O2 RHYTHM
REGULATE • REFLECT • CONNECT

FOR ORGANIZATIONS

Somewhere private to go in the minutes after a hard moment.

A hard call, a tough shift, a loss, bad news. Most people say "I'm fine" and keep going. O_2 Rhythm gives them a private next step right then, and points them to your support when they need more.

No app · No login · No appointment · Works on any phone · Free for your people

Workplaces, schools, healthcare, athletics, first responders

How it works

1. **Place your QR code** in break rooms, consoles, locker rooms, waiting areas or on badge cards.
2. **They scan.** O_2 Rhythm opens straight to their moment, like "A hard call or shift." No explaining.
3. **One useful thing.** A one to three minute reset: guided breathing, grounding, or a quick physical release.
4. **What next.** Feeling better, they get back to it. Feeling worse, they see your support contacts first, next to 988.

What your people get

Regulate
Breathing and body resets.

Reflect
Private writing that stays on their phone.

Connect
Letters from people who've been there, and help reaching someone.

What you get

- **Your own QR code**, opening to your people's moment
- **Printed kit**: cards, posters and stickers
- **Digital kit**: launch email, intranet text, graphics
- **Your support first**: your EAP or peer team, next to 988
- **Words from your field**: notes from coworkers, reviewed first
- **Quarterly anonymous reports**



"I built O2 Rhythm for the minutes after a hard call, when there's often no time to put it anywhere before the next one comes in."

Jenell, founder. Emergency medical dispatcher for 10 years, supervisor and trainer, certified in breathwork.

Privacy is the advantage

Your report shows

- Visits and scans
- Which moments people choose
- How many felt better after
- Which tools get used most

You will never see

- Who used it
- Anything anyone wrote
- Which letters someone read
- Any one person's visit

Plans

90-day pilot	Try it first. Credited toward year one.	**$500** one time
Team	Up to 100 people at one site	**$1,500** per year *
Organization	101 to 300 people, or up to 3 sites	**$2,500** per year *
Large	300+ people or 4+ sites	**from $3,500** per year

* Founding partner price, locked for two years for our first five partners. Standard prices $2,400 and $3,500. Always free for individuals.

Book a 20-minute call

We'll talk about where hard moments happen for your people, which starting moment fits, and whether a 90-day pilot makes sense. No pressure and no prep needed.

calendly.com/hello-rhythmo2 · **hello@o2rhythm.com** · **o2rhythm.com/organizations**

Scan to book

O_2 Rhythm complements EAPs, counseling, crisis services, peer support and professional care. It does not replace them, and it is not therapy or an emergency service. In crisis, call or text 988, or call 911.