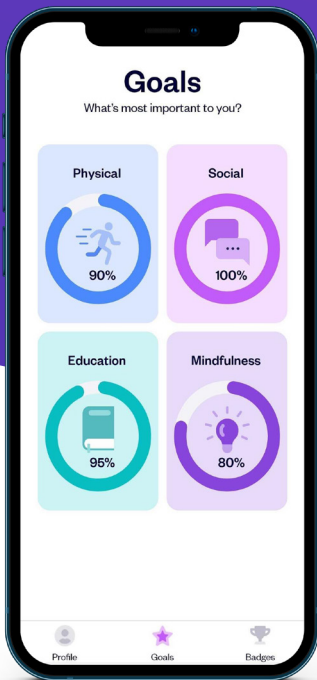


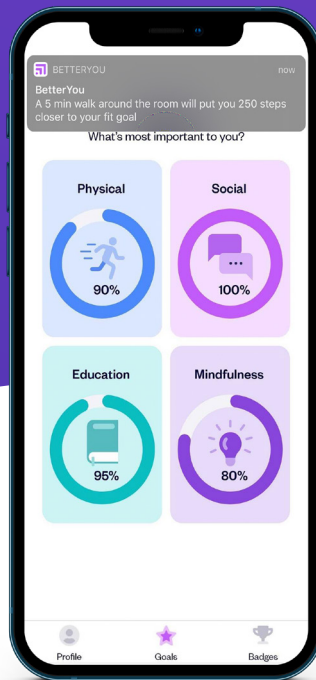
BetterYou Proposal



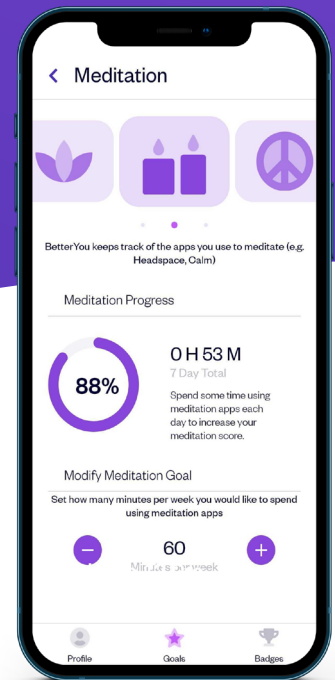
BetterYou is a wellness coach that helps people improve social, physical, and mental health. The app automatically tracks health progress and provides redirection at the opportune moment (help people get a walk in when they've been stuck inside all day, or to sleep and get off work email at 2am), improving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



Set customized goals & visualize your progress.

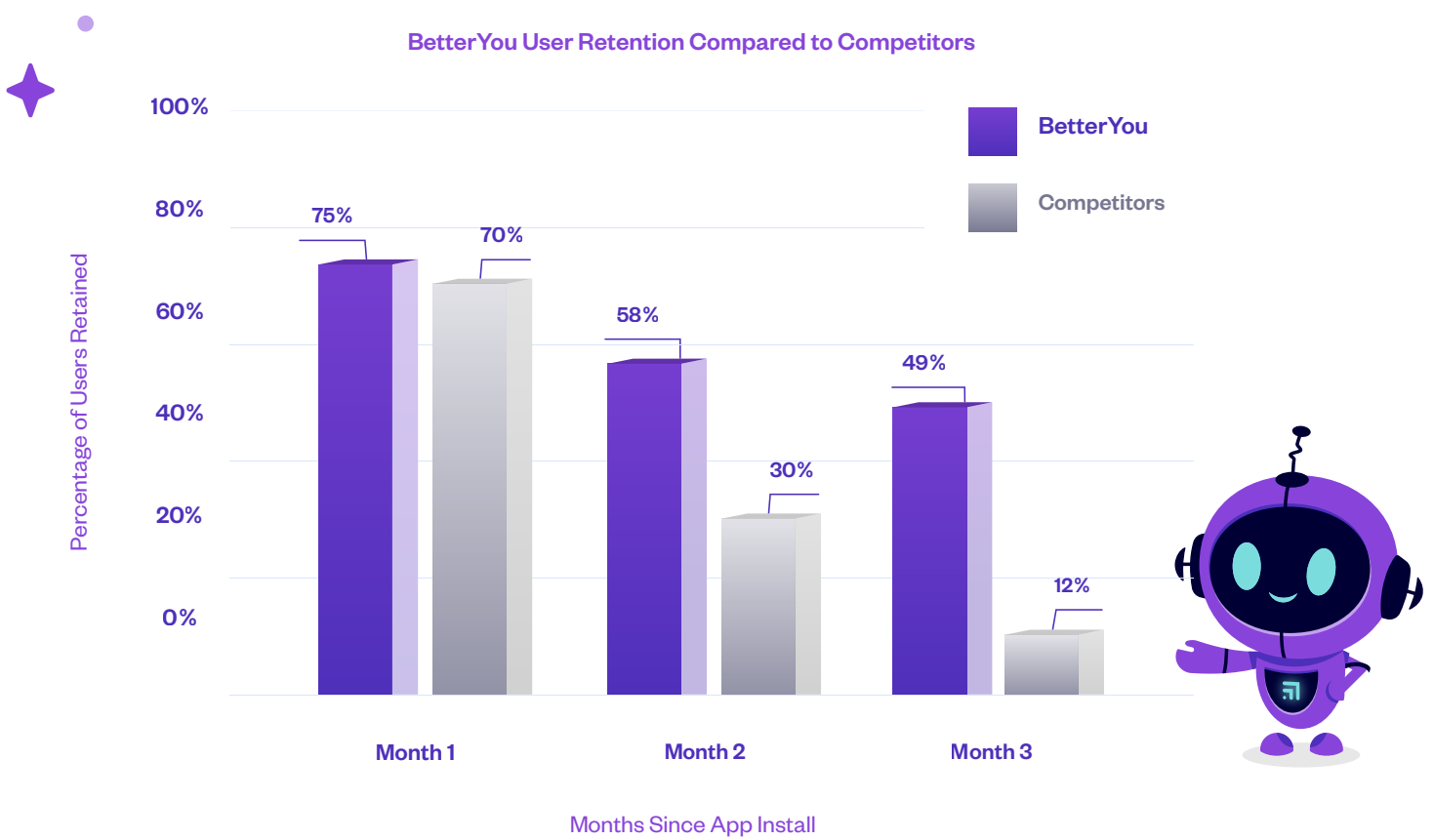


Uses AI to help stay on track with personalized nudges.



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

Happy Customers

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
★★★★★

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

Rebecca Bradshaw, 06/17/2020
★★★★★