Wello

Student Wellness, Re-visualized
Our Team

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Overview

Problem & Solution

Design Evolution

Next Steps

Summary
How might we better connect students with their school’s wellness resources?
Problem
“My university provided inaccessible and ineffective resources to the point that they weren’t worth exploring.”

—Danny, recent Indiana University grad
The university has good intentions with the mental health programming that they schedule but when I’m overwhelmed, [the programming and resources] can often feel just like another obligation.

—Alice, current graduate student at the University of Michigan
Point of View

We met Alice, a pre-professional graduate student at the University of Michigan.

We were amazed to realize the high volume of institutional support offered for student wellbeing felt like another obligation.

It would be game-changing if students could navigate and leverage university resources without feeling overwhelmed.
Problem Overview

The Problem: laborious and ineffective, making the prioritization of wellbeing feel burdensome

Existing Solutions: Wellness centers, CAPS, RAs, Headspace and Calm

Why These are Inadequate: impersonal and burdensome to navigate
Solution
Our Mission is to transform student wellbeing into an effortless, effective, and personalized social experience.
Introducing **Wello**, a mobile application for students to directly visualize and address their health and wellness.

Wello leverages AI to connect students with personalized wellness resources, provided by their school, that best fit their needs.
Wello

A resource navigation tool that is more visually soothing, reflective, and action oriented.

Receive personalized wellness resources from your school.

Journal and log your mood.

Send and receive support from friends.
Wello

A resource navigation tool that is more **visually soothing, reflective, and action oriented**

- Receive personalized wellness resources from your school
- Journal and log your mood
- Send and receive support from friends
Application of AI

Applying NLP + ML to recommend wellness resources and events based on journal entries

How did frustration manifest in your day?

I've been having a really hard day. I turned in an assignment that I worked on for four days straight only to find that I missed a section, so then I ended up turning it in late. I also had plans with a friend that ended up getting canceled last minute, and I was really looking forward to it.
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“plans... that ended up getting canceled”
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Making resources feel personalized and accessible
Using onboarding to clarify the willow and leaf metaphors

Your Willow Tree

You can find your resource roots, personalized based on your activity and journaling, below your willow.

Your Journal

You’re provided a journal where you can track your mood and write journal entries. The vine serves as a visualization of your mood.
User Interface

My Willow
Please swipe up or click on your tree to see your resources.

Add a journal entry for today!
Tasks

Task 1
Explore your willow and the recommended resources

Task 2
Create a new journal entry and log your mood

Task 3
Send an audio message to a friend
Task 1

Explore your wellness willow
Task 1

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Explore your wellness willow
Task 2

Fill out a journal entry
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How are you feeling today?

Select all that apply.

- intense
- afraid
- angry
- frustrated
- annoyed
- distressed
- unpleasant

SEPTMBER 02
Task 2

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What were some things that you felt grateful for today?
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Finish
Task 2

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Fill out a journal entry
Task 3

send your friend some wello wishes
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Video Demo

Our final Med-Fi Prototype & Tasks
Next Steps

For Students

● Prototype the live resource map feature

● Implement the recommender system that suggests resources based on the journal entries
Next Steps

For Schools

- Build out the interface for schools to input information about wellness resources

- Create partnerships with school wellness centers, student organizations, and residential assistants
Summary

Area of Innovation
Using AI to personalize the wellness resources provided by educational institutions

Immediate Impact
Introduce students to actionable wellness resources that they otherwise would not have known about

Long-term Impact
Increased student wellbeing and greater satisfaction with how schools support students
Wello

Student Wellness, Re-visualized

https://tinyurl.com/stanford-wello

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