ClarityPilot

Your mental health companion

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Problem Statement

"We know when we're stressed - but not what to do about it."

Many knowledge workers suffer **mental overload**, burnout, decision fatigue

Cognitive overload results in **reduced productivity + worse mental health**

Existing wearables only **reactively show stats**, don't actually help fix the problem

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Concept

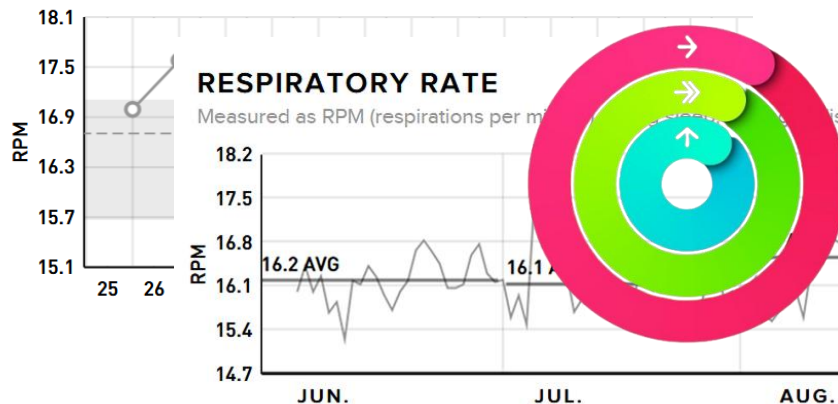Existing wearables only **reactively show stats**, don't actually help fix the problem

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Concept

Scope to fix:

Existing wearables only **reactively show stats**, don't actually help fix the problem

Aggregate all **health metrics** + **monitor users work activities** and duration
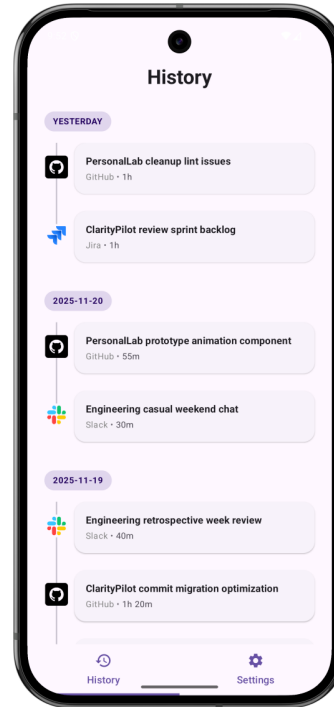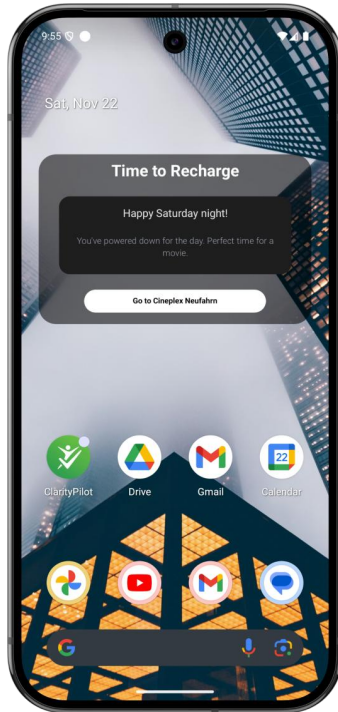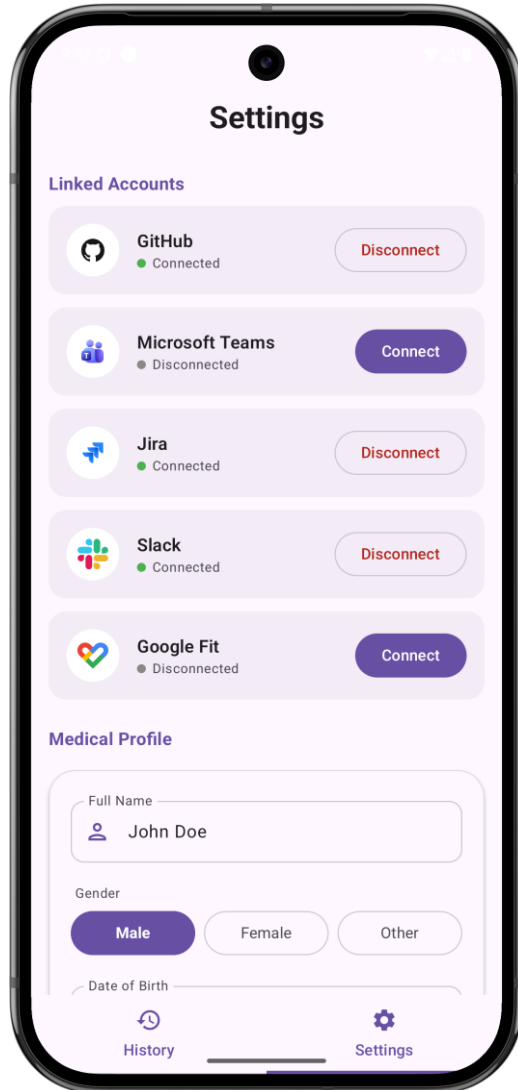
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Deliver **actionable**, data-driven recommendations to stay healthy

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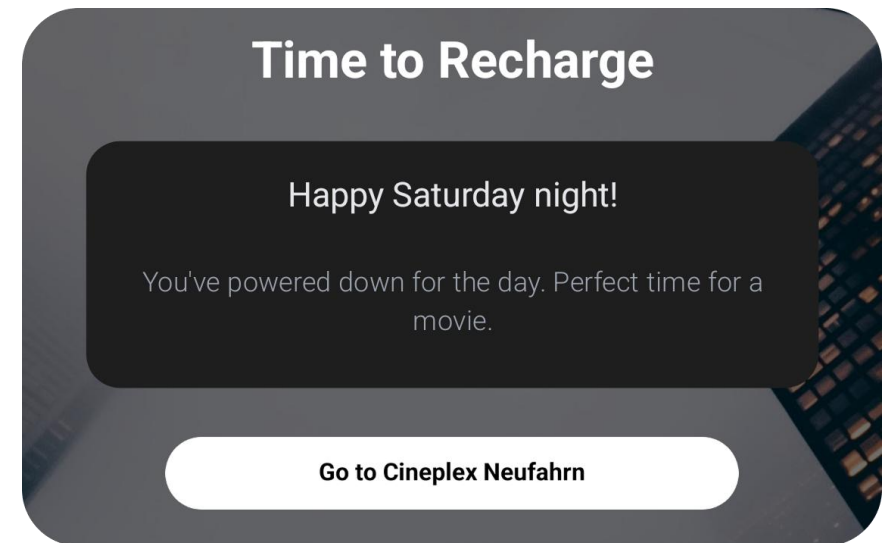Connect your accounts and adjust your medical profile for **personalization**

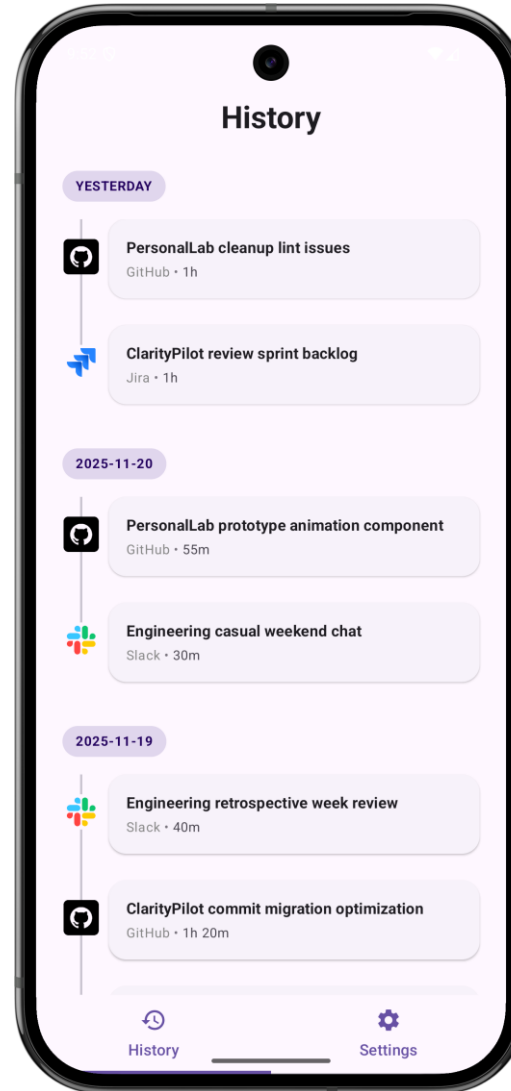ClarityPilot

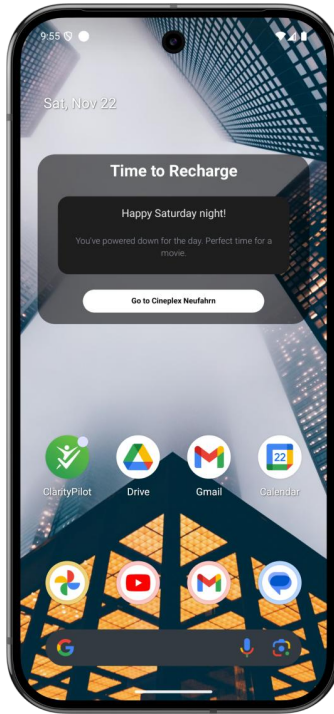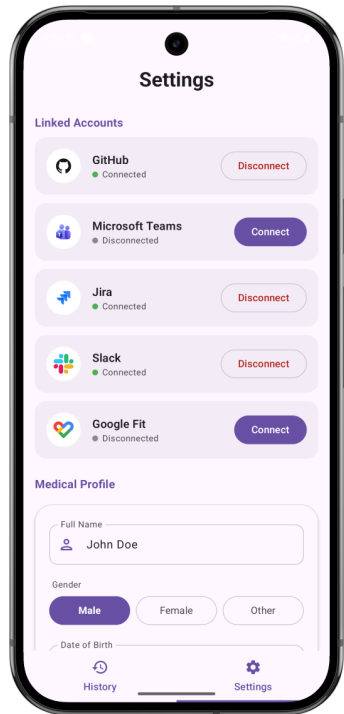# ClarityPilot

Homescreen widget

Delivers **context-aware** micro-interventions
AI agents act autonomously

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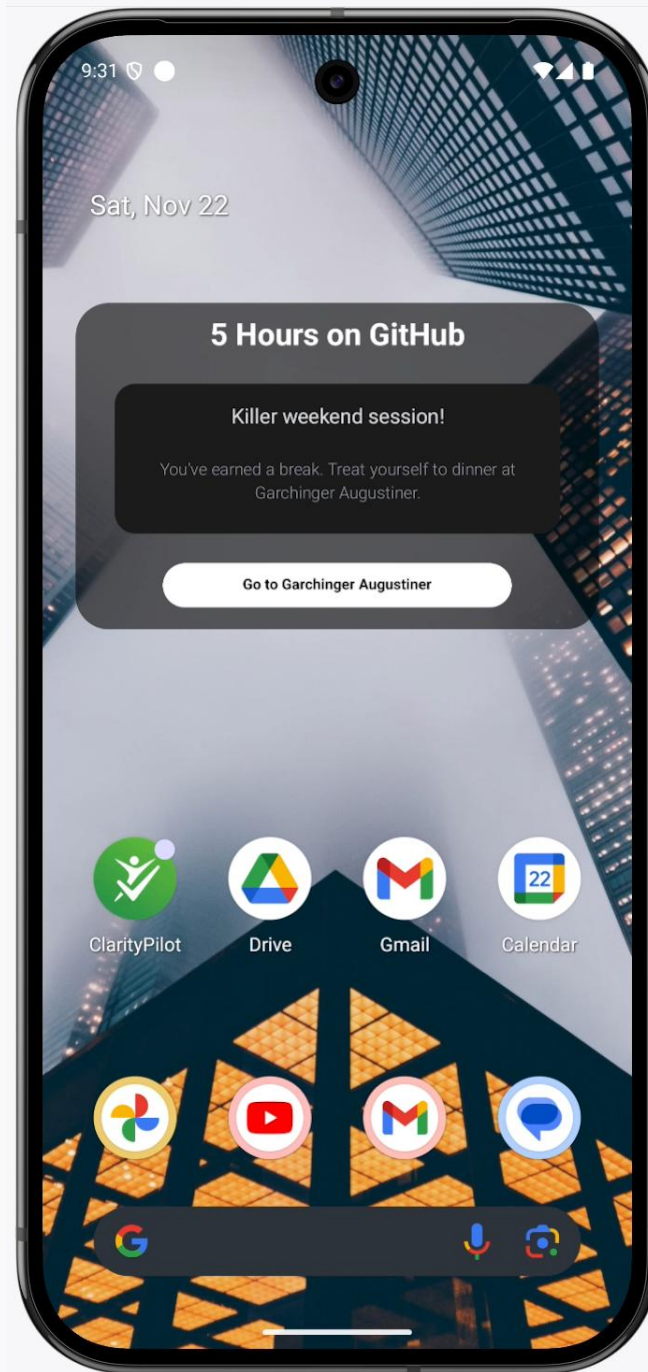

Timeline of **tracked** and **evaluated** activities for personal **recommendations**

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Demo:

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Architecture Overview

raw user activity

RabitMQ

Consolidate activity to milestones

Gemini

milestone timeline

MongoDB

Agentic framework to create recommendations

Gemini

widget data

Redis

API
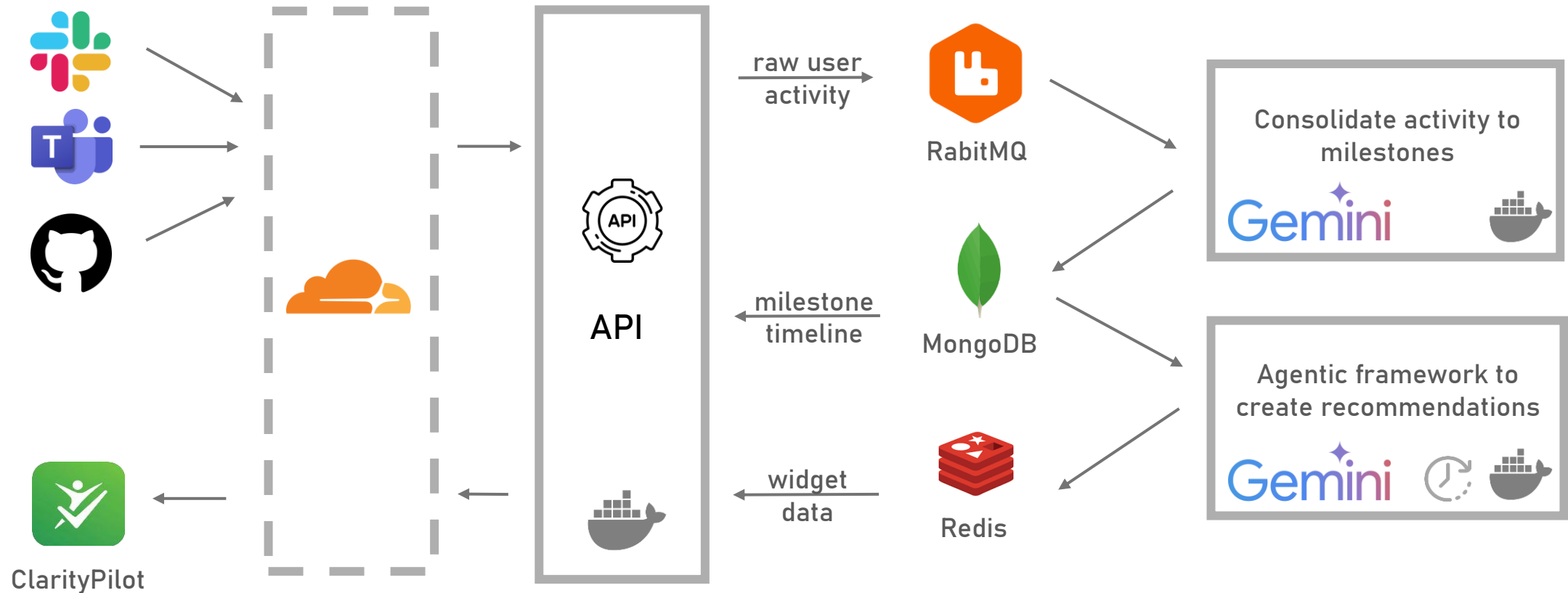
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Fully containerized, load balanced & scalable

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Vision

1. Gamify through competing with friends and to help users stay accountable

2. Deeper wearable integration for even more precise, real-time wellbeing insights

3. Long-term adaptability
By expanding our in-app medical profile

4. High-value **B2B opportunity**
via Call-to-action directly on Home screen

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