



# Supercharge Your Recovery: Using Modern Tech to Understand Cravings

## Changing the Game in Recovery Support with Pretaa

Pretaa's cutting-edge software mixes non-stigmatizing wearable smart tech and machine learning to help you stay on track in recovery. By finding early signs of possible relapses, Pretaa offers the support you need to keep moving forward. Take control of your cravings and your recovery with Pretaa!



### Why Answer a Daily Craving Question?

Make your recovery journey stronger by answering a daily question about your cravings:

- **Complete Picture:** Pretaa blends your craving answers with data from wearables for a full view of your recovery.
- **Early Warning:** Pretaa finds early relapse signs, so you can handle cravings before they become a problem.
- **Smarter Over Time:** Your answers help Pretaa's smart learning get even better at understanding and supporting you.
- **Helping Others:** Your experience can improve treatments and encourage others in their recovery journey.



### Unlock Your Recovery Potential

Partner with Pretaa and enjoy these empowering features:

- Easy connection to wearable devices
- Daily guided questions
- Real-time data and analytics
- Safe and private platform
- Expert resources and support



### Stay Ahead of Cravings and Recovery

Understanding and managing cravings can be challenging – and is key to lasting recovery. Pretaa's mix of wearable tech, analytics, and daily questions keeps you one step ahead, so you can enjoy a successful recovery journey and build a rewarding and fulfilling living!

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Visit [www.pretaa.com](http://www.pretaa.com) for more information