

# Super Brains Client App Manual



Version	Date	Author	Approver	Change
1.0	2025-11-19	S. van Dam / M. Hille	D. den Hollander	- First release
2.0	2025-12-17	M. Hille	D. den Hollander	- Warning symbol added
3.0	2026-01-21	M. Hille	D. den Hollander	- Lifetime statement; DIGI-D; warning Eyestrain.



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[www.superbrains.nl](http://www.superbrains.nl)



Super Brains is a class I medical device in accordance with 93/42/EEC (for MDD)



Super Brains strives to be a class IIa medical device in accordance with Regulation (EU) 2017/745 (for MDR) in the nearby future. The information as shown below will be added/ replacing existing symbols.



UDI-PI: (01)8720892058201(11)yyyymmdd(10)X.X.xx  
(To be used later when CE certificate is issued by NOBO: CE+BSI number)

## Explanation symbols



Caution: Indicates the need for the user to consult the instructions for use for important cautionary information such as warnings and precautions that cannot, for a variety of reasons, be presented on the medical device itself.



This symbol indicates Consult instructions for use



This symbol indicates Consult electronic instructions for use  
**eIFU indicator**



Indicates a website where a patient can obtain additional information on the medical product.



QR code link to manual app



Conformité Européenne



1234 Conformité Européenne This symbol indicates that a manufacturer declares that their product complies with European safety standards. The number refers to the Notified Body involved (not yet applicable)



This symbol indicates the item is a *medical device*



This symbol indicates the *manufacturer's catalogue number* so that the *medical device* can be identified



This symbol indicates a carrier that contains unique device identifier information



This symbol indicates the medical device manufacturer

Specific icons in the app are discussed in the part with introduction of the screens.



Login is only possible via Digi D (not part of this app but a provision by the government).

Preconditions: required Digi D account & internet connection

[DigiD aanvragen](#) | [DigiD](#)

In case of problems with Digi D:

- Check [DigiD actuele storingen en problemen](#) | [Allestoringen](#)
- If no disruptions are reported, contact support: [support@superbrains.nl](mailto:support@superbrains.nl)

In the event of malfunctions or unavailability of Digi D, the app may be (temporarily) unavailable; this may impact the continuity of care.

## Product Description

### **Intended use:**

Super Brains is a digital lifestyle training and progress monitoring platform designed to help users cultivate healthier lifestyle habits. The platform specifically aims to reduce negative behaviors associated with mental health conditions such as ADHD, ADD, Autism Spectrum Disorders, Substance abuse, Anxiety and Depression.

### Clarification

Clients can benefit from personalized coaching provided by experience experts or receive peer support through community interaction. Super Brains leverages gamification techniques to effectively encourage users to achieve their individual goals.

Recognizing the challenges inherent in implementing lifestyle changes, Superbrains facilitates comprehensive support by enabling members within a client's personal circle — such as family or friends — to communicate, train and support one another through the app. When the app is used in this context—without practitioner oversight or involvement—it is classified strictly as a lifestyle management tool without medical claims.

The platform 'Super Brains' further expands its functionalities as a digital e-health platform, providing clients deeper insights into their treatment journey. Features include:

- Access to personalized treatment plans.
- Reporting functionality after appointments.
- Appointment scheduling in collaboration with practitioners.
- Real-time progress tracking accessible to both client and practitioner.
- Direct communication is possible between client and practitioner.
- Actively supporting clients in learning, implementing, and maintaining (healthy) routines and behavioral changes.

Additionally, the platform can be independently utilized for lifestyle training purposed without practitioner involvement.

The platform is for clients with one or more of the conditions mentioned above. Users must be able to read (and write) Dutch.

## Characterization of Patient Population

### **Intended users:**

Super Brains is intended to be used by patients who suffer from ADHD, ADD, Autism Spectrum Disorder, substance abuse, anxiety, and/or depression in their home environment, as well as by the qualified medical practitioners (psychologists) and experts by experience who use the application to support patients who are on the waiting list to receive help from a mental health specialist.

### Intended patient population:

To be used by patients who suffer from ADHD, ADD, Autism Spectrum Disorder, substance abuse, anxiety, and/or depression in their home environment and who are on the waiting list to be helped by a specialist within mental health care.

This app is meant for persons of the age of 16 and older.



### Safety Information

### Contraindications

There are no contraindications for the use of this app.

### Warnings and limitations



This app is meant for persons of the age of 16 and older.

In addition to adults, if Super Brains is used by minors from the age of 6 to approximately 16, those patients need permission from their parents or caregivers (this will be explicitly asked for during registration if the user is under 16). It is the practitioner's responsibility to assess this.



Required to understand, read and write Dutch.



All results from the app, such as questionnaires, etc., must be checked thoroughly by a qualified practitioner to ensure that you do not make any incorrect assumptions or presumptions based on that information.



This app is not a substitute for professional care!



Circumstances in which the user should **consult a healthcare professional**:

- When your condition or symptoms fall inside or outside the app's scope—for example, physical symptoms indicating serious illness or sudden deterioration requiring urgent or specialized care, consult a healthcare professional.
- If you urgently need help, contact (your) practitioner directly or call your family doctor.

- If you are feeling suicidal or having thoughts of self-harm, please know that you are not alone and help is available. It is important to seek immediate support from trusted individuals, healthcare providers, or crisis resources. If you are in immediate danger or at risk of harming yourself, please call emergency services right away (e.g., 112, 113, or your local emergency number).
- Reach out to a mental health professional or counselor as soon as possible for guidance and support.
- Use crisis helplines or chat services available in your area for confidential help.



Prolonged screen use may cause eyestrain, headaches, or visual fatigue. Limit sessions to 20-30 minutes, take 5-10 minute breaks every hour (e.g., 20-20-20 rule: every 20 minutes, view 20 feet away for 20 seconds), adjust brightness/contrast, and consult a healthcare provider if symptoms persist. Not intended for extended continuous use.

### Reporting a Serious Incident

Please take note!

Any serious incident that has occurred in relation to the device should be reported to the manufacturer and the competent authority of the Member State in which the user and/or patient is established!

If you want to report a serious incident which occurred with this medical device, then you can do so by contacting your national competent authority under the following contact information:

Inspectie Gezondheidszorg en Jeugd: [IGJ.nl](https://www.igj.nl) | [Inspectie Gezondheidszorg en Jeugd](https://www.igj.nl)

### Information Security Incident

An information security incident is an event or series of events that compromise the confidentiality, integrity, or availability of information or information systems. This can include unauthorized access, personal data breaches, malware infections, or other activities that threaten the security of information.

A report of a security incident is necessary when an event or activity has the potential to compromise the confidentiality, integrity, or availability of information or information systems.

Specifically, reporting to Super Brains BV is required when:

- Unauthorized access or attempts to access sensitive data occur.

- Personal data breaches or leakage of confidential information happen.
- Malware infections or ransomware attacks are detected.
- There is a disruption or degradation of Superbrains platform.
- Suspicious activities or anomalies that may indicate a security threat are observed.

### Language

Super Brains App is available in Dutch.

A manual in Dutch and English is available to the end user/client.

A manual in Dutch and English is available for practitioners.

### Performance characteristics of the device

The idea is that with just a few clicks, you have access to a wealth of information, exercises and professional guidance. These types of e-health platforms also make it possible to ask for help in a discreet manner. In addition, therapists and patients can communicate more easily, which can speed up treatment. In a sector where time and privacy are crucial, such a platform forms an indispensable link between healthcare providers and clients. Super Brains, for example, offers blended care and a balanced mix of tools and insights to support both healthcare providers and users.

### Characterization of User Profile

If the user can read Dutch and has basic knowledge regarding the use of an app, the user should be able to work with this without any problems.

### Characterization of Use Environment Including Software / Hardware

The desktop runs on any web browser: Google Chrome, Safari, Microsoft Edge, and Firefox.

The app runs on Android and Apple.

The app runs only when online!

### Safety and Maintenance

The software's lifetime is conditional on receiving mandatory security and compatibility updates; once these cease, the Super Brains app is considered at end of life.

Lifetime is what is expected to be the maximum time until the implementation of a significant change, by which the manufacturer is able to react to the relevant changes to the software device environment, such as SOUP changes, cybersecurity innovations, or the evolving technological or medical state of the art.

The intended lifetime of Super Brains is 5 years on vendor-maintained OS versions; update app and OS regularly to ensure compatibility.

Guaranteed support of Super Brains app and desktop up to the 2 latest versions.

Users can report malfunctions, complaints, lost passwords or a potential security breach via [support@superbrains.nl](mailto:support@superbrains.nl)

### Walkthrough guide

The following part of this manual is about using the software. It represents a walkthrough guide to explain functionalities including screenshots and links to helpful websites



## Stel je schermnaam in

Dit is hoe je zichtbaar zult zijn in onze Community. We raden aan om niet je echte naam te gebruiken vanwege je privacy.

Scherмнаam

1 Voer een schermnaam in

VOLGENDE →

1 Choose your screenname. This is the name others will see in the app.

2 Once you've entered your display name the 'VOLGENDE' button will turn purple and become clickable.



## Wat is je roepnaam?

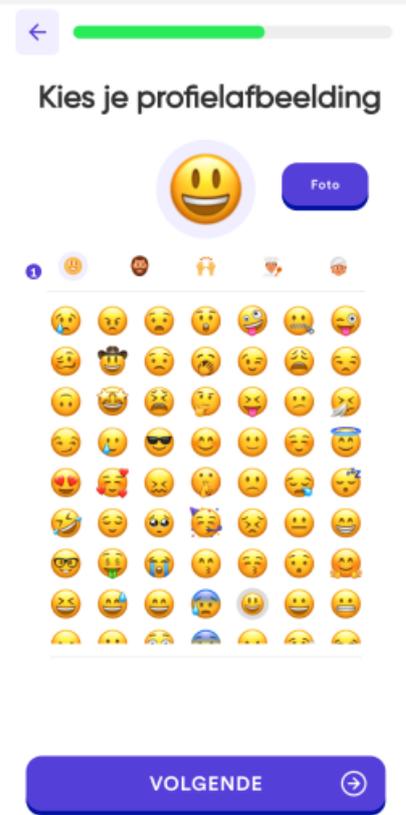
Om onze app te personaliseren, kun je ons laten weten hoe we je moeten noemen.

Roepnaam

1 Voer je roepnaam in

VOLGENDE →

1 Choose your nickname. Your nickname is used for personal greetings and communications within the app.



1 Choose your profile picture. You can choose your own photo or an emoji.



1 Click here to learn more about goals.

2 Choose your goals. You can adjust your goals at any time.

3 Once you've chosen your goals the 'VOLGENDE' button will turn purple and become clickable.

**Gefeliciteerd!**  
Je hebt Niveau 1 behaald!

1

Dank je

**Jouw agenda**

ZO	MA	DI	WO	DO	VR	ZA
9	10	11	12	13	14	15
+	+	+	+	+	+	+

Je agenda is leeg

Klik op de plus om een nieuwe tool toe te voegen aan je agenda

+

Click here to earn your rewards.

**Jouw agenda**

ZO	MA	DI	WO	DO	VR	ZA
9	10	11	12	13	14	15
+	+	+	+	+	+	+

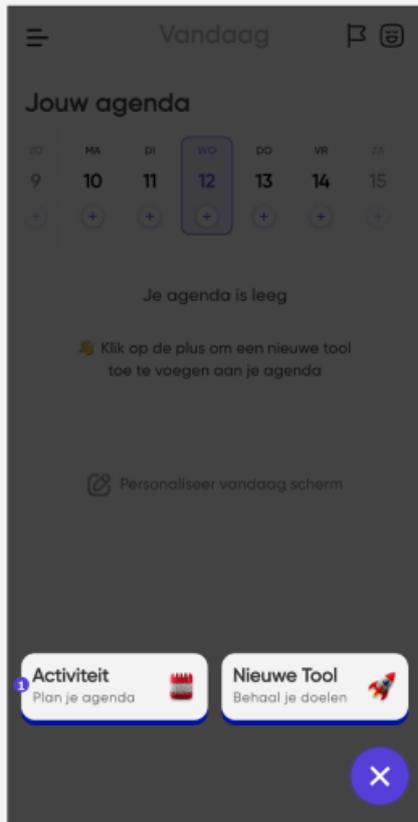
Je agenda is leeg

Klik op de plus om een nieuwe tool toe te voegen aan je agenda

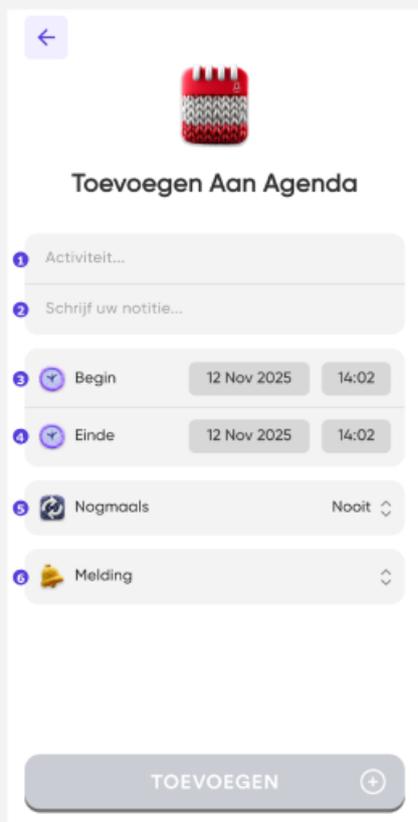
Personaliseer vandaag scherm



Click here to add an activity or a tool.



1 Click here to add an activity. An activity can be something like 'Do your laundry'.



- 1 What's the name of the activity?
- 2 Write a notation for the activity
- 3 Choose a start date and time.
- 4 Choose an end date and time.
- 5 Choose if you want to repeat the activity.
- 6 Choose if you want to add a notification.



## Toevoegen Aan Agenda

Activiteit handleiding

Notitie handleiding

Begin 12 Nov 2025 20:00

Einde 12 Nov 2025 21:00

Nogmaals Elke dag

Dagelijks Dagelijks

Melding 15 minuten ervoor

**TOEVOEGEN**

1 When you've filled in all required options the button 'TOEVOEGEN' will turn purple and become clickable.

Vandaag

### Jouw agenda

ZO	MA	DI	WO	DO	VR	ZA
9	10	11	12	13	14	15

Activiteit handleiding

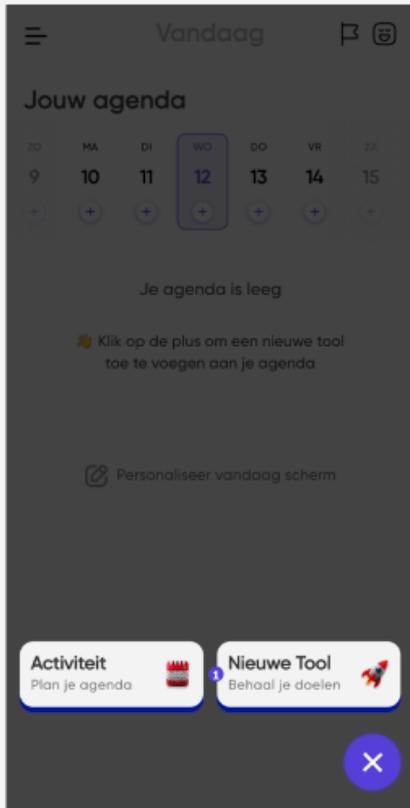
0/1 19:45

1 Click here to view the activity

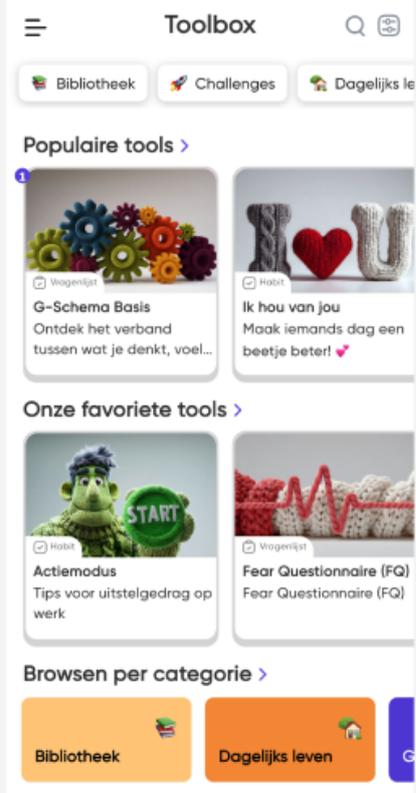
Personaliseer vandaag scherm



2 Click here to add a tool.



1 Click here to add a tool.



1 Select the tool you want to do



## Ik hou van jou

Habit - 1 min

Hou je van je familie en vrienden? Zeg het ze dan! ❤️

Woorden hebben kracht, niet alleen voor de ontvanger, maar ook voor degene die ze uitspreekt. Natuurlijk weten je familie en goede vrienden wel dat je van ze houdt, maar het is goed om het ook echt hardop zeggen. Zeg dus vrijuit: "Ik hou van jou"!

Als je dat niet gewend bent, kan het misschien even eng zijn en raar voelen, maar het is zo fijn om te horen. Ook zul je merken dat je het zelf heel fijn vindt om te zeggen tegen de mensen van wie je houdt. Dus verzamel je moed en vertel je naasten dat je van ze houdt! Wedden



Een gewoonte begint met herhalen

1 Choose whether you want to do the tool right now or schedule it for later.



## Toevoegen Aan Agenda

1  12 Nov 2025 14:05

2  12 Nov 2025 14:05

3  Nooit ⇅

4  Nooit ⇅

5  ⇅

TOEVOEGEN +

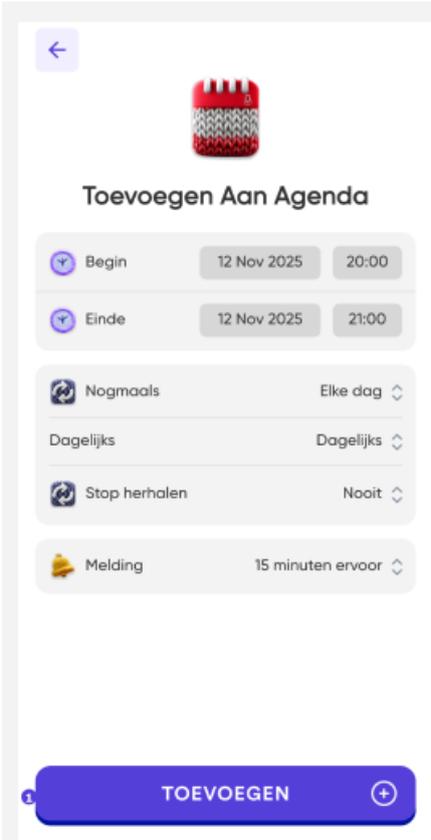
1 Choose a start date and time.

2 Choose an end date and time.

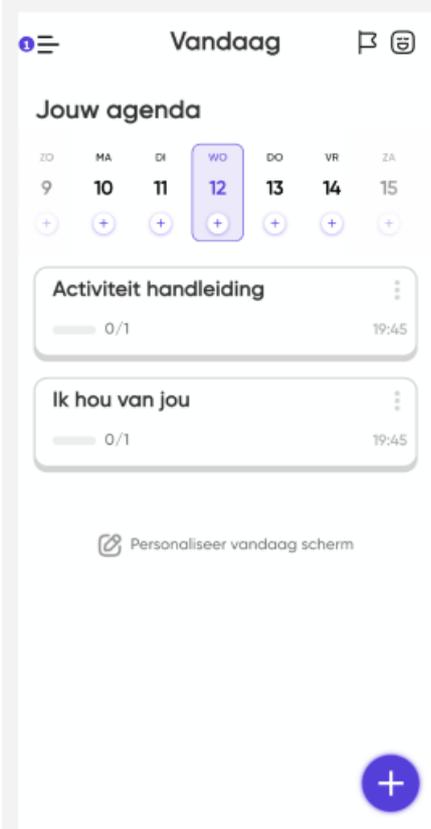
3 Choose if you want to repeat the tool.

4 Choose when you want to end the repeating tool.

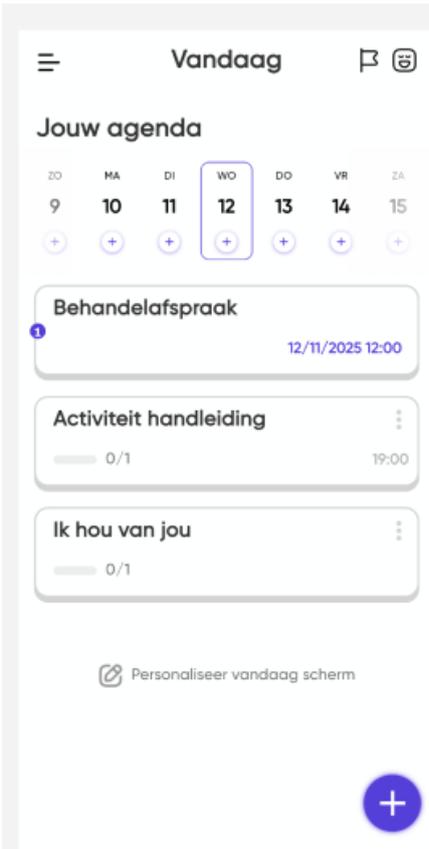
5 Choose if you want to add a notification.



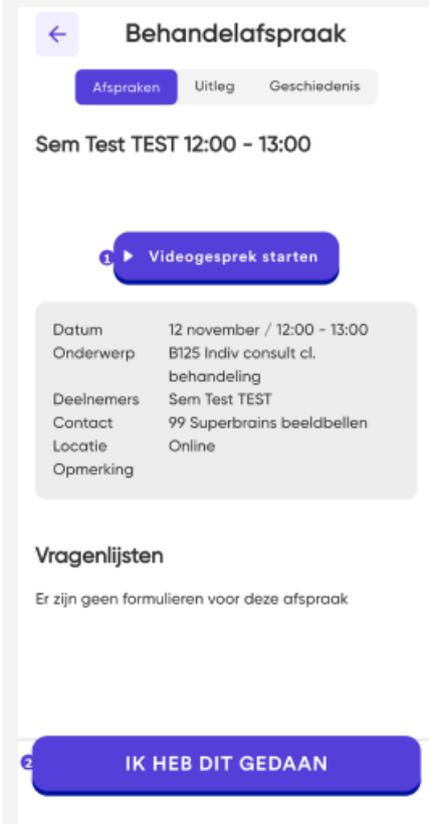
1 Click 'TOEVOEGEN' to add the tool to your agenda.



1 Click here to open the side-menu.

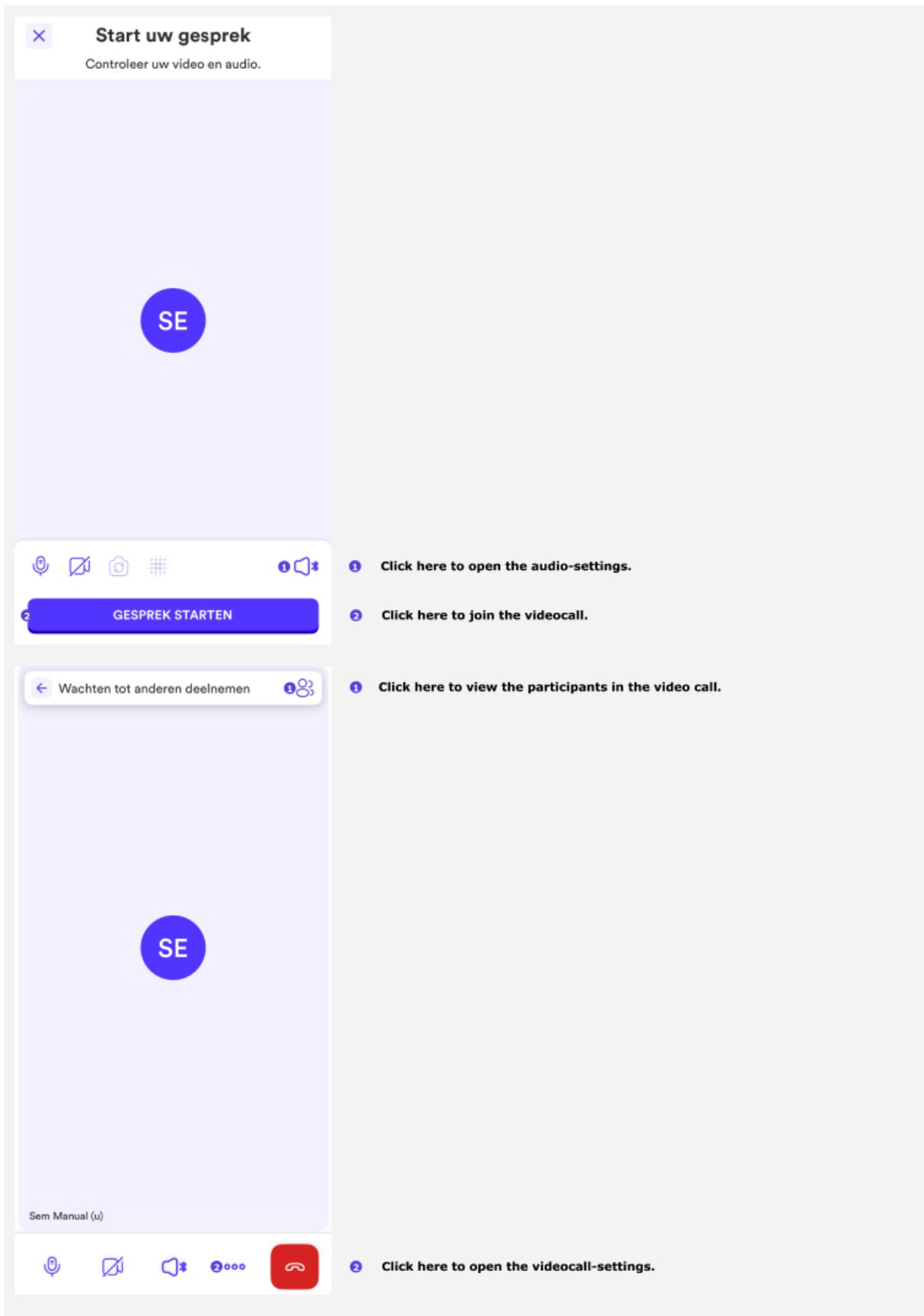


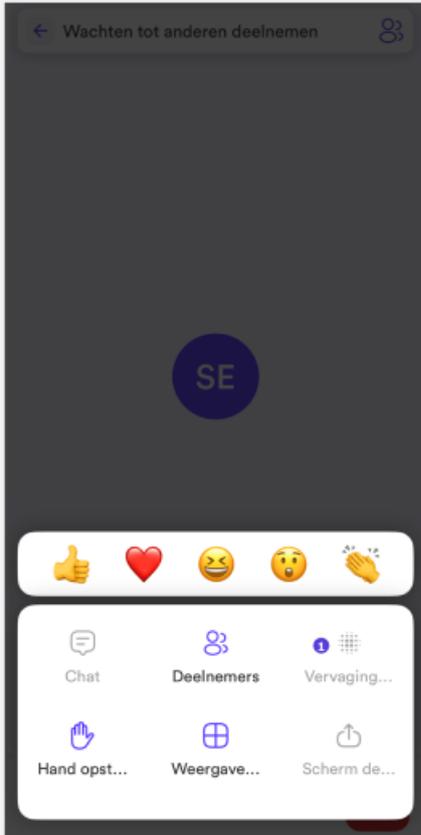
1 Click here to view the appointment.



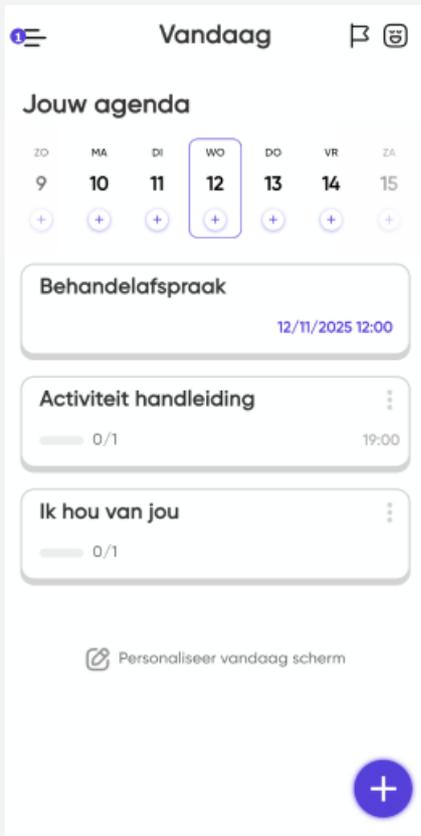
1 Click here to join the videocall.

2 Click here when the appointment is finished.

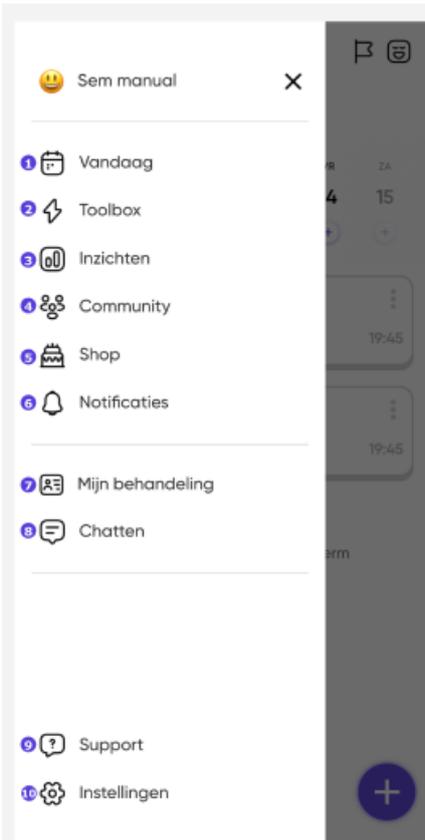




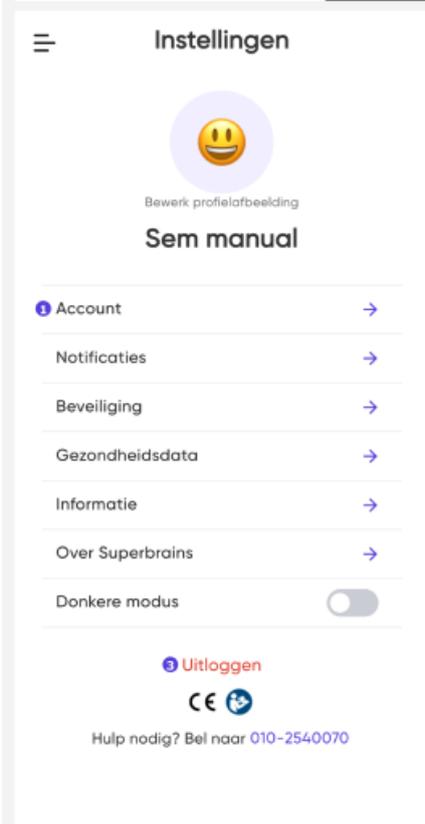
1 Click here to open the audio-settings.



1 Click here to open the sidemenu.



- 1 Click here to open the agenda.
- 2 Click here to open the toolbox.
- 3 Click here to open insights.
- 4 Click here to open the community.
- 5 Click here to open the shop.
- 6 Click here to open your notifications.
- 7 Click here to open the treatment-section.
- 8 Click here to open the chat.



- 9 Click here to open the support-page.
- 10 Click here to open the settings.

- 1 Click here to open the account settings.

- 2 Click here to log out of Superbrains.

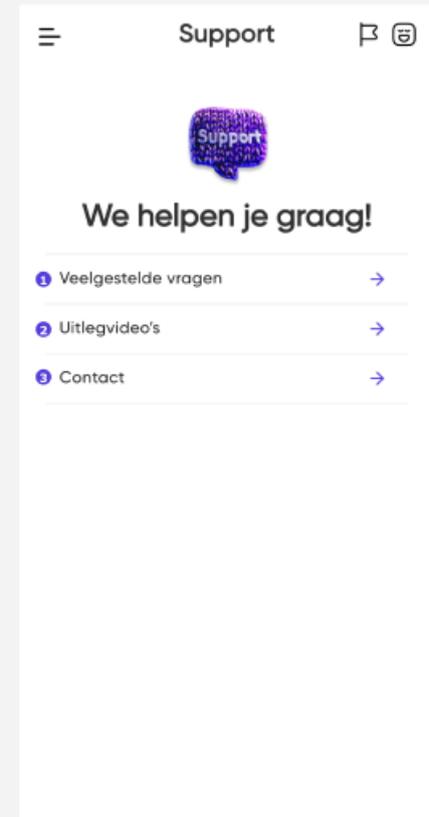


1 Click here to change your email address.

2 Click here to change your password.

3 Click here to switch the app to English.

4 Click here to delete your account.



1 Click here to open the Frequently Asked Questions.

2 Click here to view the support videos.

3 Click here to open the contact-support page.

← Account Save

**Screenname**

Sem Manual

Use 1-24 characters and keep it neat! We recommend not using your real name.

**Nickname**

Sem manual

Your nickname is used for personal greetings and communications within the app.

s.vandam+manual@superbrains.nl [Change](#)

Password [Change your password](#)

**Change app language**

English  [Click here to switch the app to Dutch.](#)

No treatment available to download

[Delete my account](#)

For help please call: 010-2540070

☰ Instellingen



Bewerk profielafbeelding

**Sem manual**

Account →

Notificaties →

Beveiliging →

Gezondheidsdata →

Informatie →

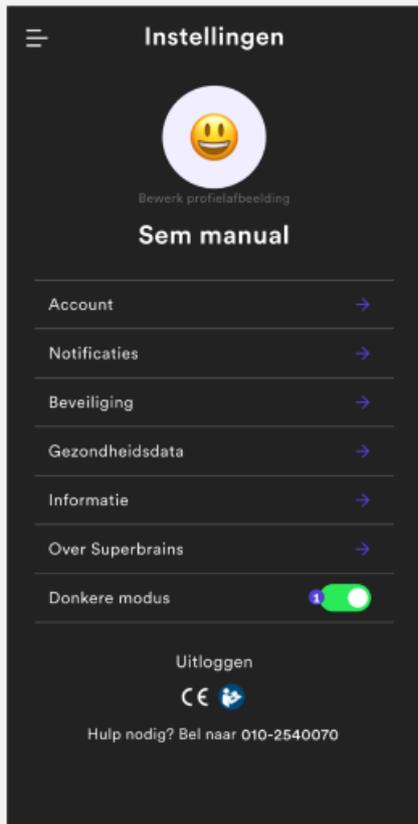
Over Superbrains →

Donkere modus  [Click here to switch the app to Dark Mode.](#)

[Uitloggen](#)

CE 

Hulp nodig? Bel naar 010-2540070



**1** Click here to switch the app back to Light Mode.