



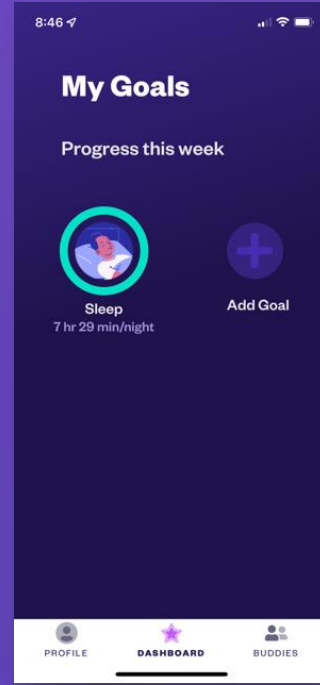
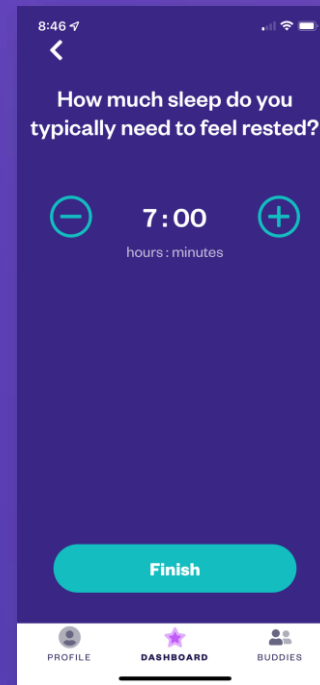
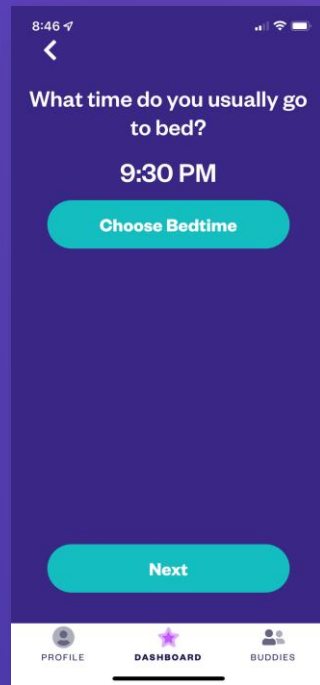
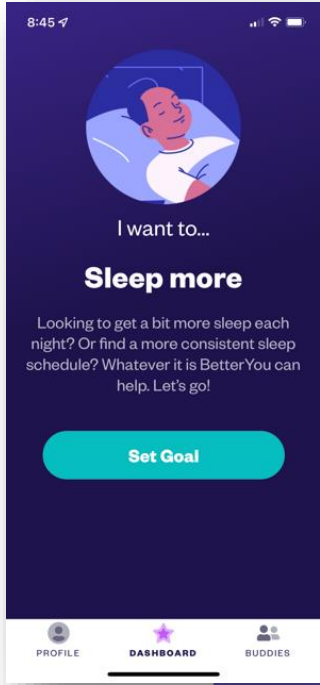
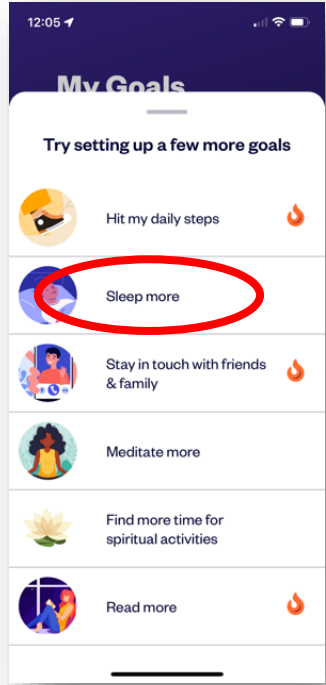
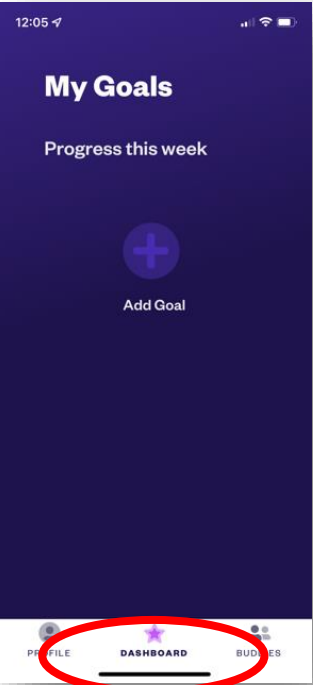
BetterYou

The AI companion that
helps you achieve your goals



Within the app, set a SLEEP Goal by following a few quick steps.

1. Tap on Dashboard
2. Tap on “Add Goal”
3. Select the goal from the menu
4. Follow prompts to set parameters + “Next” and “Finish”
5. Tap on Dashboard to confirm newly set goal!



BetterYou works in the background to log your progress automatically...

Providing you visual confirmation of your progress and achievements!

Your digital coach, BetterBot, will send you personalized and timely nudges...

Encouraging you and recognizing your success along the way!



Congrats on
achieving your
goals!

