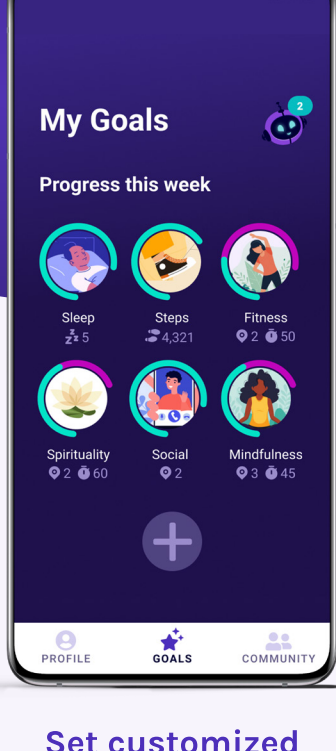
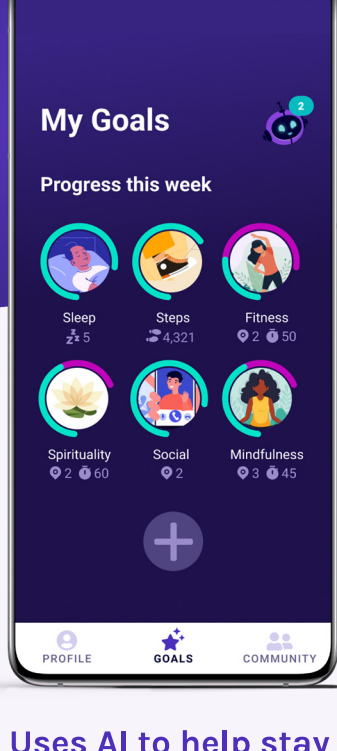


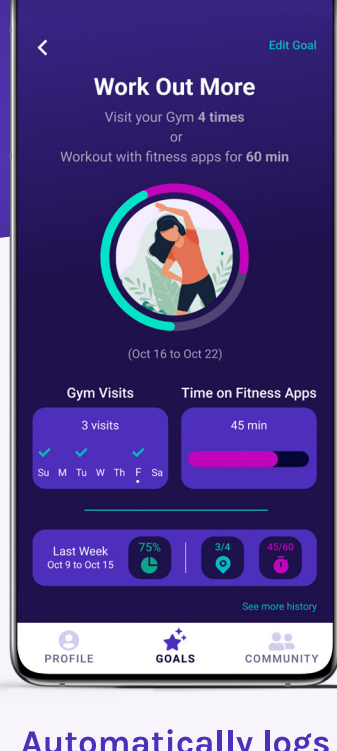
BetterYou is a wellness coach that helps people improve social, physical, and mental health. The app automatically tracks health progress and provides redirection at the opportune moment (help people get a walk in when they've been stuck inside all day, or to sleep and get off work email at 2am), improving overall health in the process.



Set customized goals & visualize your progress.

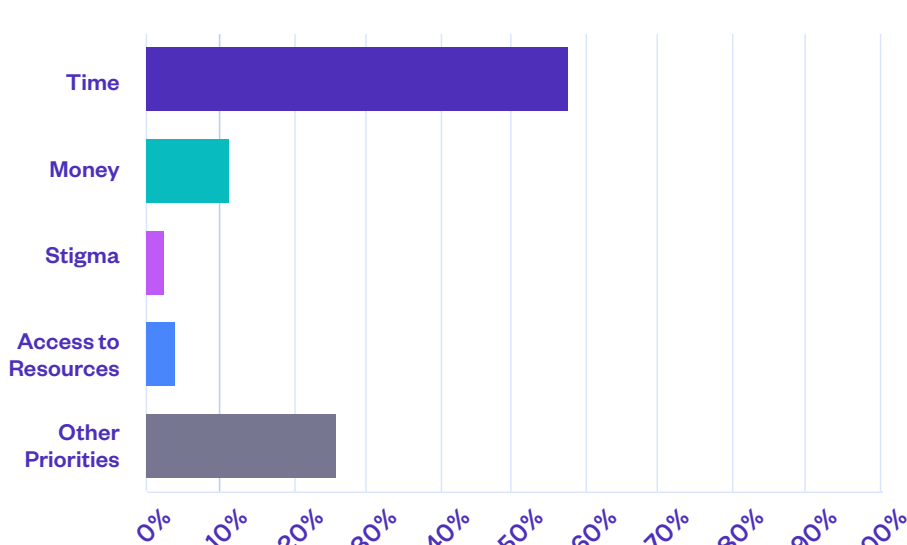


Uses AI to help stay on track with personalized nudges.

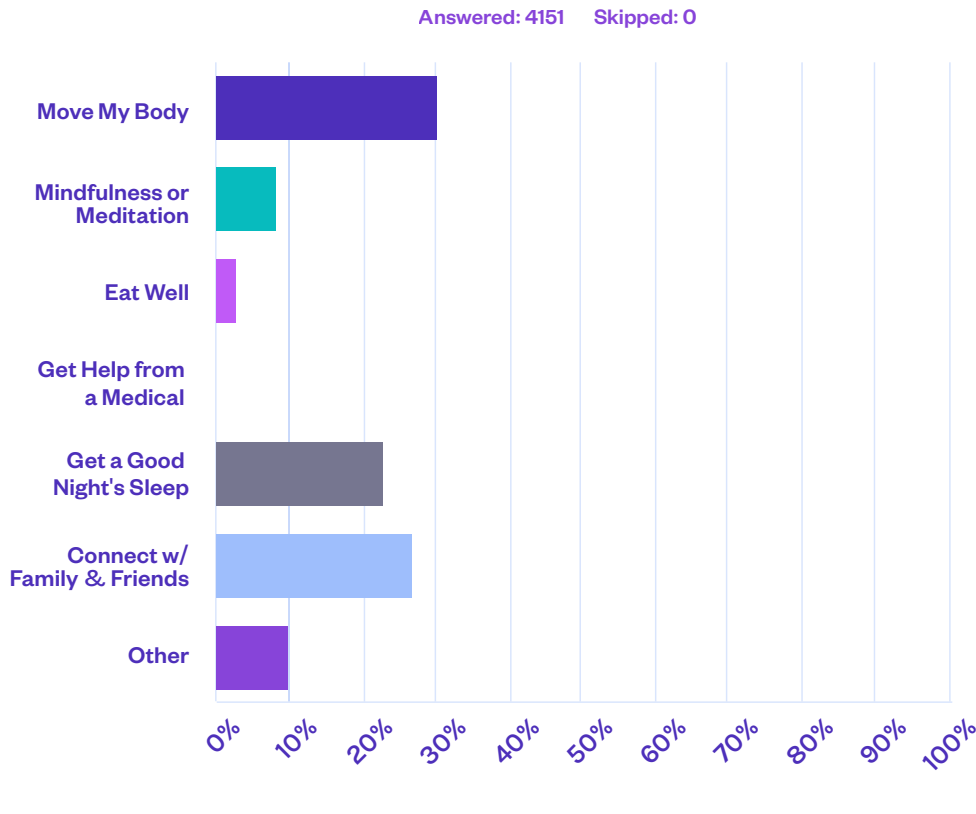


Automatically logs your progress based on apps you use.

What gets in the way of managing your mental well-being?

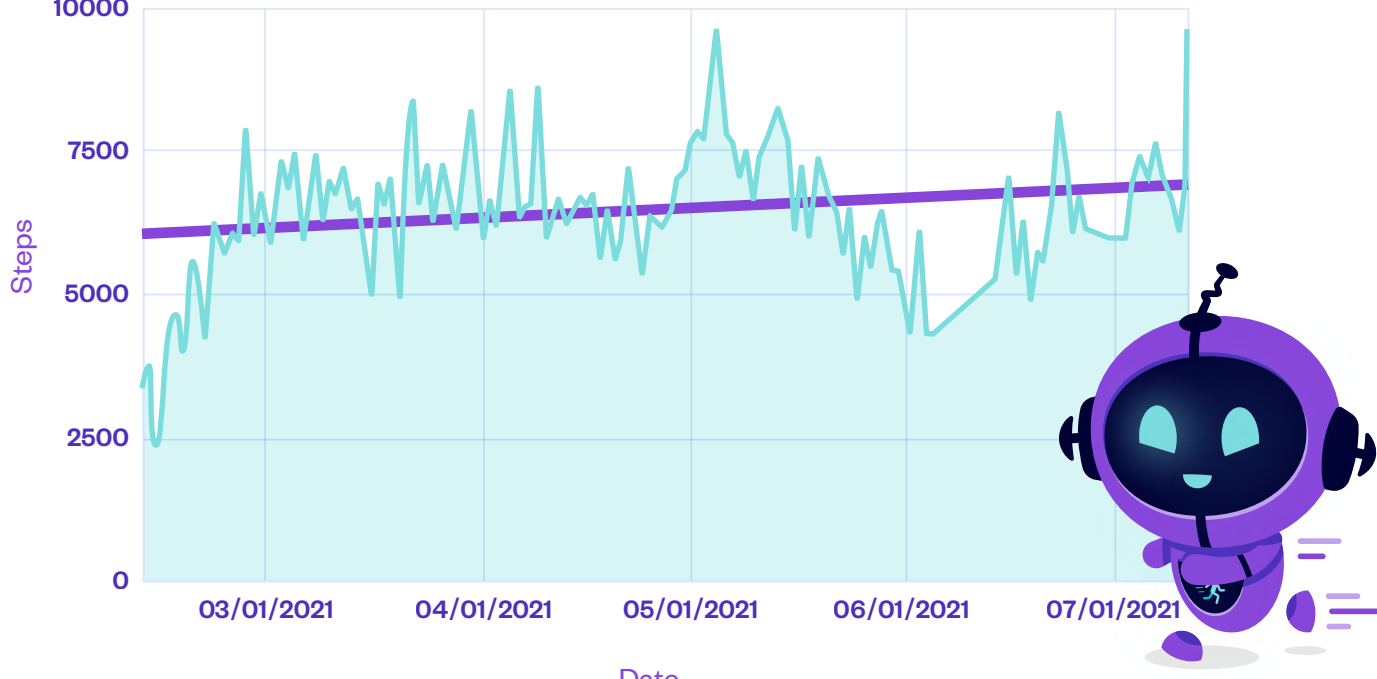


What is the best way you have found to manage your mental well-being?



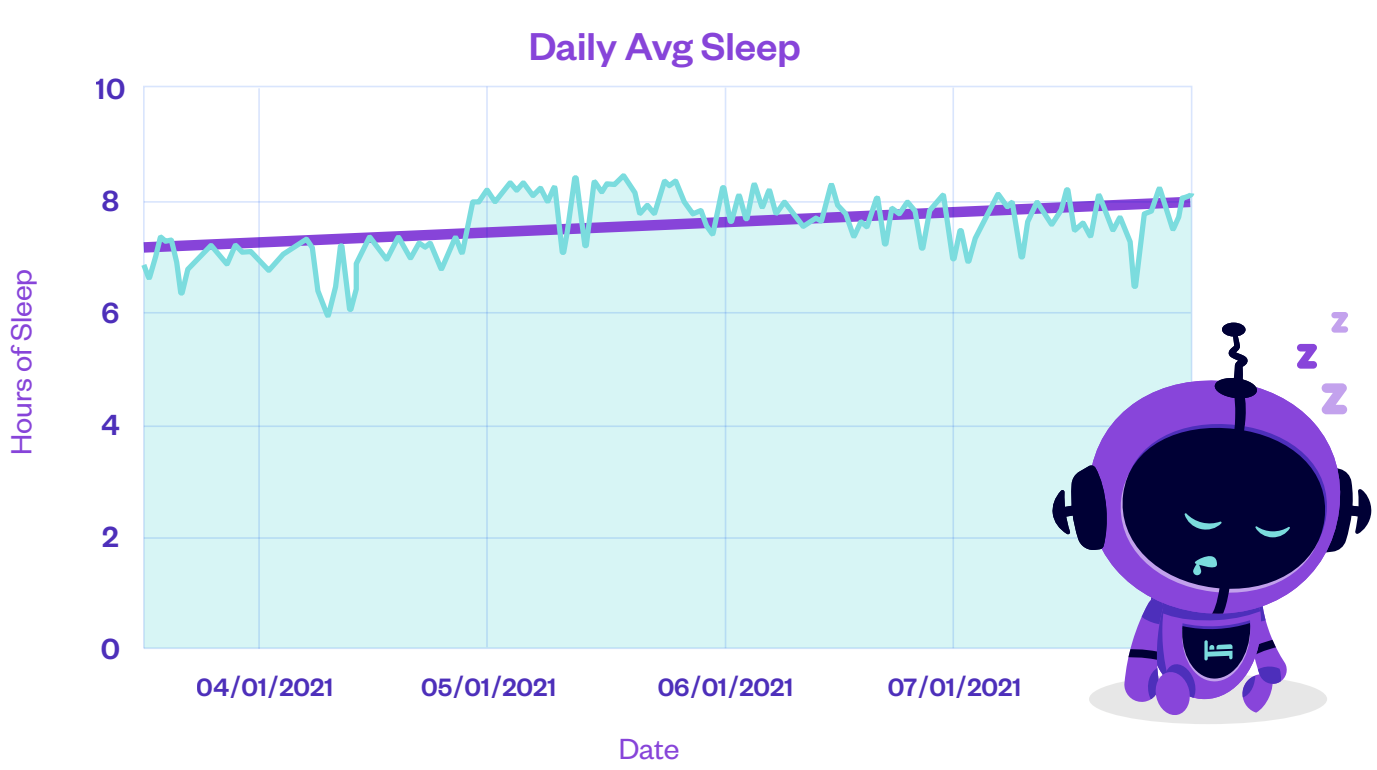
Fitness Insights

Allina users have seen an increase in their total steps since the start of their time with BetterYou.



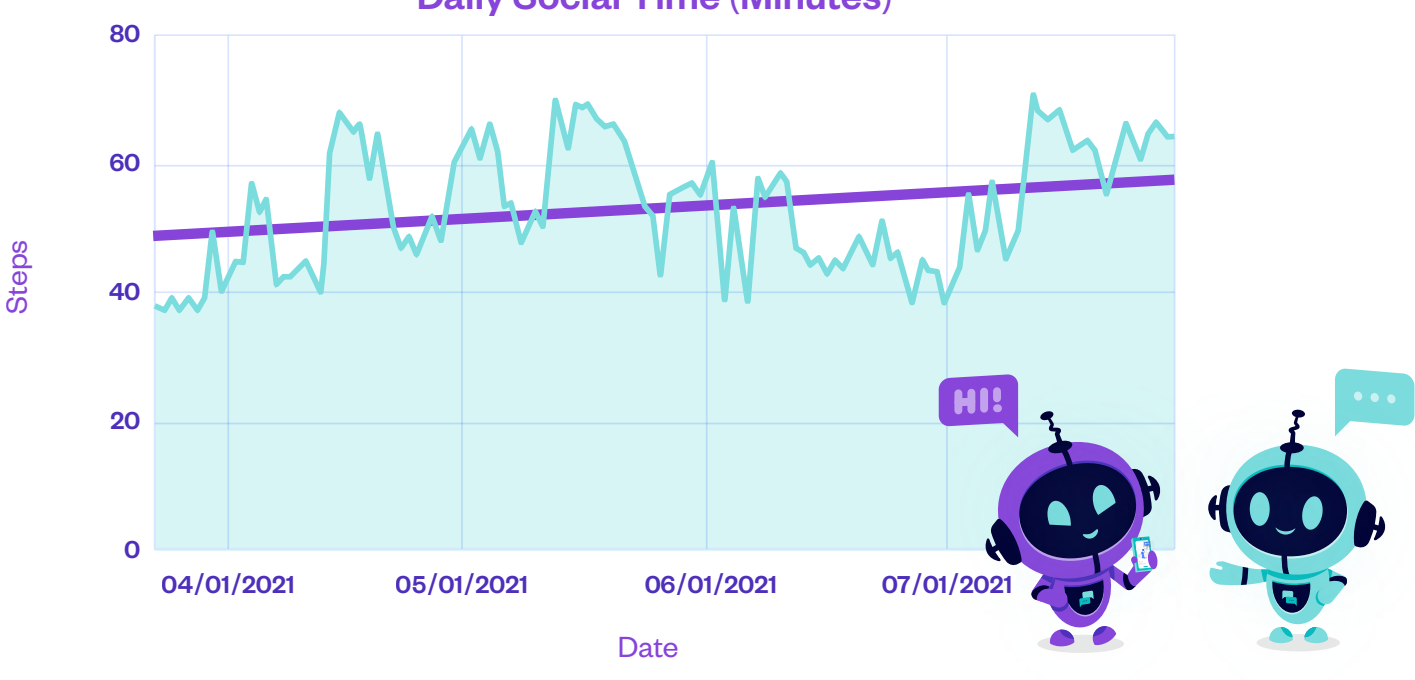
Sleep Insights

Allina users have shown sustained improvement in the amount of sleep they're getting each night.



Social Insights

Allina users are spending more time talking to their loved ones since they first started with BetterYou.



Happy Customers Talking About How BetterYou Helps Their Employees Find Time for Their Well-Being Habits & Needs

"We could have a thousand different well-being related resources for employees, but if they can't find time to do, to look at anything or to seek out services. Then what is the point of having all of those things, right? BetterYou has a very innovative way to think about well-being."

- Allina Health

"BetterYou has really helped me become conscious about the time I spend on social media – too much. By setting goals for activity, reading, connecting with friends and family and being more aware of my idle time I am better able to balance my life."

- Allina Health Employee

Download the BetterYou App Today!

