

# Nourishmate



L14

**Our Objective**

How might we help recovering people with eating disorders maintain healthy habits in supplement to the therapeutic sessions they are already enrolled in?

## The Problem

40% of Eating Disorder patients report frequent relapsing

Recovery doesn't end when the session does!

95% of waking hours are spent outside therapy...

**When you're alone:**

1. Support systems disappear
2. Motivation and accountability decrease
3. Common triggers, such as loneliness, become prevalent
4. RELAPSE

## Insights

Social media use can increase relapse risk, discouraging app-based solutions

75% of people with eating disorders are between 12 and 25 years old

Journalers reported 40% abstinence from binge-eating at the end of treatment.

## Experiment

8 participants journaled with and without a physical companion relying on their efforts:

Journaling rate: ↑28.1%  
Motivation (\_/10): ↑1.9 points  
Word Count: ↑63.4%

No Aid	37.50%
With Aid	65.60%

## Current Solutions

**Friend Pendant**

- Concerns about privacy (always recording)
- Lack of incentive

**Macro Counting Apps**

- Intense tracking often worsens disorders or becomes forgotten.

## Our Solution

Introducing... **Nourishmate**

The Tamagotchi™ inspired solution for building habits towards a better future with the love and support of a new friend!

- Collectibles system inspired by modern gaming trends
- Hi-def microphone records journaling, voice patterns.
- Heart-rate Sensor for additional vitals.

**Therapist Dashboard:**

- Biometrics
- Relapse patterns
- Subjects to discuss in session
- Recommended personalized journaling prompts

## The Next Steps

**Individuals** (~25\$ per device)

Individual Therapists, nutritionists, support groups.

**Healthcare**

Contracted for public schools, rehabilitation facilities, etc.