

Getting the most from your AI Coach

Your 4YOU Health AI coach isn't like other wellness apps. It doesn't just match keywords to predetermined responses. Built on 40+ years of preventive medicine expertise, it understands your complete health context, recognizes how different aspects of wellness connect, and adapts to your unique situation.



Be Honest About Your Challenges

Don't worry about phrasing things perfectly. Your coach responds to your actual situation, not keywords.

Try this:

- ✓ "I know I should exercise but I hate gyms and I'm exhausted by the end of my workday"
- ✓ "My doctor wants me to lose weight but every diet I've tried has failed"

Not this:

- ✗ Selecting from preset menu options
- ✗ Using clinical terminology you don't understand



Your Coach Remembers Everything

Unlike apps that make you repeat yourself, your coach builds a comprehensive picture across your entire 180-day program.

- Mentioned a knee injury in week one? It will suggest low-impact cardio in week eight.
- Shared your work schedule challenges? It won't recommend 6am gym classes.
- Told it you hate tracking food? It will find other approaches to nutrition.



Share The Full Context

Your coach can't see inside your life, so share freely:

- Work stress and family obligations
- Medical conditions and past health experiences
- What motivates you and what you've tried before
- Time constraints and access limitations
- What you love and what you absolutely won't do

The more context you provide, the better your coach can tailor recommendations to your actual circumstances.



Trust The Journey

Each 4YOU program is designed as a complete 180-day experience that builds lasting habits— not just initial excitement.

Your coach guides you through:

- Building foundations (weeks 1-8)
- Developing momentum (weeks 9-16)
- Overcoming obstacles (weeks 17-24)
- Sustaining habits (weeks 25+)

Real transformation takes time. Stick with it.



Engage Collaboratively

If a suggestion doesn't feel right, say so. "That sounds great in theory but there's no way I'd stick to that" is valuable feedback. Your coach will adjust and find approaches that actually fit how you live.

Ask for what you need:

- Want detailed meal plans? Request them.
- Prefer to understand the "why"? Ask.
- Need accountability reminders? Say so.
- Prefer to check in on your own schedule? Be explicit.

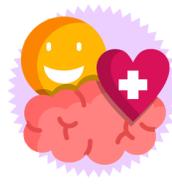


The 6 + 2 Normals

Your coach helps you work toward these science-backed indicators that can add up to 12 years of healthy, disability-free life:

1. Blood pressure under 125/85
 2. Healthy weight (BMI 21-29.9 or waist less than half your height)
 3. Blood sugar control (FBS under 107 or HgBA1C under 5.6)
 4. Cholesterol management (LDL under 70)
 5. Tobacco-free living
 6. Active stress management
- + Regular preventive care visits
+ Up-to-date vaccinations

Your coach doesn't treat these as separate checkboxes, it orchestrates your path toward all of them in a way that works for your life.



Follow the Interconnections

Your coach understands that everything is connected:

- Better sleep → reduced stress → lower blood pressure
- Physical activity → improved mood → better food choices
- Stress management → better sleep quality → more energy

If you notice connections in your own health (like realizing your sleep affects your stress, which impacts your blood pressure), follow that thread with your coach. You'll address root causes, not just symptoms.



Get Started

1. Complete your health assessment
2. Get your personalized 180-day program recommendation
3. Have your first conversation with your coach
4. Bring a real health challenge or goal you want to achieve

Don't overthink it— just be honest about where you are and where you want to go.

Looking for support? Join the Community at 4you.health