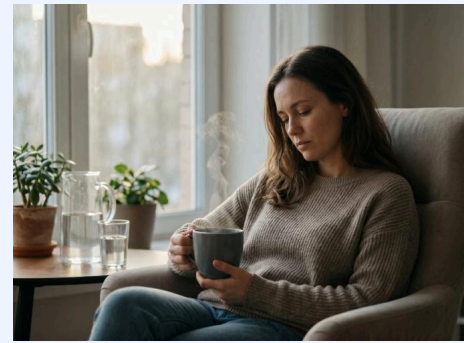


# SELFTRACE for Wellbeing and Prevention

Prevention, self-regulation, and practical clarity for high-stress sectors.



Vertical

**Corporate wellbeing, digital benefits, insurers, and prevention programs**

Focus

**SELFTRACE for Wellbeing and Prevention**

Core

**Scientific + actionable**

SELFTRACE offers a short, repeatable experience that helps people detect patterns of fatigue, avoidance, saturation, and dysregulation before they become a bigger cost.

## What makes this valuable

- Accessible, low-friction entry point into meaningful self-work.
- Focused on observable behavior and small applicable alternatives.
- Can coexist with wellbeing, coaching, or preventive health programs.

## Use cases

- Energy, stress, self-care, and sustainability programs.
- Digital benefits for employees, communities, or large user groups.
- Early interventions centered on everyday behavioral risk.

## Relevant benefits for this sector

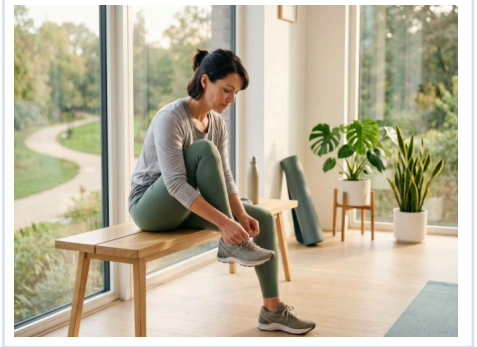
- Higher engagement than tools that feel too theoretical or too long.
- A better language for tension, cost, and regulation.
- Clear value for prevention and ongoing engagement.

## Sharing notes

- A strong entry point for broad sectors with preventive needs.
- Supports pilots, cohort-based experiences, and gradual adoption.
- Its usefulness grows even more when paired with human support.

## Scientific and operational basis

SELFTRACE combines deterministic pattern reading grounded in psychological flexibility, traits, and attachment theory. AI only improves the output language; detection itself relies on reproducible rules.



## Invite them to explore SELFTRACE

Share this brochure with people, teams, or institutions who may find it useful. SELFTRACE turns real micro-decisions into clear, actionable signals with scientific grounding.

Registration / access: <https://www.self-trace.com/Identity/Account/Register>

System guide: <https://www.self-trace.com/HowItWorks>

Entry page: <https://www.self-trace.com/>