

EmoCare - An AI-powered application to foster emotional well-being

EmoCare is an **AI-powered** application (app) grounded in the **PERMA model** to foster users' **emotional well-being**. The app integrates AI and uses the PERMA model for **positive psychology** (Positive emotion, Engagement, Relationships, Meaning, and Accomplishment) as a framework to develop users' positive emotions. Through **diary writing, image generation, emotion tracking, and conversations with an AI companion**, this **patented** technology helps users regulate emotions, engage in self-reflection, and build resilience. A real-time dashboard **visualises monthly mood trends** and provides AI-generated **reports** for users and educators' insight.

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FEATURES AND ADVANTAGES

Theory-driven design rooted in psychology:

1st AI-powered platform based on the **PERMA model** of **positive psychology**, ensuring **theory-guided** system functions and AI interactions

01

Integrated multi-modal AI interaction:

Integrates **diary writing, image generation, PERMA-guided AI conversations, and emotion tracking** for richer self-reflection and emotional regulation

02

Real-time visualisation and reflection:

Converts **emotional data** into **mood calendars, trend charts, and AI-generated reports**, supporting actionable insights for educators and enhanced student care

03

Highly affordable and market-competitive pricing:

Priced at **only HKD 28/user/year** with **50 free accounts**, ideal for large-scale institutional deployment

04



FUTURE DEVELOPMENTS

- **Collaborate with experts and integrate physiological data** to validate EmoCare's impact and support educators and counsellors
- **Enhance the educator/counsellor dashboard** for a **holistic view** of users' emotions and **evidence-informed resilience-building interventions**

