

The balance between wellness and social connections

by María Chalco, Poom Techapongtada, Vartika Kejriwal, Yu Shan Hsu



Please add a short description of the idea, its goal, what problem it solves, whom it is for,

Co-in is a service that combines **social and wellbeing** aspects to help you to get in contact with the people that you care and with yourself, so you can reduce your stress and anxious levels in this uncertain context, motivating you to find new routines to improve your life.

WHOM IS IT FOR?

Students & the workers without kids that lives alone or with flatmates or their couple.

WHY IS IT RELEVANT?

The new context we are living in because of the **COVID-19** has created new regulations to keep us healthy and fight against the virus. Some of those regulations were **isolation** at home and **social distancing**. Starting from that, a lot of people found really difficult to create new routines for their daily life, including working, studying, or even keeping healthy. Apart from that, social connections have become an important issue, before this context we could go for an aperitivo or organize house parties with friends and family, now people are trying to find the way to keep in contact with the people they love and care. These problems **create stress, anxiety**, and even **an uncertain feeling** about the future and how to solve their problems from home.

WHAT IS NEEDED TO IMPLEMENT THE IDEA?

Data Platform
Chat/Videochat Platforms
Web/Mobile Apps as google maps view, house party, netflix party, calendar, etc

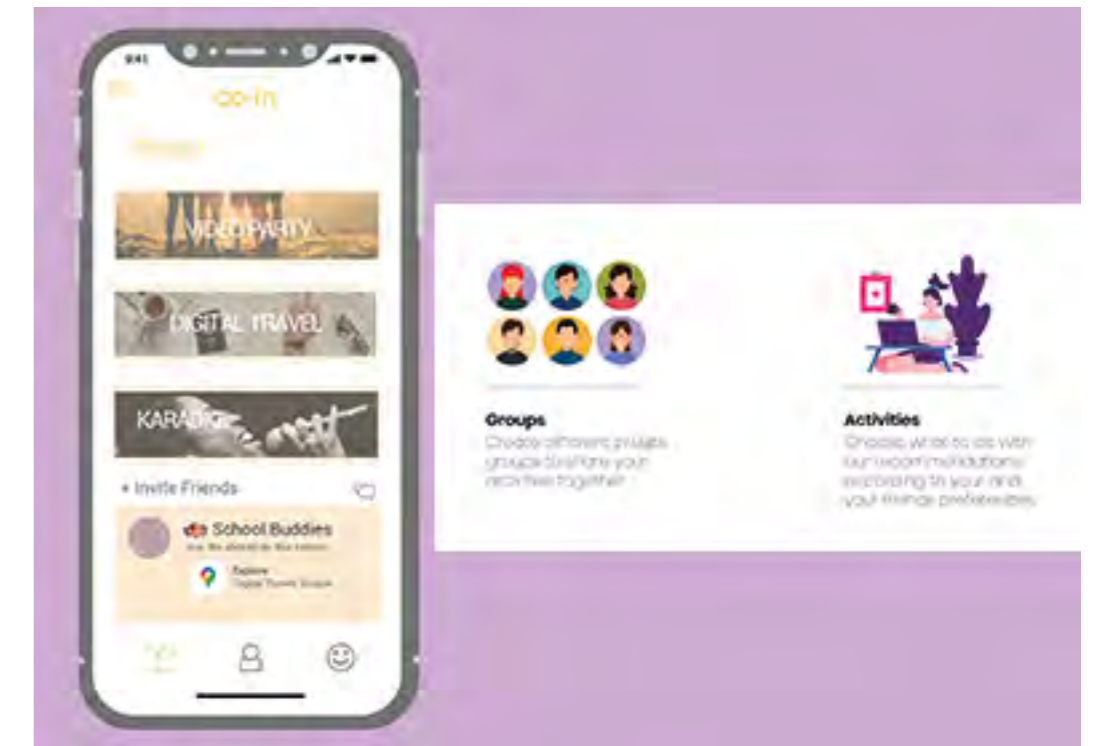
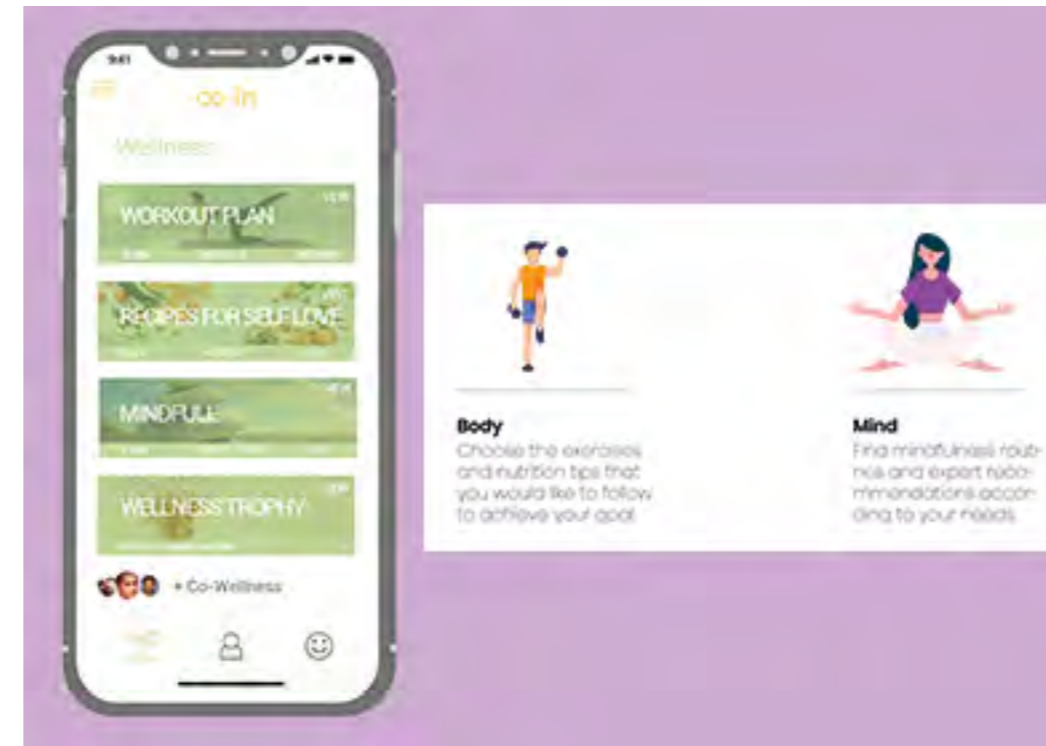
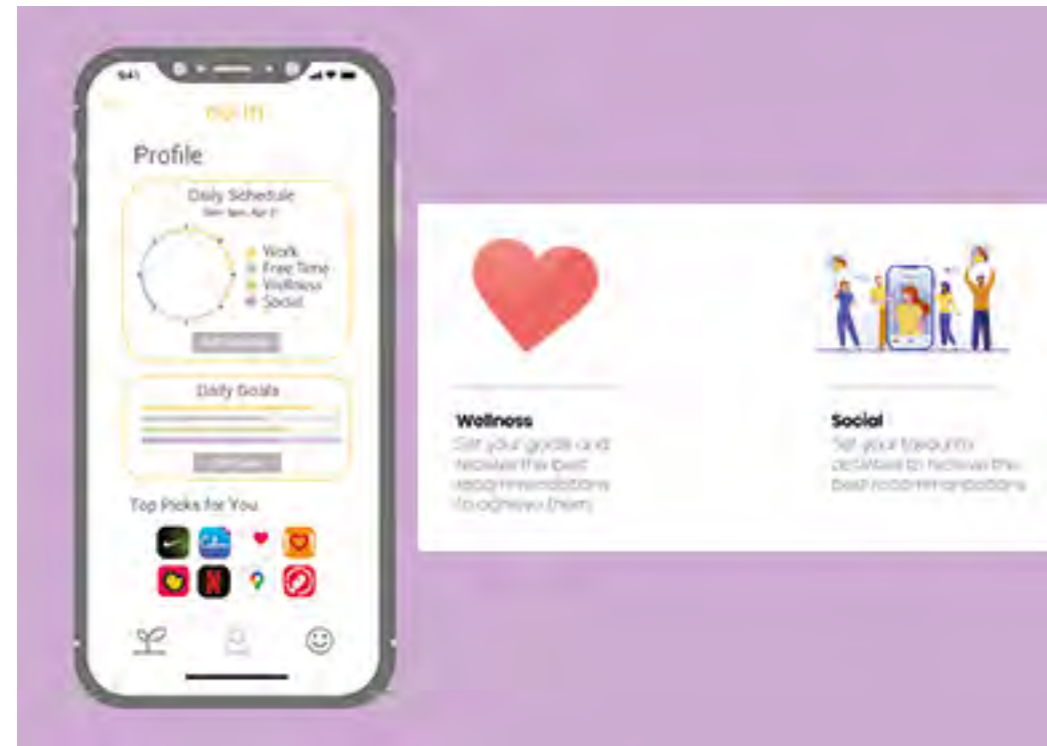
WHO CAN CONTRIBUTE?

UI/UX designers
CX designers
Web/Mobile Apps developers
Data analyzer
Wellness partners
Healthcare specialist (mental, physical, etc.)
Social event producers



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Register in our app with your **Facebook or Google account**, set your wellness interests and motivations in our **wellness section**. Sincronize your contacts and select your favourite activities and hobbies in our **social section**. You can install the app in all your devices like smart watch, chrome extension, etc.

Set your goal (ex. reduce stress) and receive all the recommendations that we have for you, select the activities you would like to do and save them in your calendar. You will visualize your daily track activities to check your performance, you can also invite your friends and family to join and workout with you and have some challenges with them. We will send you some feedback questions to understand how is your routine going and how do you feel, so we can improve and give you better recommendations.

Add your contacts and your favourite activities so we can create for you different spaces where you can make a movie night or a house party with your friends, even a tour to different countries and places that you would like to visit with them! You can also create private groups with friends and family to share different activities and chat together. You can sincronize the app with another social apps as house party, netflix party and even google maps view. And, if you need a secure channel to talk with people that you love, we have the ideal space for that, so you can message and call them whenever you need.

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