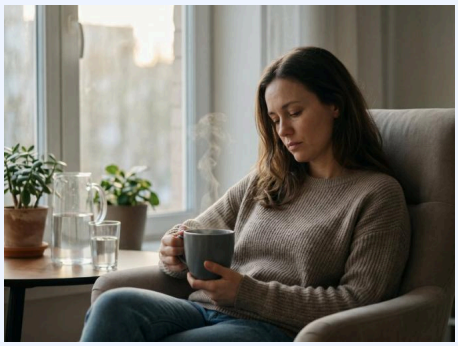
SELFTRACE for Wellbeing and Prevention

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.

Current platform capabilities

- Identity cartography by life areas with history and cumulative reading.
- Identity biography and emotional state to go deeper than the core pattern.
- Holistic diagnosis, contextual behavioral summary, and structured prompts for external AI.
- Apply as case workshop, historical inventory, and dedicated file card.
- Reusable libraries of actors, contexts, and environments to enrich real cases.
- Reports, PDFs, and shareable outputs with host branding.
- Link-based sharing and curated outputs for private or carefully public contexts.

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

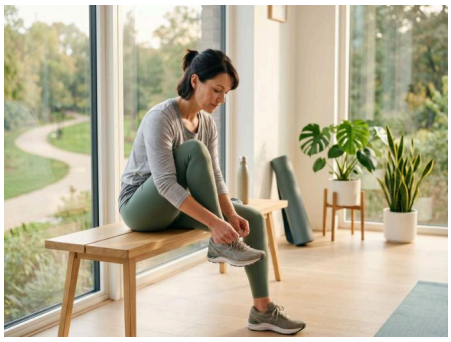
Sharing notes

- 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.

- 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. External AI can expand language, reflection, or coaching; the core detection still relies on reproducible rules and now also translates into cross-cutting reports and applied case files.



Invite them to explore SELFTRACE

Share this brochure with people, teams, or institutions who may find it useful. SELFTRACE combines cartography, biography, emotional state, contextual behavioral summary, applied case files, shareable reports, and external AI support inside a deep and actionable experience.

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

System guide: https://self-trace.com/HowItWorks

Entry page: https://self-trace.com/