

The Meraki Dignity Project

The Meraki Dignity Project Alpha: Quick FAQs

What is this alpha?

This is an early-stage version of our secure, human-centered, AI-enabled Meraki platform. It is part experience and part survey, a blend of reflection, interaction flow, and research questions that will help us shape the next version.

Who is Sophy?

Sophy is our early conversational guide, an AI ally designed to gently help women name where they are and discover what they need next. She is inspired by *sophrosyne*, the Greek ideal of wisdom, balance, and self-guidance. In this early stage she serves as a grounded, warm, steady presence, one that listens, reflects, and offers you resources and insights as you navigate the pivots and decisions of your whole-health life.

Is my information confidential?

Yes. Completely. Your responses stay private and are never shared. We have no visibility into your IP address or to link your responses to you. Your individual input will help us improve the platform, but it will not be shared and will never be connected to your name. We are designing the Meraki Dignity platform as a trusted space.

How much time should I spend?

About an hour sometime between December 16, 2025 and January 5, 2026, when this phase of the alpha closes, is ideal.

What should I do while testing?

Move through the flow, notice what feels clear or confusing, and try to “break it” within reason. Pay attention to anything that feels supportive, clunky, surprising, or missing.

What kind of feedback is most helpful?

Anything you notice. Tone, clarity, ease, friction, emotional resonance, gaps, or ideas for improvement. Your focused time and brainpower here are gold to us.

How long do I have to complete it?

You have from December 16, 2025 when you receive the link until January 5, 2026 to engage with the platform experience, to provide us feedback, and to go back and do it as many times as you would like.

What happens with my feedback?

It directly informs our beta that will be launching early next year, and will influence the first Meraki Dignity platform pilot in 2026.

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What if something breaks or feels completely off?

This is expected in an early alpha build. If a question freezes, a button does not respond, the text looks strange, the flow does not make sense, or something simply feels wrong, please tell us. Take a quick screenshot if you can and reply directly to the email you received from us. Even small glitches matter. They help us understand where the experience needs to be clearer, stronger, or rebuilt entirely.

Why do the resources seem mostly US-based?

Right now, our resource library is US-centric because this is an early alpha and our current capacity is limited. That said, several of the tools and insights included here are useful no matter where you live. As Meraki grows, we're building toward a truly global collection that reflects a wider range of geographies and lived experiences.

May I try it more than once?

Yes, please. It is very helpful if you return on different days, answer with slightly different perspectives, and see how it feels. Multiple passes help us learn far more.

What if I am at the end of the alpha experience and want to start again?

1. If you want to begin an entirely new session

If you'd like to stress-test Sophy, try different responses, or play with alternate personas, you can start fresh:

- Click the Menu icon in the upper left corner of the webpage. The sidebar will be revealed
- Tap the + icon.
- This opens a brand-new session and starts the experience from the beginning.

2. If you want to return to a previous session

If you want to revisit or continue a conversation you've already had, simply select that session from the sidebar. You'll be able to scroll through earlier responses, review your reflections, and pick up right where you left off.

Why should I trust the resources Sophy shares? How were they chosen?

The resources Sophy draws from are expert-informed, carefully curated, and thoughtfully vetted. They are selected through a deliberate process shaped by respected professionals, advisors, and subject-matter experts, including members of our Advisory Panel.

We look for resources that are:

- Credible and current and grounded in research, lived expertise, or trusted professional practice.
- Aligned with our core values of Dignity, Trust, Optimism, and Curiosity.

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- Focused on women and women's health, broadly defined to include physical, mental, emotional, financial, and relational well-being.
- Respectful of your autonomy, offering insight and support rather than directives or one-size-fits-all answers.

This is not a static library. Resources are reviewed, refined, and expanded over time as new evidence emerges and as we continue learning from the women who engage with Meraki.

Sophy does not replace professional care or judgment. Instead, she is designed to help you make sense of the landscape, surface patterns, and offer options that may be useful to you. You are always in control of what you explore, what you trust, and what you choose to act on.

Our commitment is to treat you, and your questions, with care, discernment, and dignity.

What if I have resources I've found helpful and would like to share them with other women here?

We welcome that. Meraki is being built with women, not just for them.

If you've come across a resource that has been particularly meaningful or useful to you, there is a place for you to share it **at the end of the Alpha experience**. When you do, our team will review it with care and, where appropriate, share it with our advisors and subject-matter experts. Resources that align with our values and standards may be added to the Meraki library so others can benefit as well.

If you are no longer in the alpha experience and would still like to share a resource, please send it to **info@merakidignity.com**. It will be reviewed through the same thoughtful process.

We're especially interested in resources that:

- Support women's health and well-being in thoughtful, credible ways.
- Reflect lived experience, professional insight, or evidence-informed practice.
- Treat women with respect and honor their agency and complexity.

Not every shared resource will be added, but every submission is read and considered. Your perspective helps shape what Meraki becomes.

Thank you for contributing to the Meraki community.

Can I be part of the beta?

Yes. You will be provided an opportunity to sign up for our beta in early 2026 and continue co-create with us. That next phase will be directly informed by your aggregated feedback from this alpha experience.