

Matkompis – for parents of a child with an eating disorder

Matkompis helps a child log meals and receive encouraging feedback from an AI (Matkompis means “meal buddy” in Swedish). As an adult, you can view entries, comment, and get notifications. Matkompis is pre-programmed with guidelines for Family-Based Treatment (FBT) as implemented by in Sweden. Matkompis is designed to encourage regular and sufficient eating and is intended for children who eat too little. These are the instructions for adults. Under “for the app user” you’ll find instructions for the child.

How to use Matkompis

- Go to matkompis.app and click “Create account.” You’ll receive a temporary PIN that you can change after logging in via “More...” → “New PIN”.
- Click the comment field to write a comment. The comment is sent as a notification to the child if the child has enabled notifications.
- You can also write an instruction to Matkompis that it will take into account when replying to the child. For example: “She needs to increase the energy in her snacks,” or “Please reply in Finnish if he writes in Finnish.” The instruction is given to Matkompis but is not shown to the child. It remains in effect until you write a new one.
- Add to Home Screen! (see “for the app user”)
- You can delete the account at any time via “More...” → “Delete account”, or download your data via “Download data”. Other settings are available via “More...” → “Settings”.
- If the child missed logging, you can restore the streak via “More...” → “Streak freeze”.

Notifications and reminders

Click “Enable notifications” to receive a notification when Matkompis has replied to the child or summarized the day. You’ll also see when the child receives an evening reminder.

Child context

Matkompis uses the child’s age and a short clarification of the eating-disorder type (“under-eating”, “ARFID”, “dysfunctional eating habits”, or “anorexia nervosa”).

Use of AI

Matkompis uses AI models from OpenAI or Anthropic, which incurs a small per-request cost. If you’d like to help fund Matkompis, email info@matkompis.app.

Privacy

Comments are encrypted and are not visible to Matkompis’s database administrator. Images are not encrypted, but faces are automatically pixelated. The app has a normal security level but avoid uploading sensitive information. You can choose real passwords instead of PIN codes for increased security.

Matkompis – for the app user

What is Matkompis?

Matkompis is an app that helps you keep track of your meals and feel better. You can write and send photos to Matkompis and get a response. It tracks your three main meals (breakfast, lunch, and dinner) and your snacks (morning snack, afternoon snack, and evening snack).

How to use Matkompis

Go to matkompis.app and log in with your name and PIN or password.

You'll see today's meals.

Use "previous" and "next" to browse other days.

Click the comment field to write what you ate.

You can also upload photos — ideally one before and one after you've eaten. Click a photo to remove it.

If you've posted something for a meal, you can click to get a comment from Matkompis. See what Matkompis thinks about what you ate.

You can edit your description and upload more photos if you want, but only for today and yesterday, so don't wait too long.

If the Matkompis has commented on all meals for the day, you can click to get a day summary. Try to do day summaries every day to build a streak!

Add to Home Screen!

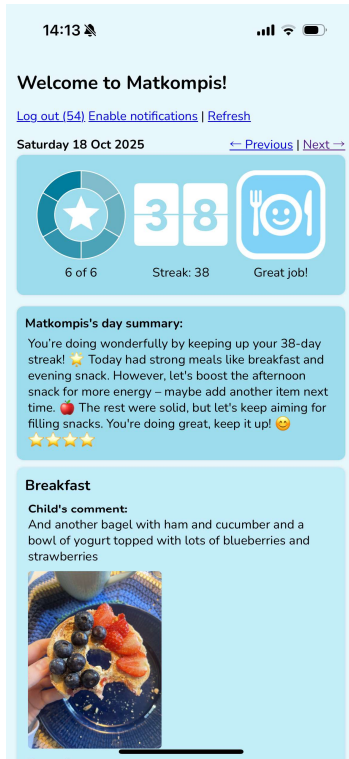
On iPhone: Tap the Share button and choose "Add to Home Screen."

On Android: Tap the menu button (:) and choose "Install app" or "Add to Home screen."

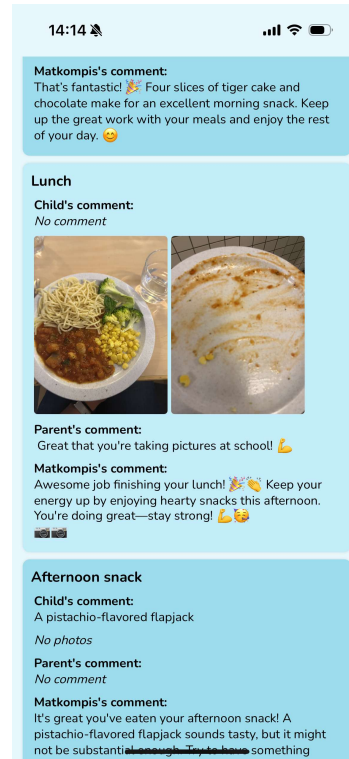
Notifications and reminders

Click "Enable notifications" to get an evening reminder if you haven't filled everything in. You'll also get notifications when an adult comments on any of your meals.

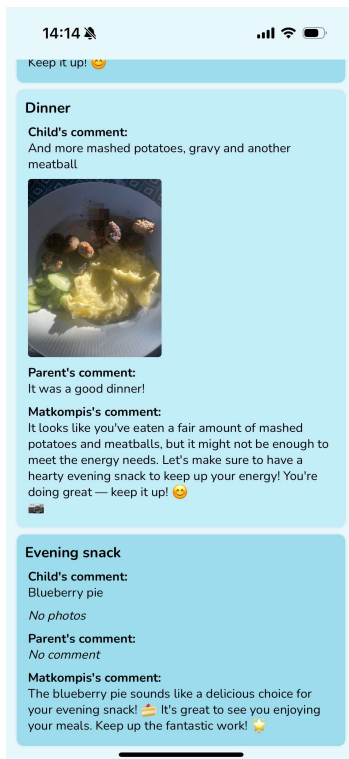
Example of start screen and day summary:



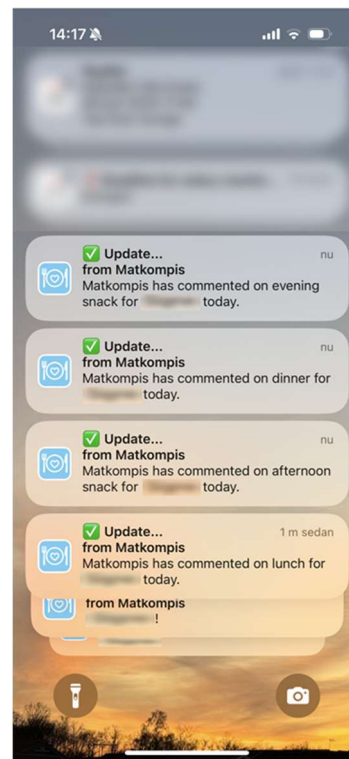
Example of image analysis:



Example of text and image analysis:



Example of notifications:



Matkompis privacy policy

Latest update: 2025-10-15

Purpose

Matkompis is used to support conversations about food and meals between children, guardians, and adults.

- The service collects and processes information in order to:
- enable registration of meals, comments, and photos,
- provide supportive feedback via AI,
- track usage over time (e.g., streaks),
- offer notifications to guardians,
- enhance security through audit logging of important events.

Personal data processed

Matkompis stores the following types of data:

- **Account information:** name (or alias), PIN codes, and role (child/adult).
- **Comments:** text written by the child or adult. These are stored in encrypted form
- **Images:** uploaded photos, where faces are automatically pixelated.
- **System logs:** audit logs of login, logout, uploads, deletions, and other security-related events.
- **Notifications:** information about push subscriptions (endpoints, roles).

Data retention

- Comments, images, and logs are stored for a maximum of one year, after which they are deleted.

Security

- Comments are stored encrypted and are only decrypted for users
- Database traffic does not pass over the public network.
- The user interface is protected against XSS.
- Uploaded photos are anonymised through automatic pixelation of faces.
- The audit log tracks important events.
- Login for admin and observer accounts is logged and protected by MFA

Use of AI

- Data sent to OpenAI or Anthropic is not used for training.
- OpenAI or Anthropic may store data for up to 30 days for the purpose of monitoring misuse.

User rights

As a user, you have the right to:

- download the data stored about you.
- delete all your data (except audit logs).
- request correction of inaccurate information.

For corrections, see contact details below.

Data sharing

- No data is shared with third parties.
- Data is used only within the Matkompis service.

Contact

For questions about privacy and data protection, contact dpo@matkompis.app