



Behavior support with impact

Sense Health empowers people to take control over their own health, in order to optimize their quality of life.

Our solutions give users personalized insights into their situation and support them to change their behavior. We facilitate communication with human coaches for additional support when needed.

Impact

Behavior improvements of 61%*

Engaging

User retention of 91%*

*Measured over 724 users, week-over-week retention, in seven different field labs.

We are:

- A young, ambitious and international team with a passion for health and innovation.
- Combining the talents of people with a background in software development, artificial intelligence, psychology and behavioral science.
- Backed by two strong companies: Parnassia with healthcare expertise and Almende with research & innovation expertise.

Partners & Clients

TNO innovation
for life



TU Delft
Delft University of Technology



LMC Leids Universitair
Medisch Centrum




vrije Universiteit amsterdam

PSYQ

 **Zorroo**
Drogens, Jeugd, Verslaving & Overleving

indigo>

Markets



Employee wellness

brightr

Sedentary working conditions, irregular shifts, stress and burnout are huge health challenges that many employees face every day. Brightr impacts employee wellness to generate a 16% higher output and up to 30% less sickleave.



Mental healthcare

 **Goalie**

1 in 5 people gets to deal with a depression in their lifetime. Goalie is a blended solution for behavioral activation. Scientific evidence shows an improvement in cost effectiveness of 20%.



Chronic diseases

40% of all people will suffer from chronic illnesses like cardiovascular diseases and diabetes by 2030. Our solutions decrease this percentage by 20%, by helping people to adopt a healthier lifestyle.

Co-Creation

Our unique proposition may benefit many more user groups. Together with domain experts we co-create health applications that focus on behavioral activation for specific user groups.



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