

Your Kivira assessment in four easy steps

Your doctor has invited you to answer a short set of questions in the Kivira app. Your answers go straight to your doctor to help guide your care.

About 5–10 minutes

iPhone or iPad

No password needed

YOUR EMAIL

1

Open the email from Kivira

Open it **on your iPhone or iPad** and tap **Sign up with Kivira**. Not in your inbox? Check your spam or junk folder.

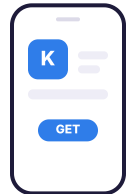


APP STORE

2

Get the Kivira app

If you already have Kivira, tap **Open**. If not, download **Kivira** from the App Store, then open it.

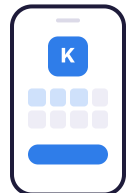


KIVIRA APP

3

Sign in with your code

Enter **the same email** your clinic invited. We will email you an **8-digit code**. Type it in and you are in.



KIVIRA APP

4

Take the assessment

Agree to the consents, tap **Start Test** and answer each question honestly. There are no right or wrong answers.

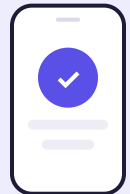


ALL DONE

✓

Your doctor gets your results

Your answers are sent securely to your doctor, who will go over them with you and talk about next steps.



PLEASE NOTE

Kivira is **not for emergencies**. If you are in crisis or thinking about harming yourself, call **911** or call or text **988** right away.