




BetterYou



# How it works


## My Goals

Progress this week




Sleep more  
Just added!


Try setting up at least 1 more goal



Stay in touch with friends & family




Meditate more




Go to the gym more

## My Goals


Progress this week




Sleep more  
7.25 hrs/night




Stay in touch  
3.75 hrs




Learning  
1.5 hrs



Meditate more  
40 min



Hit daily steps  
10,728 steps/day




Add Goal


GOALS BUDDIES PROFILE

## My Goals

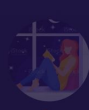
Progress this week



Sleep more  
7.25 hrs/night




Stay in touch  
3.75 hrs



Learning  
1.5 hrs

We've added a few new Goals—be sure to check them out!




Take a look


Later

GOALS BUDDIES PROFILE


## Add Goal




Go to the gym more **NEW**




Spend more of my free time learning




Study more at library or other quiet place



Find more time for spiritual activities



Go to my place of worship more



Try new social activities and go out more



BETTERYOU

now

### Stay in Touch

Talking with Mom this week was really important, do you have 5 minutes?



[#TaylorSwift](#) [#TheMan](#) [#Live](#)

## Taylor Swift - The Man (Live From Paris)



1.9M views



198K



1.8K



Share



Save



Report



Taylor Swift

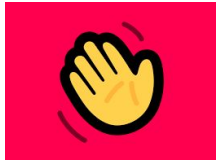
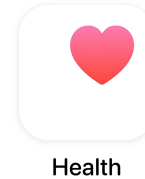
37.2M subscribers



SUBSCRIBE

# Integrations

BetterYou syncs up with over 10,000 apps. This enables you to get credit for spending time toward your goals in the ways that make sense for you.

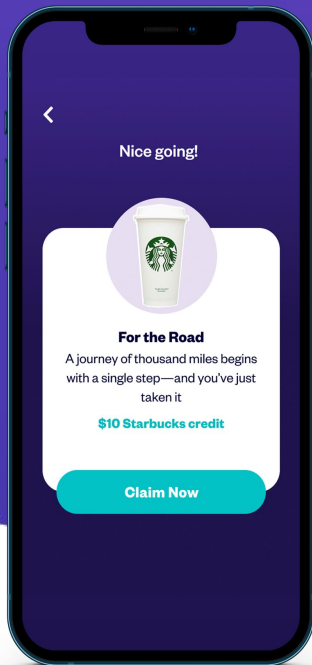


# Rewards

Earn rewards as you make progress to your goals

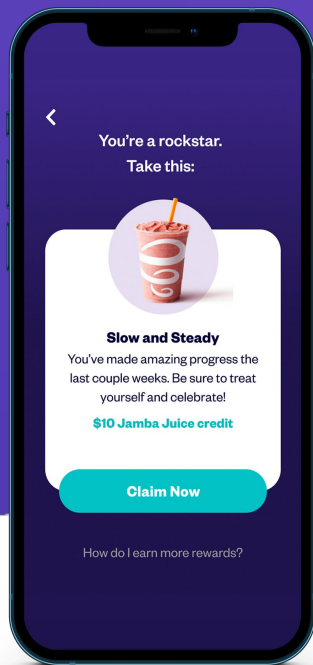
## Reward 1

Get started making progress with your goals



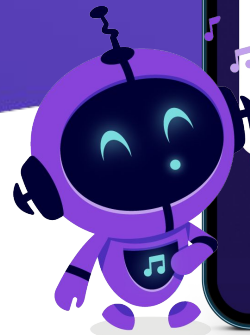
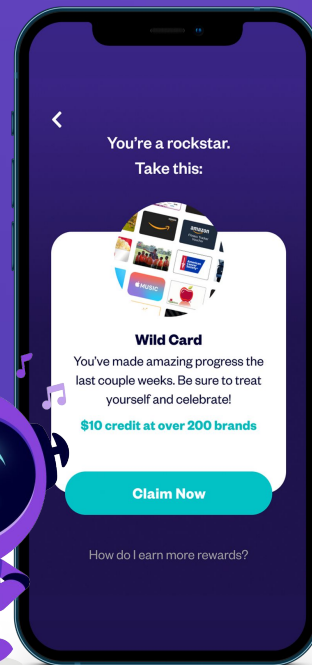
## Reward 2

Max out your goal for your first week

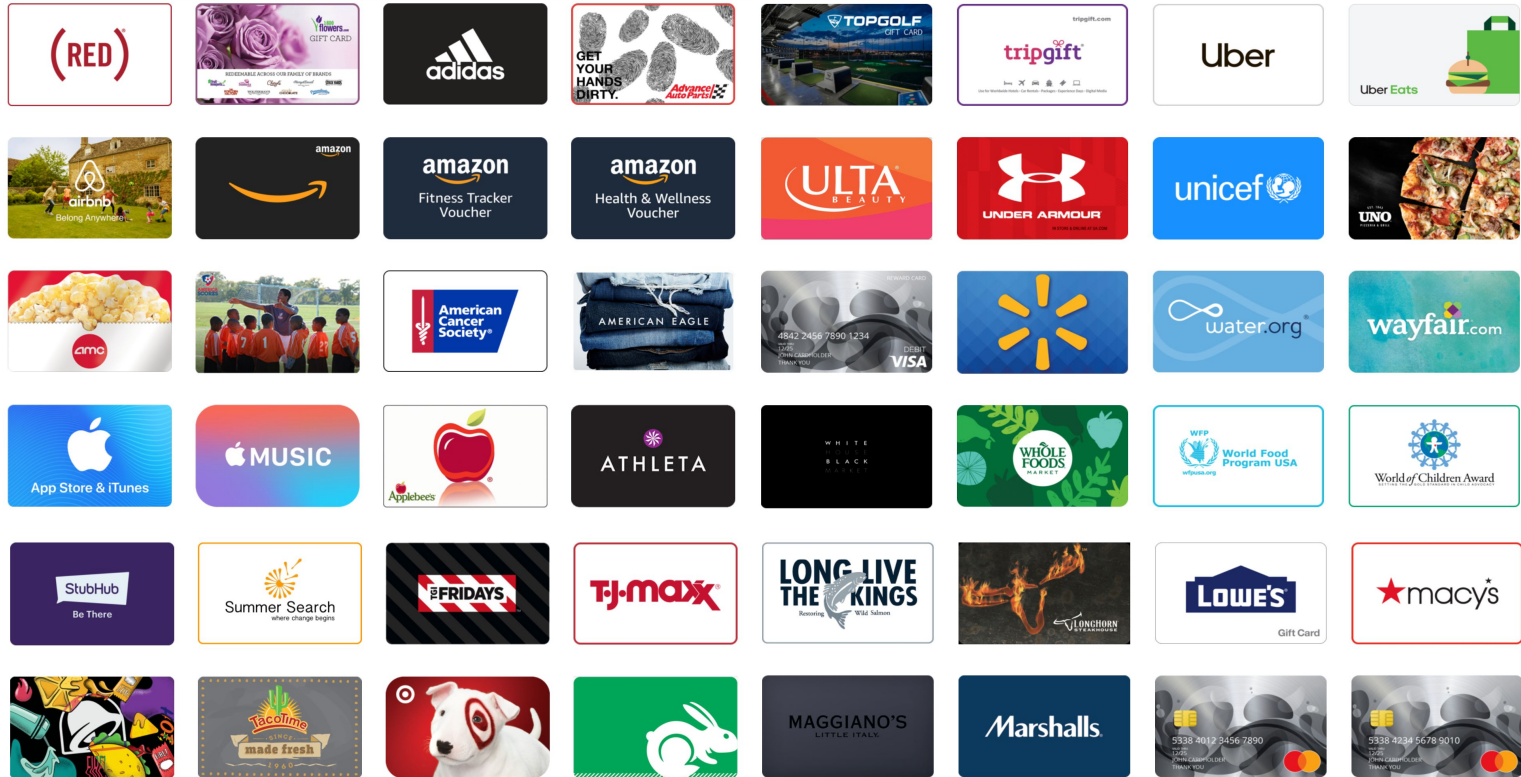


## Reward 3

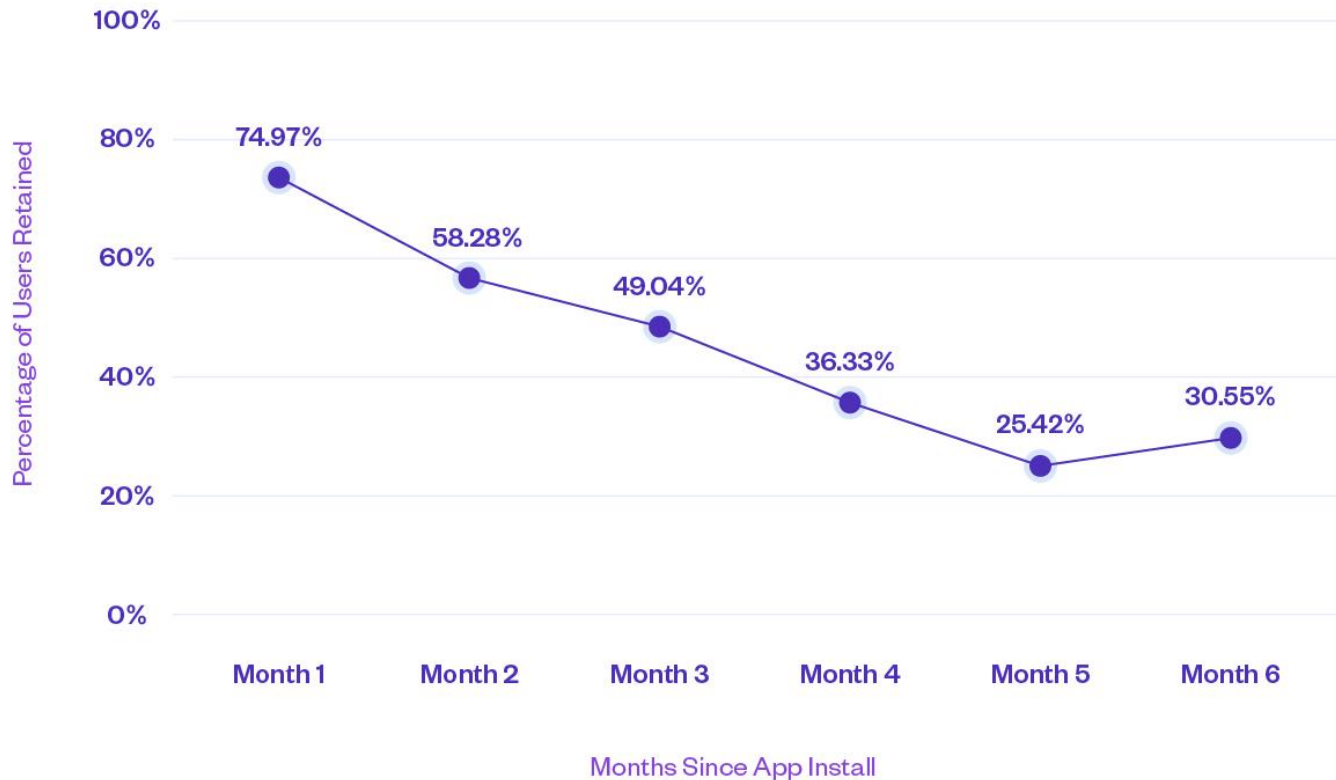
Outperform half of your peers with your goal



# Rewards Catalog (80+ Options)



# 3x Industry Average Retention



H&R Block Snapshot

# 500 employees signed up in the 1st week



**H&R BLOCK**

“I love being **connected to my fellow employees and doing challenges**. Right now Tax Season is crazy so not much free time, but it doesn't take a lot of time for walking.”

“[I like that] It is behind the scenes keeping track. I **don't have to input any details once the set up is completed.**”

“Encouraging, keeps me **on track to reach goals.**”

# 7.8/10

rating across 300 respondents





# User Testimonials

## BetterYou changed my quarantine!

I became a user of BetterYou at the beginning of this year, and little did I know how my motivation to be productive would change! When quarantine hit, I was so glad that there were constant challenges on BetterYou to remind me that I can still work toward my health, education, and mindfulness goals! I love being able to track it and be entered to win cool prizes for completing challenges!

Sydney McNelley, 06/18/2020



Syncs with all my apps to give me credit for activities and offers activity and taking break reminders.

Rebecca Bradshaw, 06/17/2020



This app **definitely helps you become a more balanced person**, focused on physical, social, educational and spiritual aspects of your life. And they are constantly working to improve the app. Highly recommended!

Jonathan Foglein, 06/18/2020



# User Testimonials

## Awesome app!!

I wanted to get in shape, and just by going to the gym I get gift cards!! I wanted to use my phone for more academic purposes, and guess what, more gift card! Love the rewards just for making my life a bit healthier and more in the direction I want to take it :)

**arsalera, 06/18/2020**



This app **seamlessly syncs with fitness, reading, educational, and mindful apps** as well as you location to give you credit for everything you do to become a Better You. I love it!!

**Whitney Moon, 06/17/2020**



Syncs with all my apps to give me credit for activities and offers activity and taking break reminders.

**Rebecca Bradshaw, 06/17/2020**



# BetterYou



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