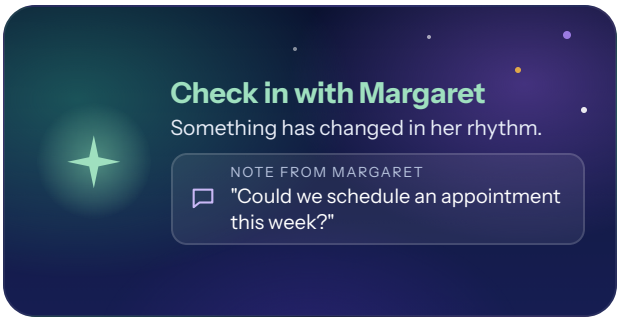
lowkey | For therapists, counselors and coaches

LOWKEY: EVERYONE OK?

A lot can happen between sessions. Give your clients a way to reach out sooner.

Clients don't always recognize when they're struggling. And even when they do, asking for help isn't always easy.

LOWKEY helps bridge the gap between appointments, giving clients greater self-awareness and a simpler way to reconnect with you when they need support.



What you see when a client's rhythm shifts.

- **Invite only**
- **Three privacy settings**
- **Automated notifications**
- **Private messaging**

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, clients hear first. Depending on their preferences, the people they've invited, including their therapist, counselor or coach, can receive a heads up. **Nothing to wear. Nothing to log.**

Turn early awareness into proactive appointment requests.

Clients can personalize the message that accompanies their notification or reach out directly through LOWKEY's private messaging.

"Could we schedule an appointment this week?" **"Can you give me a call?"**

A simple way to make asking for support easier and give you a natural reason to reconnect.

LOWKEY provides the signal. Your client provides the meaning. You provide the professional support.

How it works

1. **Get connected.** Download LOWKEY: Everyone OK? Either you or your client can initiate an invitation.
2. **Respect their boundaries.** Your client chooses what you see: Minimal, Story or Full. No location sharing. No visibility into their other connections.
3. **Know sooner.** When their rhythm meaningfully shifts, your client hears first and has four hours to say "I'm good" before eligible notifications reach their invited connections.
4. **Make reaching out easier.** Clients can personalize a note to accompany their notification, send a private message or tap "I need a hand" when they want support.

You and your client decide together what happens next.

Why incorporate LOWKEY into your practice?

- Encourage greater client self-awareness and personal agency.
- Reinforce the work you're doing together between sessions.
- Reduce the friction of asking for additional support.
- Give clients a tool to build their own personal safety net.
- Connect with multiple clients through a single subscription while keeping your own information private.

No surveillance. No additional clinical dashboard. No expectation of immediate response.

> *"... I wondered why I couldn't have just asked for help, but I am glad LOWKEY did."* LOWKEY beta participant, 36

What it costs Be One of the First pricing through February 14, 2027: **$8.33 a month, billed yearly at $100, or $10 a month.**

Keep the momentum between sessions.

Try LOWKEY on your own or introduce it to a few clients.

Download on the App Store **LOWKEY: Everyone OK?** **Private by design. Shared by choice.**

Try it free for 30 days **hellolowkey.com/organizations**

Scan to download on the App Store.

LOWKEY is a wellness and connection platform, not a medical device, clinical monitoring tool or crisis service. Establish communication and response expectations with clients before connecting.