

Remedely POV Statements & HMW Questions

INSIGHTS	NEEDS	POV	HMW
People use the way they feel as motivation to improve their health and wellbeing.	People need to be aware of how they feel.	Matt needs to be aware of how he feels because he uses the way he feels as motivation to improve his health and wellbeing.	How might we help Matt become aware of how he feels to use as motivation to improve his health and wellbeing?
People use the way they feel to motivate themselves to continue practicing new habits.	People need to be aware of how they feel.	Matt needs to be aware of how he feels because he uses the way he feels as motivation to continue practicing new habits.	How might we help Matt become aware of how he feels to use as motivation to continue practicing new habits?
People are motivated to have good quality sleep because it affects how they feel the next day.	People need to have good quality sleep.	Matt needs to have good quality sleep because it affects how he feels the next day.	How might we help Matt improve his quality of sleep to feel energized the next day?
There are many recommendations on ways to fall asleep.	People need to learn what they should do to fall asleep.	Matt needs to learn what he should do to fall asleep because it is difficult to navigate all the things being recommended.	How might we help Matt learn about techniques he should use to fall asleep?
People are inspired by other people's stories.	People need to find inspiration to improve their health and wellbeing.	Matt needs to see other people's stories because they serve as inspiration to start or keep going.	How might we help Matt find inspiration to start improving his health and wellbeing or continue to stay his course?
People like to learn how to improve their health and wellbeing through consuming	People need to access relevant content.	Matt needs to access relevant content because he likes to learn how to improve	How might we help Matt find relevant content to improve his health and

content.		his health and wellbeing through consuming content.	wellbeing?
People are willing to keep track of their habits in order to improve their health and wellbeing.	People need to observe their habits.	Matt needs to observe his habits to track changes over time because he will be able to see the effects of his actions.	How might we help Matt see the effects of the actions he takes to improve his health and wellbeing?
People learn differently, and everyone's journey is different.	People need to have personalization.	Matt needs to have personalization because people learn differently, and everyone's journey is different.	How might we help Matt personalize his journey, so he can meet his specific health goals?