lowkey | For recovery, survivorship, fitness and community programs of six weeks or longer **90-DAY PILOT**

Your program ends. The connection and progress don't have to.

You've helped people build healthier routines, develop new skills and form meaningful relationships. LOWKEY helps participants spot early changes in their everyday rhythms, stay connected and build on the progress they've made with you.

- **No cost to your organization**
- **Minimal staff effort**
- **Aggregate pilot insights**



Everyone's rhythm is different.

LOWKEY is an iPhone app that learns each person's unique rhythm from behavioral and physical signals already on their phone. When meaningful changes emerge, participants hear first. Depending on their preferences, the people they've invited can receive a heads up.

Participants can use LOWKEY on their own, connect with people they've met at your program or build a personal safety net with family and friends. **Invite only. Private messaging. Nothing to wear. Nothing to log.**

Early awareness + Personal insight + Human connection.

Can these three things sustain the progress made in your program? **Let's find out together.**

How the pilot works

1. **Keep doing what you do best.** Maintain your existing program and follow-up process.
2. **Introduce LOWKEY.** At discharge or a few weeks before the final session.
3. **We cover the cost.** Each participant and two people they choose get LOWKEY free for the 90-day pilot and three months after.

What we ask of you

Let us interview consenting participants for 15 minutes at 30 and 90 days. Where feasible, help us compare outcomes with previous participants. Participants must be 18 or older.

Full pilot details: **hellolowkey.com/organizations**

What your organization gains

The structure, accountability and human connection that make your program valuable can be difficult to recreate once participants return to their everyday lives. Peer support that continues can help the progress last.

- A practical resource for participants, alumni and families asking what comes next.
- A chance to discover whether continued connection improves treatment plan adherence and reduces readmissions.
- Aggregate insights into accounts created, invitations accepted and continued use.

No individual monitoring. No dashboard. No personal information in pilot reporting.

> *"LOWKEY sent me a reminder that I was spending more time at home than usual, and I got up and took a walk."* LOWKEY beta participant, 82

Let's find out what happens when connection continues.

LOWKEY provides the signal. People provide the meaning and human connection.

Book a 20-minute conversation

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Download on the App Store **Try LOWKEY yourself. 30 days free.**

Scan to book

LOWKEY is a wellness and connection platform, not a medical device or crisis service.