

[Watch getting started guide on YouTube](#)

2

lyrica

1¼ d

meditation

1½ d ?



palpitations

1¾ d

☐ stretch/

5 h

CBD

18 h

probiotics

18 h ?



ibuprofen

5 min

walking

2 h

Type an event name



Events



Levels



Foods



Journal



More



22:31



96

lyrica

1½ d

meditation

1½ d ?



palpitations

1¾ d

stretch/

5 h

CBD

18 h

probiotics

18 h ?



ibuprofen

5 min

walking

2 h

Type an event name



Events



Levels



Foods



Journal



More



This shows how long ago the event last happened.

To backdate events, tap on the number.

When the app suspects you have forgotten to enter an event, it shows the "?". Dismiss it by tapping the checkmark.

To put multiple items in a folder, put **2 underscores** in the event names, like: "stretch\_\_hamstrings", "stretch\_\_calves", etc.

10:10

100%

multivitamin

10 min

meditation

10 min

probiotics

pepcid

palpitations

Type an event name

p

X

>

p

please

people

mic

q<sup>1</sup>

w<sup>2</sup>

e<sup>3</sup>

r<sup>4</sup>

t<sup>5</sup>

y<sup>6</sup>

u<sup>7</sup>

i<sup>8</sup>

o<sup>9</sup>

p<sup>0</sup>

a<sup>1</sup>

s<sup>2</sup>

d<sup>3</sup>

f<sup>4</sup>

g<sup>5</sup>

h<sup>6</sup>

j<sup>7</sup>

k<sup>8</sup>

l<sup>9</sup>

up

z<sup>1</sup>

x<sup>2</sup>

c<sup>3</sup>

v<sup>4</sup>

b<sup>5</sup>

n<sup>6</sup>

m<sup>7</sup>

⌫

?123

!

!

English

.

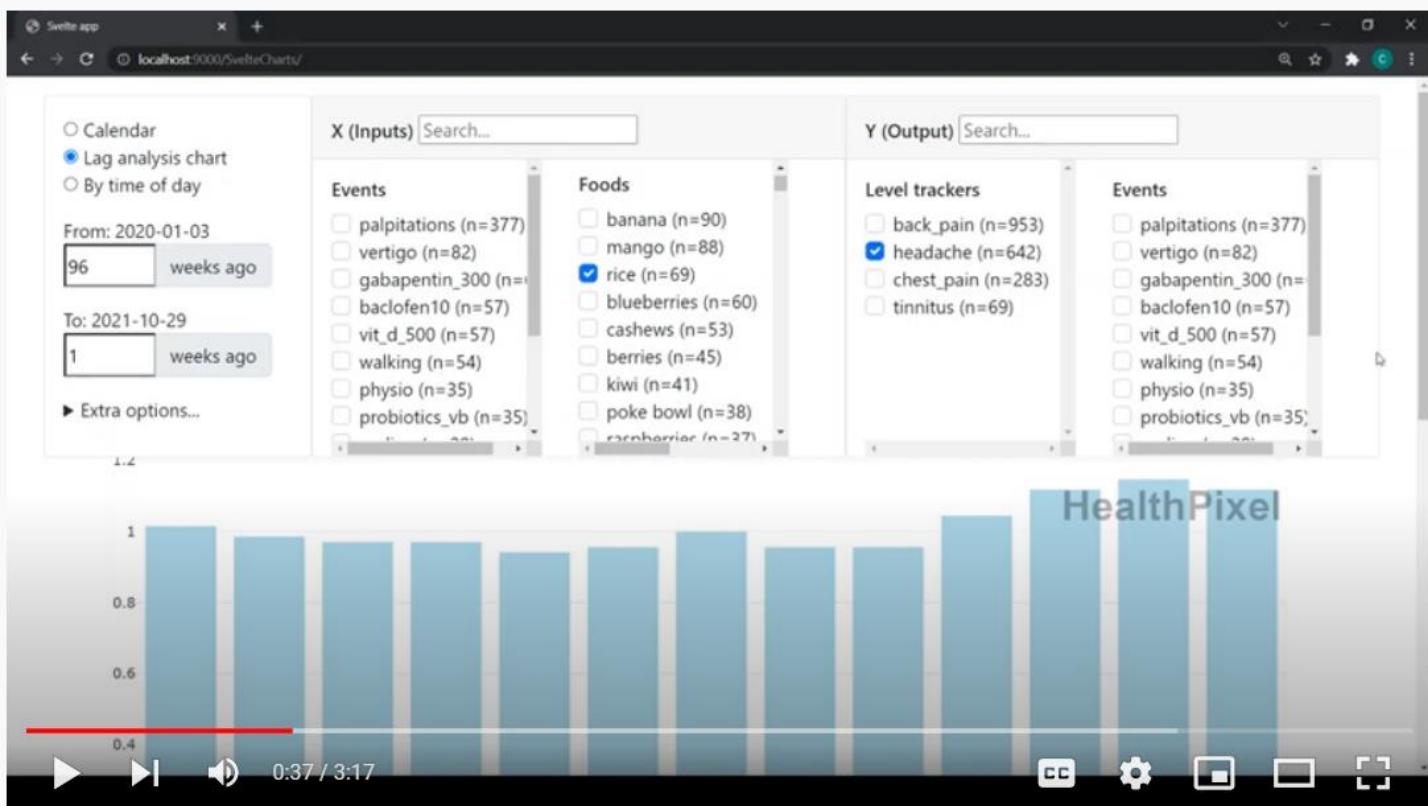
✓

≡

Home

↶

Instead of scrolling, you can type an event name. The events will auto-complete.



<https://youtu.be/HSwHmUeKU8k?t=37>

To analyze your data in HealthPixel's dashboard, make an account on [www.HealthPixel.io](http://www.HealthPixel.io), and log in to your account from the app (tap the “Visualize” / “Analysis” button in the “more” section).

02:47

palpitations

98

Jun 29, 13:00 palpitations



Jun 29, 12:51 multivitamin



Jun 29, 12:08 pepcid



Jun 29, 08:53 multivitamin



Jun 29, 07:50 palpitations



Jun 29, 05:50 palpitations



Jun 29, 02:58 multivitamin



Jun 29, 01:00 multivitamin



Manage event buttons



Type an event name



Events

Levels

Foods

Journal

More

To delete a recent event, tap the “minus” icon.

To delete a button or rename an event, tap “Manage event buttons”

03:21

100

← ibuprofen more

Thu 03:00

Thu 02:00

Thu 01:00

Thu 00:00

Wed 23:00

Wed 22:00

Wed 21:00

Wed 20:00

Wed 19:00

Wed 18:00

Tap on “more” to see past events as a list, rather than a timeline

The gray dots show when an event occurred

Tap on the timeline to input a past event

After tapping on the timeline, press the save button.



02:47

98

## ← multivitamin

Jun 30, 17:08 (4.0 hours)  
Jun 30, 13:05 (4.0 hours)  
Jun 30, 09:05 (16 hours)  
Jun 29, 17:09 (4.3 hours)  
Jun 29, 12:51 (4.0 hours)  
Jun 29, 08:53 (5.9 hours)  
Jun 29, 02:58 (2.0 hours)

This shows how long ago the event last happened.

To backdate events, tap on the number.



[Watch getting started guide on YouTube](#)

2

Show 1 items @ level 0

tinnitus: 0? ✓ [9 d](#)

1: mild, 2: moderate, 3: severe

0

1

2

⋮

pain: 2 [1 3/4 d](#)

1: mild, 2: moderate, 3: severe

1

2

3

⋮

fatigue: 1 [2 h](#)

0: none, 1: mild, 2: moderate

0

1

2

3

⋮

brain\_fog: 1? ✓ [55 min](#)

0

1

2

3

⋮



Events



Levels



Foods



Journal



More





Show 1 items @ level 0

tinnitus: 0? ✓

1: mild, 2: moderate, 3: severe

0

1

2

9 d

You can use whatever scale makes sense to you. For example, 0 to 3, with 3 being the most severe.

pain: 2

1: mild, 2: moderate, 3: severe

1

2

3

1 3/4 d

The current level is highlighted

fatigue: 1

2 h

0: none, 1: mild, 2: moderate

0

1

2

3

⋮

Tap another button to change the level

brain\_fog: 1? ✓

55 min

0

1

2

3

⋮

This shows how long it has been at the current level.

Events

Levels

Foods

Journal

More



To backdate level changes, tap on the number.

02:59

99

← breathlessness

more



Tap “more” to see a longer timeline

0 1 2 3 4

Thu 02:00

Thu 01:00

Thu 00:00

Wed 23:00

Wed 22:00

Wed 21:00

Wed 20:00

Wed 19:00

Wed 18:00



This line shows the history of fluctuation

Tap to add a past level change

Tap this button to save your changes



22:40

\* G 99 ↘

Tap this link to  
backdate foods



Suggestions:

pork chops

corn flakes

red wine



Type a food name.  
Your most common  
foods will auto-  
complete.



q<sup>1</sup> w<sup>2</sup> e<sup>3</sup> r<sup>4</sup> t<sup>5</sup> y<sup>6</sup> u<sup>7</sup> i<sup>8</sup> o<sup>9</sup> p<sup>0</sup>

a<sup>1</sup> s<sup>2</sup> d<sup>3</sup> f<sup>4</sup> g<sup>5</sup> h<sup>6</sup> j<sup>7</sup> k<sup>8</sup> l<sup>9</sup>

z<sup>1</sup> x<sup>2</sup> c<sup>3</sup> v<sup>4</sup> b<sup>5</sup> n<sup>6</sup> m<sup>7</sup> 

?123

>,



English



10:14

100

pork chops

mashed potatoes

garden salad

coffee

chocolate

chicken

Food name

ch

X

ch

Chris

check

mic

q<sup>1</sup> w<sup>2</sup> e<sup>3</sup> r<sup>4</sup> t<sup>5</sup> y<sup>6</sup> u<sup>7</sup> i<sup>8</sup> o<sup>9</sup> p<sup>0</sup>

a<sup>1</sup> s<sup>2</sup> d<sup>3</sup> f<sup>4</sup> g<sup>5</sup> h<sup>6</sup> j<sup>7</sup> k<sup>8</sup> l<sup>9</sup>

up z x c v b n m

?123

!

!

English

.

✓



Instead of scrolling,  
type a food name.  
Your most common  
foods will auto-  
complete.

02:52

99

## Past foods

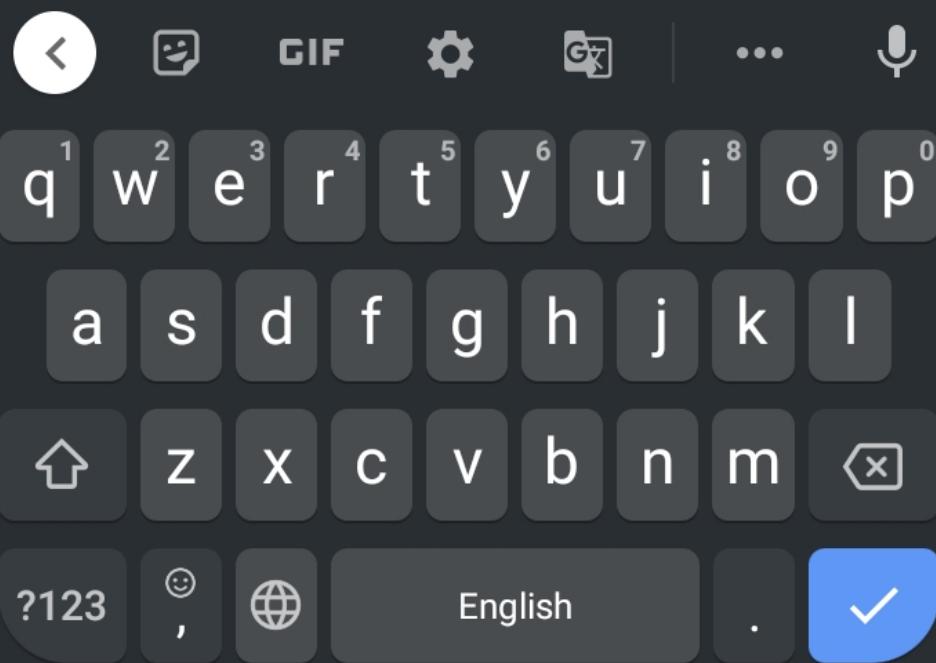
Sun Jun 27 3 50  
Mon Jun 28 4 55  
Tue Jun 29 5 00 AM  
Wed Jun 30 6 05 PM  
Today 7 10  
Fri Jul 2 8 15  
Sat Jul 3 9 20

9 h ago

Food name

Select how long ago you ate the food

Type a food name.



02:52

99

## Recent

used standing desk today

Jun 30, 15:59



presentation to management

Jun 30, 14:06



big lunch

Jun 30, 11:59



Journal entry



q<sup>1</sup> w<sup>2</sup> e<sup>3</sup> r<sup>4</sup> t<sup>5</sup> y<sup>6</sup> u<sup>7</sup> i<sup>8</sup> o<sup>9</sup> p<sup>0</sup>

a<sup>1</sup> s<sup>2</sup> d<sup>3</sup> f<sup>4</sup> g<sup>5</sup> h<sup>6</sup> j<sup>7</sup> k<sup>8</sup> l<sup>9</sup>

z<sup>1</sup> x<sup>2</sup> c<sup>3</sup> v<sup>4</sup> b<sup>5</sup> n<sup>6</sup> m<sup>7</sup> 

?123

,

🌐

English

.

✓



02:52

99

## Recent

used standing desk today

Jun 30, 15:59



presentation to management

Jun 30, 14:06



big lunch

Jun 30, 11:59



Journal entry



q<sup>1</sup> w<sup>2</sup> e<sup>3</sup> r<sup>4</sup> t<sup>5</sup> y<sup>6</sup> u<sup>7</sup> i<sup>8</sup> o<sup>9</sup> p<sup>0</sup>

a<sup>1</sup> s<sup>2</sup> d<sup>3</sup> f<sup>4</sup> g<sup>5</sup> h<sup>6</sup> j<sup>7</sup> k<sup>8</sup> l<sup>9</sup>

z<sup>1</sup> x<sup>2</sup> c<sup>3</sup> v<sup>4</sup> b<sup>5</sup> n<sup>6</sup> m<sup>7</sup>

?123

,

🌐

English

.

✓



## ← Hypotheses

### Exercise relieves back pain

Votes: +3, -5 [see history](#)



### Yoga helps with chest pain

Votes: +4, -1 [see history](#)



### Coffee increases palpitations

Votes: +3, -2 [see history](#)



### Using the computer gives me dry eyes

Votes: +2, -3 [see history](#)

Make different hypotheses about your health. You can upvote or downvote hypotheses, and HealthPixel will store the timestamp of each vote.



09:12

97%

HealthPixel • Now

Is breathlessness still level 1?

palpitations

17 h

pepcid

21 h

ivermectin

2 d

walk

17 h

Type an event name



Events

Levels

Foods

Journal

More



Enable notifications so that the app can send you reminders. HealthPixel uses AI to predict when an event or level change will happen next.