Mood 24/7 uses text messages and a secure website to help people log and track their moods. Individuals may sign up securely and select a time to receive daily text messages asking for mood ratings on a scale of one to ten. Text message responses with optional notes are added to a personal mood chart that can be shared with doctors and loved ones, allowing everyone to see the effects of treatment in real-time.

ACCESSIBILITY
Mood 24/7 is accessible to the 91% of Americans sending five billion text messages per day with their cell phones.

BENEFITS
Mood 24/7 collects user mood data in a standardized format, receives optional 160 character annotations from users on top of their daily mood ratings, and distributes structured user data to a secure data repository.

ADD MOOD 24/7 TO YOUR LIFE

Step 1
Sign up for Mood 24/7 and select a time of day to receive a text message

Step 2
Receive text messages from Mood 24/7 and text back your mood (1-10) on a daily basis

Step 3
View results online any time and share them with doctors, family and friends

“I really like it. It’s like a friend I can count on to call every evening always at the same time, waiting to hear how I’m feeling. Also, I began to be able to see my own patterns and associate what was causing ups or downs.”

– Mood 24/7 User

To learn more or sign up now for FREE visit www.mood247.com

Mood 24/7 is part of HealthCentral
HealthCentral empowers people to improve and take control of their health and well-being through more than 35 condition- and wellness-specific interactive health sites, including #1 HIV site TheBody.com and healthy living resource Wellsphere.com. HealthCentral is venture backed by IAC/InteractiveCorp, Polaris Ventures, Sequoia Capital, The Carlyle Group and Allen & Company.