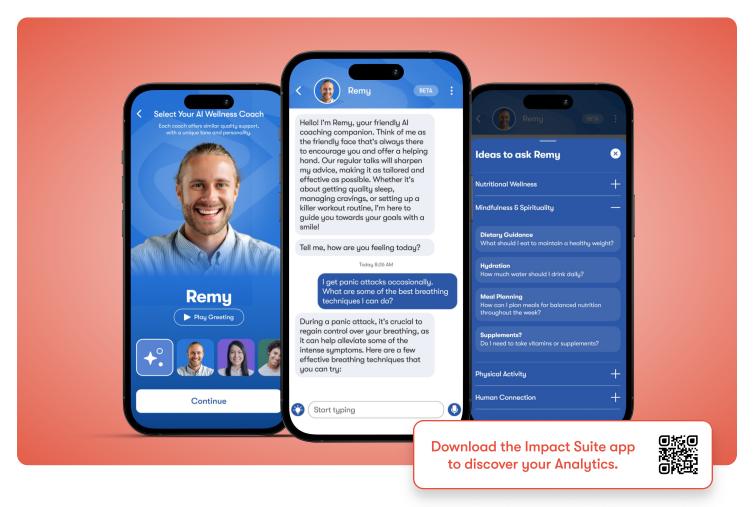




Our Al Coaching, powered by PAX Al, serves as a digital sherpa—offering immediate assistance and tailored guidance. Users can select from diverse coaching personalities, each designed to provide personalized support, celebrate successes, follow up on goals, and help schedule therapy sessions.

This feature combines convenience with motivation and consistent support, helping users stay focused on their mental health goals and boosting overall well-being at an accessible cost.



Ways to use Al Coaching

Data-Driven Insights: Allow the Al Coach to access data from your Daily Check-ins, Goals, and Journeys to provide informed, personalized advice.

Continuous Improvement: Use the Al Coach's tailored guidance to make consistent progress in your personal development and well-being. Proactive Support: Benefit from the Al Coach's proactive messages celebrating your victories, offering encouragement, and reminding you of your goals.