

Not read by your clinician. Clear sharing paths.

Your clinician does not read your chats. An AI review of your conversations, including unsaved messages, prepares short observations for your care team, never your words.

You choose the words

Save for session

Your confirmed message and approved context go to the recipients shown in the preview. Saving does not open the rest of the conversation.

A separate safety path

Urgent safety

Only a tier 1 safety flag, danger now, shows your care team the flagged message with up to five messages before it and two after it. No other flag reaches them. It is not continuous human monitoring or emergency care.

A separate nonurgent path

A concern for review

When you report a concern, the review reason and permitted supporting context go to your clinician, and a notification is queued. Delivery may fail. This does not open the conversation or promise immediate review.

Part of the companion agreement

Clinical observations

A separate AI reviews your conversations, including unsaved messages, and prepares observations for the clinicians and supervisors named in your agreement. They are for review, not a diagnosis. Save is not the control for it.

Yours alone

Your journal and private notes

No one at your practice and no AI reads them, and they raise no flag. You can seal them on your device with a passcode, which cannot be recovered.

Choice continues after you start.

Stop using the companion at any time, message your clinician to request access removal, or close your account in the app. Contact the practice for records or corrections. Stopping does not retrieve information already received or erase retained clinical records.

This overview summarizes the sharing experience. It is not the privacy policy, consent, or a replacement for your practice's explanation.