



Recovering with Pretaa: Better Connections, Better Outcomes.

If you're recovering from Substance Use Disorder (SUD) or a related behavioral health concern, Pretaa is here to help. Our solutions uses Fitbit smart watches to support your recovery by helping you monitor your biometrics and by notifying you when something internal seems amiss. It is often said, "The relapse happens before the relapse", but knowing when this is actually occurring is challenging. Pretaa helps identify these potentially risky periods for you, helping you can get the support you need – when you need it most.

The 4 Components of Pretaa:



Biometrics:

This is all about tracking your health indicators.



Psychometrics:

Pretaa also takes note of your thoughts and feelings.



Geofencing:

A virtual boundary system that alerts you when you're near locations that could pose challenges to your recovery.



Positive Engagement:

Pretaa's there to encourage healthier choices and keep you engaged in your recovery journey.

Here's what Pretaa does:

- 1 Tracks Key Health Indicators:** Biometrics like sleep, heart rate, and activity are critical to recovery and understanding how your physical wellbeing relates to your thoughts, emotions, and feelings can be key to managing triggers and urges. Pretaa keeps an eye on these critical pieces of health data. It's like having a personal wellness detective that helps you understand what your body is telling you.
- 2 Reinforces Recovery Behaviors:** Pretaa rewards holistic wellness and self-care activities and provides an extensive library of on-demand resources so you can utilize in the moment, when you need it most, including a 24/7/365 Helpline.
- 3 Builds Your Recovery Team:** Pretaa understands the power of support. That's why it keeps your family, friends, and treatment center in the loop – with your consent, of course! With Pretaa, your loved ones can better understand the complexities of your journey and provide any ongoing support you might need.

If you're looking to strengthen your recovery, Pretaa is ready to help. By combining technology and the power of connection, Pretaa is committed to making your recovery journey smoother and more personalized to you. With Pretaa by your side, you're not just facing the challenges, you're conquering them.