



Benefits of Hear to Heal App

*Healing
Support
Growth
Brighter Days Ahead*

SAME JOURNEY. MORE SUPPORT. A BRIGHTER YOU.

Hear to Heal stands out by meeting people exactly where they are (in the app or in the companion book) and by gently bridging personal healing with professional support through an easy “Share with Provider” option.

How Hear to Heal is Different

1



Many self-help apps are “app-only” and don’t connect to a physical tool, so users must remember or recreate their reflections if they also use a journal or workbook.

2



Hear to Heal is built as a true companion experience: people can process their emotions in the book or the app, using the same healing voice, prompts, and approach, which makes it feel like one continuous journey instead of separate products.

3



This book+app pairing reduces friction for users who prefer to write by hand on some days and type or listen to audio on others, without feeling like they’re “starting over” in a different program.



*You
Are Not
Alone*



*Healing
Fits Your Life*



JOURNAL



LISTEN



CONNECT



SHARE WITH PROVIDER

Hear to Heal: Monthly vs Premium Annual

More Support. A Deeper Journey.

“*Healing is a journey, not a destination.*”



SAME TOOLS.
A BRIGHTER
TOMORROW.



Hear to Heal™
Heal • Empower • Inspire

	Monthly Basic \$7.99	Premium Annual \$69.99 
 Basic daily check-ins	✓	✓ Deep guided follow-ups
 Simple text journaling support, saved history	✓	✓ Guided prompts, audio
 Mood dots	✓	✓ Trend insights & patterns
 1 Sleep Story	✓	✓ 15 Sleep Stories
 Limited clips	✓	✓ Full audio library
 Occasional prompts	✓	✓ Full prompt library
 Works with the journal book	✓	✓ Extended companion journey
 Discuss insights verbally	✓	✓ Share selected check-ins directly
 Referral invites discounts	✓	✓ Extra facility/friend discounts
 Referral invites discounts	✓	✓ Extra facility/friend discounts

HEAL TODAY. BRIGHTER DAYS AHEAD.

