

Tykytin – Wellbeing on Your Terms

Your employer is taking part in a pilot project to introduce a new kind of wellbeing tool called Tykytin. This isn't your typical survey or mandatory app, but rather your own digital wellbeing companion – approachable, genuinely useful, and available whenever it suits you best. No pressure, no time clocks, no obligations.

Tykytin is a kind of digital wellbeing buddy, designed to help you feel better – both at work and in your free time – in a way that works for you. It adapts to how you want to use it: it understands that wellbeing looks different for everyone. It communicates naturally, learns your preferences over time, and offers advice that actually fits your everyday life.

Tykytin isn't "yet another app" you're forced to install. Instead, it's a flexible, always-available tool that's there for you – whether you're at work, at home, out for a walk or even relaxing at a summer cottage. It's like having your own personal wellbeing coach – only easier and more relaxed.

You can ask it down-to-earth, everyday questions like*“Why do I feel tired even though I sleep well?”, “Is it really okay to eat sausage every day?” *or* “How can I recover better after a night shift?”.* Ask anything, anytime – Tykytin won't judge or lecture (unless you want it to). It gives practical tips that can genuinely help you feel better.

You don't have to use Tykytin in just one way. In the future, you'll be able to choose the method that works best for you – whether that's SMS, email, a web interface, or a messaging app you already use. The features may vary slightly depending on the channel, but there's no need to install anything if you don't want to. The choice is yours.

Tykytin is a smart, AI-powered system that constantly learns from you and your needs. That means you won't have to spend time filling out long, boring surveys – it learns through conversation. The more you interact with it, the more accurately it can support your wellbeing and provide meaningful recommendations.

We also know that people often have concerns when it comes to AI and data privacy – like who sees your information or how it's used. That's why we want to

be completely transparent: when using Tykytin, you decide what to share. You can use it anonymously, without logging in or identifying yourself in any way.

All information you choose to share is handled with strict confidentiality and kept secure. Individual conversations or responses are never visible to your employer. Instead, your employer only sees aggregated, fully anonymized insights about overall workplace wellbeing.

Why does your employer need this kind of information?

Because they genuinely want to understand what your work community needs in order to feel better. When they know where the challenges are – like the quality of breaks, stress levels or physical ergonomics – they can make changes that actually improve things. Everyone benefits when the workplace becomes healthier.

Tykytin is currently in its first trial phase – this is a pilot where different features are being tested and developed based on user feedback. Not all functionalities are ready yet, but more will be added over time. This also means you have a chance to shape what Tykytin will become. You can give feedback, share what works and what doesn't – even small insights can lead to big improvements.

During the pilot, there will be a short training session to show you how Tykytin works and to answer any questions you might have. And if anything comes up later – whether about privacy, AI, or just how to use the tool – you can always get in touch.

Warm regards,

The Tykytin Team