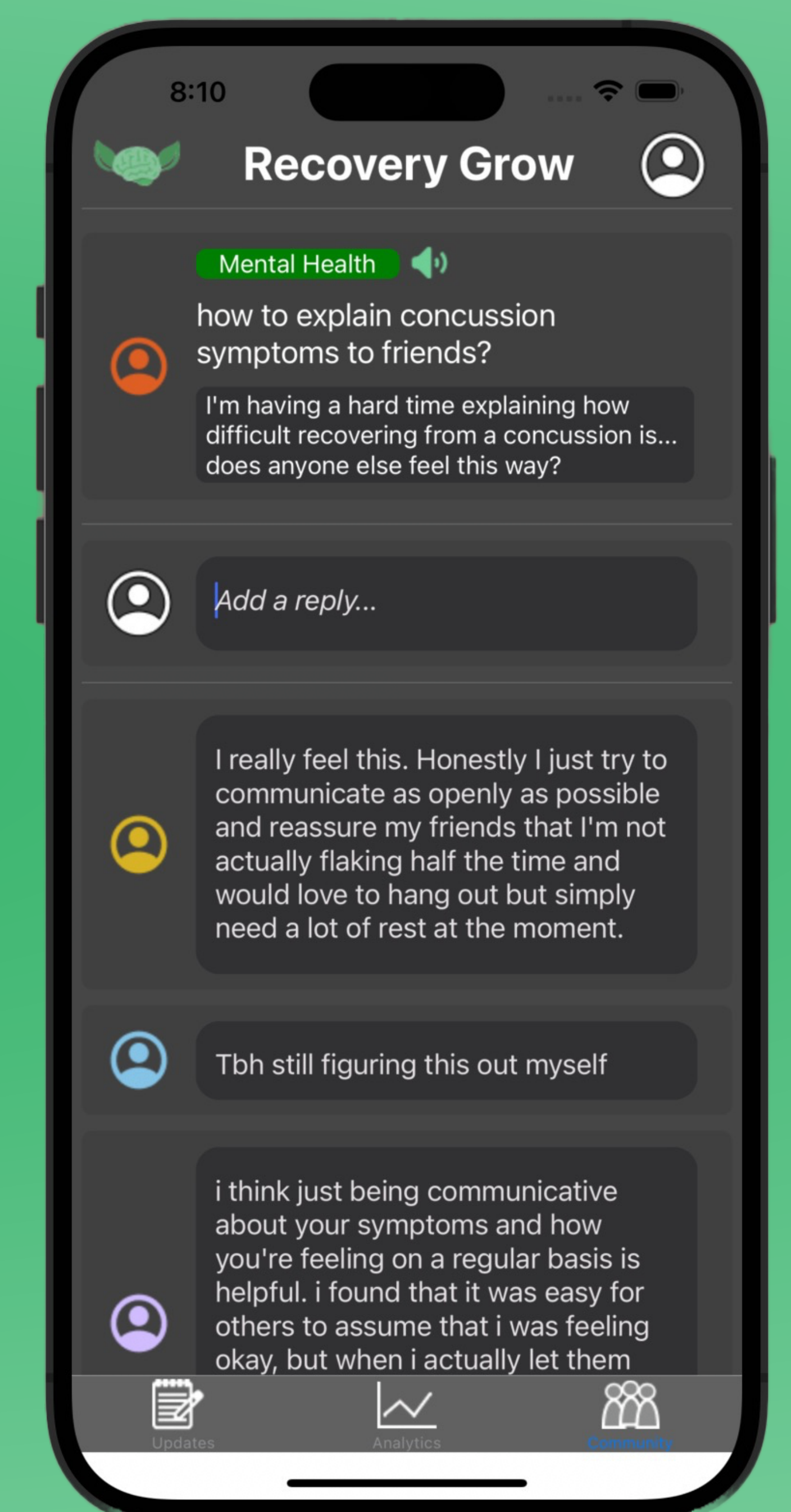
Record and keep track of daily symptoms



Gain insights into one's recovery journey



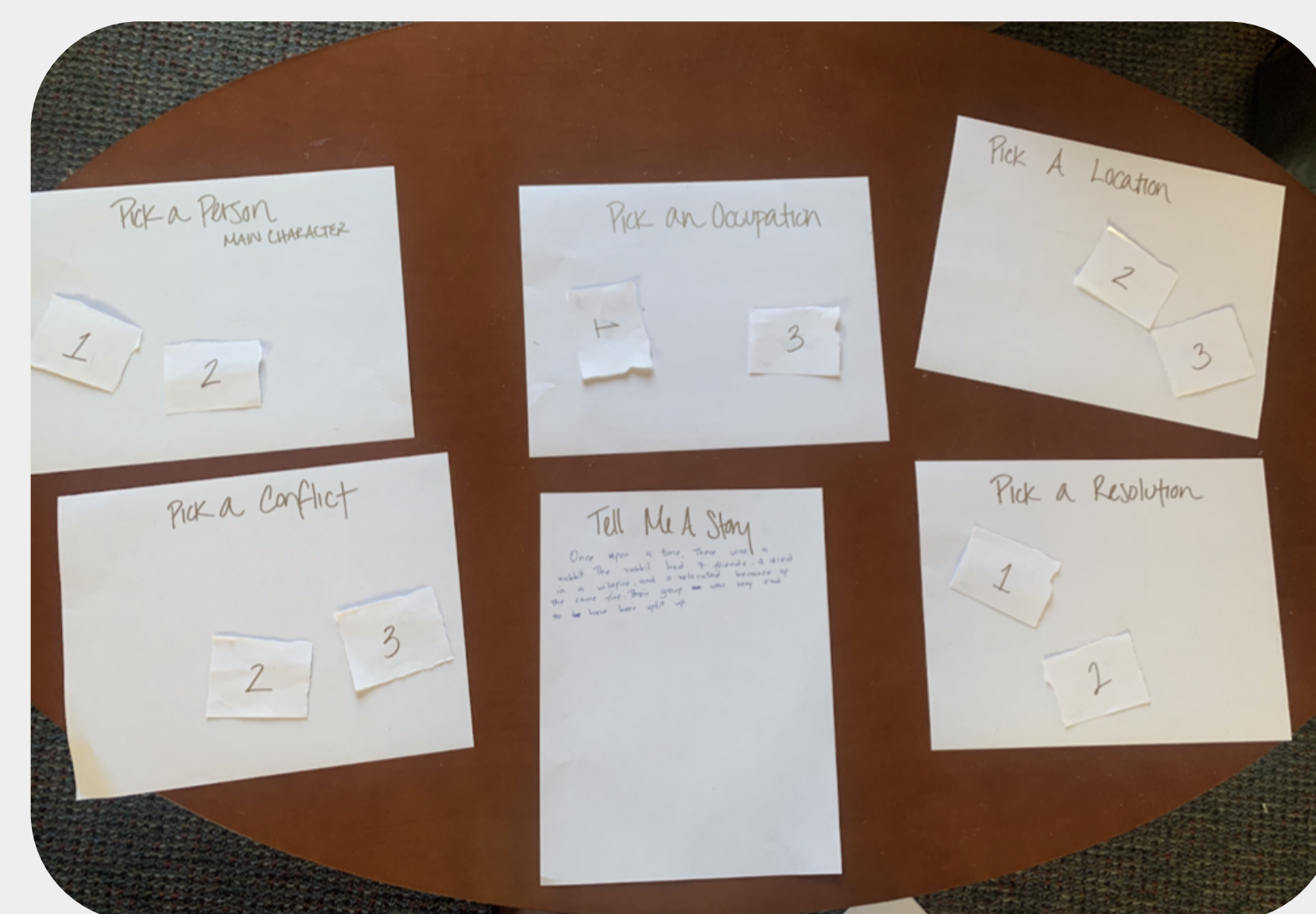
Connect with others recovering from concussions



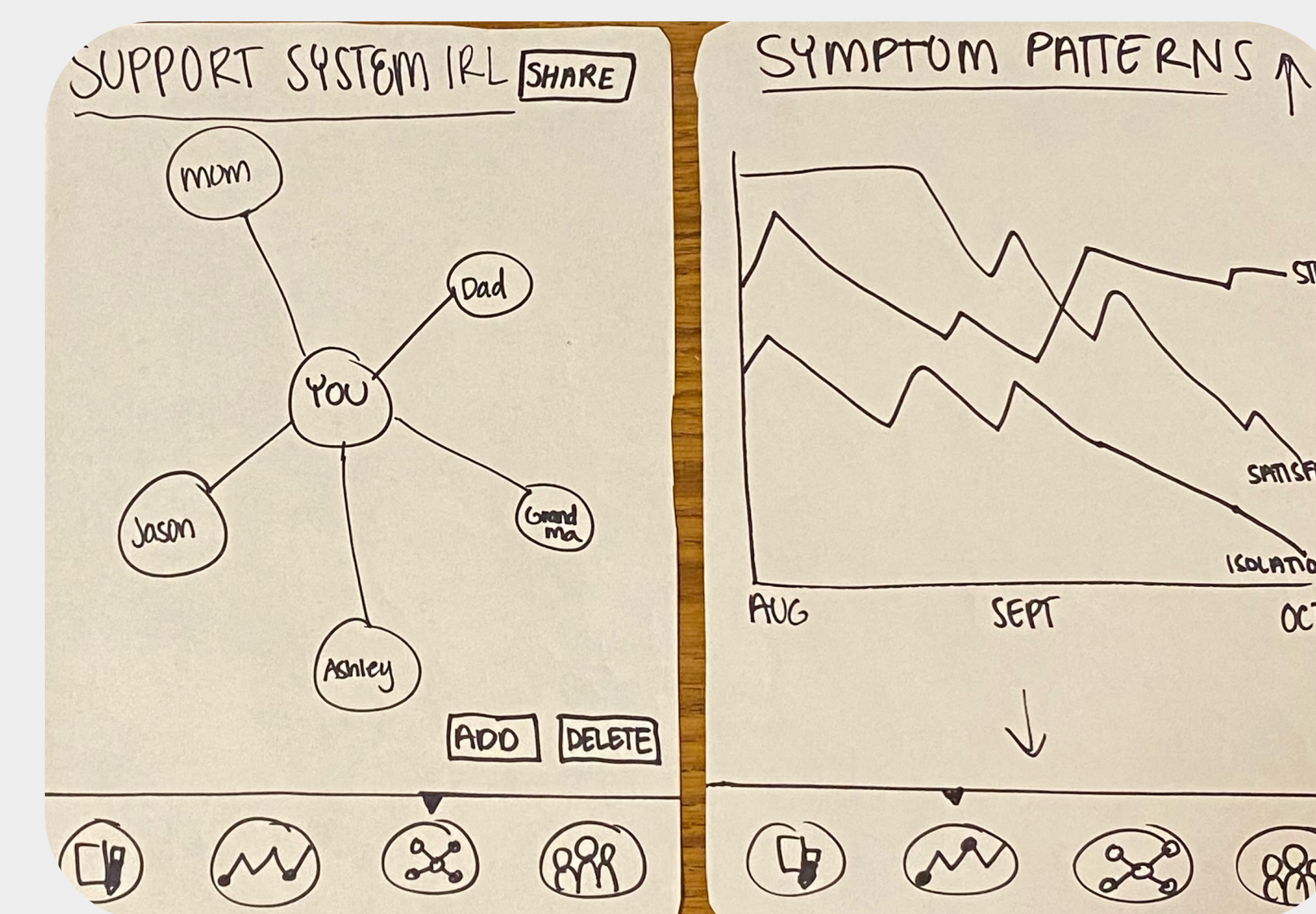
Design Process



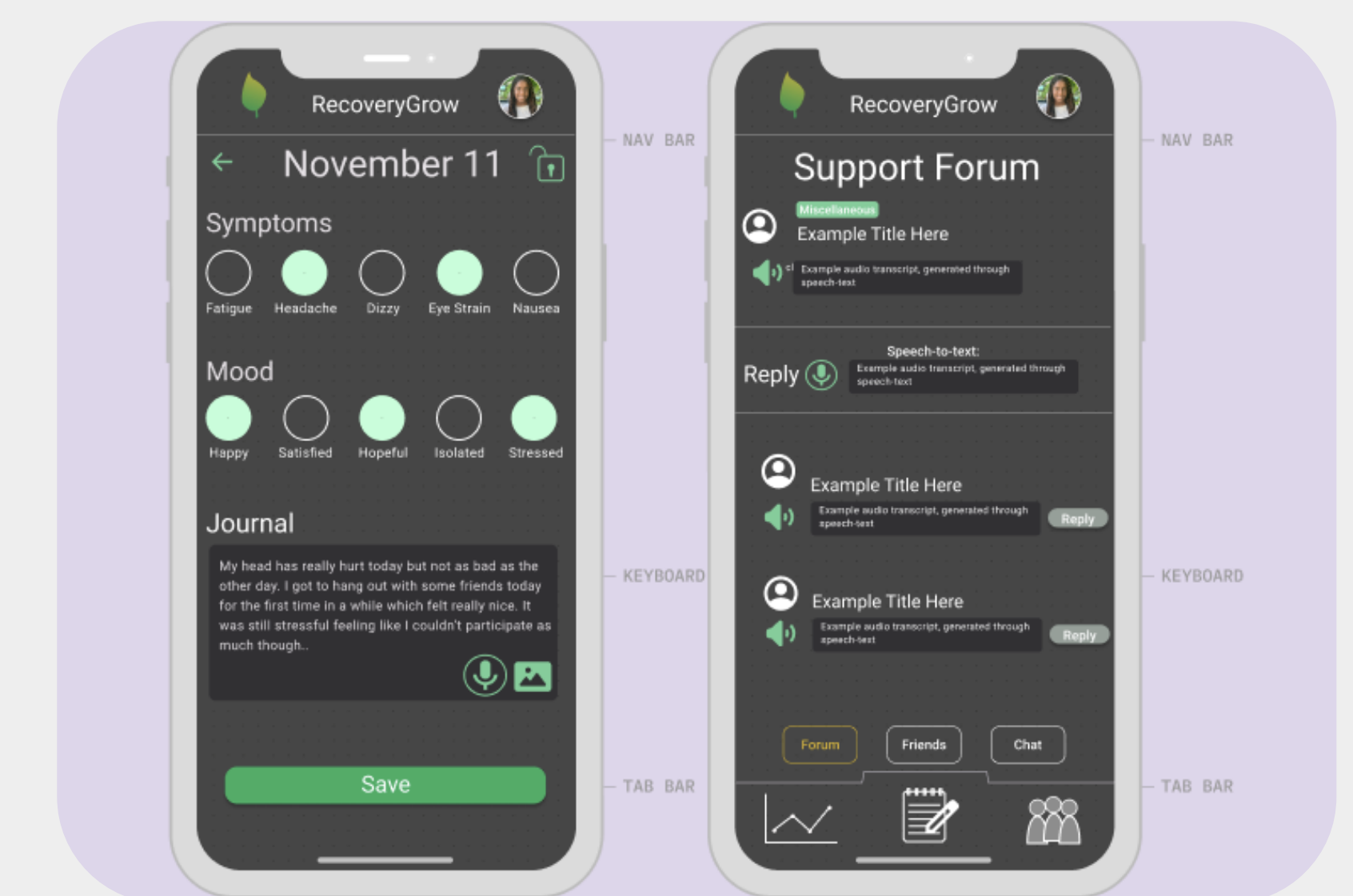
Needfinding



Testing



Low-Fi



Medium-Fi