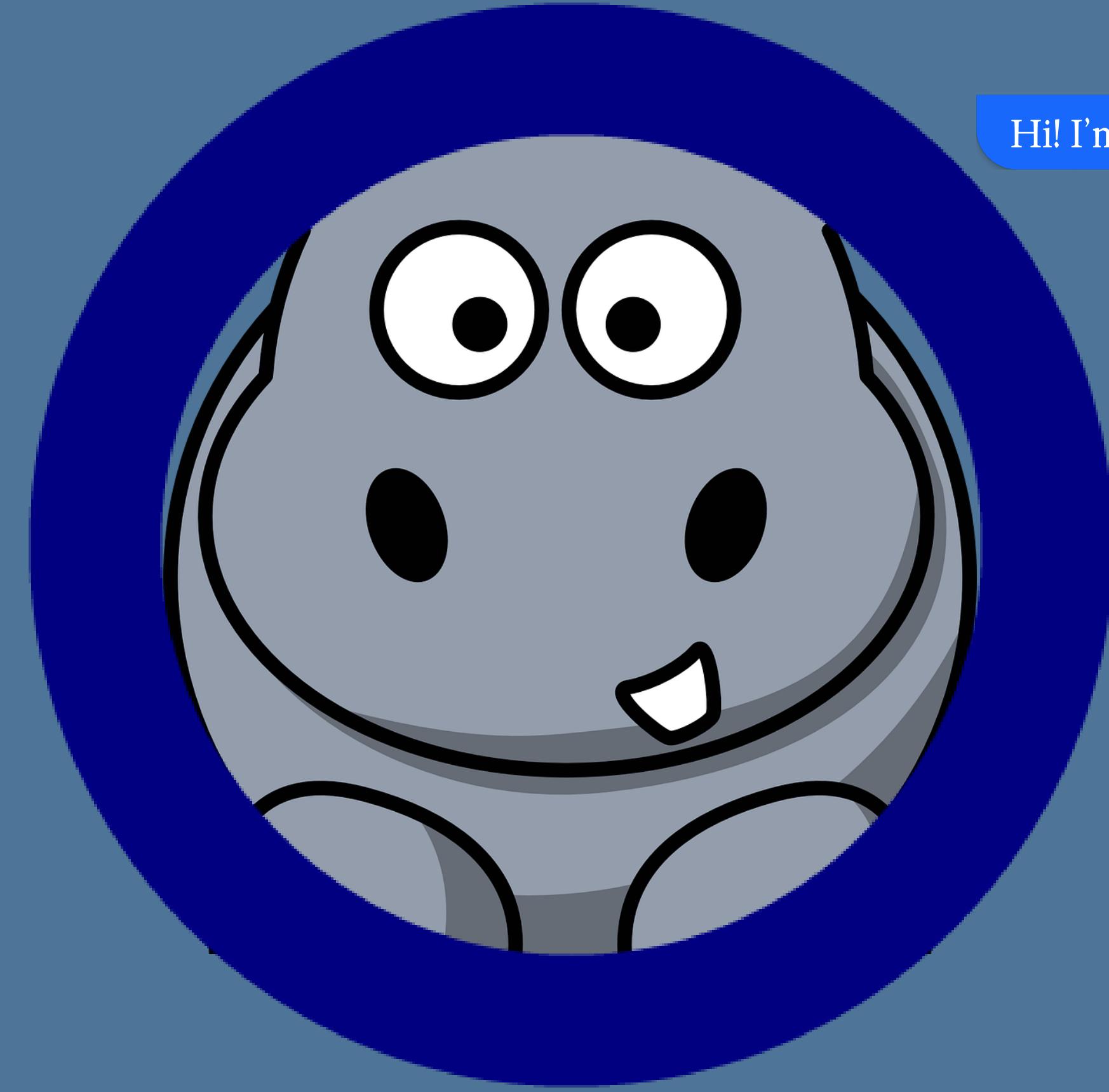


SELF CARE ASSISTANT

Hippo, ready to  
help night or day.  
Whenever you  
need

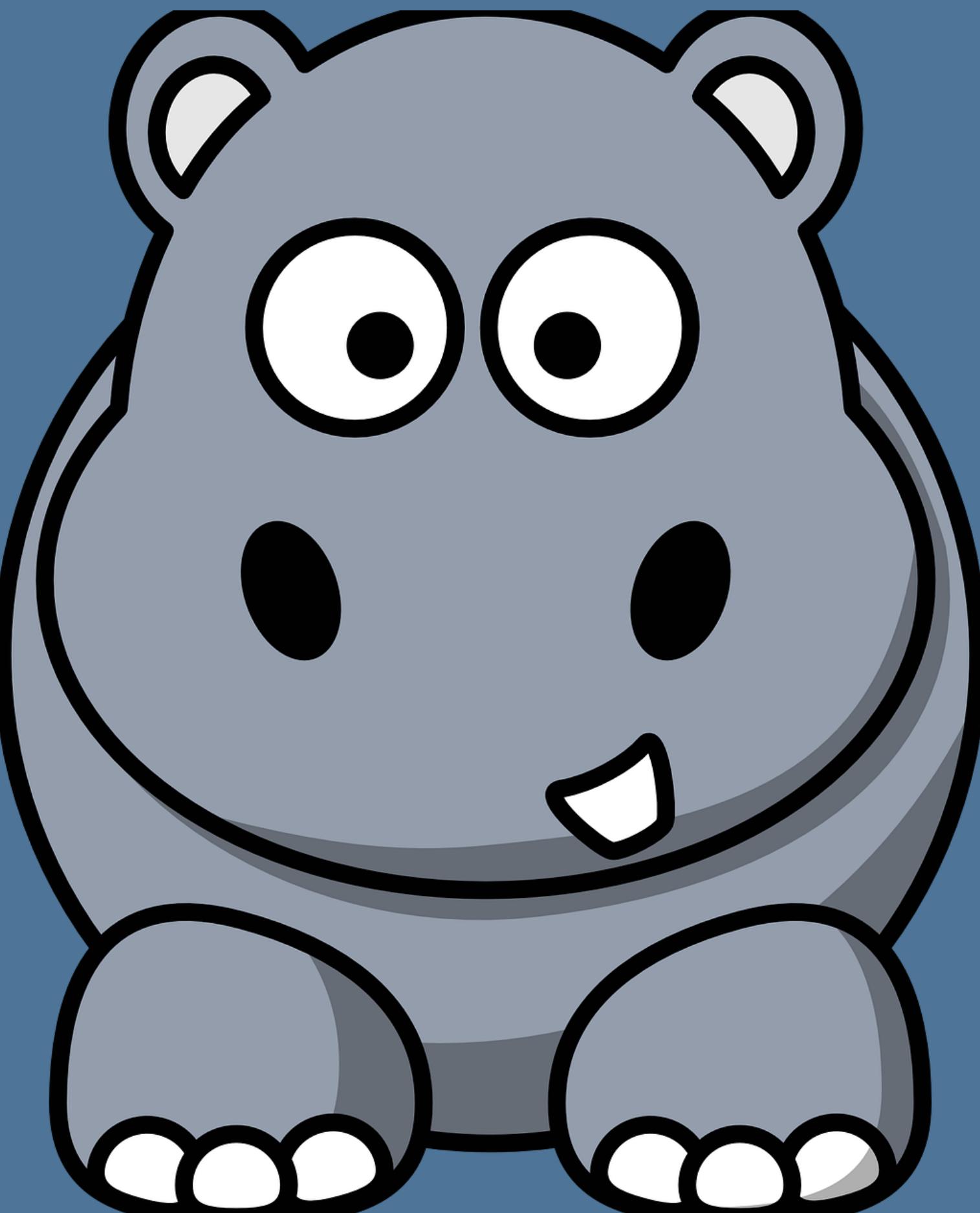
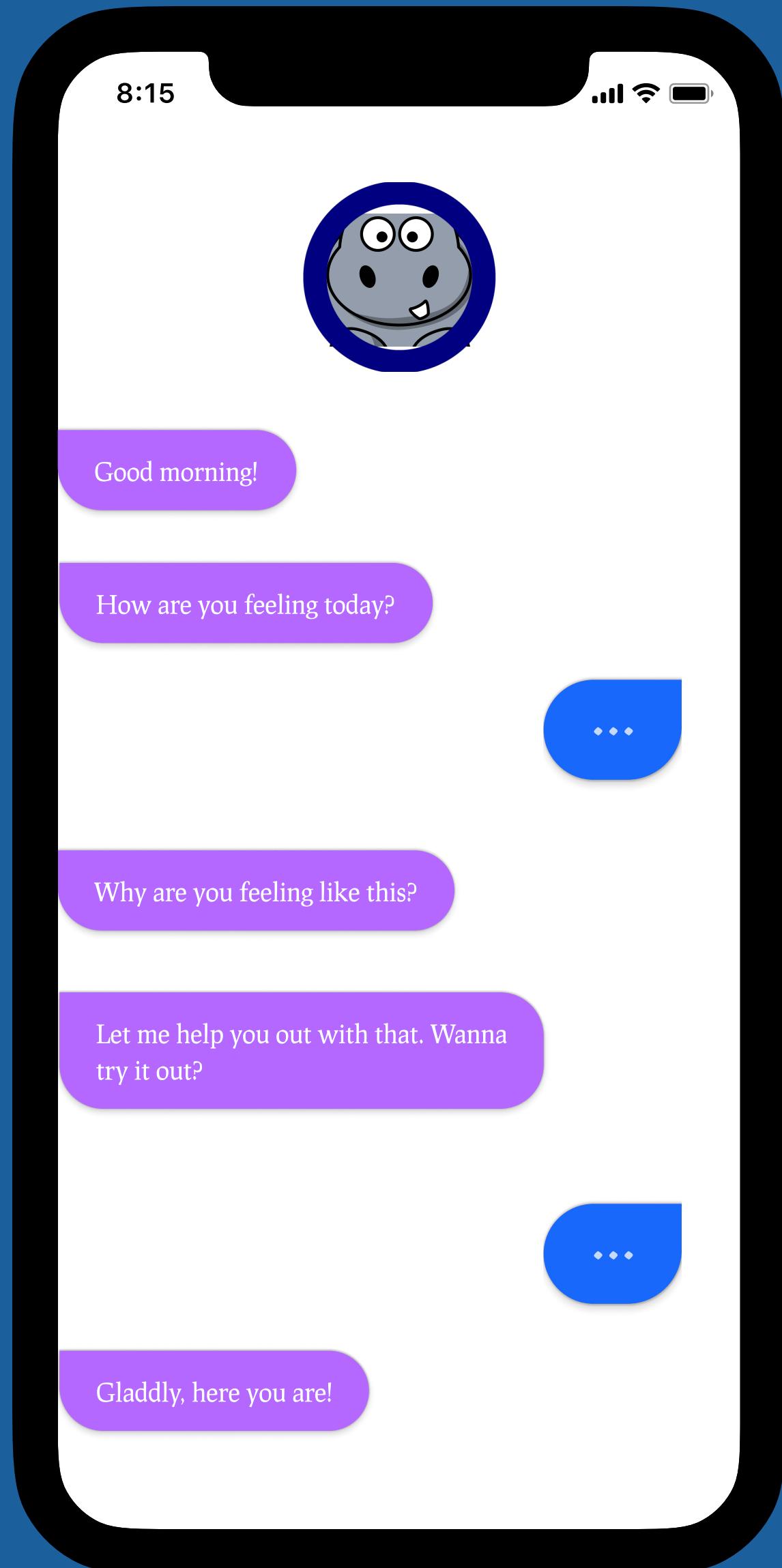
Hippo, is private and secure. He'll make sure to check up on you every day to ask you how you are doing. Hippo can provide helpful tips to reduce anxiety and prevent stress. Do not be afraid to reach out for more health if Hippo asks to do so. Hippo is there to talk to you whenever you want, don't worry you aren't bother him :)



Hi! I'm Hippo!

Anonymous and Secure. Detect patterns in your mood. Get the necessary help needed :) No judgement!

# Self Care from an Expert



Anonymous & Secure

