

SUCCESS STORY



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My Viva combines an evidence-backed health journey program with readily accessible digital technologies, including the latest advances in mobile-based augmented reality and conversational artificial intelligence to better help clients engage with their own health. Using a whole-person approach, My Viva addresses fitness, nutrition, and mind. My Viva Plan helps any client along any health journey – from improving general health to managing chronic conditions such as diabetes to navigating sudden life changes such as spinal cord injury.

My Viva CEO Loreen Wales is encouraged by student talent: “Students offer great enthusiasm and a passion for learning, plus a knowledge of the latest technologies and techniques that could be beneficial for our product development. It also allows us to evaluate students for future employment in our growing [company], then train them for our unique technological and organizational needs.”

This past summer, University of Lethbridge Computer Science student Chase Mossing had the opportunity to work at My Viva as part of a co-op opportunity within his academic program. He was able to gain on-the-job experience as he contributed to the development of My Viva’s cutting-edge digital health avatar Yaro. He built major components of the back-end server testing environment and the front-end app for the prototype. Wales is quick to point out that “Yaro would not be at [its current] stage and quality without Chase’s key contributions. WIL funding was crucial to keeping Chase on the Yaro team and giving us a great opportunity to evaluate Chase’s capabilities with low financial risk. By allowing us to keep Chase on the team, our Yaro product



Chase Mossing

reached a standard above our previous expectations, plus we were able to build a team dynamic that is essential for effective products.”

Chase also gained outstanding experience as a full-stack developer in a highly dynamic interdisciplinary setting with cutting-edge technologies, where he demonstrated considerable growth and sophistication in his usage of various frameworks and code management techniques. All of this will help him greatly after graduation as he enters the workforce full-time, and Chase hopes to take what he has learned and “use it to do more work that helps other people.” He says, “The fact that the app will help people improve their lives inspires me. The most exciting part of my time at My Viva is working with all the state of the art tools we use.”

We can’t wait to see what’s next for Chase and My Viva!

About Yaro:

Yaro is a ground-breaking app designed to help people get engaged in managing their mental health through daily reflecting and journaling. The first version – YOU-AR-OK – is available for free to all Canadians. The second version – Yaro – will be available through My Viva soon. Both versions were built using local talent including Chase with funding support from WIL and federal funding sources.

WIL VOUCHER

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