

NFL Great Nick Lowery and BlueCloud Mind Launch Nick Lowery Companion App to Turn Mental Wellness Awareness Into Action

New app provides a science-based tool to monitor mental wellness, recognize changes over time and build resilience

AUSTIN, TX, UNITED STATES, August 17, 2026 /EINPresswire.com/ -- Former NFL All-Pro kicker and Kansas City Chiefs Hall of Famer [Nick Lowery](#) is taking the message of resilience, self-awareness and personal growth from the pages of his book, *Naked and Alone* with 80,000 People, into people's everyday lives with the launch of the Nick Lowery Companion App from [BlueCloud Mind](#).



NFL Football Great Nick Lowery Remains KC Chiefs Leading Scorer

The App provides users with a practical way to regularly check in on their mental and emotional well-being.

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Nick Lowery

“One of the things I realized while writing *Naked and Alone* is that inspiration is powerful — but inspiration alone isn't enough,” Lowery said. “People don't just need to hear someone else's story. They need tools they can use in their own lives every day.”

The Nick Lowery Companion App uses the scientifically validated Self-Management Self-Test (SMST) to help individuals monitor key areas of mental wellness, including

stress, anxiety, sadness, fatigue, relationships, decision-making and outlook.

“For too long, we've treated mental health as something we address only after someone is struggling. BlueCloud Mind is built around a different idea: awareness should come first. The

Nick Lowery Companion App gives people a simple way to understand how they're doing, recognize changes over time and take a more active role in their mental wellness. Nick has spent his life demonstrating the power of preparation and resilience, and this partnership brings those principles to people in a practical, meaningful way," said Al O. Pacino II, BlueCloud Mind General Manager.

By checking in regularly, users can gain greater awareness of how they are doing and identify changes in their mental wellness over time.

"We routinely monitor our physical health — blood pressure, cholesterol, heart rate — but very few of us routinely monitor our mental wellness," Lowery said. "Mental wellness deserves the same attention as physical wellness. The Nick Lowery Companion App helps fill that gap."

The app is designed to promote awareness and encourage proactive attention to mental well-being. It is not intended to replace mental health professionals or clinical care.

"What attracted me to BlueCloudX and BlueCloud Mind is that this isn't about replacing mental health professionals," Lowery said. "It's about helping people become more aware of how they're doing before problems become bigger. Awareness creates opportunities for better conversations, healthier decisions and earlier intervention."

The Nick Lowery Companion App from BlueCloud Mind is available now in the App Store and on Google Play. Scan the QR codes attached to download.

About Nick Lowery

Nick Lowery is a former NFL placekicker whose 18-year professional football career included 14



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seasons with the Kansas City Chiefs. A three-time Pro Bowl selection and member of the Kansas City Chiefs Hall of Fame, Lowery has dedicated his post-football career to leadership, philanthropy, youth development and helping others build resilience and purpose. His book, *Naked and Alone with 80,000 People*, shares lessons from his life and career about navigating pressure, overcoming adversity and finding purpose.

About BlueCloud Mind

BlueCloud Mind is part of the BlueCloudX global digital ecosystem and is focused on expanding access to innovative mental wellness tools that help individuals better understand and monitor their emotional and mental well-being. Through science-based assessments and digital technology, BlueCloud Mind supports greater self-awareness, proactive wellness and informed conversations while complementing — not replacing — professional mental health care.

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