



**Your patients need more than
advice. They need a self-care
support system.**

Built by a neurologist. Designed for real life.

Most patients know what they should do. The problem is they have no system to actually do it, consistently, every day. ooddle is that system.

Your patients don't need more advice. They need a system.

Your patients have heard the advice. What they need is a daily system that makes healthy behavior stick. Not another app that tells them what they already know.

How ooddle works

Self-awareness plus personal relevance. That combination is what makes daily habits finally stick.

Every day ooddle asks you to notice three things. Your stress, your energy, and your sleep satisfaction. That awareness becomes insight.

Your daily actions are then drawn from goals you identified for yourself. Making every recommendation personally relevant, not generically prescribed.

Insight plus personally chosen goals equals daily actions that actually mean something to you.

Five Wellness Pillars

Each day ooddle delivers five actions, one per pillar, personalized to goals the individual identified for themselves.

- **Metabolic.** Nutrition and energy.
- **Movement.** Physical activity.
- **Mind.** Stress and mental clarity.
- **Recovery.** Sleep and restoration.
- **Optimize.** Habits and performance.

The ooddle wellness score

A daily insight-based wellness score, not a clinical measure. It reflects how consistently someone is showing up for their own self-care and the trends, giving them a clear picture of where they are and what to focus on.

When to recommend ooddle

Whenever you sense a patient needs more support with self-care.



Building daily habits

"I know what I should be doing. I just can't seem to stick with it."

When consistency is the missing piece. ooddle provides a simple daily structure that helps people show up for themselves, one small action at a time.



Supporting a wellness journey

When lifestyle needs daily structure alongside any health goal.

Long-term success with any health goal depends on sustainable daily habits. ooddle supports the lifestyle habits that help any wellness program work better over time.



Stress and calmness

"I'm overwhelmed and I don't know where to start."

For patients who need a simple, consistent daily practice to manage stress. Small daily actions designed to help people feel calmer and more grounded over time.



Sleep routines

For patients who want more consistent sleep habits.

The Recovery pillar supports consistent nightly wind-down habits through small, repeatable daily actions.



Caregiver companion

"I'm so focused on taking care of them. I've completely forgotten about myself."

For patients who give everything to others and nothing to themselves. ooddle gives caregivers a simple daily system that makes self-care feel manageable, not selfish.



Try ooddle

Scan to preview ooddle in 60 seconds before recommending to your patients.
Free trial available, no commitment required.

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