



An app to treat
depressive disorder
episodes

Patient user guide



Not a real patient

Adverse events should be reported. Reporting forms and information can be found at <https://yellowcard.mhra.gov.uk> or search for MHRA Yellow Card in the Google Play or Apple App Store. To report Rejoyn side effects or quality complaints, contact +44 (0) 808 168 6726 or OPUKSafety@otsuka.co.uk

Intended use: Rejoyn is a digital therapeutic intended for the treatment of depressive disorder episodes in adults. It is intended to be used alongside usual care provided by a healthcare professional.

Rejoyn is a digital therapeutic developed by Otsuka Pharmaceutical Europe Ltd.

Date of preparation: April 2025 | UK-152-2500002 (v1.0)



Meet Rejoyn

If you are reading this, your doctor or therapist has recommended Rejoyn.

Rejoyn is a smartphone app developed to support people experiencing depressive disorder episodes, commonly known as depression. When used alongside your usual treatment, Rejoyn can help you manage depression symptoms differently.

This guide will provide you with an overview of Rejoyn, what to expect from your treatment and instructions for using the app.

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Rejoyn is like physiotherapy for your brain – it taps into your brain's natural ability to change, known as neuroplasticity, to help reduce depression symptoms

Rejoyn has three key components:



Brain exercises designed to help break the cycle of negative thinking



Therapeutic lessons designed to teach you skills related to positive thinking and emotion control



Text messages and in-app notifications designed to help you stay on top of your exercises and lessons



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Rejoyn is designed to work alongside your usual treatment—not replace it

In a clinical trial, adding Rejoyn to usual antidepressant treatment **reduced symptoms*** with **no side effects** related to Rejoyn

*Measured by a commonly used depression severity scale in clinical trials, the Montgomery-Asberg Depression Rating Scale (MADRS).

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Brain exercises

The brain exercises in Rejoyn were developed by psychiatrists and psychotherapists, with patient input, using scientifically and clinically validated exercises



How do brain exercises help treat depression?

- For some people, the way the brain deals with emotions may be a key part of depression, and research shows that the cognitive (or 'thinking') and emotional (or 'feeling') parts of the brain may have trouble communicating
- When these parts aren't communicating properly with one another, the brain struggles to process emotions
- The brain exercises in Rejoyn are designed to strengthen the connections between parts of the brain involved in thinking and feeling
- This may help the brain process emotions better, improving depression symptoms

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How do I perform the brain exercises?

- The brain exercises in Rejoyn involve **identifying and remembering emotions** on a series of faces presented one at a time
- You will be asked to identify whether the current face is showing the same emotion as a previous face, which might have been shown 1, 2, or more faces before
- Identifying the emotion is designed to **activate the feeling part of the brain**, the amygdala
- Remembering the emotions is designed to **activate the thinking part of the brain**, the prefrontal cortex
- Exercises last 15–30 minutes and will be available on your app three times per week for 6 weeks

Repetition of these exercises is important because this helps to strengthen the connections between the feeling and thinking parts of the brain.

The exercises may feel difficult at times, but that is normal. It's not about speed or accuracy. The exercises are designed to keep your brain challenged and engaged so just try your best with each task.

In clinical trials, patients who regularly performed these brain exercises showed improvements in their symptoms. A real-world follow-up study from one of these trials suggested that the effect of treatment lasted up to one year after treatment had finished.



If you wish to learn more about the Rejoyn brain exercises, please visit www.rejoyn.co.uk

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Therapeutic lessons

What are therapeutic lessons?

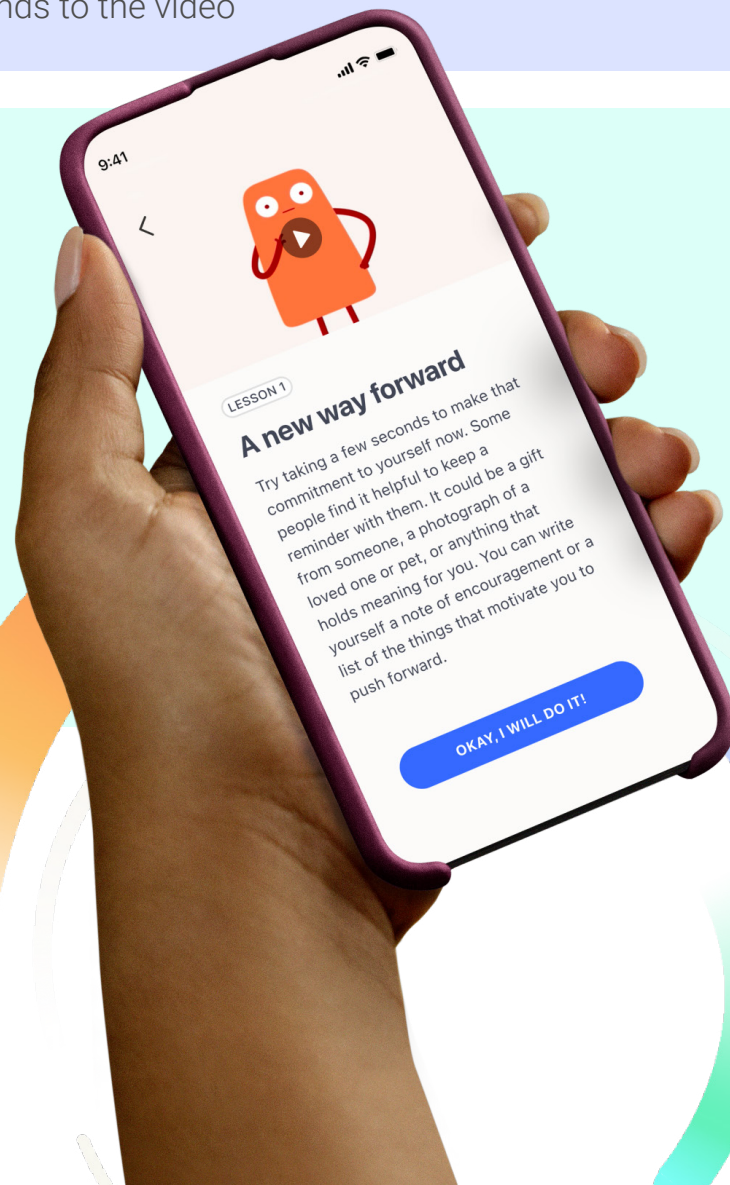
- Therapeutic lessons aim to teach you skills related to positive thinking and emotion control
- The lessons are designed to:
 1. Help with negative thinking and teach positive behaviours
 2. Develop real-life skills to build on the brain exercises
 3. Provide a regular routine of activities to maximise the potential benefits

How do I complete the therapeutic lessons?

- Each lesson contains a short, animated video
- This is followed by an exercise that corresponds to the video

When should I complete the therapeutic lessons?

- Therapeutic lessons are assigned according to a set schedule, and some lessons will only be unlocked after a brain exercise has been completed. The app will give you directions on how to complete the therapeutic lessons
- After you complete a therapeutic lesson, it will be available to use on-demand during and for 4 weeks after the end of your 6-week treatment period



If you wish to learn more about the Rejoyn therapeutic lessons, please visit www.rejoyn.co.uk



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Text messages and in-app notifications

What text messages will I receive from Rejoyn?

During your treatment, you will receive motivating text messages that are tailored to you and your progress on your treatment journey

What are in-app notifications?

When you start using Rejoyn, you will have the option to set a daily notification to remind you of your task for that day. Alternatively, you can choose to set reminders in your smartphone calendar, or you can skip reminders altogether

Why are the text messages and in-app notifications important?

They are designed to help you get the best results from your treatment:

- The text messages help reinforce what you have learned from therapeutic lessons and exercises
- Setting reminders may help you to stay on track with your brain exercises and therapeutic lessons

Can the text message settings be changed?

To learn more about text messages and in-app notifications visit the [FAQs](#)

Can the notification settings be changed?

You can decide if you want to set up in-app reminder notifications or not. You can edit your notification settings at any time using 'Reminders' under the 'Profile' section of the app. Alternatively, you can choose to set up reminders in your smartphone calendar, or to skip reminders altogether

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Treatment schedule

The flexibility of using a smartphone app means that you can choose what time of day to complete your treatment.

Your treatment course is expected to run for 6 weeks, including:



Brain exercises



×3 per week



~15–30 minutes each



Therapeutic lessons

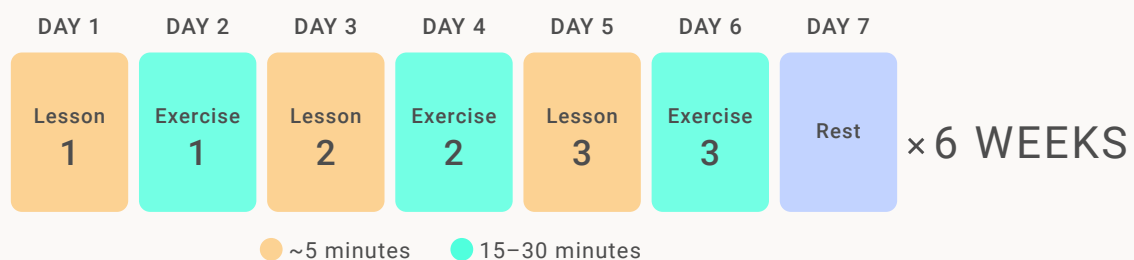


×3 per week

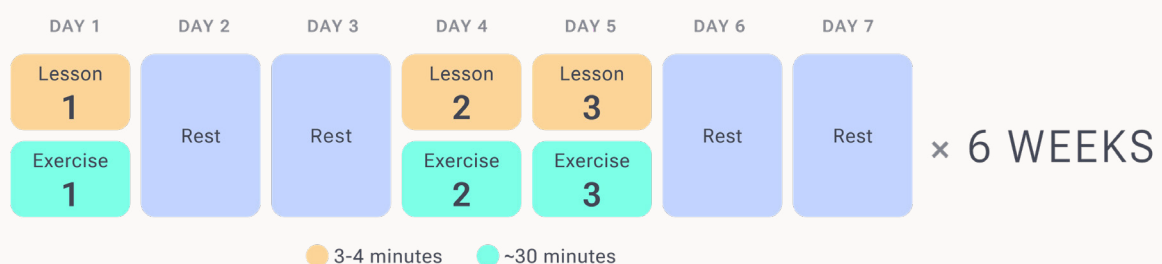


~5 minutes each

How you set up your treatment is up to you. A typical week of treatment with Rejoyn exercises might look like this:



Or you may choose an alternative schedule, like this:




- If for any reason you miss an exercise or lesson, do not worry. You can catch up by doing two tasks the next day to stay on track for the week (Please note: You cannot do more than one lesson and one exercise per day)
- At the end of each week, any remaining therapeutic lessons assigned for that week will be unlocked so that you can view them later

Please note: Unlike therapeutic lessons, the previous week's brain exercises will not become available for later use

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Getting started with Rejoyn

Download the app

- Search for 'Rejoyn® - GB' in the Apple App Store or 'Rejoyn®' in the Google Play Store and download
- Look for the Rejoyn logo 
- When you open Rejoyn for the first time, you will need to enter an access code

Enter your access code

- Your doctor or therapist will request an access code for you with your permission
- Your access code will be sent to you via email; if you cannot find your code in your inbox, please check the junk or spam folders

Set up your account

- Once you have entered your access code, you need to set a password
- Next, you need to verify your email address (to allow you to register and reset your password if necessary) and mobile phone number (so you can receive text messages)
- These three verification steps are a one-time process. You will not need to do this again

Rejoyn has been developed with privacy and security in mind

Rejoyn has been designed to align with data protection and privacy standards, possessing Cyber Essentials accreditation. It proudly holds DTAC certification and is a UKCA marked medical device.

If you are having any problems downloading the Rejoyn app or setting up your account, please visit the Frequently Asked Questions (FAQs) on the website (www.rejoyn.co.uk) or call the Rejoyn Support Centre on +44 (0) 203 375 8575 (09:00–17:00 Monday to Friday, excluding National Holidays).

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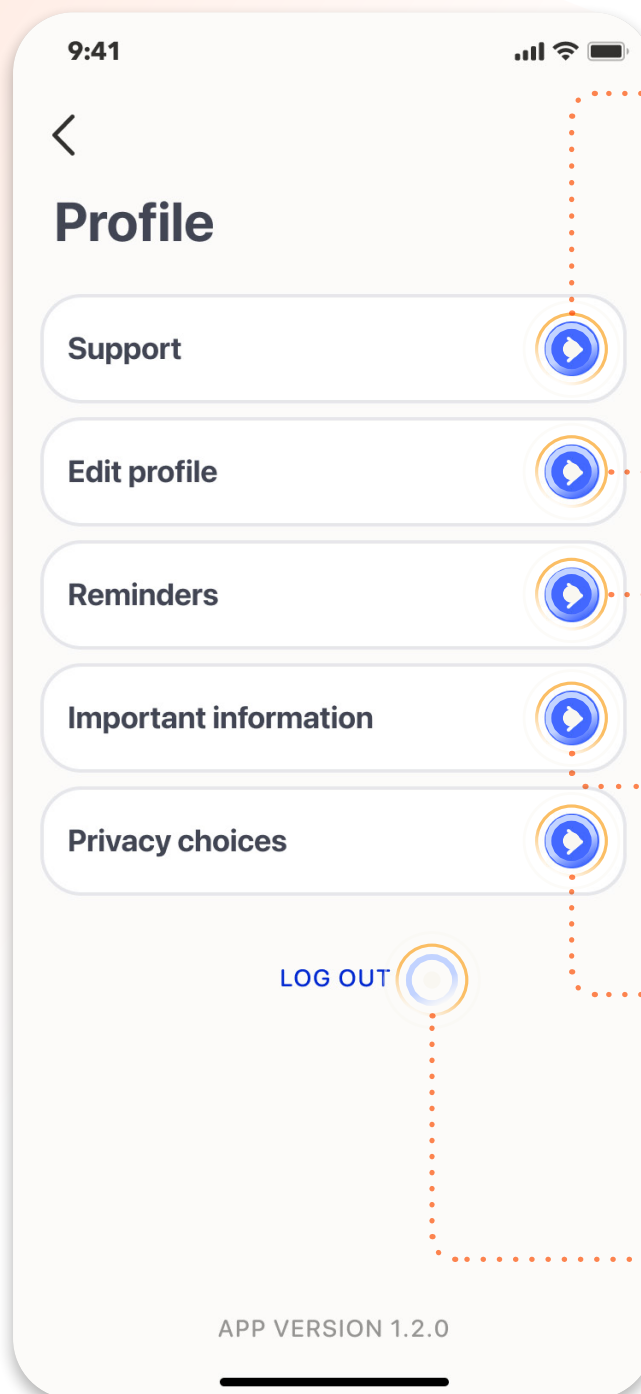
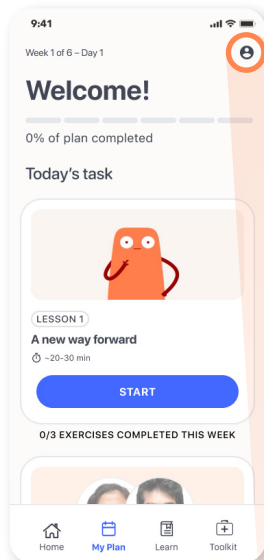
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App navigation: Profile



Support

Tap 'Support' to find the Rejoyn Support Centre number

Edit Profile

Tap 'Edit profile' to change your:

- Name
- Password
- Phone number

Reminders

Tap 'Reminders' to manage your notification settings

Important information

Tap 'Important information' to access key details about Rejoyn

Privacy choices

Tap 'Privacy Choices' to manage your privacy options and make changes if desired

Log out

Tap 'Log out' at the bottom of the 'Profile' page



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App navigation: Brain exercises

- There are 18 brain exercises in total
- To begin your brain exercise, go to the home screen and tap 'Start' in the 'Brain Exercise' box



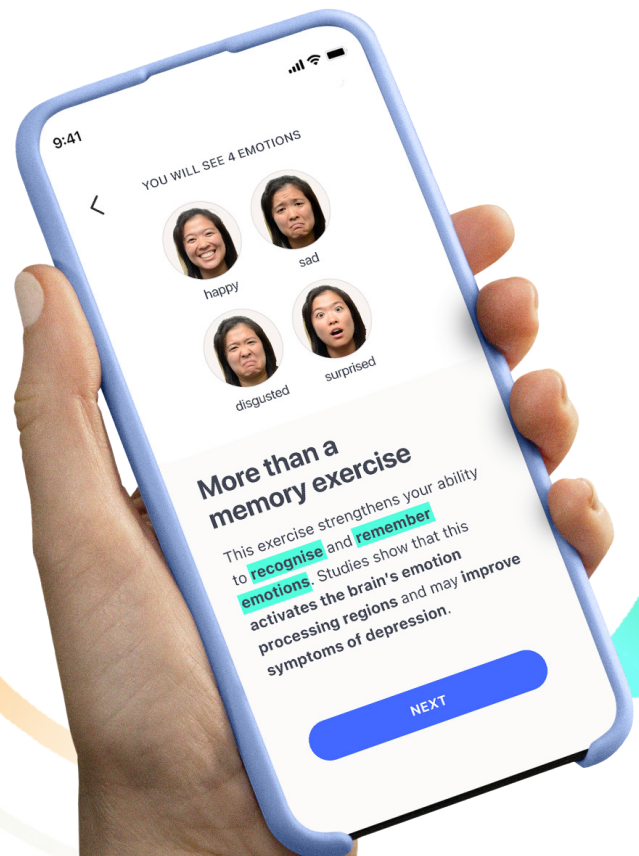
- Select the level and tap 'Continue', then 'Start'



- Follow the on-screen instructions to complete your brain exercise
- There is no time limit to complete the exercise once you begin. However, if you start and are then interrupted for 15 minutes or more, the app will restart your session for the day



- Tap 'Done' to return to the home screen





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App navigation: Therapeutic lessons

- To begin your assigned therapeutic lesson, go to the home screen in the app and tap 'Start' in the 'Therapeutic Lessons' box
- Follow the on-screen instructions to complete the therapeutic lesson
- When you complete the therapeutic lesson, you will see a 'Well Done' message
- Tap 'Done' and you will return to the home screen



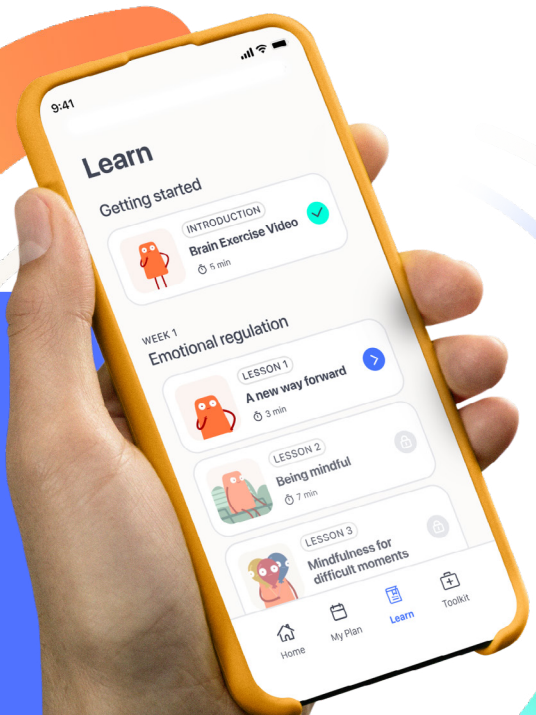
How to find previously completed lessons:

Learn library

There are a total of 18 therapeutic lessons. You can access the library by tapping 'Learn' in the menu bar at the bottom of the screen

Toolkit

Any tools, such as the guided audio exercises, associated with a completed therapeutic lesson will be added to the 'Toolkit', allowing you to revisit and practice them at any time



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Technical support and FAQs

We're here to help

We hope you feel supported at every step of the journey. If you require technical assistance with the app or more information on Rejoyn, you can:

- Visit Frequently Asked Questions (FAQs) on the website at www.rejoyn.co.uk
- Contact our Rejoyn Support Centre on **+44 (0) 203 375 8575**, available Monday–Friday (excluding National Holidays) from 09:00–17:00 (calls charged at local rates)



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Dial 999 or go to the nearest Accident and Emergency department if you are experiencing a medical emergency or you are in immediate danger of suicide.



Important information

Important Safety Information

- To access Rejoyn you will require an access code. This will enable your participation in the treatment programme using the smartphone application (app).
- Rejoyn is not a replacement or substitute for your current medical or mental health care treatments. You should continue with your treatment as directed by your Healthcare Professional. Rejoyn is intended to be used alongside usual care as a treatment for depressive disorder episodes. Talk to your Healthcare Professional or dial 111 for additional information about treatments that may be right for you.
- Rejoyn cannot send alerts or warnings to your Healthcare Professional. If you feel that your depressive symptoms are worsening or if you have feelings or thoughts of harming yourself or others, please contact your Healthcare Professional, dial 999 or go to the nearest Accident and Emergency Department immediately.

Operating Information

- Rejoyn currently only supports mobile phone numbers local to the United Kingdom capable of receiving SMS messages. If your mobile phone number does not meet these criteria, please contact the support centre at +44 (0) 203 375 8575.
- Rejoyn is intended for people who have access to a smartphone and are familiar with using a smartphone app.
- An internet connection is required to download Rejoyn on your smartphone. Refer to the Apple App Store or Google Play Store on your smartphone to ensure compatibility of your specific smartphone and Operating System (OS). Rejoyn supports the two most recent iOS and Android OS versions.
- Ensure your smartphone is running an OS version matching those required. If not, update your smartphone software version before downloading and using Rejoyn.
- We recommend that you keep 100 MB of available storage on your device to use Rejoyn.
- Rejoyn is not currently compatible for use with computers or tablets.
- Please log into Rejoyn on your smartphone. This will make sure you do not miss any important reminders and will allow Rejoyn to remember where you are in your treatment.

Security

- You are required to enter a username and password prior to using Rejoyn. Please do not share your username or password with others.
- Required updates will be installed on your smartphone automatically, if automatic updates are enabled. Otherwise, you will need to visit the app store to manually install the update on your smartphone before you can proceed with your treatment.

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Manufacturer

Otsuka Pharmaceutical Europe Ltd., 2 Windsor Dials, Arthur Road, Windsor, Berkshire, SL4 1RS, United Kingdom.

To get Rejoyn support or report Rejoyn side effects or quality complaints, contact +44 (0) 203 375 8575.

Or

To report Rejoyn side effects or quality complaints, contact +44 (0) 808 168 6726 or OPUKSafety@otsuka.co.uk

Available: Monday–Friday (excluding National Holidays).

Hours of operation: 9 AM to 5 PM.

Website: www.rejoyn.co.uk

SOFTWARE VERSION

Please refer to the “Important Information” section in the Patient Profile section of Rejoyn for details of the current software version.