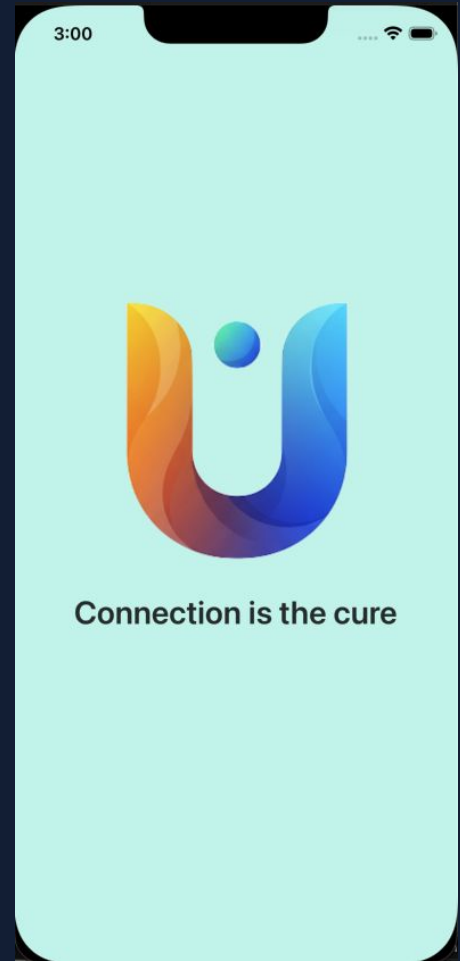


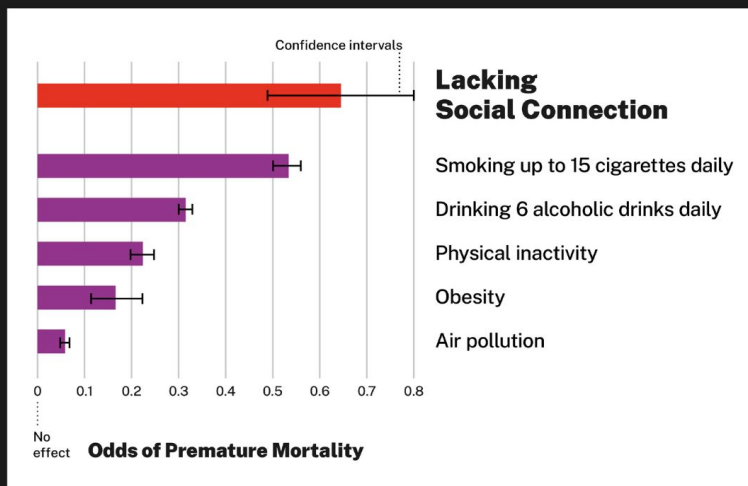
Ubeus

The Social Wellness App



Why We Built Ubeus

**Lacking social connection
is as dangerous as smoking
up to 15 cigarettes a day.**



Source: Holt-Lunstad J, Robles TF, Sbarra DA. Advancing Social Connection as a Public Health Priority in the United States. *American Psychology*. 2017;72(6):517-530. doi:10.1037/amp0000103. This graph is a visual approximation.



Office of the
U.S. Surgeon General

- Loneliness is the epidemic of our time
 - 50% of Americans report feeling lonely
- The health impacts are staggering

Why We Built Ubeus

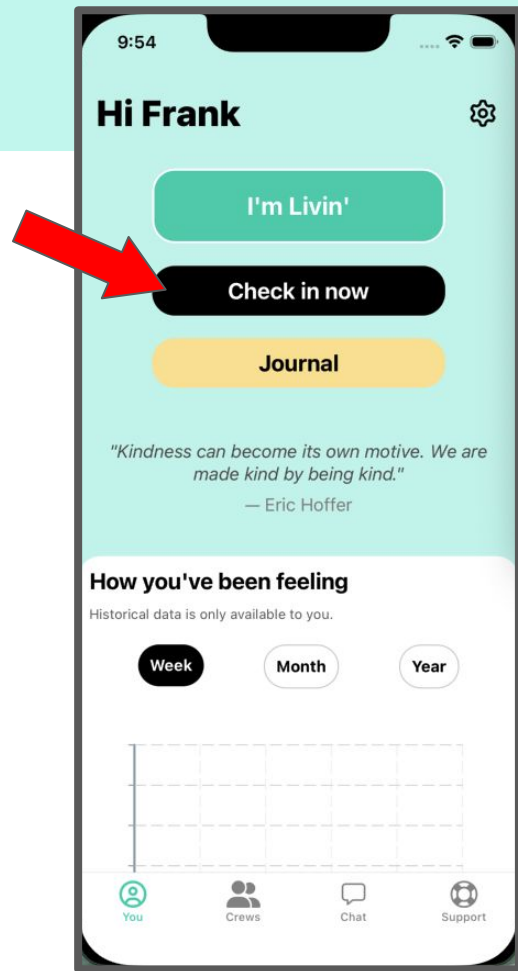
- Social media promised to connect us
 - Yet, loneliness has skyrocketed
- When we're on social media, we deliver a “performance”
 - We broadcast a perfect, curated life
 - That's not connection, that's theater
- And even when you perform perfectly, you still get bullied, trolled, and attacked

Connection is the Cure

- We built Ubeus to address the epidemic of loneliness and isolation
- It is a “social wellness” app
- It is designed to encourage vulnerability and honesty both within yourself and with a trusted group of peers (your “crew”)
- When you are connected with yourself and with your crew, real change happens

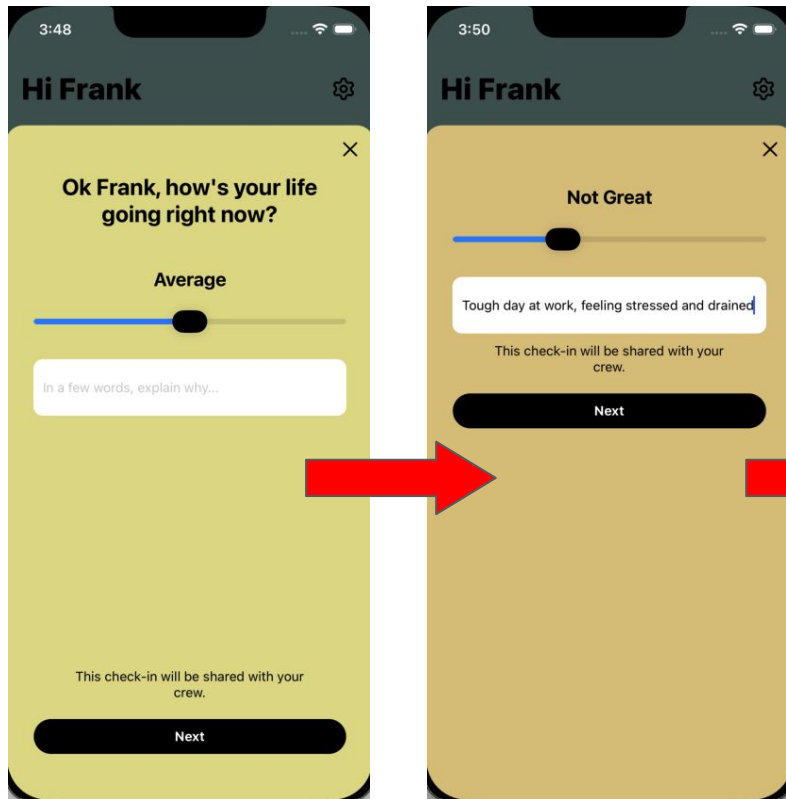
Step 1: Connect with Yourself

- Click the “Check in now” button
- This starts a workflow that asks two simple questions



First question:

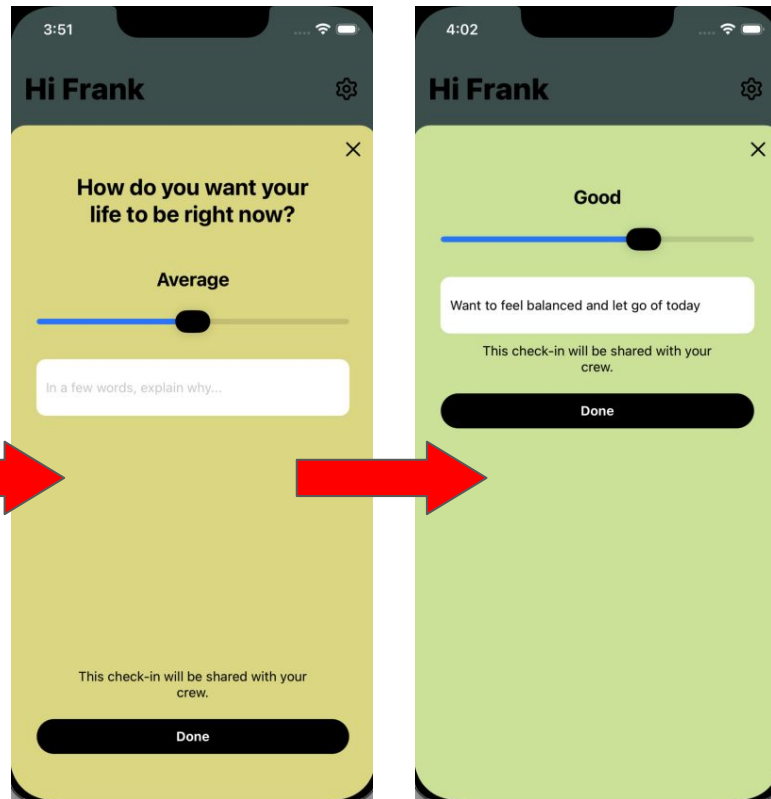
How's your life going right now?



The first screen (3:48) shows the question "Ok Frank, how's your life going right now?" with a slider set to "Average". Below the slider is a text input field with the placeholder "In a few words, explain why...". At the bottom, it says "This check-in will be shared with your crew." and has a "Next" button. A red arrow points to the second screen (3:50), which shows the same question but with the slider moved to "Not Great". The text input field now contains "Tough day at work, feeling stressed and drained". The "Next" button is still present.

Second question:

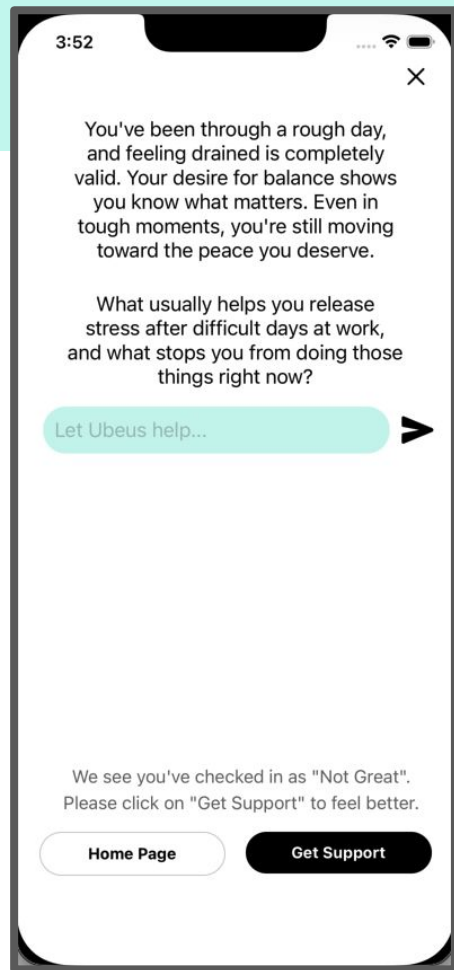
How do you want your life to be right now?

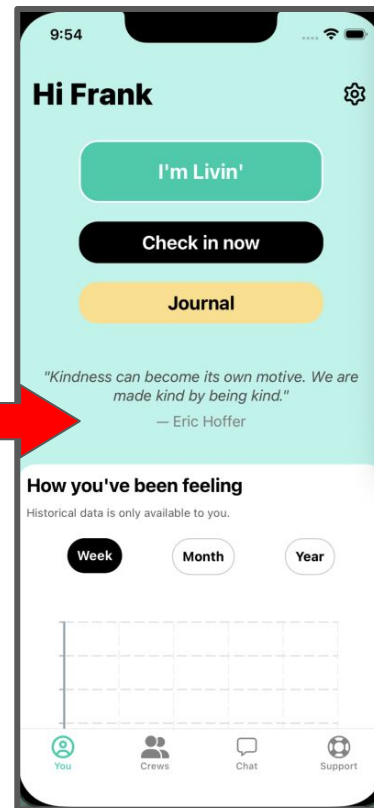
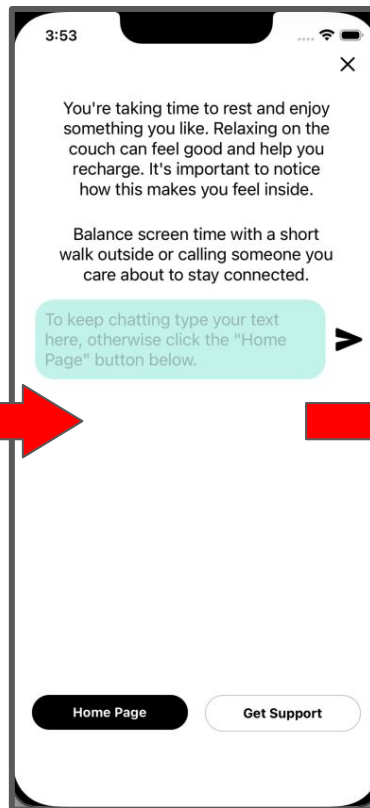
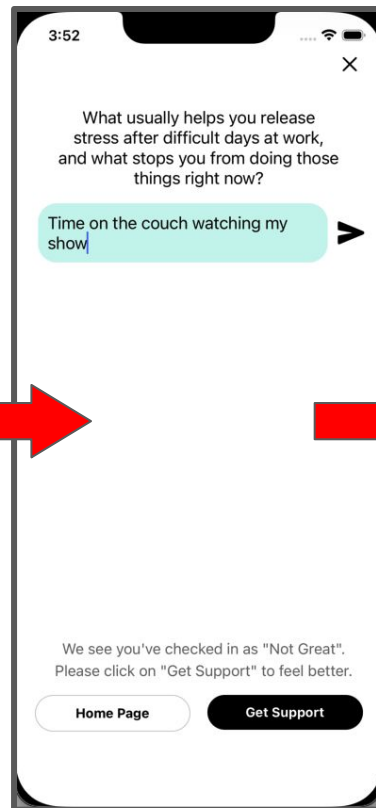
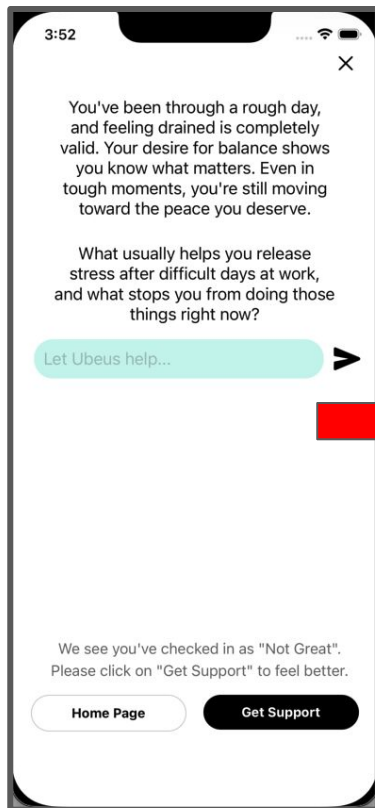


The third screen (3:51) shows the question "How do you want your life to be right now?" with a slider set to "Average". Below the slider is a text input field with the placeholder "In a few words, explain why...". At the bottom, it says "This check-in will be shared with your crew." and has a "Done" button. A red arrow points to the fourth screen (4:02), which shows the same question but with the slider moved to "Good". The text input field now contains "Want to feel balanced and let go of today". The "Done" button is still present.

Step 1: Connect with Yourself

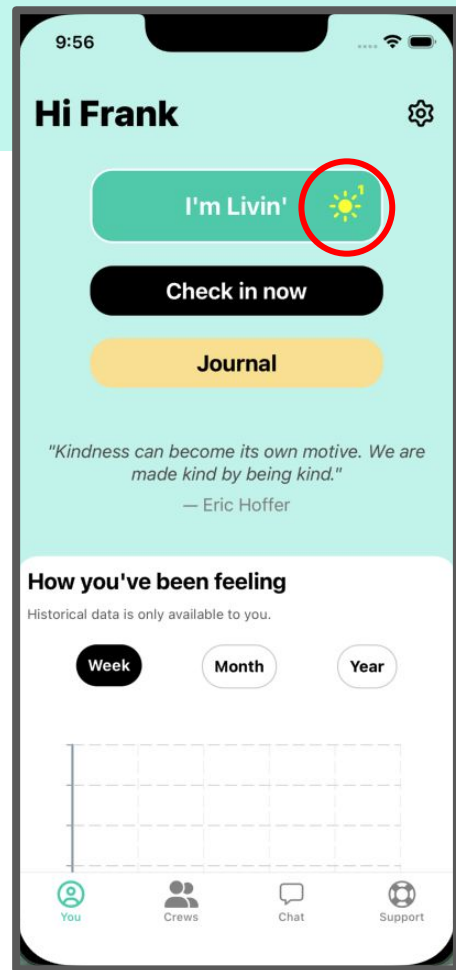
- Your check in is sent to the Ubeus backend service that uses AI to generate a helpful response
 - Your check in is also sent as a notification to everyone in your “crew” (more on that later)
- Now, you have the option to interact with the Ubeus AI





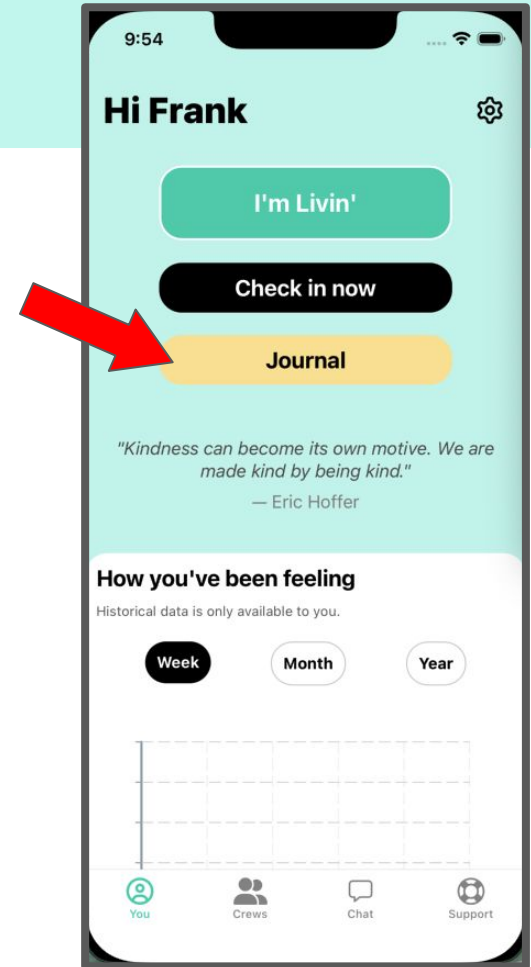
I'm Livin'

- Not every day calls for a full check in
 - That's where the *I'm Livin'* button comes in
 - Click the button and your crew knows you're present
- Check in streak:
 - After you check in, notice the sun with the number
 - That's your "check in streak"
 - The *I'm Livin'* button also keeps your streak alive

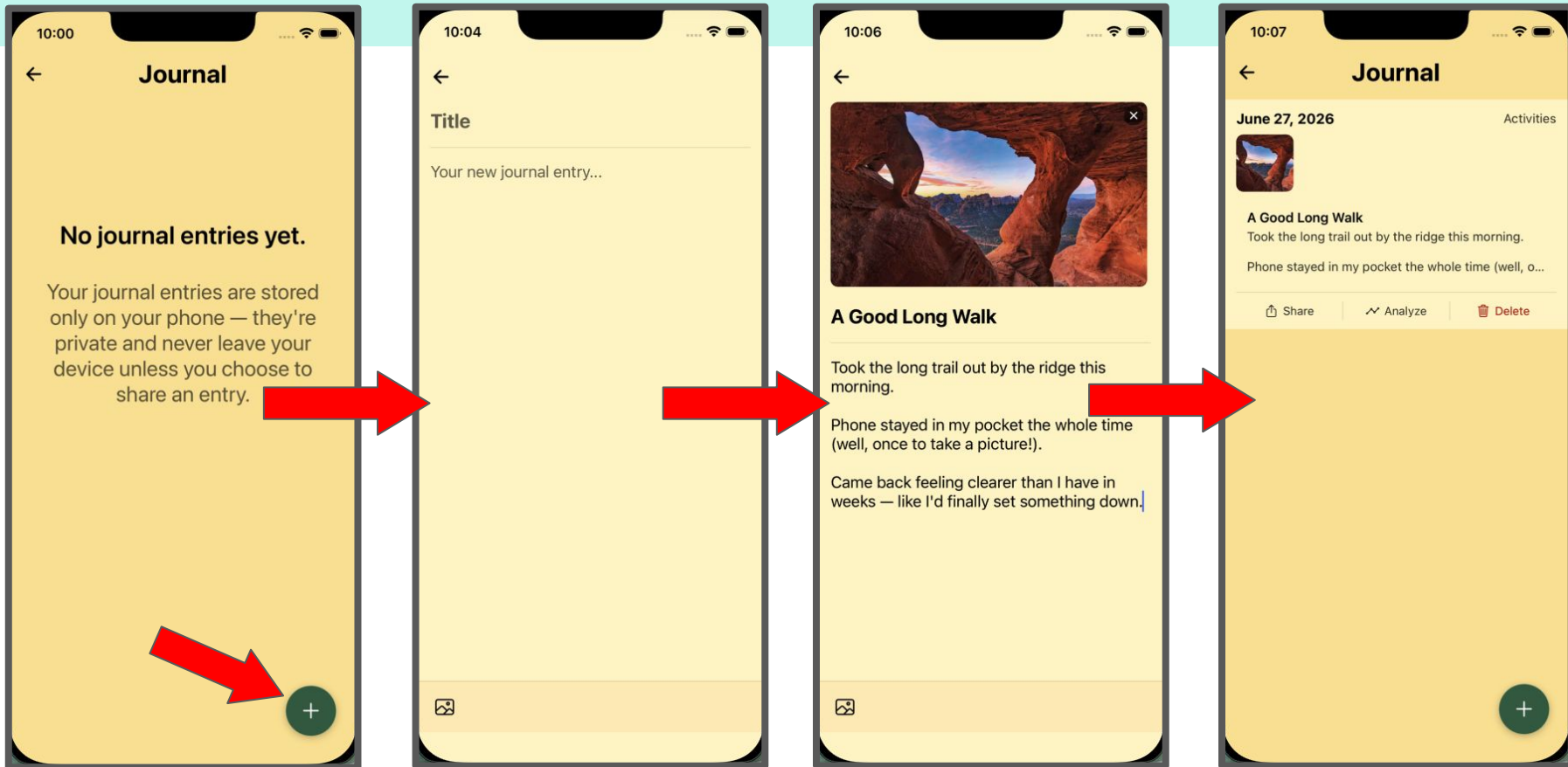


Journal

- Write your own personal journal entries
- All journal entries are private and stay on your phone
 - Unless if you choose to share an entry

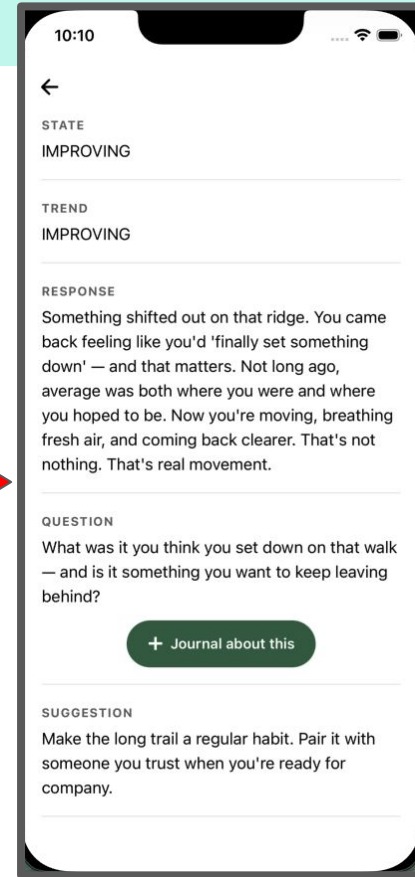
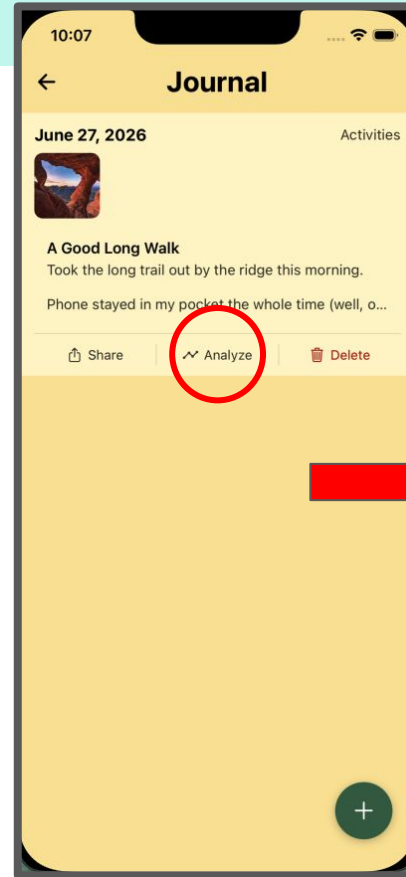


Create a New Entry



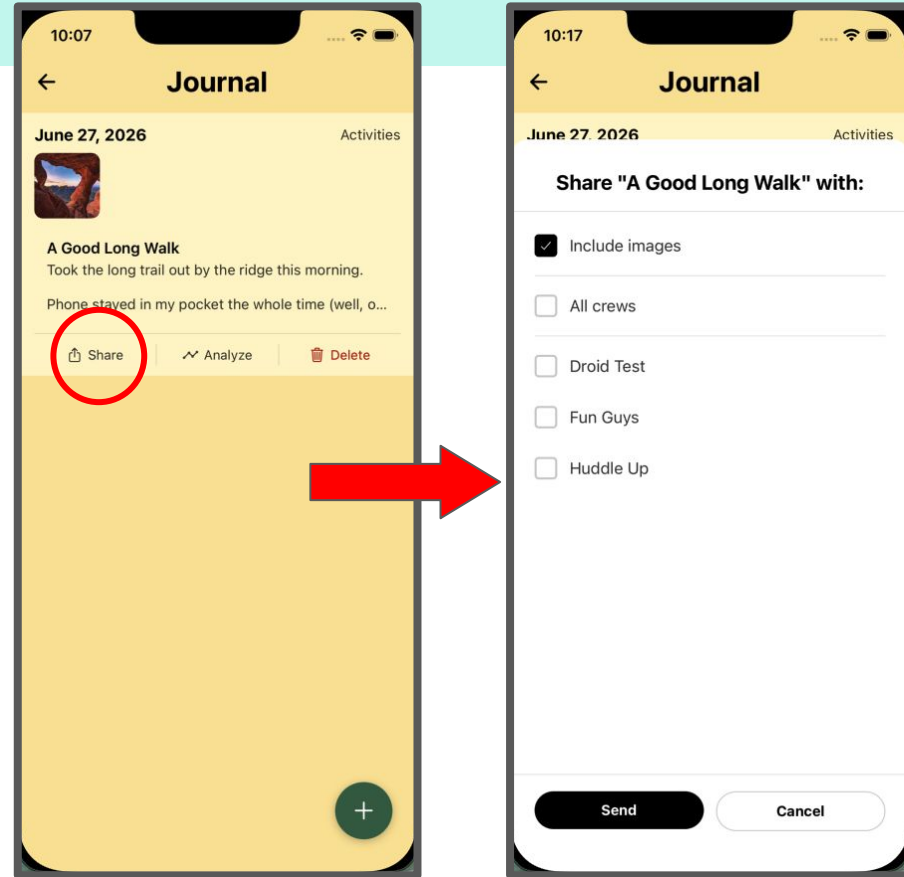
Analyze an Entry

- Sends this journal entry, plus the last 4 entries, plus your last check in to the Ubeus AI
- The Ubeus AI response is generated by a highly curated, heavily “guardrailed” prompt



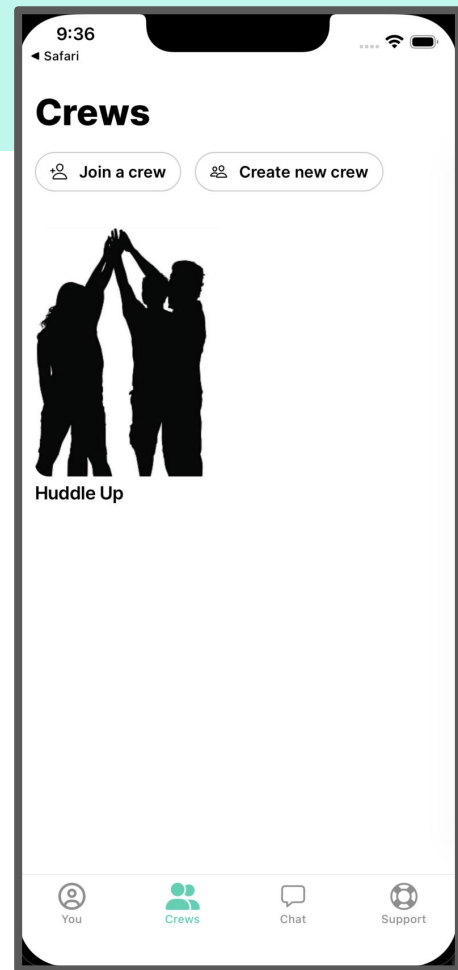
Share an Entry

- You can share with any number of your crews
- Your journal entry will appear in the chat feeds for each of the crews you select



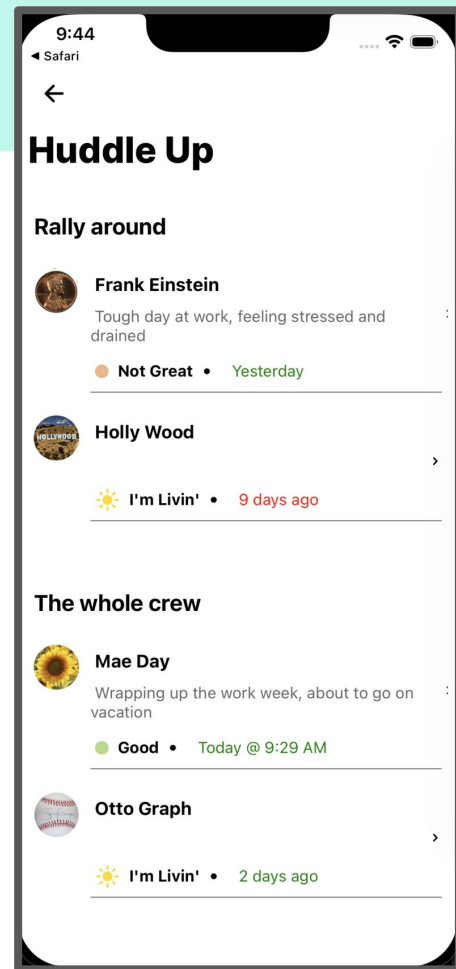
Step 2: Connect with Your Peers

- A “crew” a peer group
 - People you know and trust
- It’s a space for honest and vulnerable communication between people who “get each other”
 - Opposed to social media where all communication is broadcast to the world



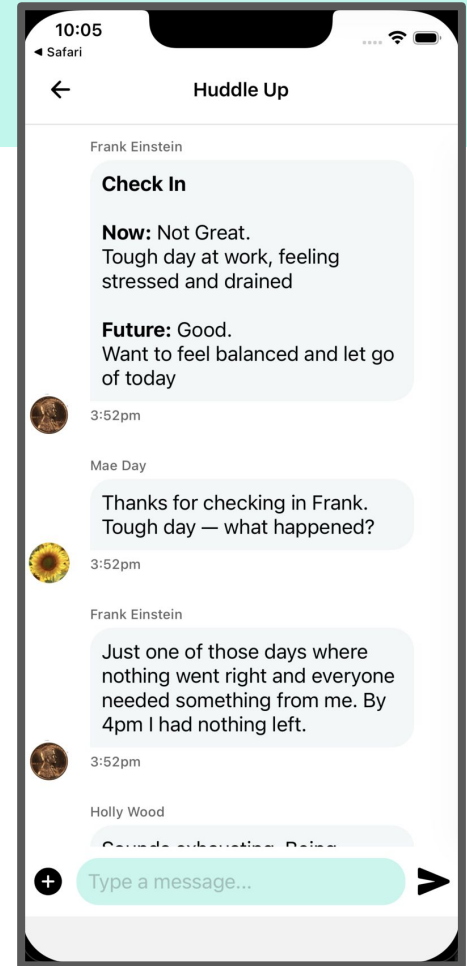
Crews

- A glance at each crew members' status
- Rally around
 - A call to action for the crew
 - A crew member checked in below "Average", or
 - A crew member's last check in was over 7 days ago
- The whole crew
 - Status for the rest of the crew



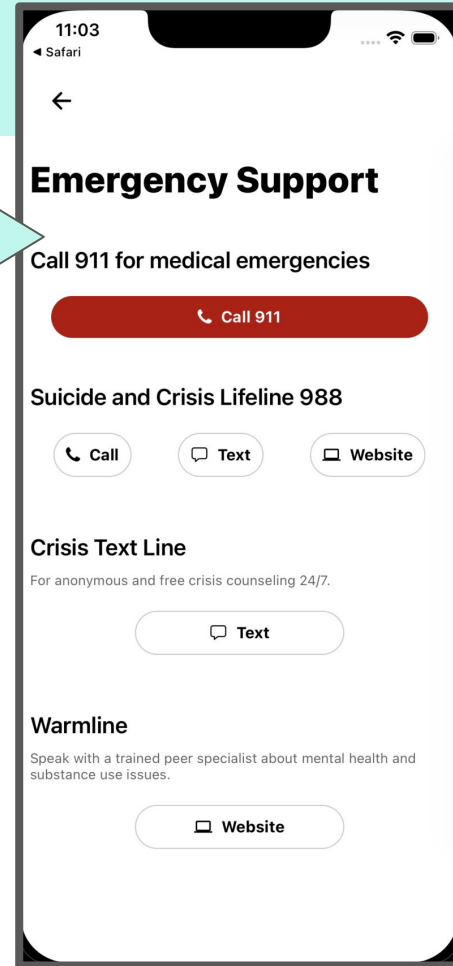
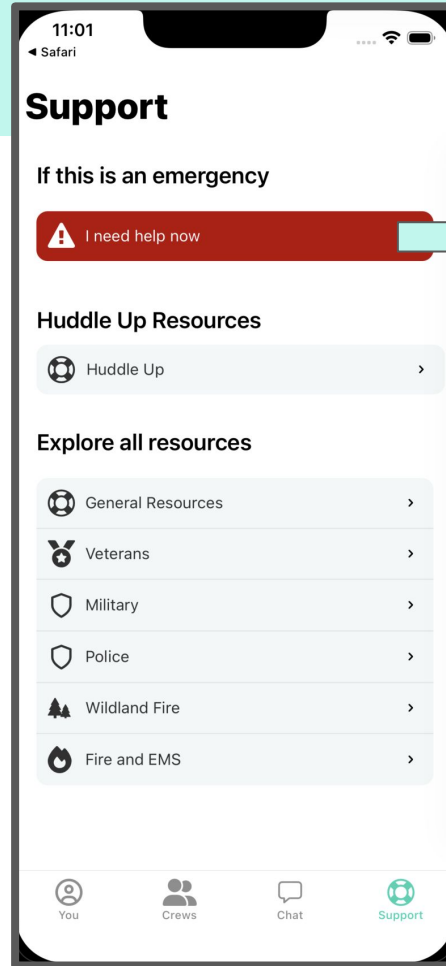
Chats

- A private chat area where crew members can text
 - Messages are only shared with members of the crew
- All crew check ins are added to the chat stream



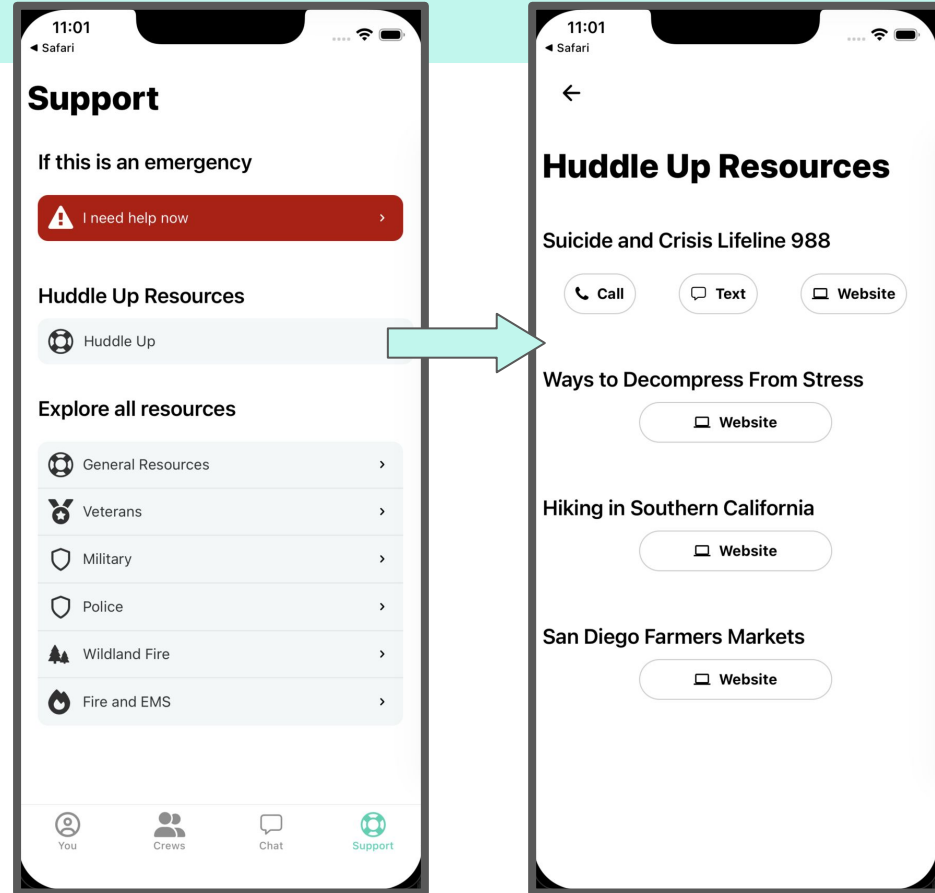
Support Resources

- A collection of phone, text, and web resources
- General resources for all communities
- Resources for specific populations
- Customizable resources for a specific organization, crew, or member



Customized Resources

- Resources can be tailored for an organization, a crew, or an individual
- These resources can be dynamically updated



Download

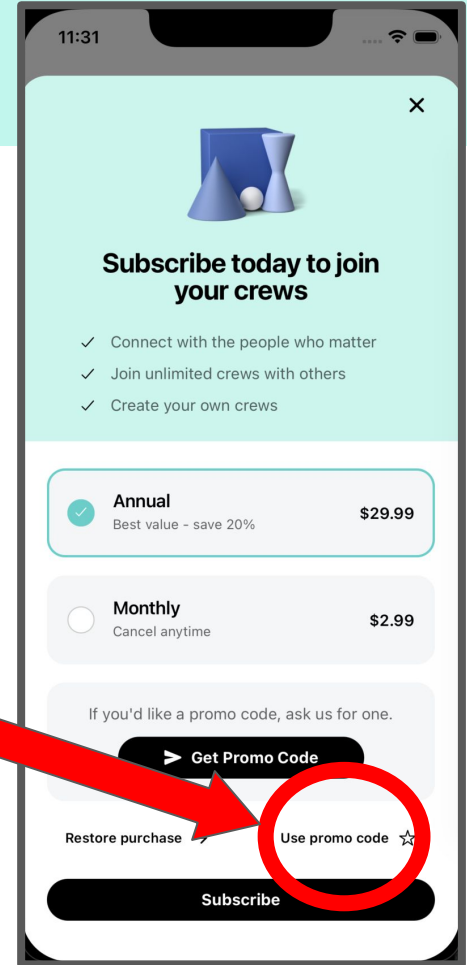


- Links:
 - Apple Store : <https://apps.apple.com/us/app/ubeus/id6608961194>
 - Google Play : <https://play.google.com/store/apps/details?id=app.ubeus>

Promo Code

- App is free to download
- When you click the “Crews” or “Chat” tab, you will see a paywall
- Enter the promo code:

UBEUS12



Training Videos

- Training videos can be found on our website:

<https://web.ubeus.app/support.html>

- How to setup your account
- How to create / join a crew
- App overview
- ... and many more

Let Us Know What You Think!

- Send us an email at:

info@ubeus.app