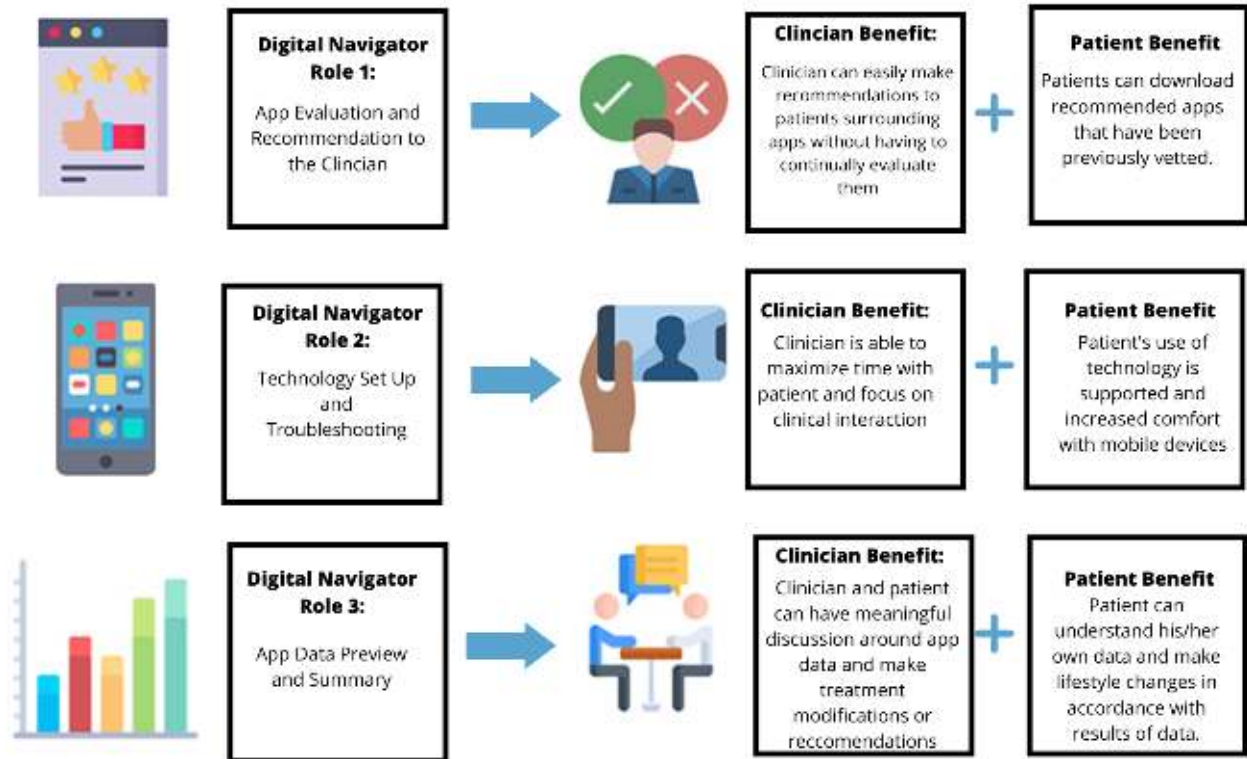


The Role of the Digital Navigator in a Clinic



A digital navigator supports the integration of technology into the clinic, which ultimately benefits both the clinician and patient. The three main roles of the digital navigator involve:

- 1) Evaluating smartphone apps for safety and potential effectiveness, then recommending apps to the clinician.
- 2) Assisting the patient with app set-up and technology troubleshooting.
- 3) Summarizing the collected patient data in a way that is meaningful to the patient and the clinician



Overall, the digital navigator is able to lessen the burden of integrating new technologies into a clinical setting, allowing the patient and clinician to focus on the patient's mental health.



Digital navigators can increase adaptability, scalability, and accessibility to mental health care for the following reasons:

- a) Digital navigators do not have to be a licensed clinician; Anyone can be trained to become a digital navigator.
- b) They help improve clinician efficiency
- c) The role of the digital navigator can be adapted to suit the clinic's needs.

Other Possible Responsibilities of the Digital Navigator:

- Improving patient-app engagement by encouraging the patient to complete more app activities
- Generating weekly reports on relevant patient data for clinician use
- Assisting with technical aspects of the clinic
- Providing patients with emotional support when appropriate
- And more...

