0. What EverAfter Is In Plain Words

EverAfter is an app where:

- You talk to AI like ChatGPT.

- One main AI, **St. Raphael**, watches your health and sends you simple health reports.

- You can create other AIs called **Engrams** that act like custom personalities.

- The app quietly collects info from your **conversations, phone health data, photos, and videos** to slowly build:

    - an accurate picture of **who you are**, and

    - a visual "version" of you it can show later (your visage / hologram).

Now, here's the flow from **first open** to **long-term use**.

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1. Download and Open the App

1. You download EverAfter on your phone.

2. You open it. First screen: simple intro — this app is a **health and legacy companion**.

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2. Create Account and Log In

1. You sign up with:

    - Email + password

    - Or phone / sign-in option (depending on version)

2. You verify your account (code or link).

3. Next time, you just **log in** — no drama.

3. Meet St. Raphael (Health Companion Setup)

1. The app introduces **St. Raphael**:

    ○ This is your **health-focused AI assistant**.

    ○ It will read your data, chat with you, and create **simple health reports**.

2. You are asked a few **basic questions**:

    ○ Age, gender, main health goals (lose weight, sleep better, manage stress, etc.)

    ○ Any key health conditions you're comfortable sharing (optional).

This gives St. Raphael a starting point.

4. Connect Health Data

Next, the app asks to **connect health sources** so St. Raphael can actually do its job:

1. **Health app connections**, for example:

    ○ Apple Health / Google Fit

    ○ Steps, heart rate, sleep, weight

2. You choose what to share:

    ○ Only steps?

    ○ Steps + sleep?

    ○ Everything?

The AI uses this data to:

● Track progress over time.

● Notice trends (you sleep less on certain days, move more/less, etc.).

● Write **health summaries** and **progress notes** in plain language.

5. Allow Photos and Media (For Personality + Visage)

Then the app asks for **photo and media permissions**:

1. Request:

   ○ Access to **photos, videos, maybe camera**.

2. Why:

   ○ To **see your face and how you look** over time.

   ○ To learn your **style**, what you care about (events, people, places).

   ○ To help build a more accurate **visual version** of you later (your visage).

You can:

● Allow all,

● Allow some,

● Or skip (with reduced features).

6. Create or Choose Engram Personalities

Now you get to the **Engram** part — your custom AIs:

1. The app explains:

   ○ **St. Raphael** = health and wellness.

   ○ **Engrams** = custom personalities that focus on *who you are*:

      ■ How you talk

      ■ What you believe

      ■ Your humor

      ■ Your stories and memories

2. You can:

- Start with **one Engram** ("My Future Self," "Dad Archive," "Legacy Me," etc.).

- Or pick from templates (e.g., "Health Mentor," "Storyteller," "Spiritual You").

Each Engram will learn from **specific types of information**, not everything:

- Some focus on **memories and stories**.

- Some focus on **family messages**.

- Some focus on **health + goals** (tied to St. Raphael).

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7. Start Talking to the AI (Daily Use)

Now the real daily loop begins.

1. You **open the app** and:

- Tap St. Raphael → talk about sleep, stress, habits, cravings, goals.

- Tap an Engram → talk about life, memories, fears, advice, or just vent.

2. The AI **remembers**:

- What you said yesterday.

- What matters to you.

- Patterns in your answers and moods.

Over time, each AI **keeps its own lane** of memory:

- **St. Raphael**:

- Health data

- Symptoms, habits, stress logs

- ○ Progress over weeks/months

- **Engrams**:

  - ○ Personal stories

  - ○ Lessons you want to pass on

  - ○ How you talk, the phrases you repeat

  - ○ What you think about love, money, faith, death, family

They slowly build a **map of you**, piece by piece.

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8. Background Automation and Tracking

While you live your life, EverAfter works quietly in the background:

1. It reads new **step counts, heart data, sleep data** when allowed.

2. It may scan **new photos/videos** when you approve:

   - ○ Example: birthday party → "this matters to you."

3. It runs **small automations**, like:

   - ○ Noticing you haven't checked in for a while.

   - ○ Seeing your sleep collapse for 3 nights in a row.

   - ○ Spotting sudden drops in activity or mood.

Then it reacts with:

- Gentle check-ins ("You ok?").

- Health nudges ("You've been sleeping 3 hours a night. Want a plan to fix that?").

- Legacy prompts ("Tell me one memory about your grandmother you never want forgotten.").

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9. Health Reports from St. Raphael

On a regular schedule (daily/weekly), **St. Raphael** generates health reports:

1. Looks at:

   ○ Steps, sleep, weight changes

   ○ Notes from your chats ("I feel anxious," "Migraine today," etc.)

2. Writes it up in **plain language**, like:

   ○ "This week your average sleep dropped from 7 hours to 5. You also mentioned more stress. This could be related. Want help building a small evening routine?"

   ○ Simple charts

   ○ Small goals ("Walk 500 more steps per day," "Lights out 30 minutes earlier")

The point: **make health feel seen and manageable**, not buried in graphs.

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10. Personality and Visage: Building the "You" Archive

As time passes, EverAfter is assembling a **living archive** of you:

1. From conversations:

   ○ Your voice (what you say and how you say it)

   ○ Your values, morals, fears, loves

   ○ Your jokes, slang, rhythm, and style

2. From health + behavior:

   ○ How your life actually moves: busy weeks, quiet weeks, burnout patterns

   ○ How your body responds to your choices

3. From photos and videos:

   ○ How you look at different ages, weights, moods

- ○ Your expressions, posture, gestures

- ○ Your clothes, environments, and people around you

All of that is used to:

- Shape **Engram personalities** into more realistic versions of you.

- Design a future **visual/holographic representation** that actually *feels* like you, not a generic avatar.

This part is long-term. It's not instant. It grows as you keep using the app.

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11. Legacy and Family Use (Later Phase)

Later, if and when you choose:

1. Your family can access your **Engrams**:

   - ○ To hear how you would answer certain questions.

   - ○ To revisit stories you recorded.

   - ○ To see a visual version of you speak, move, and respond inside a controlled setting.

2. They are not just getting a photo album — they are getting:

   - ○ Your **patterns** of thought.

   - ○ Your **lessons** and warnings.

   - ○ The way you **actually spoke** when you were alive.

That's the "EverAfter" part.

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12. What Each AI Actually "Keeps"

To make it brutally clear:

- **St. Raphael (Health AI) keeps:**

  - Health app data

  - Health-linked chat logs

  - Symptoms and habits you describe

  - Plans and goals you agreed on

- **Engrams (Personality AIs) keep:**

  - Stories about your life

  - Messages to loved ones

  - Opinions, beliefs, and values

  - Your voice style and emotional tone

  - Context from your photos/videos (where you were, what you were doing, who mattered)

Each one is specialized. Not all AIs need all of your data.

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13. Full Sequence, One Line Per Step

For quick reference:

1. Download EverAfter.

2. Create an account and log in.

3. Meet St. Raphael and set basic health info.

4. Connect health data sources (steps, sleep, heart, etc.).

5. Approve or skip photo/video permissions.

6. Create or pick your first Engram personality.

7. Start chatting daily with St. Raphael and Engrams.

8. App collects data in the background (health + media) as allowed.

9. St. Raphael sends clear health summaries and suggestions.

10. Engrams store your stories, beliefs, and voice.

11. Over time, the system builds a rich, interactive version of you — mind, habits, and face.

12. Eventually, your loved ones can interact with this "you"in a VR or augmented environment.