lowkey | For anyone in recovery and the people who love them

LOWKEY: EVERYONE OK?

Don't go it alone. We've tried that. It doesn't work.

The people who built LOWKEY have been where you are. We know how hard it can be to recognize when you're struggling, and even harder to ask for help.

You don't have to figure everything out on your own.



Your people. Your private network. A simple way to stay in sync.

- Invite only
- Three privacy settings
- No wearable
- 30 days free

Rebuild recovery with the people you trust.

Think of LOWKEY as a village bell. Quietly in the background until something meaningfully changes, signaling that it may be time to check in.

LOWKEY is an iPhone app that learns your personal rhythm from everyday signals already on your phone. When your patterns shift, you're the first to know. Then, depending on your preferences, the people you've invited can receive a heads up. **LOWKEY provides the signal. You provide the meaning. Your people provide the human connection.**

Build your own safety net.

Create the scaffolding to support your recovery. Use LOWKEY on your own to build self-awareness, or surround yourself with people you trust. Give them permission to reach out, and make it easier for you to reach back. They want to be there for you.

The supporters became the supported.

In our beta, people who signed up to look out for someone else found themselves being looked out for, too.

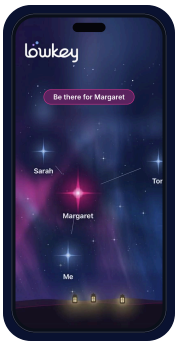
How it works

1. **Start with yourself.** Download LOWKEY and, when you're ready, invite people you trust. Every invitation starts with you.
2. **Set your boundaries.** Choose what each person sees: Minimal, Story, or Full. No location sharing. No visibility into who else you've invited.
3. **Know sooner.** When your rhythm meaningfully shifts, you hear first and have four hours to say "I'm good" before eligible notifications reach your people.
4. **Reach out anytime.** Tap "I need a hand" to let your people know you could use some support.

Why it helps

- Recognize changes in yourself sooner.
- Stay connected without having to explain how you're doing every day.
- Make asking for help a little easier.
- Give people a natural reason to check in.

Nothing to wear. Nothing to log. No surveillance.



> *"She immediately offered me her car. I wondered why I couldn't have just asked for help, but I am glad LOWKEY did."* Beta participant, 36

A little more connection. A little less going it alone.

Download on the App Store **LOWKEY: Everyone OK?** **Everyone gets 30 days free.**

Be One of the First pricing through February 14, 2027: **$100 a year ($8.33 a month) or $10 a month**, kept while your subscription stays active.

hellolowkey.com

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

Scan for the App Store