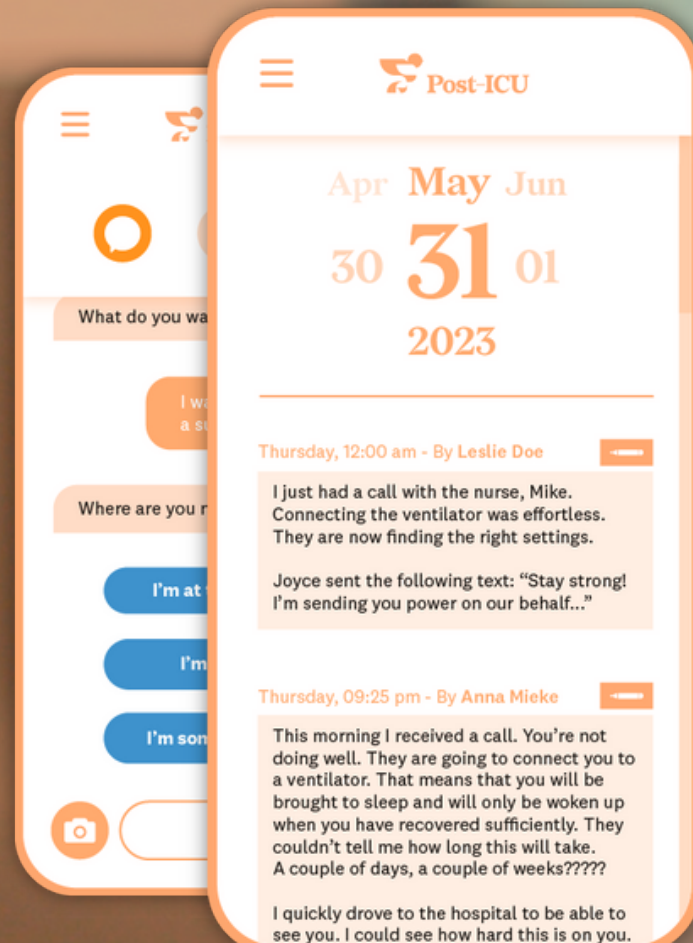




# Post-ICU

## The Digital Diary that Cares





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# Company description

## Post-X Ltd.

Post-X Ltd. is a company that provides digital social journaling solutions to engage and support people in life changing medical events. Social journaling involves both professional caregivers, patients and their loved ones in keeping a diary simultaneously and collaboratively. Journaling has been shown to help with processing emotional events, helps prevent and recover from anxiety, depression, and PTSD, and provides a narrative for patients and their loved ones to reconstruct their memories at a later point in time.

Currently, the focus of the company is on their product Post-ICU and Post-X operates under the brand name Post-ICU.





# Product description

## Post-ICU, the digital diary that cares

Post-ICU is the only digital diary that alleviates Post-Intensive Care Syndrome (PICS) symptoms. ICU diaries are an integral part of the family engagement element of the Society of Critical Care Medicine's ICU Liberation Bundle.

Engaging families in care fosters better communication with caregivers. Post-ICU helps to process emotional events through journaling and provides a narrative for the patient to reconstruct their memories. Journaling prevents and alleviates anxiety, depression and PTSD. In this way, Post-ICU contributes to patient, family and nurse satisfaction.

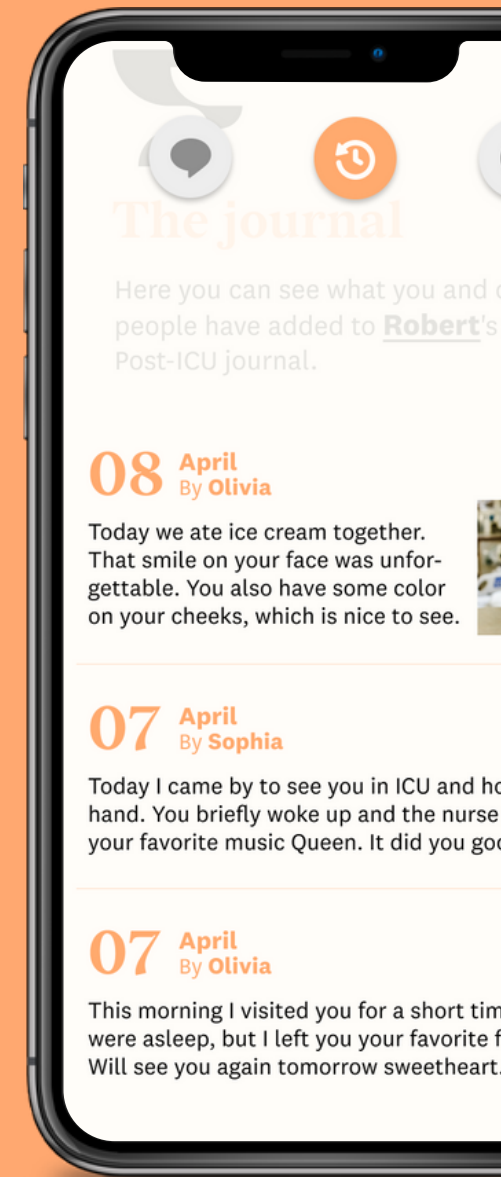




# Unique selling points

## Post-ICU, the digital diary that cares

- Easy access and sharing across time zones, distances, and devices
- Compliant with standard US hospital security, legal and privacy practices
- Involves families in the care process
- Enhances communication between professional caregivers, patients and their loved ones





# Find us online



[post-icu.com](https://post-icu.com)



[linkedin.com/company/post-icu](https://linkedin.com/company/post-icu)



[twitter.com/post\\_icu](https://twitter.com/post_icu)



[instagram.com/posticudiary](https://instagram.com/posticudiary)



[facebook.com/PostICU](https://facebook.com/PostICU)



[youtube.com/@Post-ICU](https://youtube.com/@Post-ICU)



# Company milestones



Spring 2020

Post-ICU was initiated in the Netherlands, in collaboration with intensivist



August 2022

First hospital in the US starts with Post-ICU



July 2023

Post-X Ltd. received investment of €1.000.000



August 2023

More than 50.000 entries have been made in Post-ICU diaries