



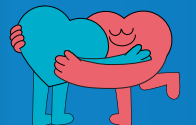
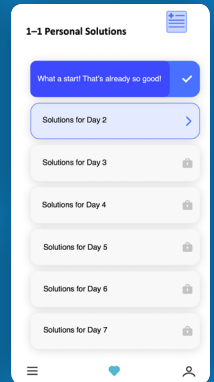
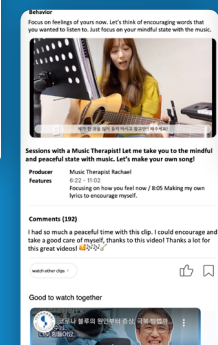
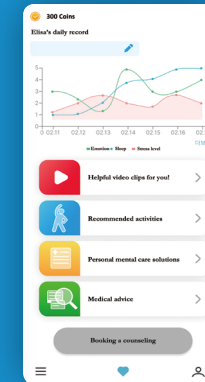
Maro app is a self-care mental health management app where experts assist by prescribing personalized digital content to help form behavioral habits.

Maro is with you to become a resilient mental health asset.

Digital Mental Health Platform


MARO


“See Together, Feel Together.”




Here's how you can start



01 Assessment 

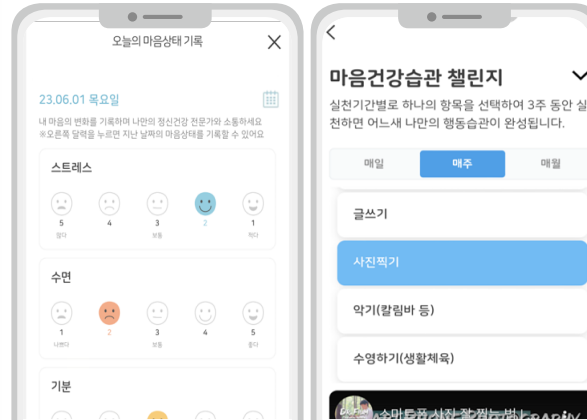
02 DR Maro Solutions 

03 Expert-recommended digital solutions for 7 days 

04 PT Maro Behavior Formation 

Keywords tailored to your situation or symptoms are prioritized at the top.

Through three stages of digital solutions—Emotion, Cognition, Behavior—you can regain psychological stability from anxiety or depression and expect auxiliary therapeutic effects such as symptom relief by learning coping methods.



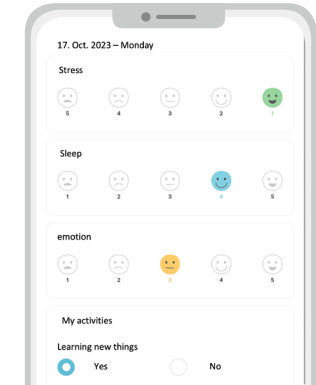
+ Mood Tracking

By recording three items—Mood, Stress, Sleep—every day, you can see changes over the week at a glance. It serves as good data to confirm the patient's recent status during counseling and treatment. In addition to status assessment, It facilitates effective digital care through the use of compliment/gratitude diaries, habit adherence, and video solutions.



+ 7-Day Expert Solutions

By analyzing over 4,000 real counseling cases, 33 primary presenting situations are selected, and experts prescribe weekly video solutions tailored to each situation. Through the daily videos, you can observe changes in mood and build mental health assets by making behavioral habits.



+ Calendar of Mental Health Asset Accumulators

The assessment results are recorded as traffic lights, and the action habits to be practiced and the expert's 7-day solution are displayed on the calendar schedule. The more active the user, the more Maro points they earn and can fill their mental health assets.

+ Must-do Actions!

- 1 Record 'Today's Mood Status' every day.
- 2 Watch video solutions of each Emotion—Cognition—Behavior.
- 3 Consistently practice the 7-day expert solutions.
- 4 Form habits for 3 weeks through behavior setting.
- 5 Share helpful videos with others.
- 6 Record changes and don't lose the power of positivity.

+ Web Page

