



couplewise
the home for healthy relationships

the world's first self-care app designed to heal, grow, and strengthen your relationship

We took the best parts from couples counseling, over 60 years of research from our world-renowned relationship experts, and the insights of other happy couples to deliver a program designed to grow and strengthen your relationship.

Clarify Your Needs

Ask yourself: what do you and your partner truly need to be happy? We not only help you clarify those needs, we help you meet them and then we teach you how to communicate them in a stress-free way.

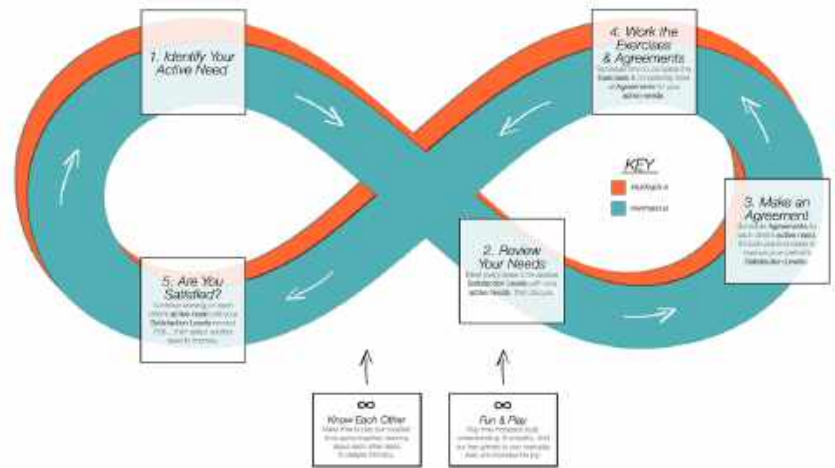
Conflict Resolution

CoupleWise also teaches you how to resolve conflict in a sustainably healthy, constructive way with our immersive Conflict Resolution Course.

Work the Cycle

The CoupleWise Cycle is a 5-step process to grow, repair, and strengthen your relationship, one need at a time, and it's based on the research of our world-renowned couples counselors.

The CoupleWise Cycle



We know how unhealthy relationships fuel stress, impact mental health, and cause serious health problems. It's a pattern. CoupleWise can break it.

CoupleWise is available right now with your policy. Get started today!



**HAPPY, HEALTHY
LONG-LASTING
RELATIONSHIPS**