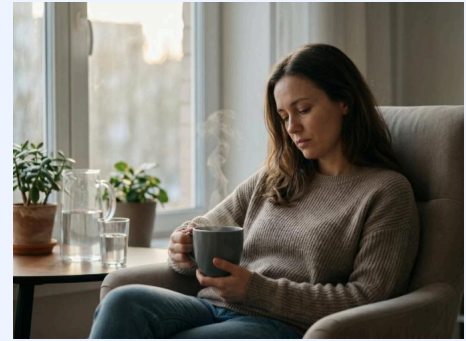


SELFTRACE for Wellbeing and Prevention

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

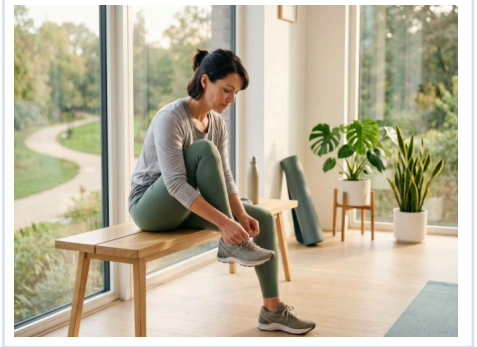
- Higher engagement than tools that feel too theoretical or too long.
- A better language for tension, cost, and regulation.
- Clear value for prevention and ongoing engagement.

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/>