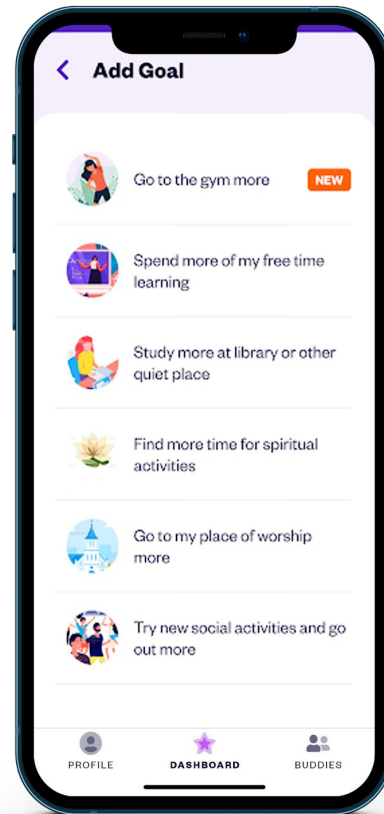
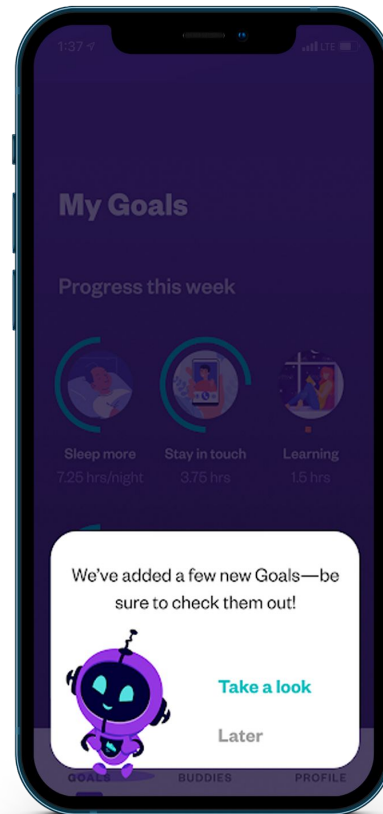
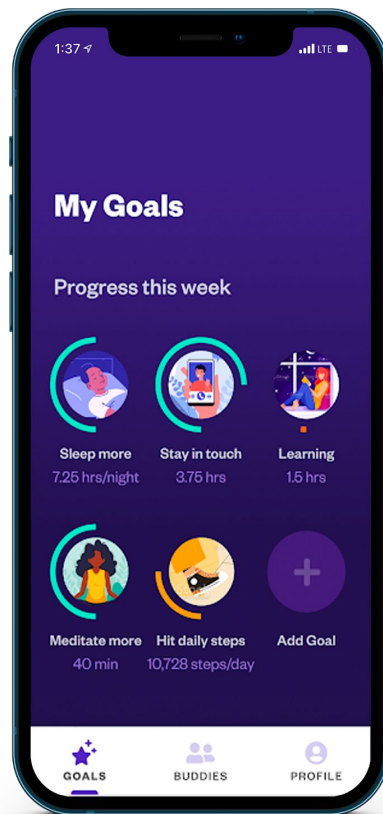
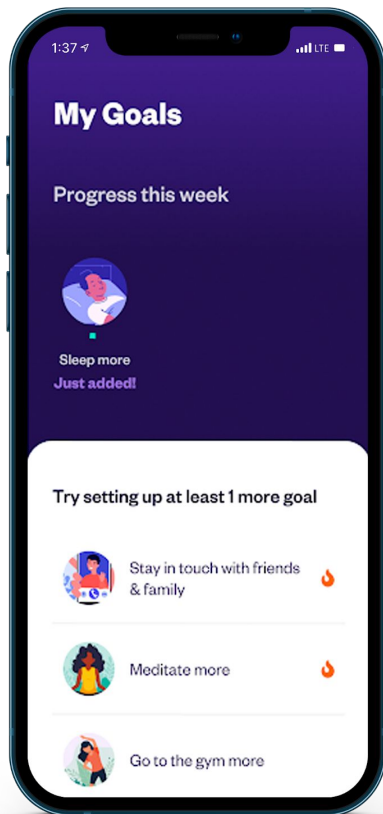


  
BetterYou



# How it works





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



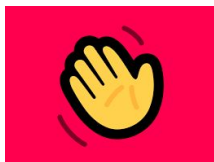
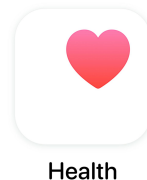
Taylor Swift

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.

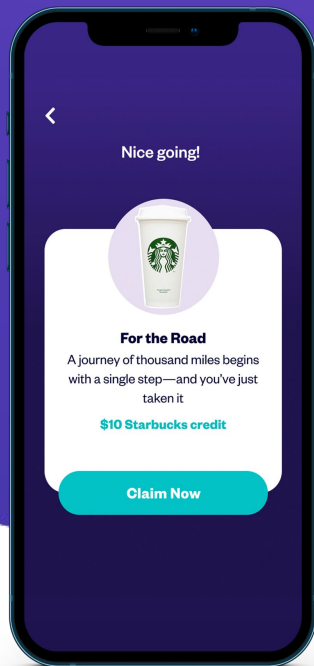


# Rewards

Earn rewards as you make progress to your goals

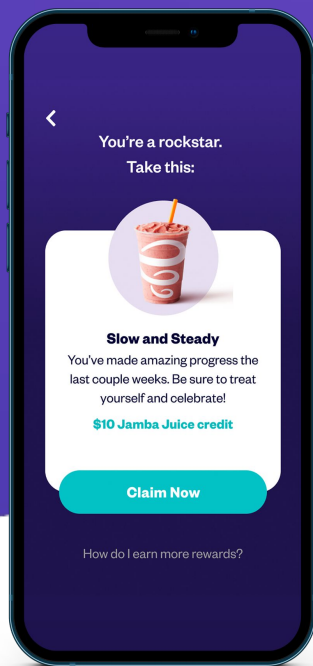
## Reward 1

Get started making progress with your goals



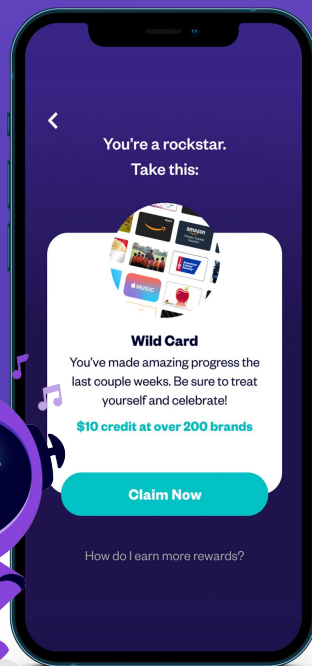
## Reward 2

Max out your goal for your first week

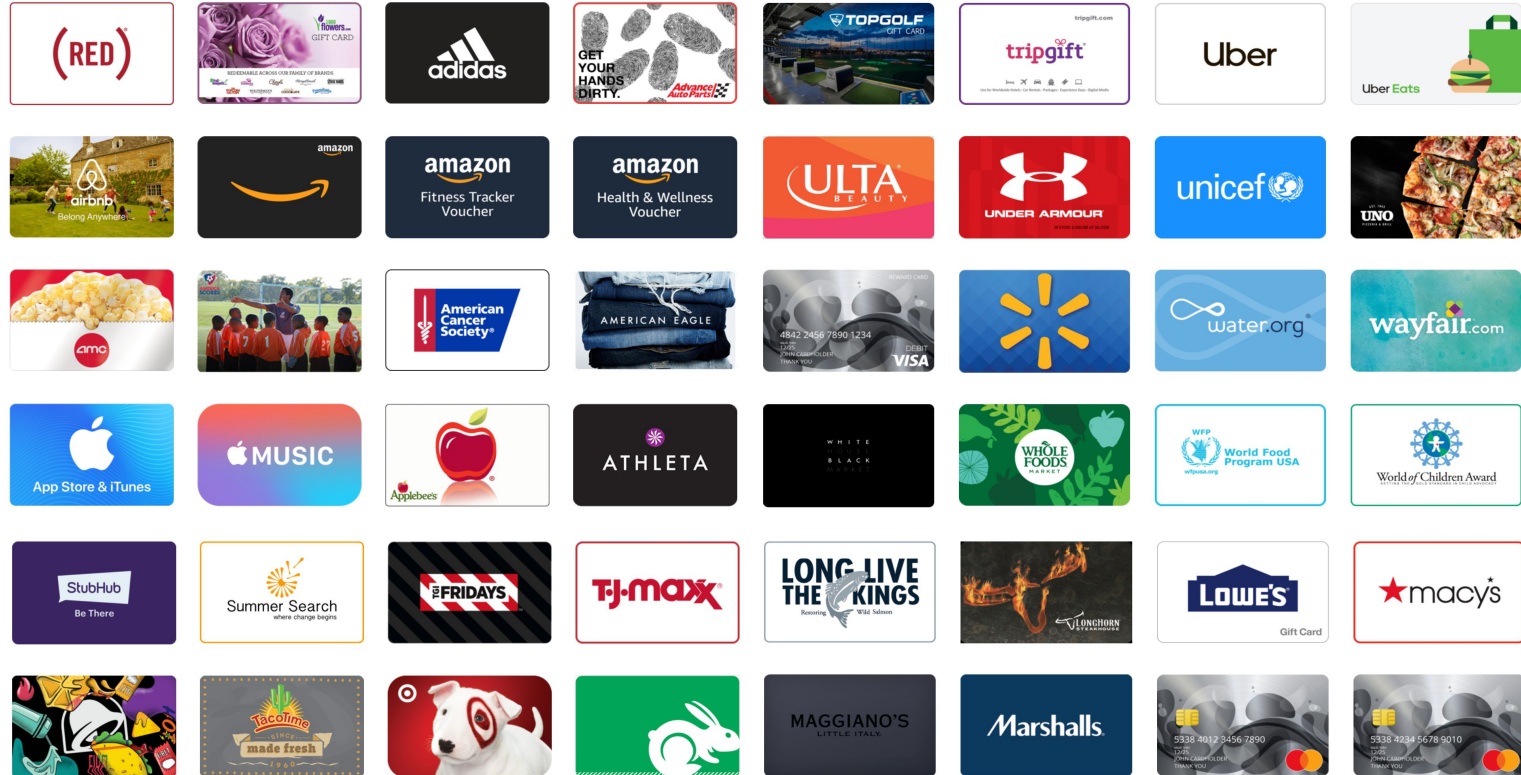


## Reward 3

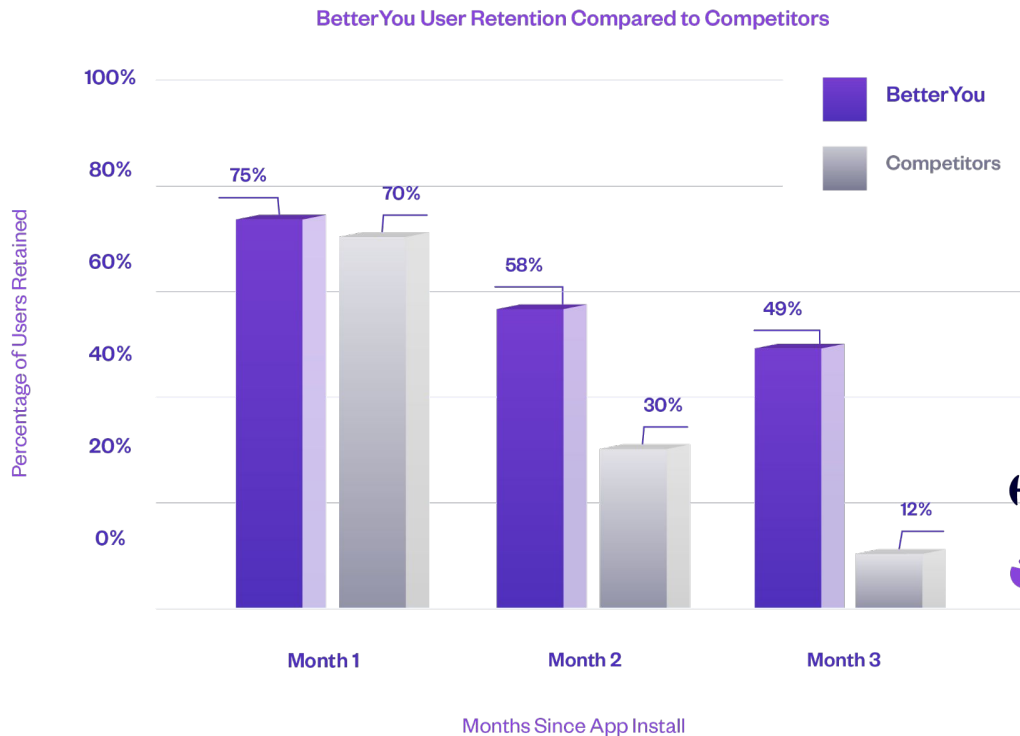
Outperform half of your peers with your goal



# 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

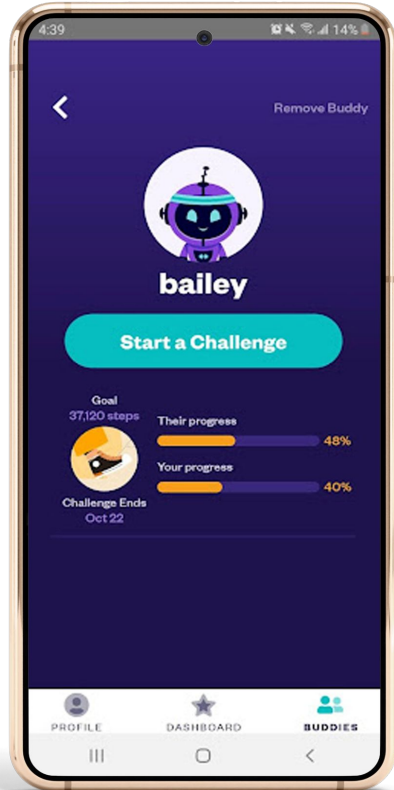




# Sampling of Customers



# Challenges

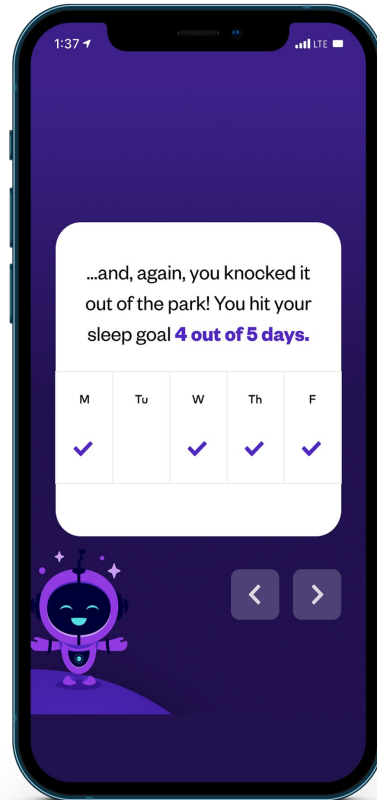
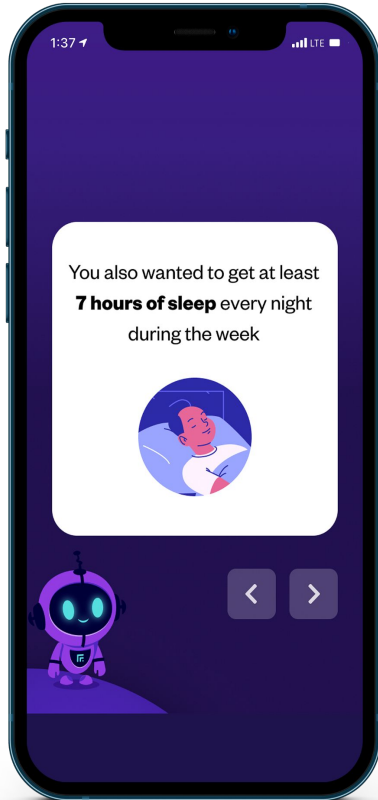


Run challenges with individuals, groups, or company wide in the different wellness goals.

Looking to boost engagement for your steps challenge? What if it didn't require wearables or manual entry?

Wanting to try something new? How about a sleep or mindfulness challenge to give people a boost!

# Highlights



See your past wins in different categories and showcase how far you've come.

Used as a baseline to help members set new goals or maintain existing milestones

# User Testimonials



Easy to integrate with fitness trackers.  
Good app to use and set goals for a better  
you. Education, social, fitness, and  
spiritual goals can be customized. Highly  
recommend it to take tiny steps to  
improving yourself.



## **Love it!**

This app is like having a little motivating  
partner in your pocket! Definitely  
recommended to many friends.



# User Testimonials



This app is very helpful in starting new habits and creating new goals for yourself. It even rewards you for your hard work and I really appreciate that aspect! I have been **getting more sleep, working out more, and staying on top of my health** with this app.



Great app. Helps me stick to my goals and adjust as needed. I have been improving my habits and adding in new ones.



# BetterYou



**Location**  
St. Paul, MN

**Contact**  
seanhiggins@betteryou.ai

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