



Preventive | Predictive | Personalized
Brain health & longevity guidance based on science and enabled by AI

Tolion Health AI Announces Launch of Tolion Brain Coach, First AI-Driven Personalized Mobile Application for Brain Health, Longevity, and Prevention of Alzheimer's Disease and Dementia

Tolion Brain Coach, Now Free on Android and iOS Platforms, Leverages Advanced Science and User Research to Protect Cognitive Health

AI-Driven Solution Synthesizes Medical Research and User-Specific Data to Develop Personalized Brain Health Plan

Apple Health and Google Health Connect Integrations Allow Consistent Daily Routines, Enhance Brain Health and Promote Longevity

Personalized Recommendations Leverage "Biological Window" to Help Millions at Risk for Alzheimer's and Dementia to Stay Mentally Sharp and Lead Healthier Lives

BOSTON, Mass., May 12, 2026 — [Tolion Health AI](#), a digital health company developing personalized, preventive, and predictive AI solutions for brain health, today unveiled the latest tool in its Brain Health Platform, the [Tolion Brain Coach](#) mobile application. Built to combine advanced medical research with user-specific behaviors and data, the new app delivers precise, actionable and personalized insights to improve brain health.

"Prevention is essential to reducing the public health and economic impacts caused by Alzheimer's disease and dementia, and with the launch of Tolion Brain Coach, Tolion's advanced science and technology is now available to a wide audience focused on brain health and longevity," said Martin Tolar, MD, PhD, Founder & Executive Chairman of Tolion Health AI." Tolion Brain Coach combines AI analytics, data from wearable devices via Apple Health and Google Health Connect, and the proprietary Tolion Knowledge Engine to provide personalized recommendations for improving

cognitive abilities. By transforming recent research into actionable steps, users can take steps to avoid cognitive decline, remain mentally alert, and enjoy healthier lives.”

Tolion Health AI has released an Android version of the [Tolion Brain Coach](#), complementing the existing iOS application. The Android app integrates with Google Health Connect, while the iOS counterpart utilizes Apple Health, facilitating robust data-driven personalization. This integration enables the platform to deliver tailored recommendations based on users’ health data, activities, and information from third-party applications, enhancing support for sustained brain health and wellness. Both apps are available at no cost via the [Apple App Store](#) and [Google Play](#).

The app helps adults, especially APOE4 carriers and those with a family history of Alzheimer's, manage cognitive health by clarifying risks, prioritizing prevention, and tracking progress. Tolion research has found that people aged 40–60 who use Apple Watch, Garmin, Fitbit, or Oura devices are particularly concerned about brain health and find traditional apps lacking.

"Prevention is of utmost importance in addressing dementia," stated Anton P. Porsteinsson, MD, Director of the University of Rochester Alzheimer's Disease Care, Research and Education Program. "Innovative digital health tools such as the Tolion Brain Coach offer necessary support to individuals at risk. By utilizing real-world data and providing tailored insights, these solutions enable individuals to take proactive measures early, when intervention is most effective."

The [Tolion Brain Coach](#) tracks over 15 wearable-derived variables from Apple Health and Google Health Connect. Each variable is measured on modern wearables and focuses on prevention, aligning with the Lancet Commission's 2024 dementia prevention update and the WHO 2020 physical activity guidelines.

Wearables data enhances the Tolion Brain Score, a proprietary indicator based on multiple health dimensions, allowing precise modeling and tailored recommendations for better brain health, performance, and longevity. Data available through Apple HealthKit and Google Health Connect includes:

- Cardiovascular and autonomic health: VO₂ max, resting heart rate, heart rate variability, heart rate recovery, blood pressure
- Physical activity and mobility: step count, walking speed, steadiness, aerobic minutes, strength-training sessions
- Sleep: total duration, onset difficulties
- Body and lifestyle: BMI, weekly alcohol intake
- Brain-health signals: time in daylight, mindful minutes, environmental audio exposure

Tolion’s platform combines these real-world data streams with AI and medical expertise to deliver personalized recommendations that strive to improve cognitive resilience and reduce risk of neurodegenerative diseases.

"Wearable technologies offer real-world data on how daily habits impact physiological and brain

health," said Ondřej Lerch, MD, PhD, Chief Medical Officer of Tolion Health AI. "By integrating Apple Health and wearable data, we can now provide more accurate insights into the effects of lifestyle choices on cognitive health."

About Tolion Brain Coach

The [Tolion Brain Coach](#) is an AI-powered app designed to support brain health, performance, and longevity. Using the proprietary [Tolion AI Engine](#), which combines knowledge management, machine learning, and large language models, it offers daily recommendations grounded in scientific research. The app addresses modifiable risk factors and provides tools for cognitive well-being.

Tolion's products use medical insights and user data to support brain health and reduce neurodegenerative risks like Alzheimer's through prevention. With up to 45% of dementia cases preventable by lifestyle changes, the app guides users to improve sleep, manage stress, stay active, and engage their minds.

The [Tolion Brain Coach](#) focuses on three key user needs: understanding personal risk through Brain Score and Variable Detail cards, taking preventive action with daily insights and an AI coach based on individual data and Tolion's medical expertise, and monitoring changes via trend views and proactive insight banners to highlight important shifts without excessive information. The [Tolion Brain Coach](#) application provides tailored support through the following features:

- *Personalized Risk Insights:* Advanced AI evaluates individual lifestyle, behavior, and environmental factors, including sleep and activity patterns.
- *Wearable Integration:* Seamless synchronization with Apple Health (iOS) and Health Connect (Android) allows real-time monitoring of sleep and physical activity.
- *Progress Tracking:* Comprehensive dashboards display user consistency and long-term health progress.
- *Conversational Tolion AI:* The integrated AI delivers empathetic and motivational guidance within the app.
- *Tolion Brain Score:* This feature calculates a daily score based on more than 15 health metrics across four categories to assess overall performance.

The [Tolion Brain Coach](#) is accessible to all users, with particular benefit to those at elevated risk, and is currently available free of charge on both the [Apple App Store](#) and [Google Play Store](#).

About Tolion Health AI

[Tolion Health AI](#) is a digital health company using AI, data, and collaborative technologies to deliver personalized, preventive, and predictive care. With support from medical experts, Tolion integrates advanced technology with insights that help patients manage their health and improve performance. The proprietary [Tolion MedPortal](#) and [Tolion AI Engine](#) identify and address key brain health risk factors, aiming to enhance quality of life and longevity. [Tolion MedPortal](#) manages vast medical data using AI to refine the company's knowledge base, while the [Tolion AI Engine](#) offers customized health guidance based on genetics, history, and medical status. The innovative [Tolion](#)

[Brain Coach](#) mobile app provides users with access to extensive medical expertise, supporting early prevention, accurate diagnosis, and continuous care for better health outcomes.

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[Tolion Brain Coach](#) can be downloaded from the [Apple App Store](#) and [Google Play](#). For more information, please visit www.tolionbraincoach.com.

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