StepMine

Litepaper

A health-first platform that turns daily walking into a measurable habit, gives every phone simple heart, stress and medication tools, and rewards activity with STEP.

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1. The problem: the world has stopped moving

Physical inactivity is one of the most widespread and preventable health risks of our time. According to the World Health Organization, nearly one third of adults worldwide (31%, about 1.8 billion people) did not meet the recommended levels of physical activity in 2022, an increase of about five percentage points since 2010. If the trend continues, inactivity is projected to reach 35% by 2030.[1] Inactivity raises the risk of heart disease, stroke, type 2 diabetes, dementia and several cancers.

1.8B
adults not active enough (WHO, 2022)

150 min
moderate activity per week recommended by WHO

–47%
all-cause mortality risk at 7,000 vs 2,000 steps/day
2

~50%
average adherence to long-term therapy in developed countries
4

Walking is the most accessible answer. A 2025 meta-analysis in The Lancet Public Health found that, compared with 2,000 steps a day, 7,000 steps a day was associated with a 47% lower risk of death from any cause and lower risk of cardiovascular disease, cancer death, type 2 diabetes, dementia and depressive symptoms.[2] The challenge is not knowledge but motivation: people know walking is good for them, yet daily habits are hard to sustain.

2. The solution: StepMine

StepMine is a mobile health companion that runs on the phone people already own. It needs no wearable, no subscription and no GPS. It combines four everyday health tools with a reward layer designed to make healthy behaviour feel immediately worthwhile.

Always-on step counter
Uses the phone's low-power hardware step sensor. Counts all day in the background with minimal battery impact.

Camera heart rate
Fingertip over camera and flash for 30 seconds. Photoplethysmography (PPG) reads blood-volume changes to estimate pulse.

Stress & HRV check
A 60-second reading of heart rate variability, with a plain-language result and practical advice.

Medication reminders
Local reminders at the right time, marked as taken with one tap. Works offline, data stays on the device.

Behavioural research supports the reward approach. A systematic review and meta-analysis in the British Journal of Sports Medicine found that even modest financial incentives increased daily step counts by around 600 steps on average during interventions, and part of the effect persisted after incentives ended.[3]

3. How STEP rewards work

STEP is the reward unit of StepMine. Rewards are tied to real movement and are validated on the server, never granted by the phone alone.

Mechanism	Rule
Steps to STEP	Every 1,000 steps convert to 1 STEP automatically when the app opens. No ad, no button.
Daily reward	+5 STEP after a short rewarded ad, available every 2 hours. The cooldown is enforced by the server.
Walking tasks	Bonus rewards for reaching daily step targets.
Referrals	Inviters receive a 5% share of the rewards earned by the friends they invite.
Fair-play limits	Server-side rate limits cap credited steps at a human-plausible pace (250 steps per minute), and duplicate claims are rejected.

Privacy by design

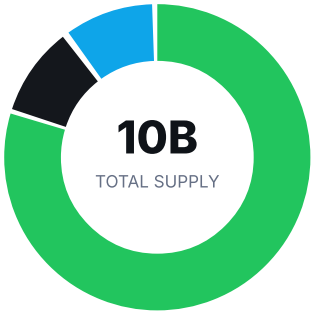
Heart rate, stress and medication data never leave the device. Camera frames are analysed in memory and never stored. Only account details and the step-based balance are kept on the server, so rewards can be validated. Users can delete their account and all related data from inside the app at any time.

4. Web3: from points to ownership

Today STEP is an in-app balance. The roadmap moves it on-chain in stages, so that users can eventually hold their activity rewards in a self-custody wallet. BNB Chain is the planned launch network.

Phase	Milestone	Description
Live	STEP in the app	Earn STEP from steps, daily rewards, tasks and referrals.
Next	Wallet connect	Link a self-custody wallet to a StepMine account.
Then	On-chain STEP	Token issued with transparent, published supply and rules. In-app balances become claimable.

5. Tokenomics



Allocation	Share	STEP
Community	80%	8,000,000,000
Team	10%	1,000,000,000
Liquidity pool	10%	1,000,000,000

Design principles

- **Activity first.** STEP enters circulation mainly through verified movement, so distribution follows healthy behaviour.
- **Server-side validation.** Every credit is checked against time-based rate limits before it is written to the ledger.
- **Transparent supply.** Total supply is fixed at 10,000,000,000 STEP. Allocations will be published on-chain at launch.
- **Liquidity reserved.** 10% is set aside so that on-chain STEP can have a liquidity pool from the start.

6. Roadmap at a glance

Stage	Focus
Launch	Android release, step rewards, heart rate, stress, medication reminders, daily rewards and referrals.
Growth	More health tools, localisation, community challenges, iOS version.
Web3	Wallet connect, on-chain STEP on BNB Chain, claim of in-app balances.

The community allocation funds step rewards, daily rewards, walking tasks and referral shares. It is released through activity, not sold, so supply reaches the people who actually move.

> **Important notice.** StepMine is a wellness app, not a medical device. Heart rate and stress readings are estimates for general wellness and are not intended to diagnose, treat or prevent any condition. STEP currently has no cash value and cannot be withdrawn or traded. Roadmap features and token allocation are planned and may change. This litepaper is not investment advice or an offer of securities.

References. 1. WHO (2024), Nearly 1.8 billion adults at risk of disease from not doing enough physical activity; Strain et al., The Lancet Global Health. 2. Ding D. et al. (2025), Daily steps and health outcomes in adults, The Lancet Public Health, doi:10.1016/S2468-2667(25)00164-1. 3. Mitchell M.S. et al. (2020), Financial incentives for physical activity in adults, Br J Sports Med 54:1259–1268. 4. WHO (2003), Adherence to long-term therapies: evidence for action.