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Dear patient,

We have introduced an AI Assistant in our journal system, which has been developed in conjunction with healthcare professionals to give you the best experience.

To ensure that your personal information and private sessions are secure:

- AI is used for real-time note structuring based on the session
- Only text is stored (no audio), and all data is handled securely
- The final journal notes and summaries are approved by therapists

What does it mean for you?

Your sessions are the same as before, but your therapist has more time to listen and guide you as there is less time spent taking notes.

Your privacy is paramount therefore your journal entries are encrypted in secure, state-of-the-art data centers. These facilities feature robust physical and digital security. Your therapist can delete your journals at any time and AI Assistant is GDPR compliant.

Please inform your practitioner if you wish to opt out of using this service.

For more information please visit
Nordhealth's website:

