

# BeYou

## Support & Help Center

*Break Free from Doomscrolling. Become Who You're Meant to Be.*

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## Contact Us

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For help, questions, or feedback, reach out to us directly:

**Email:** [oduduabasiav@gmail.com](mailto:oduduabasiav@gmail.com)

**Developer:** Oduduabasi Victor

We typically respond within 24 hours.

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## Getting Started

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BeYou helps you take control of your screen time by turning moments of mindless scrolling into powerful opportunities for personal growth. Here's how to get up and running:

1. Complete Onboarding — Tell BeYou about your name, goals, beliefs, and the apps you want to use more intentionally.
  2. Grant Screen Time Permission — BeYou uses Apple's Family Controls framework to manage app access. Your data stays on your device and is never shared.
  3. Set App Intentions — Choose which apps to manage and set your personal limits (e.g. open Instagram no more than 10 times a day, 5 minutes per session).
  4. Start Building Your Streak — Every day you stay within your limits, your streak grows and your Discipline Score stays strong.
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## Frequently Asked Questions

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## Permissions & Privacy

### Why does BeYou need Screen Time permission?

BeYou uses Apple's Family Controls framework to manage app access on your behalf. This is the only way to intercept app launches on iOS. All data — your limits, streaks, and session history — stays entirely on your device and is never transmitted or shared.

### Does BeYou collect my personal data?

No. Your profile, goals, beliefs, and usage data are stored locally on your device only. BeYou does not have a server that receives your personal information.

## App Intentions & Blocking

### How do I add an app to manage?

Go to the Home tab and tap "Add App Intention." Select the app, then configure your daily open limit and session duration. BeYou will hold you to those rules.

### How do I edit or remove an existing app intention?

Tap any existing app intention on the Home tab to open its settings. From there you can adjust your limits or remove the intention entirely.

### Can I temporarily unlock an app?

Yes. When the Smart Shield appears, complete the affirmation intervention — read through your personalized quotes — and the app will unlock for your configured session time.

### What happens when I hit my daily limit?

BeYou's Smart Shield will appear when you try to open the app. It shows how many times you've opened it today, your set limit, and gives you context to make a conscious choice about whether to continue.

## Affirmations & Motivation

### How are my affirmations chosen?

BeYou matches affirmations to your personal profile — including your goals, focus areas (like confidence or anxiety), and beliefs (including faith traditions). The app pulls from a library of 1,000+ affirmations to surface what's most relevant to you.

### How many affirmations do I have to read before an app unlocks?

This is fully customizable. Go to Settings and adjust the number anywhere between 3 and 10 affirmations per intervention.

### Can I save affirmations I like?

Yes. In the Motivation tab, tap the heart icon on any quote to save it to your favorites. You can also share affirmations directly with friends.

### How do I change the visual theme for my affirmations?

In the Motivation tab, tap the theme selector to browse all 13 available themes — including gradients, minimal tones, and nature imagery. Choose one that matches your mood or aesthetic.

## **Discipline Score & Streaks**

### **How is my Discipline Score calculated?**

Your score starts at 100 each day. If you stay within all your app limits, it stays at 100. Going over any limit causes your score to drop proportionally. It resets daily so every day is a fresh start.

### **How do streaks work?**

Your streak grows by one for every consecutive day you stay within your set limits. BeYou tracks both an overall streak and per-app streaks so you can see exactly which apps you've mastered and which still challenge you.

### **Does my streak reset if I miss one day?**

Yes, missing a day resets your streak to zero. That said, BeYou is built on the philosophy of intentional progress — not perfection. Use it as motivation, not something to feel bad about.

## **Disconnect Schedules**

### **How do I create a Disconnect Schedule?**

Go to the Schedules section in the app and tap the plus button to create a new schedule. Choose from presets like Morning Mindful, Night Mode, Deep Focus, or Dinner Time — or build a fully custom one. Set the days, hours, and apps to block.

### **Will I get a warning before a schedule starts?**

Yes. BeYou sends you a notification 10 minutes before any scheduled block begins so you're never caught off guard.

## **Subscription & Billing**

### **How do I cancel my subscription?**

Go to iPhone Settings > Apple ID > Subscriptions > BeYou > Cancel Subscription. Your access continues until the end of the current billing period.

### **How do I restore my purchase?**

Tap "Restore Purchases" on the paywall screen. Make sure you're signed in with the same Apple ID used for the original purchase.

### **Is there a free version?**

BeYou offers a free tier with core features. Premium unlocks the full affirmation library, all 13 themes, unlimited app intentions, and advanced streak analytics.

## Technical Issues

### **The Smart Shield isn't appearing when I open a blocked app. What do I do?**

Make sure Screen Time permission is still active. Go to iPhone Settings > Screen Time and verify BeYou is listed. If the issue persists, try removing and re-adding your app intentions, or reinstall the app and complete setup again.

### **My streak or score seems incorrect. How do I fix it?**

Close and reopen the app — the main app, shield, and system extensions sync automatically through shared storage. If data still looks off after a few minutes, try force-quitting and relaunching BeYou.

### **I lost my data after reinstalling. Can I recover it?**

BeYou stores all data locally on your device. Uninstalling the app removes this data permanently. We recommend taking note of your intentions and settings before uninstalling.

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## Our Philosophy

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### ***BeYou doesn't believe in cold-turkey digital detoxes. It believes in intentional use.***

The goal isn't to make you hate your phone — it's to make you choose how you use it. Every intervention is a moment of pause. Every affirmation is a reminder of who you're becoming. Every streak is proof that you're getting stronger.

*You're not quitting social media. You're becoming someone who doesn't need it.*

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