



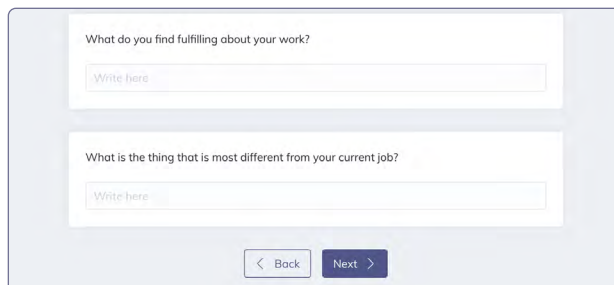
# Quenza

Explainer Guide for Clients

# What is Quenza?

Quenza is an online tool that will make it easy for you and your practitioner to work together and make the most of your collaboration.

With Quenza, you can:

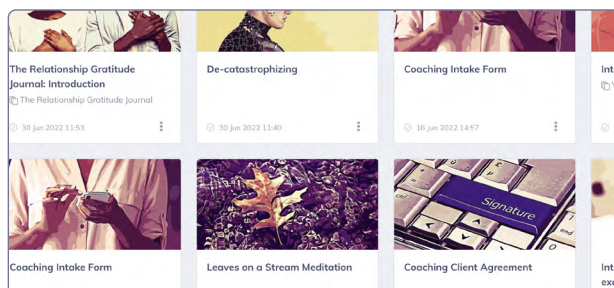
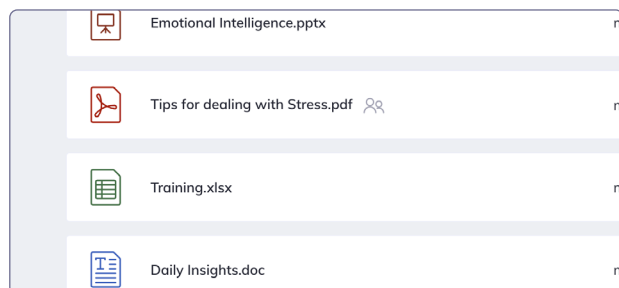


## Communicate

Chat in a safe and secure way with your practitioner.

## Complete exercises

Complete exercises, such as worksheets and questionnaires, directly on your mobile device or desktop computer.



## View and share files

View and download files shared by your practitioner or share your own files.

## Build your own portfolio

All your completed work will be stored in your personal Quenza account so you will have a nice overview of your progress.



## Create and share notes

Create notes and, if you want, share them with your practitioner. Your practitioner can also share notes with you.

# Why should you use Quenza?

Using Quenza will make many things easier and better for both you and your practitioner.

Important benefits of using Quenza are:



## Save time

Using Quenza will save you and your practitioner loads of time. No need to send emails back and forth and no cumbersome pen and paper work.



## Stay in touch

Quenza makes it easier for you and your practitioner to stay in touch. Your practitioner will be better able to keep track of how you are doing and help you when needed.



## Steady progress

Quenza allows your practitioner to send customized exercises that will help you to stay on track, even when you are not seeing each other.



## Safety

Quenza provides a safe way to communicate and share information with your practitioner. No-one except you and your practitioner will have access to your data.

# How can you start using Quenza?

To make the most of Quenza, we recommend creating a personal account using these 4 simple steps:

## 1 Click the button in the invitation email

If you have not already received an invitation from your professional to setup your personal Quenza account, the first step is to ask your professional to invite you to Quenza. You will receive an email with a button that will lead to a page where you can setup your own account.

ch Dr. Hugo Alberts would like to use Quenza v  
accept this invitation by visiting the page below

View invitation

ontact your coach if you have any questions reg

## 2 Fill in your personal details

On the page that opens after hitting the button in the email, enter a password for your account and fill in additional information. Note that your Quenza account is free and not publicly visible. You can easily delete your account and all associated data at any time.

FIRST NAME \*

John

LAST NAME \*

Doe

GENDER

male

DATE OF BIRTH

Select a date

PHONE

## 3 Download the app

You are now ready to use Quenza from the comfort of your smartphone, tablet, or desktop on both Android and iOS devices. Download the app or use your browser:

iOS App

[DOWNLOAD](#)

Android App

[DOWNLOAD](#)

Browser

[OPEN](#)



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## Use the app

You are now ready to start using Quenza!

