

WONE

Your Getting Started Guide

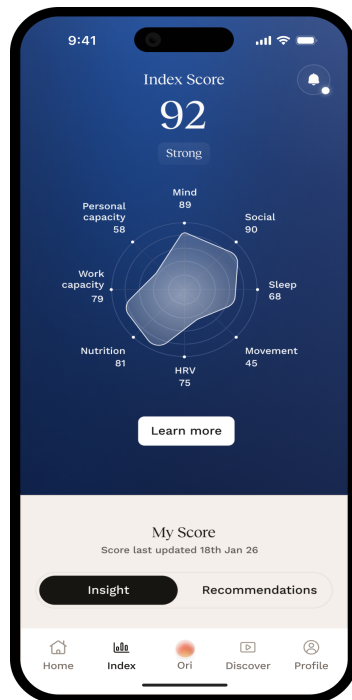
Science Led. AI Powered. Human First.
Scan the QR code to activate your account



Welcome to WONE.

This guide walks you through how WONE works, what to do first, and how to build a rhythm that actually fits your life.

THE WONE METHOD



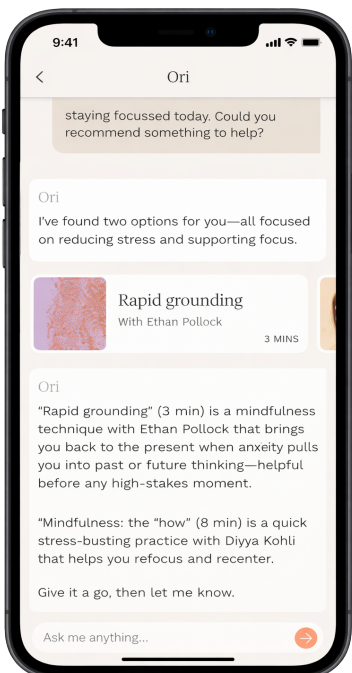
Step 1: MEASURE

The WONE Index measures two things most people never track together: how much stress you're carrying, and how much capacity you have to handle it across 7 pillars of your stress system. Mind, Sleep, Movement, Nutrition, and Social Connection form your resilience foundation. Work Stress and Personal Stress show what's loading against it.

Connect your wearable and your real-time data feeds directly into your results for sharper, more personalised insights.

You'll finish knowing exactly what's working, what's not, and where to focus first.

HOW TO ACCESS Open WONE → tap Index → complete your check-in (3-5 min). To see real changes, we encourage you to do it every month.



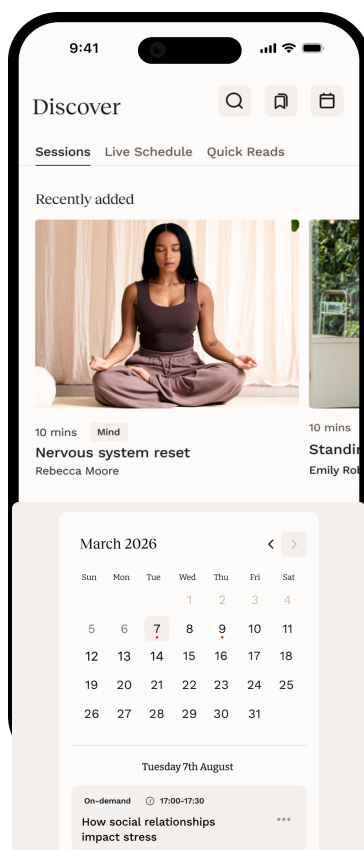
Step 2: UNDERSTAND Make sense of your signals with Ori

Ori is your AI performance coach, trained on stress science and behaviour change. After your Index, Ori translates your results into plain language, what's depleting you, what's working in your favour, and where to focus your energy.

Not sure what to ask Ori? Try these:

- "I feel wired but exhausted. What's going on?"
- "My Index flagged low sleep, what should I do today?"
- "I only have 5 minutes, what's the best way to reset for me?"
- "My Apple Watch shows my recovery is low. What does that mean and what should I do?"

HOW TO ACCESS Make sure you have the WONE app. Open it and tap on Ori to start a conversation.



Step 3: TRAIN Shift stress in real time with expert-led interventions

Ori guides you to expert-led interventions across mind, movement, and behavioural science matched to your exact state and context.

Add any session directly to your calendar and schedule it for whenever it works for you, a recovery session before a big meeting, a quick reset between back-to-backs. Real support, built into your day.

We recommend starting with:

[The difference between good stress vs bad stress](#) - Start here. Dr Lydia Roos breaks down the foundations of your stress system

[Coherence Breathwork](#) - A powerful breathing practice proven to improve Heart Rate Variability (HRV), one of the strongest markers of resilience and recovery.

[How to Hack Habits with Dr Jud Brewer](#) - Understand how habits are built, broken, and rebuilt and walk away with a framework you can start using immediately, from one of the world's leading neuroscientists on behaviour change.

HOW TO ACCESS The three sessions above are just the beginning, tap Discover to access the full library and let Ori guide you to the ones most relevant to where you are right now.

4 SUSTAIN

The more you use WONE, checking in regularly, exploring sessions, chatting with Ori — the more it learns about you. Your Index gets more accurate, Ori gets more precise, and the recommendations get more relevant.

WHAT PEOPLE ARE SAYING ABOUT ORI

"Ori was surprisingly helpful in diagnosing and alleviating the energy and focus challenges that shape my day."

"I'm generally aware of what triggers my stress, and the reactions that follow. What I don't always understand is why, or how to address it beyond ignoring it. Ori showed me both."

"It immediately feels safe, private, and knowledgeable. Like talking to someone infinitely wise who I respect."