



## Expert Voice Series

---

The next chapter in digital mental wellbeing:

# Building **wellbeing platforms** designed **to last**

With expert opinions and hands-on insights from  
professionals in the field

Myhappyself

 MINDLER

**bloomup**  
your mental sidekick 



# Table of Contents

|                                             |           |
|---------------------------------------------|-----------|
| <b>Introduction</b>                         | <b>2</b>  |
| <b>Digital mental health in context</b>     | <b>3</b>  |
| The rise of digital mental health platforms | <b>3</b>  |
| What digital mental health gets right       | <b>3</b>  |
| Where the shoe still pinches                | <b>4</b>  |
| A field at a crossroads                     | <b>4</b>  |
| <b>Expert Voices</b>                        | <b>5</b>  |
| Loukia, My Happy Self                       | <b>6</b>  |
| Li, Mindler                                 | <b>8</b>  |
| Clovis, BloomUp                             | <b>10</b> |
| <b>Conclusion</b>                           | <b>13</b> |



## Hi there, I'm Brecht, CPO of IntelliProve.

Mental health is one of those topics that has gained a lot of attention over the past few years (and that's a good thing, trust me). But it's also a topic that gets framed in very different ways. Depending on who you ask, it's an HR challenge, a leadership responsibility, something deeply personal, or a mix of all of that. What's clear is that mental wellbeing has moved much closer to the centre of how we think about ourselves, our work and the environments we operate in.

At IntelliProve, we work closely with mental wellbeing solutions every day, both from a technology perspective and through close contact with the people behind them. What stands out is how quickly this space has grown and the central role digital tools now play in supporting mental resilience.

Digital wellbeing platforms have gone from something "nice to offer" to something people actively rely on. We see a lot of innovation in this space, and that's encouraging. Especially now that AI is finding its way into mental wellbeing, the possibilities are expanding quickly. Personalisation is improving. Timing is getting smarter. Support can become more proactive instead of purely reactive. But innovation on its own doesn't automatically translate into impact.

At the same time, we also see how hard it is to make that support really stick. Many platforms struggle with long-term engagement.

Others are still searching for the right balance between awareness, guidance and real behavioural change. That tension is exactly what sparked this report. It's also closely tied to why we started IntelliProve. We've always believed that insight only matters when it helps people pause, reflect and move forward in a way that feels natural and supportive. That belief continues to guide how we think about technology and its role in wellbeing.

We wanted to take a step back and look at what's really happening in this space. To better understand why digital wellbeing platforms have become so important, what they are already doing well, and where there is still room to grow. To do that, we spoke with people who are deeply involved in building and shaping these platforms every day.

We'd like to introduce you to:

- **Loukia Pantelidi**, psychologist and Strategy & Business Development Manager at MyHappySelf and MHS-Maritim
- **Li Åslund**, Head of Research & Business Development at Mindler
- **Clovis Six**, CEO and founder of BloomUp

Because these are the same questions we ask ourselves. How can we help people better understand how they're doing, stay engaged with their wellbeing over time, and move from awareness to action in a way that feels natural and sustainable? How can technology support that, without getting in the way?

This report isn't meant to be a definitive guide, but an invitation to join an ongoing conversation. If it encourages reflection, challenges assumptions, or offers a fresh perspective on digital wellbeing, then it has done its job. I hope you find it as interesting as we did while making it.

Enjoy the read,  
Brecht



# Digital mental health in **context**: impact, progress and pressure points

---

Globally, more than one billion people are currently living with a mental disorder, making mental health conditions one of the leading causes of disability worldwide. Anxiety and depressive disorders alone account for the majority of this burden, particularly among people of working age, where the impact on daily functioning and productivity is the highest.<sup>1</sup>

Despite the scale of the problem, access to care remains limited. According to the World Health Organization, only 29% of people with psychosis receive mental health services globally, and fewer than 1 in 10 people with depression receive minimally adequate treatment. Even in high-income countries, treatment coverage remains surprisingly low. This persistent gap between need and capacity has become one of the defining challenges of modern mental health systems.<sup>2</sup>

It is within this context that digital mental health solutions have gained traction.

## The rise of digital mental health platforms

Over the past decade, digital mental health tools have moved from experimental pilots to mainstream interventions. The widespread availability of smartphones has enabled mental health support to extend beyond clinical settings and into people's daily lives, lowering practical and psychological barriers to access.<sup>3</sup>

Digital mental health platforms today encompass far more than basic mindfulness apps. They include self-guided interventions, blended care models, remote therapy, digital therapeutics and AI-supported tools. Large-scale reviews show that app-based interventions can be effective for the self-management of depression and anxiety, particularly when compared to no treatment or minimal support.<sup>4</sup>

Several countries, in Europe and globally, including Australia, Sweden, Denmark, Norway, and the United States, have already embedded digital mental health solutions into routine care pathways. In these settings, digital tools are increasingly seen as a way to extend reach, reduce waiting times and support prevention rather than as a replacement for clinicians.<sup>5</sup>

## What digital mental health gets right

The strongest contribution of digital mental health platforms lies in access, scalability and continuity. Digital tools allow people to engage with mental health support outside traditional care hours and without the stigma often associated with in-person services. This has proven particularly relevant for younger populations and for individuals who may delay seeking help until symptoms become severe.<sup>6</sup>

<sup>1</sup> World Health Organization. Global mental health overview and burden of disease. WHO IRIS report.

<sup>2</sup> World Health Organization. Mental health service coverage and treatment gaps. WHO IRIS report.

<sup>3</sup> World Health Organization. Digital health and mental health integration. WHO IRIS report.

<sup>4</sup> World Psychiatry. Digital mental health interventions: effectiveness and evidence base. WPA / Wiley, 2024.

<sup>5</sup> World Psychiatry. Integration of digital mental health into routine care pathways. WPA / Wiley, 2024; Epic Research. Telehealth utilisation trends.

<sup>6</sup> World Health Organization. Mental health at work: access, stigma and prevention. WHO fact sheet.





Evidence also suggests that hybrid models, where digital tools are combined with human guidance, produce better outcomes than standalone digital interventions. These models help bridge the gap between self-management and clinical care, allowing early signals of distress to be identified and addressed before they escalate.<sup>7</sup>

From a societal perspective, the potential economic impact is significant. Mental health conditions are estimated to cost the global economy nearly US\$ 1 trillion annually in lost productivity due to absenteeism, presenteeism and workforce drop-out, primarily driven by depression and anxiety (WHO, 2025). Digital interventions that improve early detection and sustained engagement therefore represent not just a health opportunity, but an economic one as well.<sup>8</sup>

## Where the shoe still pinches

Despite their promise, digital mental health platforms face persistent challenges. One of the most widely documented issues is engagement. While downloads are high, sustained use is not. Research consistently shows steep drop-off rates after the first weeks of use, limiting long-term impact even when clinical efficacy exists.<sup>9</sup>

Implementation is another major hurdle. Fewer than 50% of health innovations are successfully adopted into routine practice, and those that are can take up to two decades to scale meaningfully. Digital mental health is no exception. Concerns around data privacy, quality assurance, clinical validation and trust continue to slow adoption, particularly within healthcare systems and workplaces.<sup>10</sup>

Finally, while AI is increasingly positioned as a solution for personalisation and early detection, the field remains uneven. The World Psychiatry review highlights promising use cases in psychoeducation, risk screening and adaptive support, but also points to unresolved questions around bias, transparency and evaluation standards. Without careful implementation, AI risks amplifying existing inequalities rather than reducing them.<sup>11</sup>

## A field at a crossroads

Taken together, the evidence paints a nuanced picture. Digital mental health platforms have become an essential part of the mental health ecosystem, driven by clear gaps in access, workforce capacity and affordability. At the same time, their long-term impact depends less on technological sophistication and more on how well they engage people over time, integrate into broader systems, and translate insight into meaningful action.<sup>12</sup>

This tension between potential and practice sets the stage for the perspectives that follow.

<sup>7</sup> World Psychiatry. Blended and hybrid models in digital mental health care. WPA / Wiley, 2024.

<sup>8</sup> World Health Organization. Mental health at work: economic impact. WHO fact sheet.

<sup>9</sup> World Psychiatry. Engagement and adherence challenges in digital mental health. WPA / Wiley, 2024; Frontiers in Psychiatry, 2022.

<sup>10</sup> World Psychiatry; World Health Organization. Implementation barriers and system adoption of digital health.

<sup>11</sup> World Psychiatry. AI in digital mental health: opportunities and risks. WPA / Wiley, 2024.

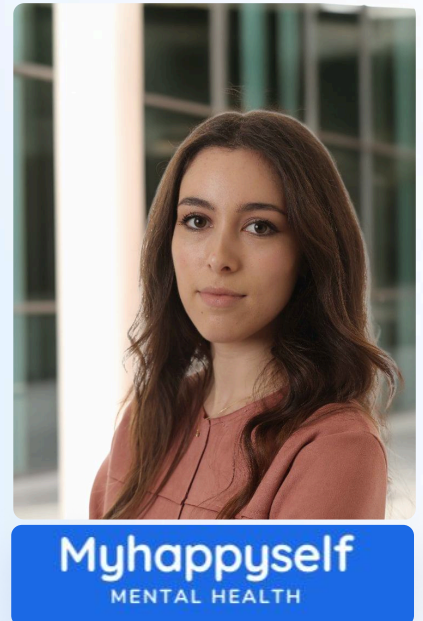
<sup>12</sup> World Health Organization; World Psychiatry. Future directions for digital mental health systems.



# Loukia Pantelidi

Psychologist & Strategy & Business Development  
at MyHappySelf and MHS-Maritime

MyHappySelf is a digital mental wellbeing platform grounded in clinical expertise, focused on personalised support and early intervention. MHS-Maritime brings this approach to the maritime sector, offering continuous mental health support tailored to the realities of life at sea. With a background in psychology, Loukia translates complex mental health challenges into scalable, human-centred digital solutions.



## On why digital mental wellbeing matters

Mental resilience isn't built in a single therapy session. It grows in the quiet, daily rhythms of how people feel, act and cope. Digital tools have made it possible to turn those small, scattered moments into meaningful data and ongoing care. They transform mental health support from something episodic and location-bound into something continuous, scalable and deeply personal. When designed well, digital systems extend reach, precision and empathy in ways analogue models never could. They make prevention smarter, detection earlier and recovery more sustained.

***The best digital platforms  
behave like great clinicians:  
empathetic, validating and  
gently challenging when  
needed.***

## From clinician judgement to digital precision

Traditional assessments are invaluable but often rely on single-point observations filtered through the clinician's perspective. They're snapshots: shaped by recall bias, variable interview styles and subjective interpretation.

Continuous digital tools, such as ecological momentary assessments (EMA), wearables and mobile "digital phenotyping", turn those snapshots into motion pictures. They record time-stamped changes in mood, sleep and behaviour, revealing patterns invisible to memory or intuition. The result is richer clinical precision and earlier, data-backed intervention. For clinicians, this means deeper context and reduced guesswork. For individuals, it's a mirror of progress that helps them see growth, not just symptoms.

## Access without barriers

Digital delivery dismantles many of the classic barriers to care such as geography, scheduling, travel and stigma. Asynchronous modules, brief interventions and low-intensity supports reach those who would never seek traditional therapy. When built for low bandwidth and multiple languages, digital tools expand inclusion across occupational, cultural and economic boundaries.

## Personalisation that listens and adapts

The best digital systems don't just deliver exercises; they listen and learn. Algorithms combined with clear rule-based pathways tailor each journey in real time. Early stress triggers quick CBT micro-interventions or relaxation prompts.



Ongoing strain automatically escalates to guided programmes or clinician review. By adjusting intensity, format and urgency based on a user's evolving profile, digital systems match the right care to the right moment. Light-touch psychoeducation for low risk, guided self-help for mild difficulties and professional intervention for escalating cases. The result: more relevant support, higher engagement and better use of clinician time.

### **A richer, more flexible toolbox**

Digital ecosystems host an entire repertoire of evidence-based support from mindfulness and journaling to CBT-based microlearning, chat coaching and peer groups. When paired with human touchpoints -clinicians, mentors, helplines- they scale reach without losing connection. It's precision with compassion. Data that drives smarter systems Every anonymised datapoint adds to a broader picture of wellbeing. Aggregated insights let organizations refine protocols, track outcomes and learn what truly works. Dashboards make wellbeing measurable, not abstract, transforming it from a "nice-to-have" into a managed system of care. For individuals and employers alike, digital resilience platforms aren't just technology. They're infrastructure. They protect people, reduce downtime and build trust by connecting self-care with clinical care making mental health timely, tailored and measurable. Not a one-off intervention, but a continuous partnership in wellbeing.

### **On the evolution of mental health platforms and the role of technology**

Modern digital tools go far beyond mindfulness reminders. They quietly capture the rhythms of thought, behaviour and context turning everyday life into meaningful insight. Through a mix of passive and active signals (mood check-ins, sleep and activity data, interaction patterns, response latency,

***When digital platforms sit alongside coaching and peer spaces, they send a clear signal: wellbeing here is not a campaign, it's culture.***

reflections on stressors) they build a time-series picture of an individual's mental state. Compared against validated "digital phenotypes" for conditions like depression and burnout, these patterns reveal subtle deviations long before distress becomes visible. Viewed longitudinally rather than as isolated points, these digital "signatures" detect when someone drifts from their baseline or from population norms flagging early risk and triggering timely, proportionate intervention. Emerging research confirms that continuous monitoring predicts symptom change more accurately, identifies risk earlier and -when paired with adaptive interventions- reduces both symptom severity and time to help-seeking.

### **Turning early signals into prevention**

Digital systems catch whispers before they become alarms. Small, steady changes in sleep, mood or social behaviour combine into early-warning patterns. A few restless nights or growing irritability might prompt a gentle CBT exercise or supportive nudge. If risk persists, the system escalates automatically to guided support, clinician review, or crisis check-in. Detection becomes prevention. These systems don't replace clinicians but amplify them. Continuous data sharpens triage, tracks recovery and saves time on reconstruction, freeing professionals to focus on what matters most: helping before harm unfolds.





## **On driving engagement and long-term adoption**

Getting someone to download an app is easy. Keeping them there day after day, when life gets noisy is the real challenge. Sustained engagement isn't built on streaks or dopamine hits. It's built on relationship, trust and meaningful utility. When a digital tool supports the user's wellbeing, respects their agency and adapts to their needs, engagement follows naturally. The app becomes a partner, not a prescriber.

### **1. Personalisation that feels human**

Every prompt or reflection should feel personally relevant rooted in the user's own goals and emotional patterns. Relevance is the new retention.

### **2. Therapeutic alliance in code**

The best digital platforms behave like great clinicians: empathetic, validating and gently challenging when needed. This "digital bedside manner" transforms an interface into a relationship.

### **3. Radical user empathy**

Every design choice starts with one question: "What would genuinely help this person right now?" Real-world co-design ensures the product mirrors lived experience and not assumptions about it.

### **4. Low effort, high reward**

Two-minute practices, small wins, visible progress. Make the easiest path the most helpful one. Consistency beats intensity.

## **Guiding people for the long haul**

A mental health app should feel like a steady companion, not a crutch. It respects autonomy, adapts to life's rhythms and nudges users gently toward self-efficacy and connection. When people feel understood, experience real benefit and know that help is only a tap away they don't just keep using the app. They grow with it.

## **Mental wellbeing at work and beyond**

Mental health has moved from the periphery of HR to the heart of business strategy. It's now a core performance driver influencing productivity, retention and brand integrity. Wellbeing apps sit at the centre of this evolution, redefining how organizations care for people and how society defines resilience.

By enabling employees to track mood, stress and recovery in real time, wellbeing platforms turn self-awareness into actionable insight. Clinicians gain data-driven context and users gain control. Encryption and anonymisation keep privacy intact. It's not about replacing human care but making wellbeing continuous rather than episodic.

When digital platforms sit alongside workshops, coaching and peer spaces, they send a powerful signal: wellbeing here is not a campaign, it's culture. Supported teams are up to 21% more productive and 69% less likely to leave, yet burnout still costs the global economy \$1 trillion annually.

Wellbeing apps transform care from reaction to prevention, embedding resilience into everyday workflows. For leaders, analytics dashboards finally make wellbeing quantifiable tracking engagement, sentiment and recovery trends in real time.

Soon, mental health indicators will stand alongside financial metrics in investor reports. Wellbeing apps will integrate with physical health, inclusion and performance systems to create data-informed networks that predict need before crises arise.

Platforms like MyHappySelf and MyHappyEmployee lead this shift transforming digital wellbeing from a tool into a living ecosystem: one that listens before it instructs, personalises before it prescribes and helps teams thrive before they burn out.



# Li Åslund

Head of Research & Business Development  
at Mindler

Mindler is a digital mental health platform that combines licensed psychologists with technology to deliver accessible, evidence-based therapy at scale. Operating across multiple European markets, Mindler is known for integrating clinical rigour, research and digital delivery to make mental healthcare more accessible, structured and sustainable. With years of experience in digital health, Li brings together clinical research, real-world platform experience and a clear understanding of what it takes to scale evidence-based mental healthcare.



 **MINDLER**

## On why digital mental wellbeing matters

Having worked at the intersection of clinical psychology, research and digital health development for more than a decade, I've seen firsthand how the demand for mental health support has grown beyond the capacity of traditional care systems. Digital wellbeing platforms have become essential because they address both a scale and timing problem that healthcare alone cannot solve. Mental resilience is built long before someone meets diagnostic criteria or seeks specialist care and it is clear that accessibility, continuity and low-threshold entry points are crucial. Digital platforms enable support to be integrated into everyday life, reducing friction, stigma and delay. In that sense, they are a fundamental layer in a modern mental health ecosystem.

***Wellbeing journeys are  
dynamic by nature.***

***Platforms need to respect  
that complexity rather than  
simplify it.***

## On the evolution of mental health platforms and the role of technology

I've observed a clear shift from static, content-driven solutions toward more adaptive and personalised models of care, both in research settings and in applied healthtech environments. Before, early digital mental health tools were often generic. Today, we are starting to see platforms that learn from user behaviour, clinical data and outcomes over time.

At Mindler, where we work with large-scale clinical and behavioural datasets across several countries, this evolution has enabled a more nuanced understanding of patient pathways. AI and advanced analytics are not replacements for clinical judgement, but they can support earlier detection by identifying subtle changes in symptom trajectories, engagement patterns or functional impairment. From a prevention perspective, this allows for proportionate interventions rather than reactive care once problems have escalated. I believe that the key is combining technology, evidence-based methods and human expertise into a coherent continuum of support.





## **On driving engagement and long-term adoption**

Sustained engagement has been a central challenge in every digital health project I've worked on, both from a research and a commercial perspective. People tend to disengage in digital support due to lack of relevance or inaccurate timing for a specific intervention and we need to understand and solve that challenge. Through developing and scaling digital mental health services I've noticed that engagement tends to emerge when users experience guidance rather than demands. At Mindler, this has meant designing journeys that adapt over time, combining self-guided tools with human support where it adds value.

In my work at Mindler, and in broader collaborations across healthcare systems, insurers and employers, I see a demand for workplace solutions that offer layered support: prevention, early intervention and access to professional care when needed. At a societal level, digital wellbeing platforms have the potential to shift mental health support towards early interventions, reducing the risk of chronicity and long-term exclusion from work and social life. If we want scalable impact we need solutions that are evidence-based, ethically designed and integrated into both healthcare and everyday environments. Digital platforms are uniquely positioned to contribute to that shift.

***Engagement tends to emerge when users experience guidance rather than demands.***

Clear structure and clinically grounded recommendations allow for tools that guide a wellbeing journey that by human nature is dynamic rather than static. Platforms need to respect that complexity rather than simplify it.

## **Mental wellbeing at work and beyond**

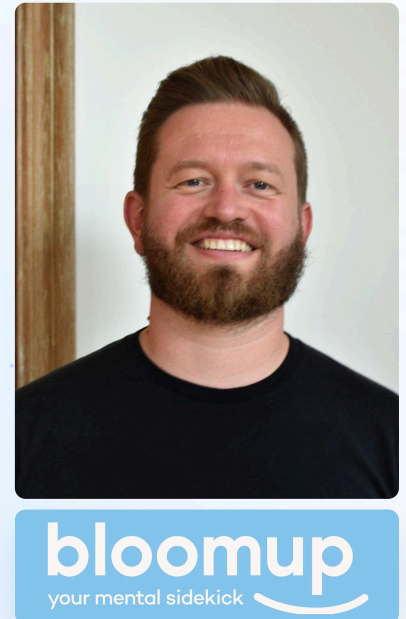
From both a healthtech and business development perspective, I see wellbeing platforms moving from being employee benefits to becoming core infrastructure for sustainable organisations. Employers are increasingly recognising that mental health is not just an individual issue but a systemic one linked to leadership, workload, recovery and organisational culture.



# Clovis Six

Founder and CEO of BloomUp

BloomUp is a digital mental wellbeing platform built around a simple but powerful journey: matching people with the right support, guiding them at their own pace, and helping them build lasting resilience. The platform combines direct access to mental health support with structured tools that help individuals or organisations actively manage wellbeing, reduce absenteeism and prevent burnout. Clovis combines a background in digital product development with a strong belief that mental wellbeing should be accessible, practical and human.



## On why digital mental wellbeing matters

For a long time, mental health support was organized around crisis care: you seek help once things have already gone wrong. In today's reality, that model is no longer sufficient. We're seeing sustained pressure on people: hybrid work, constant connectivity, high expectations, and less recovery time. At the same time, traditional care pathways are overloaded, slow, and often difficult to navigate. That gap leaves many people struggling in silence, knowing something isn't right but not "bad enough" to justify seeking help.

Digital wellbeing platforms fill that gap by making support accessible, low-barrier, and timely, which is essential for mental resilience. They also broaden what "support" means. Not every signal requires therapy, often people need space to reflect, build skills or regain balance on their own terms.

Preventive tools such as self-guided growth tracks make that possible. They allow people to work on themes like stress, boundaries, focus or work-life balance in their own time and at their own pace, before issues escalate. That autonomy reduces pressure, avoids pathologizing normal struggles, and strengthens resilience in everyday moments. From that perspective, digital platforms aren't replacing care. They are becoming the front door to a broader ecosystem of support. This enables people to start earlier, when the impact is often greatest.

## On the evolution of mental health platforms and the role of technology

The evolution of mental health platforms reflects a deeper understanding of how mental wellbeing works. We're learning that support isn't static, and that people's needs shift over time.

Generic content like mindfulness or reflection exercises continues to have real value. It offers an accessible entry point and helps people pause, build awareness, and develop basic skills. But on its own, it's not enough. Mental wellbeing is personal: what supports one person in a given moment may not fit another, or even the same person later on.

*When done well, wellbeing platforms help democratise access to mental care by reducing financial, practical and psychological barriers.*



That's why personalization has become so important. By taking context, signals, and changing needs into account, platforms can guide people toward the right form of support at the right time.

AI can help in this journey by lowering thresholds: helping people put words to what they feel, recognize patterns, and take a first step sooner. But it cannot replace human care. Mental health remains deeply relational, and progress often happens through real human connection.

The strength lies in combination: generic content as a foundation, personalization as guidance, AI as support, and human professionals as an anchor. That blend is what makes prevention more practical and allows platforms to keep evolving responsibly.

### On driving engagement and long-term adoption

One of the biggest misconceptions in this space is that success equals high adoption or frequent usage. In mental health, those are often the wrong metrics.

What matters first is awareness and trust. People need to know that support exists, understand what it's for, and how easy it is to access. Keeping wellbeing support top of mind in a light, non-intrusive way ensures people remember it when something starts to feel off.

The focus should also shift from adoption to impact. Not everyone needs to use a platform constantly. The real question is whether it actually helps e.g. by lowering burnout risk or helping people access support earlier. Those outcomes matter more than login numbers.

From a user perspective, sustained engagement comes from:

- **Right moment, not constant noise** - Support should appear when it's relevant. A well-timed nudge works better than frequent reminders.
- **Low barrier, clear guidance** - People often drop off because they don't know where to start. A simple, clear path lowers that barrier.
- **Real human connection** - Tools are helpful, but real reassurance comes from knowing a professional is easily reachable. That's what turns a platform into a true safety net.

When people feel supported without pressure and success is measured by real impact rather than usage, consistency follows naturally.



*Autonomy reduces  
pressure, avoids  
pathologising normal  
struggles, and  
strengthens resilience  
in everyday moments.*

### Mental wellbeing at work and beyond

Mental health is no longer just a personal issue, it's a shared responsibility within organizations and society. In the workplace, wellbeing platforms play an increasingly preventive role by offering low-threshold, confidential access to support and by helping organizations spot where pressure is building.



This shifts the focus from reacting to crises to supporting people earlier, before stress turns into long-term absence. At the same time, these platforms help create more open and human workplaces. By lowering barriers and normalizing conversations about mental health, asking for help becomes easier and more accepted.



***The strength lies in  
combination: generic  
content as a foundation,  
personalisation as guidance,  
AI as support, and human  
professionals as an anchor.***

Their impact often goes beyond work. Mental health doesn't exist in isolation, and when people receive support, the effects are felt at home as well. Additionally, by making care accessible not only for employees but also for those around them, wellbeing platforms can strengthen resilience within families.

More broadly, they help democratize access to mental care by reducing financial, practical, and psychological barriers. When done well, their impact goes beyond absenteeism: they help people engage with mental health earlier, more openly, and with greater compassion.





# Conclusion

Digital mental health has clearly proved its potential purpose. The question remains: How do we ensure that platforms don't just raise awareness, but actually help people channel behaviour, build resilience and stay engaged over time?

What becomes clear throughout this report is that digital wellbeing platforms are no longer optional layers around traditional care. They are becoming core infrastructure. Not because they replace clinicians or human connection, but because they make mental health support continuous rather than episodic, preventive rather than reactive, and accessible rather than scarce. The opportunity is real, but so are the challenges. Engagement drops, implementation slows down, and too many promising solutions still struggle to translate potential into lasting impact.

The expert perspectives in this report underline the same point from different angles. Impact doesn't come from more content, more features or smarter dashboards alone. It comes from relevance, timing and trust.

At IntelliProve, we see these questions surface every day in our work with digital wellbeing platforms, health insurance platforms and far beyond. How do you keep people engaged beyond the first interaction? How do you turn insight into action without adding friction? And how do you support mental wellbeing in a way that fits naturally into people's lives and into broader workplace and care ecosystems? We believe that low-friction, objective health measurements can play a meaningful role in that journey, especially when they are thoughtfully embedded into a wider wellbeing experience. That belief has shaped the software we build: technology that listens, adapts and guides users gently over time, combining data points and human input in a way that respects complexity rather than just flattening the experience.

If you're building or expanding a mental wellbeing solution or expanding your existing offering with a mental health vertical, this is a good moment to pause and reflect on how these pieces come together in your own platform. Sometimes, experiencing how measurement, feedback and engagement interact is the fastest way to unlock new ideas.

And if you're curious to explore how a simple, contactless health measurement could support engagement within your own wellbeing ecosystem, we'd be happy to take that conversation further. You know where to find us: [intelliprove.com](https://intelliprove.com) , if you are more of a personal approach person, this is Gregory, our Health Tech Specialist, he's great: [gregory.reynoldspayne@intelliprove.com](mailto:gregory.reynoldspayne@intelliprove.com)

Thanks for making it all this way with us,  
we'll see you later!

