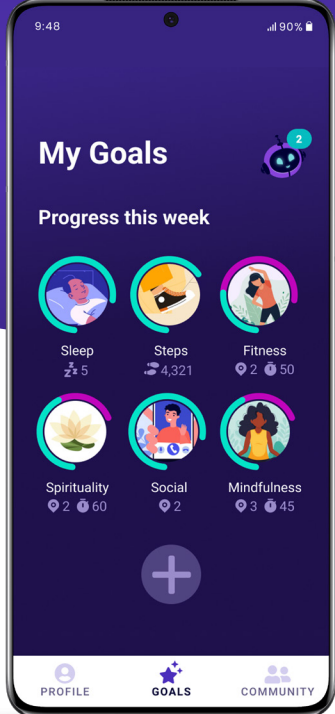
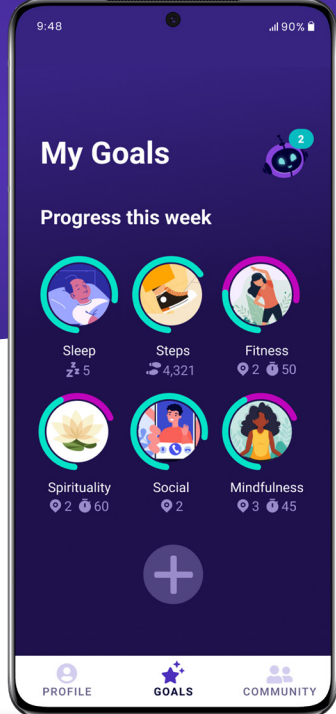




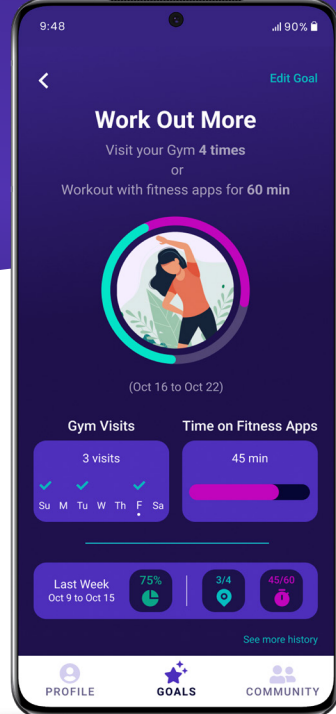
BetterYou is a wellness coach that helps people improve social, physical, and mental health. The app automatically tracks health progress and provides redirection at the opportune moment (help people get a walk in when they've been stuck inside all day, or to sleep and get off work email at 2am), improving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



Set customized goals & visualize your progress.

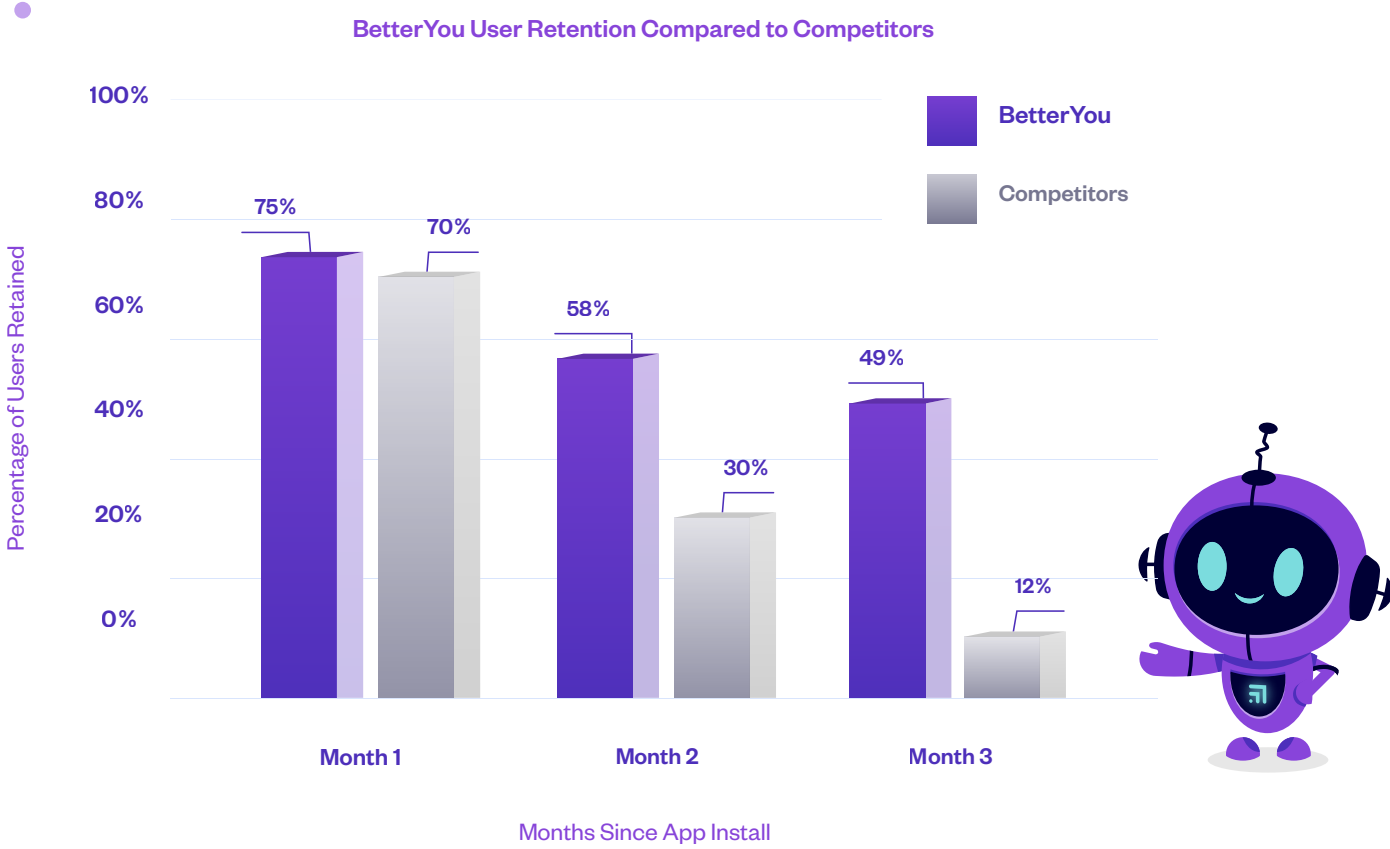


Uses AI to help stay on track with personalized nudges.



Automatically logs your progress based on apps you use.

3x the Industry Average Engagement Rate



With BetterYou you get a health coaching solution your employees can stick to.

 **38%**
of people on our app are sleeping 30 min more per night


Get More Sleep Each Night


Connect with Friends & Family

 **61%**
of people are getting an extra 10 min of talk time with their top people per day

 **42%**
of people improve average movement by 500 steps per day


Find Time for that Extra Workout

How Happy Customers are Describing the App to Someone Else?

"It's not your normal health app like Fitbit... it's **your comprehensive app**... I think that it just kind of touches on everything that is important to me. I'm not sure about other people, but it just kind of keeps me on my toes. **It keeps me accountable to be honest with you.**"

"It tracks your steps, your physical levels, that you can link your Fitbit if you want it to, that it helps with mindfulness and things like that. And also your social time, because I do know **sometimes when people are depressed or they're more introverted**, I think this could be **supportive for them** to make sure that they get social time."

"It's an app that would help you to focus on what you want to basically better yourself. It makes you set your priorities of what you want to achieve. It basically lets you set your parameters and your goals and **makes you take a look at yourself and find areas that you can achieve a better you.**"

"It's a great way to give you that foundation to be able to start a routine and to keep up on it while being automatically tracked.... I think that's one of the biggest things that I've just been able to recognize from it, that **it helps me stick with that routine that I need.**"

Download the BetterYou App Today!

