



Bearmore, a top rated wellbeing app on iOS and Android, helps people work on what matters without the trends, gimmicks, or hype.

We're built around one simple question: **what matters to you?** Maybe it's feeling calmer at work, sleeping through the night, getting strong again after an injury, or reconnecting with your partner. Once we know your goals, we recommend the most effective options from 40+ research-backed activities, everything from resistance training and meditation to gardening and mindful cooking, and create a personalised game plan that helps move the needle.

It's a personalised approach to wellbeing that's practical, grounded in science, and makes the key drivers of long-term health accessible, measurable and masterable.

Key messages

Bearmore makes good science easy to use. Bearmore has sifted through the noise and surfaced what actually works so people can focus on what moves the needle.

Bearmore helps you work on what matters. Users can share life goals, areas they'd like to improve, or any challenges they want to overcome and Bearmore creates evidence-based focus areas tailored to their priorities, guiding their well-being in the right direction.






Every feature leads to longevity. Bearmore helps users understand how daily actions shape energy, focus, mood, and long-term resilience.

Quick stats

- Launched in May 2025
- Born in Australia
- Founded by Aulay Macaulay
- 43 Evidence-backed activities*
- 878 free, interactive guides*
- 419 quality reviewed research articles*

*as of August 2025

Quick links

-  bearmore.com
-  [@bearmore_app](https://www.instagram.com/bearmore_app)
-  [r/bearmore](https://www.reddit.com/r/bearmore)
-  [Apple App Store](https://apps.apple.com/au/app/bearmore/id6458121140)
-  [Google Play Store](https://play.google.com/store/apps/details?id=com.bearmore)

Contact

Ben Weiss
Head of Growth
Press@bearmore.com

Hi-res logos and screenshots
are available on request.

