



HUMAN INFRASTRUCTURE FOR THE AI ERA

FREE FACILITATOR GUIDE

AMERICA CHECKS IN™

THE 3-QUESTION CHECK-IN

THREE QUESTIONS. A FEW MINUTES.
ONE SIMPLE HABIT:
CHECK IN.

People shouldn't have to fall apart before someone notices.

CHECK IN ON YOU. CHECK IN ON THREE. KEEP CHECKING IN.



AMERICA CHECKS IN

CAREGD'S NATIONAL HUMAN-CONNECTION MOVEMENT

I CHECK IN ...

I CHECK IN ...

I CHECK IN ...

Conversation-starting CAREGD™ merch



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AMERICA CHECKS IN
CAREGD'S NATIONAL HUMAN-CONNECTION MOVEMENT

A NOTE FROM OUR FOUNDER

THE CHECK-IN IS SIMPLE. THE REASON FOR IT IS BIGGER.

People shouldn't have to fall apart before someone notices.

Every day, people show up to work, school, teams, families and communities carrying things we may never see. We ask, 'How are you?' and too often the conversation ends at 'I'm fine.' America Checks In™ exists to interrupt that pattern - not with another complicated program, but with a simple behavior we can practice more often.

CHECK IN ON YOU.

CHECK IN ON THREE.

KEEP CHECKING IN.

CAREGD™ is a Human Infrastructure™ company for the AI Era that helps organizations understand what people carry, respond earlier and strengthen the people behind performance.

America Checks In™ is CAREGD's national human-connection movement. This free 3-Question Check-In is the easiest place to begin. It takes only a few minutes, requires no public disclosure and gives people a reason to pause, answer honestly and remember someone else.

For organizations that want to go further, CAREGD offers facilitated Signature Experiences, custom activations, ongoing Check-In pathways and privacy-conscious Human Insight™. Conversation-starting merch packages can also help keep the behavior visible after the moment ends.

Use this guide. Try the Check-In. Make it normal. If you want a designated organization QR code or want to bring a deeper CAREGD experience to your people, we'd love to hear from you.

The first Check-In is simple. What it can start may be much bigger.

Lisa C. Williams

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HOW TO FACILITATE THE 3-QUESTION CHECK-IN

3 SIMPLE STEPS | 3-5 MINUTES | PRIVATE RESPONSES

1

INVITE

30 SECONDS

“Let’s take a quick moment to check in.
It’s three questions, takes about two
minutes, and your answers are private.”

2

CHECK IN

ABOUT 2 MINUTES



Scan the QR code or go to
americachecksin.com/check-in
Complete the private 3-question Check-In.

3

CLOSE

30 SECONDS

“Thank you for showing up for yourself
and for your people. Check in on you.
Check in on three. Keep checking in.”

IT'S FREE

Anyone can use the 3-Question Check-In. No special training is required.

USING THIS WITH YOUR ORGANIZATION?

Contact CAREGD for a designated organization QR code, facilitation support or a deeper Signature Experience.



BRING CAREGD TO YOUR ORGANIZATION

Same Human Infrastructure™ system. Different human needs. Distinct Signature Experiences.

CAREGD designs facilitated experiences for employees, students, athletes, coaches, parents, first responders, faith communities and more.

THE CHECK-IN™

Understand what you're carrying.

THE GREAT CHECK-IN™

See what changes when the pressure changes.

ASK AGAIN™

Rediscover the people you think you already know.

CHECK-IN LANGUAGES™

Understand how support actually lands.

HEADSPACE SONG LAB™

Give what's in your head another way out.

MORE IS POSSIBLE™ THE LISTENING LAB™

Move from pressure to possibility.

FACILITATED, CUSTOMIZED AND ONGOING CAREGD EXPERIENCES

CAREGD can adapt the audience, cultural framing and delivery while keeping the underlying experience coherent, repeatable and measurable. Let's create the right experience for your people.



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AMERICA CHECKS IN
CAREGD'S NATIONAL HUMAN-CONNECTION MOVEMENT

WHAT ARE YOUR PEOPLE CARRYING?

TURN AGGREGATE HUMAN SIGNALS INTO RESPONSIBLE ACTION.

CAREGD provides privacy-conscious aggregate Human Signals and Human Insight™ that help leaders better understand the conditions surrounding their people so they can make more informed decisions and take meaningful action.



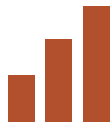
AMERICA CHECKS IN™

You can't fix what you can't see. Checking in helps make what's unspoken more visible.

SAMPLE HUMAN INSIGHT™ SNAPSHOT (ILLUSTRATIVE DATA ONLY)

124

PEOPLE CHECKED IN



Pressure



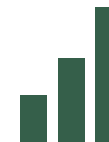
Connection



Hope



Support



Readiness



Shows population-level patterns



Helps identify areas to understand



Informs next steps and support

INDIVIDUAL RESPONSES STAY PRIVATE. • LEADERS SEE AGGREGATE PATTERNS. • INSIGHT HELPS INFORM WHAT'S NEXT.



BRING CAREGD TO YOUR PEOPLE.

Tell us who you're checking in on. We'll help determine the right experience.

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