

HEALSELF

PROBLEM

The impact of people's psychological disorders on their current quality of life.

SOLUTION

It improves the mental and physical health of individuals by combining artificial intelligence-based, musical treatment methods with modern technology.

VALUE PROPOSITION

Healself uses AI to deliver personalized sound therapy, enhancing mental and physical well-being through music.

BENEFICIARY RELATIONSHIP

Healself creates a supportive community by offering personalized sound therapy and encouraging user feedback for continuous improvement.

CUSTOMER SEGMENTS

- People with anxiety or depression.
- Individuals interested in meditation and mindfulness.
- Students and professionals facing high-stress environments.
- Individuals seeking stress relief and relaxation.

EXISTING ALTERNATIVES

Meditation apps offering guided sessions without personalized sound.

KEY METRICS

Impact on mental health (self-reported improvements in anxiety and stress levels).

HIGH LEVEL CONCEPT

Healself is an AI-powered app that delivers personalized music therapy to enhance mental and physical health, promoting relaxation and emotional well-being.

CHANNELS

- Mobile app stores (iOS and Android)
- Wellness and mental health blogs.
- Partnerships with mental health professionals and wellness centers.

EARLY ADOPTERS

- Users of existing meditation and relaxation apps seeking more customization.
- Wellness and mindfulness practitioners actively seeking innovative tools.
- Tech-savvy individuals interested in mental health apps.
- Users of existing meditation and relaxation apps seeking more customization.

COST STRUCTURE

Development Costs: App design and development, AI and algorithm implementation

Operational Costs: Server and hosting fees, Maintenance and updates



REVENUE STREAMS

Subscription Fees: Monthly or yearly plans for premium features. **In-App Purchases:** Extra soundscapes and personalized sessions. **Freemium Model:** Free basic access with upgrade options. **Partnerships:** Referral fees from wellness organizations and professionals.