



MERIDIAN

CLOSED BETA

YOUR ONBOARDING GUIDE

We heard your call. Welcome to Meridian.

A mirror that learns. Your body, emotions, and experiences, in one model. This guide walks you in: how to sign in, what each part of the app means, and the science underneath, so you always know why the mirror says what it says.

Prepared for

You, one of the first

meridianself.com

Onboarding guide · v1.1 · July 2026

An honest note about where Meridian is

Meridian is young, and we would rather tell you that plainly than let you find out. Please read this page before you sign in. By using the app, you are telling us you have read it and agree with it.

Meridian is experimental software in a closed beta

It is a work in progress, offered as is. You are one of a small group of early participants. Features may change, break, or disappear between one week and the next. We take real care with your data, but at this stage we cannot rule out bugs, interruptions, or data loss, and we make no warranties or guarantees of any kind about the app, its availability, or its outputs.

It is not a medical device, and nothing in it is medical advice. Meridian reflects patterns in your own numbers. It does not diagnose, treat, predict, or prevent any condition, and it should never be the basis of a health decision. If something in your body or mind worries you, speak to a qualified professional. If you are in crisis, contact your local emergency services.

Its observations can be wrong. The engine is built to be cautious, but every pattern it shows is a statistical observation from a small window of your life, not a fact about you. Treat everything it says as something to notice and explore, never as a verdict.

You use the beta at your own judgment and risk. To the fullest extent permitted by law, Meridian and its operator accept no liability for any loss or damage arising from your use of the app or from decisions made in reliance on it. Nothing in this note limits any rights the law gives you that cannot be limited.

Participation is voluntary, and reversible. You can stop at any time. You can export everything you have put in, and you can delete all of it, from the Profile page, whenever you choose. No questions, no friction.

The full legal terms live on the site. This page is a plain-language summary, not a replacement. The *Terms* and *Privacy Policy* at meridianself.com are the documents that govern your use, and Meridian is for adults: you must be 18 or older to take part.

WHAT WE ASK OF YOU

One honest check-in a day, most days. Patience for the first two weeks, while the engine earns the right to say anything at all. And your candor: when something feels wrong, confusing, or overstated, tell us. That feedback is the whole point of a beta, and it shapes what Meridian becomes.

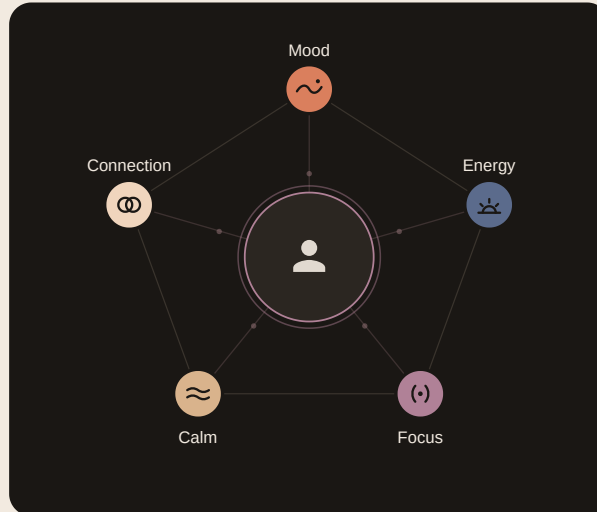
WHAT YOU CAN HOLD US TO

Your data stays private. We never sell it, never use it to train AI, and never show it to anyone but you. You can leave with everything, or leave nothing behind. And the mirror never flatters: when Meridian is unsure, it says so.

THE IDEA

What Meridian is, and why it exists

Most technology points you outward: feeds, comparison, metrics, the world. Meridian points inward. It is a personal AI that learns the patterns across your whole life, your body, your emotions, your experiences, your social world, and your growth, and reflects back what you would miss alone.



You at the centre, connected to every dimension. What matters lives in the connections: how mood, energy, and world move together over time.

WHY NOT JUST ANOTHER APP

You may already own tools that watch one slice of you, and they are good at their slice. Where Meridian differs is the whole:

A tracker watches one signal. Your watch can say last night was short. It cannot say that your calm tends to stay higher for days after real time with the people who matter, because it never sees your people.

A journal holds your words but does not compute. It remembers what you wrote; it cannot notice that the heavy entries cluster after the weeks you stopped seeing people.

An AI companion talks, but it guesses. A chatbot will happily produce a confident story about you with no arithmetic behind it. Meridian's rule is the opposite: ordinary, predictable code does all the mathematics, and the AI is only allowed to phrase what the code has verified. It never invents a number.

And an optimization app keeps score. Meridian has no streaks, no badges, no guilt. It is built to make you feel seen, not behind. Missing a day costs you nothing but a data point.

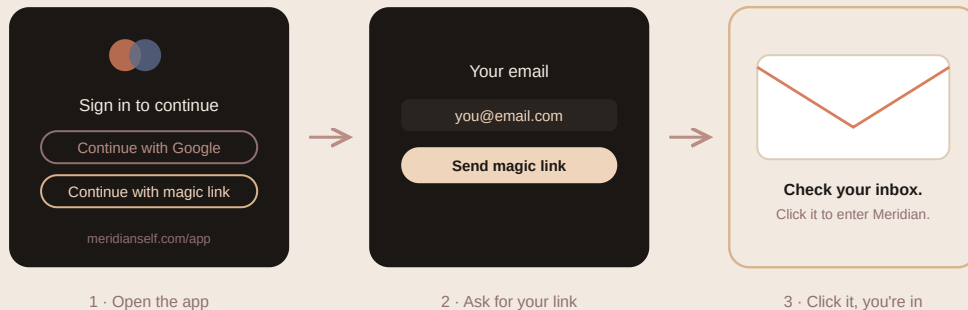
Meridian measures everything against one standard only: your own normal. Not the average user, not a leaderboard. You are the reference.

TRY IT BEFORE YOU FEED IT

A public demo lives at demo.meridianself.com. It shows "Maya", a synthetic example profile with 90 days of made-up data, so you can walk every screen and see what a mature mirror looks like before you connect anything real. Nothing in the demo belongs to a real person.

Signing in with your magic link

There is no password to invent or remember. Meridian signs you in with a one-time link sent to your email, the same address your invitation came to.



The whole sign-in, in three moves. No password exists, so no password can leak.

1

Open the app

Go to **meridianself.com/app** in your phone or computer browser, using the access details in your invitation. You will see the sign-in screen: "Sign in to continue."

2

Choose "Continue with magic link"

Tap it, type the email address your invitation was sent to, and tap **Send magic link**. (If you prefer, "Continue with Google" signs you in with your Google account instead; both lead to the same place.)

3

Check your inbox

Within a minute or two, an email arrives with a single sign-in link. Open it *on the device you want to use Meridian on*. The link works once and expires, which is exactly what keeps it safe.

4

You are in

Meridian remembers this device, so you will not need a new link every day. Signing out (Profile page) or switching devices simply means asking for a fresh link.

IF THE EMAIL DOES NOT ARRIVE

Give it two minutes, then check spam and promotions folders. Make sure you typed the exact address your invitation came to; the beta only admits invited addresses. Still nothing: reply to your invitation email and we will get you in.

ONE SMALL LUXURY: KEEP IT ON YOUR HOME SCREEN

Meridian is a web app that installs like a native one. On iPhone: open the app in Safari, tap the share icon, then **Add to Home Screen**. On Android: Chrome offers **Install app** from the browser menu. You get a full-screen Meridian one tap away, and the daily reminder can reach you there.

Eight questions before the mirror opens

The first time you enter, Meridian starts by listening: eight questions, about a minute. Your answers decide what the mirror watches first, so it has something honest to show you from day one instead of opening empty. You can skip anything and change everything later.

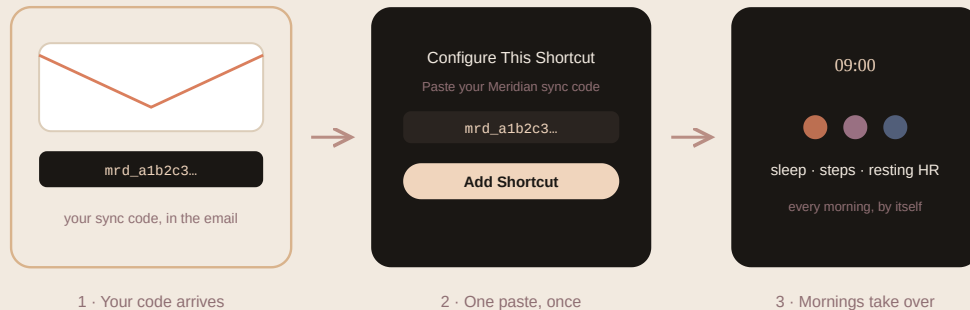
QUESTION	WHY MERIDIAN ASKS
What do you want to understand first?	Sleep, energy, stress, mood, focus, or connection with others. Pick any; the first one you tap becomes your priority, the thing the mirror watches most closely in your early weeks.
What does your typical day run on?	Regular hours, shift work, or a variable schedule. Your schedule shapes how your nights deserve to be read; a shift worker's 3am is not a warning sign.
Most nights, how do you sleep?	Your own sense of it: restful, mixed, broken, or hard to say. One day your data gets to answer back.
How often does stress get in the way?	From hardly ever to constantly. This calibrates what "a stressful day" means for you, not for people in general.
Coffee, tea, energy drinks?	Caffeine can reach your nights. Meridian only watches what applies to you; answer "none" and it stops asking.
Alcohol?	No judgment here, only patterns. Same principle as caffeine.
Anything unusual about this season of life?	Frequent travel, a big change, recovery from illness, caring for someone. It keeps your first weeks from being misread as your normal.
Do you wear something that tracks sleep or heart rate?	A watch, ring, or band enriches the picture, but Meridian works with check-ins alone. No wearable is required, ever.

At the end, Meridian composes your **starting mirror**: a short reflection built from your answers, plus what it will watch first and what happens next. It closes with a line worth keeping: *"These are starting points, not conclusions. Your data will confirm them, or correct them."*

Then one button: "Open your mirror." That is the whole ceremony. From here on, Meridian runs on one honest minute a day.

Connect your body data

Meridian works with check-ins alone, but your sleep, steps, and resting heart rate give the mirror its second eye. Two minutes of setup, once, and every morning your body reports in by itself.



One code, one paste, then the mirror reads your nights without being asked.

1 Check your wearable feeds Apple Health

Garmin (via Garmin Connect), Coros (Coros app → Profile → Settings → 3rd Party Apps → Apple Health), Amazfit (Zepp app → Profile → Add accounts → Apple Health), or an Apple Watch (nothing to do). Then open Apple Health → Browse: if Steps and Sleep show recent data, you are ready.

2 Add the Meridian Sync shortcut

Tap the shortcut link in your welcome email on your iPhone. Safari downloads a small file; open it and tap **Add Shortcut**. On the *Configure This Shortcut* screen, paste the sync code from the same email. That paste is the only time you ever enter it.

3 Run it once by hand

In the Shortcuts app, tap **Meridian Beta Sync**. Allow the Health permissions iOS asks for: Steps, Resting Heart Rate, Sleep. If iOS mentions "sharing a large amount of Health items": Settings → Apps → Shortcuts → Advanced → enable **Allow Sharing Large Amounts of Data**, and run again. (A coming version removes this step.)

4 Hand it to the mornings

Shortcuts app → Automation → New Automation → **Time of Day**, 09:00 daily, **Run Immediately** → Meridian Beta Sync. Done: from tomorrow, your days arrive on their own, labelled with their source in the app.

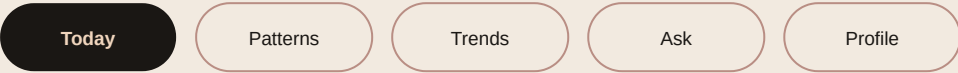
WHAT FLOWS, AND WHAT NEVER DOES

The shortcut reads three things from Apple Health: steps, resting heart rate, and sleep. It sends them only to your own Meridian account, over an encrypted connection, identified by your sync code and nothing else. Miss a day because your phone was off? Sleep backfills itself over the following week. Lose or leak your code? Tell us; it is revoked in seconds and a new one issued.

Silence is success: a working sync never interrupts you. If a sync fails, you get a notification that quotes the exact reason, made to be screenshotted and sent to us.

Today: your one-minute check-in

The app has five rooms (on a phone they live in the bottom bar, on a computer along the top), and you will spend most of your time in the first. Today is where you tell the mirror how you are, in a single gesture.

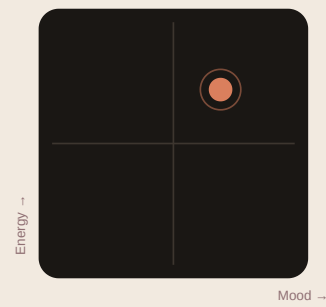


THE CHECK-IN PAD: MOOD AND ENERGY IN ONE TOUCH

The prompt asks: *"How are you showing up today?"* Below it sits a square field with two axes: **Mood** running left to right (heavier to brighter) and **Energy** running bottom to top (drained to charged).

Touch the field where you are. That is the entire required check-in: one gesture, saved instantly. There is no wrong region and no target region.

These two signals are the emotional core the engine correlates against your body data, which is why they come first and cost you the least.



One touch. Where you land is the day's coordinates.

ADD DETAIL, ONLY IF YOU WANT TO

Tapping **add detail** opens the optional layer. The app reminds you: your check-in is already saved; detail only sharpens what Meridian can notice later.

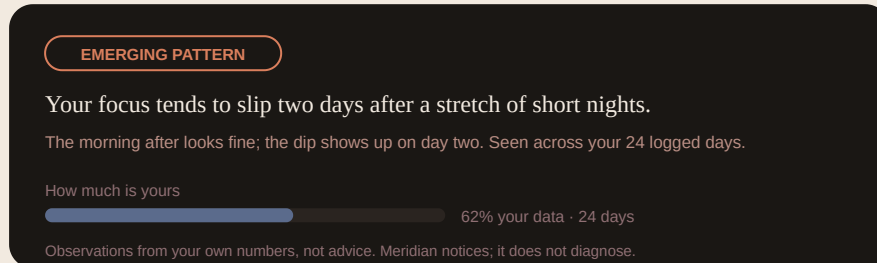
FIELD	WHAT IT MEANS
Focus	How gathered your attention feels today. Distracted · Steady · Sharp
Calm	Your inner weather, tension to ease. Tense · Steady · Calm
Connection	How much real human contact the day held. None · Some · A lot You can also log who you connected with: a name, how (in person, video, call, message), roughly how long, and who reached out. It is how Meridian learns which kinds of contact your mood answers to.
Alcohol	One tap: "Had a drink." Tap again to undo. No quantities, no judgment; it exists only so the engine can check whether drinking evenings echo in your sleep and next-day signals.
Caffeine	One tap: "Coffee after 2pm." Late caffeine is the interesting kind for sleep, hence the framing. Same tap-to-undo, same neutrality.
A note	A free line: "What's on your mind today? One line is enough." Words give the numbers their context when you look back.

Also here: a breathing break (a minute or two of box breathing, whenever you need to settle) and, once a wearable is connected, "From your wrist", the day's body signals. One check-in a day is plenty; missing days is fine and never punished.

Patterns, Trends, and Ask

PATTERNS: WHAT THE MIRROR HAS NOTICED

This is the room the daily minute pays for. When the engine finds a relationship in your data, say, your evenings out lining up with lighter mood two days later, it appears here as a card, written in plain language and carried by evidence you can inspect.



A pattern card: the claim, the evidence, how much of it is your own data, and the standing caveat.

Every card carries an honesty label, straight from the engine's own confidence:

Consistent pattern means the link has shown up consistently across your days of data. **Emerging pattern** means there is an early hint, but the window is still small: keep logging to see if it holds. **Too early to tell** means the signal is faint and could just be day-to-day noise. Weaker threads are grouped behind a fainter view rather than dressed up as findings, and each card shows how much of the reading is your own data versus published science, plus your baseline range alongside the averages.

Until Meridian has seen enough of your days, it holds a pattern back rather than overstating it. A quiet Patterns page in week one is the app being honest, not broken.

TRENDS: YOUR SIGNALS OVER TIME

Your week in review, and your body and emotion lines drawn over the last 30 days: HRV, mood, energy, and friends, so you can see with your own eyes the shapes the engine reasons about. Nothing here scores you; it is a view, not a verdict.

ASK: THE CONVERSATION

A place to ask Meridian about yourself in plain words: "how has my sleep been lately?", "what did you notice this month?". The answers are composed by an AI, but under a strict rule: every number it speaks comes from the engine's verified calculations, never from its imagination. Ask uses an AI key configured on the Profile page; your invitation notes tell you if yours is preconfigured or needs a minute of setup.

Profile: you, your data, your controls

The Profile page holds everything about you that gives the engine context, and every control that keeps the data yours. Each field is optional unless noted; here is what each one actually does.

FIELD	WHAT IT IS FOR
First name, surname	How Meridian addresses you. Nothing more.
Email	Tied to your sign-in; contact us to change it.
Date of birth	Lets Meridian read your body signals against age-matched reference ranges. A resting heart rate that is ordinary at 25 reads differently at 55.
Biological sex	Female, male, intersex, or prefer not to say. Used only to pick sex-matched reference ranges for body signals, and to offer cycle tracking where it applies.
Height and weight	Body context for the same purpose, with a live BMI readout shown for reference (the WHO definition, weight over height squared). Context, never a score.
Menstrual cycle	Tracking or not tracking, your choice. When on, the engine can tell a cycle-phase change from a genuine shift in baseline, which prevents a whole class of misreadings.
Timezone	Where you are, so days begin and end when yours do, and travel does not scramble your nights.
Daily reminder	One push notification, at a time you pick, only if you have not checked in yet. No nagging, ever.
Language	English, Italiano, or Français, applied to the whole app.
Data sources	Where body data comes in. Apple Health connects through the Meridian Sync shortcut (see "Connect your body data"), covering Garmin, Coros, Amazfit, and Apple Watch; Strava connects with a tap; the panel shows the live status of each source as more come online. Each connection is read-only: Meridian reads your signals, it never writes or shares.
AI key	Powers Ask Meridian and note analysis. Stored locally on your device only.
Privacy toggles	Fine-grained switches for how your data is handled, including whether it may be sent to the AI for pattern phrasing, and anonymised usage analytics (off means off).
Export my data	Everything you have put in, out, in one tap. Yours to keep.
Delete all my data	The danger zone, honestly labelled. It removes your data, completely. No exit interview.

WHY MERIDIAN ASKS FOR BODY CONTEXT AT ALL

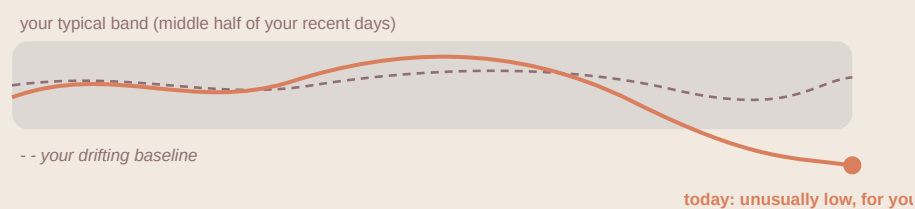
Every one of these fields exists for one reason: so the engine misreads you less. Age, sex, height, weight, cycle, and timezone are the difference between "your resting heart rate rose" meaning something, and it meaning you flew across an ocean on Tuesday. Leave blank anything you prefer not to share; Meridian simply says "no matched range" rather than pretending.

How the mirror earns your trust

A mirror that flatters, or that sees links that are not there, is worse than no mirror at all. So Meridian's engine is built around one promise: when it tells you something about yourself, you can believe it. Here is how, in plain terms first, mathematics after.

EVERYTHING IS MEASURED AGAINST YOUR OWN NORMAL

There is no single ruler that measures a night's sleep and a heavy journal entry. Meridian's answer is to stop using outside rulers altogether. Every signal is re-expressed as *how far today sits from your own recent normal*: not "is this good sleep" but "is this more or less than has been usual for you lately". Once everything speaks that language, very different things become comparable, and your baseline drifts as you drift, weighing recent days more than distant ones.



The only question Meridian ever asks a number: how far from your own normal is today?

THE CODE COMPUTES, THE AI ONLY SPEAKS

All arithmetic is done by ordinary, deterministic code: the same input always gives the same answer. The AI language model is confined to language. It reads the numbers the code produced and phrases them warmly; it is never allowed to invent one. This division is what separates Meridian from a chatbot with opinions.

FOUR DISCIPLINES AGAINST FOOLING YOU (AND OURSELVES)

It cross-checks two kinds of agreement. Two signals can "move together" by size or merely by order. Meridian requires both readings to agree; when they disagree, one odd day is usually doing all the work, and the pattern is set aside.

It guards against the lucky find. Check a dozen possible links and chance alone will make one look impressive. So Meridian shuffles your data many times to measure how strong a "pattern" pure chance can fake, and only believes a real one that clearly beats it, in a way that respects how neighbouring days naturally resemble each other.

It starts skeptical. With little data, every apparent pattern is pulled toward "probably nothing" and released toward its true strength only as evidence accumulates. This is exactly why the mirror is quiet and tentative in your first two weeks.

It refuses to claim cause. Meridian reports that two things move together, never that one causes the other. In one person's life, with countless unmeasured influences, causal claims cannot be honestly made from this data, so the language "tends to" and "lines up with" is a firm rule, not a style choice.

The full plain-language account of the model, including what has been proven so far and what has not, is published at meridianself.com/science.html, with the research behind each pattern at meridianself.com/insights.html.

The mathematics, briefly

Nothing below is exotic: these are standard, battle-tested statistics. Meridian's craft is in applying them honestly to a single person's data. (The exact settings, thresholds, and weightings are Meridian's own and are not published.)

1 · YOUR NORMAL, AS A NUMBER

For each signal, Meridian keeps a recency-weighted baseline and asks how unusual today is, in units of your own variability (a z-score):

$$z_t = (x_t - \mu_t) / \sigma_t$$

x_t is today's value; μ_t and σ_t are the mean and spread of your own recent history, with recent days weighted more. Computed only from your past, never your future.

2 · DO TWO SIGNALS MOVE TOGETHER, WITH A DELAY?

Bodies take time to answer. The engine tests relationships at several time lags, k days apart, using the lagged correlation:

$$r(k) = \text{corr}(x_{t-k}, y_t)$$

If sleep on Monday relates to mood on Tuesday, the link peaks at $k = 1$. Direction in time is how Meridian says "body tends to lead mood by a day" rather than the reverse.

It computes agreement two ways: Pearson's r , sensitive to the size of the swings, and Spearman's ρ , which ranks the days and cares only about order. A pattern is trusted only when both agree; disagreement usually means a single extreme day is doing the work.

3 · COULD CHANCE ALONE EXPLAIN IT?

Meridian shuffles your data many times, breaking any real link while preserving the day-to-day texture, and measures how strong a correlation chance can fake. The observed pattern must clearly beat that shuffled distribution:

$$p = (\# \text{ shuffles with } |r| \geq |r_{\text{observed}}|) / N$$

A permutation test. Because it looks at many candidate links at once, the whole set is then held to a stricter, false-discovery-controlled standard, so survivors survive as a group.

4 · SKEPTICISM, QUANTIFIED

With few days of data, the estimate of a pattern's strength is deliberately shrunk toward zero, and released as evidence accumulates:

$$\text{strength shown} \approx w_n \cdot r, \text{ where } w_n \text{ grows from 0 toward 1 with your days of data } n$$

This is why early cards say "Emerging" or "Too early to tell", and why the label "Consistent" has to be earned. Confidence also decays when a signal goes quiet.

WHAT THIS BUYS YOU

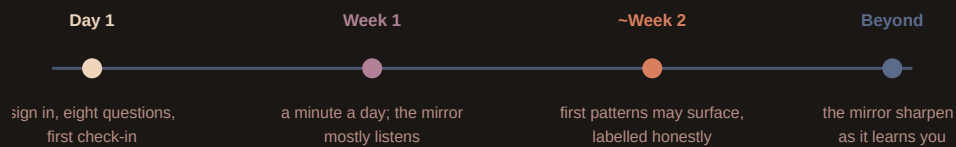
The engine is validated against an independently built reference (hundreds of automated checks, agreeing to six decimal places) and tested on data with known planted patterns, including deliberate traps: signals that only look linked because both follow a third. Recovering the real link while demoting the trap is the standard every release must pass. What it never does is claim to know your emotions from your heart rate, predict your future, or diagnose: correlation, honestly measured and honestly labelled, is the product.



WHAT HAPPENS NEXT

Two honest weeks

Your first fortnight is a quiet one, by design. Here is the shape of it.



Patterns need roughly two weeks of days before the engine will say anything with confidence, and "too early to tell" is the app keeping its promise, not failing it. All we ask in return is one honest minute a day, and your candor when something feels off.

Questions, trouble signing in, or something that feels wrong or over-claimed: reply to your invitation email, any time. You are one of the first people to hold this mirror, You, one of the first, and what it becomes is shaped by you.

We heard your call.

Now the mirror listens.