



## Testimonial from Michelle M.

Registered Nurse | Data Entry & Transcription

MarisGraph has truly been a game-changer for me. It gave me a much deeper insight into my wellness by shedding light on areas I had often overlooked, like stress levels, sleep quality, and nutrition. These weren't just numbers on a chart—they were key factors that completely transformed the way I approach my health. For example, I discovered how my inconsistent sleep patterns were directly tied to my mood and energy during the day. It was eye-opening to see how unmanaged stress, which had felt normal to me, was likely fueling my ongoing fatigue. MarisGraph didn't just point out the issues—it helped me connect the dots and understand the patterns in a way I never had before.

The process itself was straightforward and surprisingly enjoyable. The initial assessment survey made me pause and reflect, which felt like the first step toward real change. And the color-coded pie charts? Amazing! They made the results so easy to digest, showing me exactly where I was thriving and where I needed to focus more attention. Sure, I hit a few bumps during the initial setup, but once everything was in place, the value I got far outweighed those minor hiccups.

What stands out the most is how much I've gained—both personally and professionally. By prioritizing self-care and making adjustments based on the MarisGraph insights, I've unlocked a level of productivity I didn't think was possible. More importantly, I feel emotionally stronger and more resilient, which has been invaluable during demanding times. The follow-up recommendations were incredibly practical and leagues ahead of other tools I've used in the past. They weren't generic tips but tailored suggestions that truly made a difference.

The exclusive resources I received after my assessment added a layer of depth to my wellness journey. From curated guides to actionable steps, they helped me stay on track and motivated to keep improving. I genuinely feel more in tune with my body and mind than I've ever been.

That said, I'd love to see a few tweaks—maybe a more streamlined setup process or even deeper insights in certain areas. And I'm beyond excited about the possibility of joining future programs like Your Vitals Matter 8-week wellness course. The thought of taking what I've learned and expanding on it is incredibly motivating. All in all, I'm so grateful for MarisGraph and everything it's done to illuminate the path to a healthier, more balanced life.

Best Regards

**Michelle M**

Registered Nurse-NY