

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

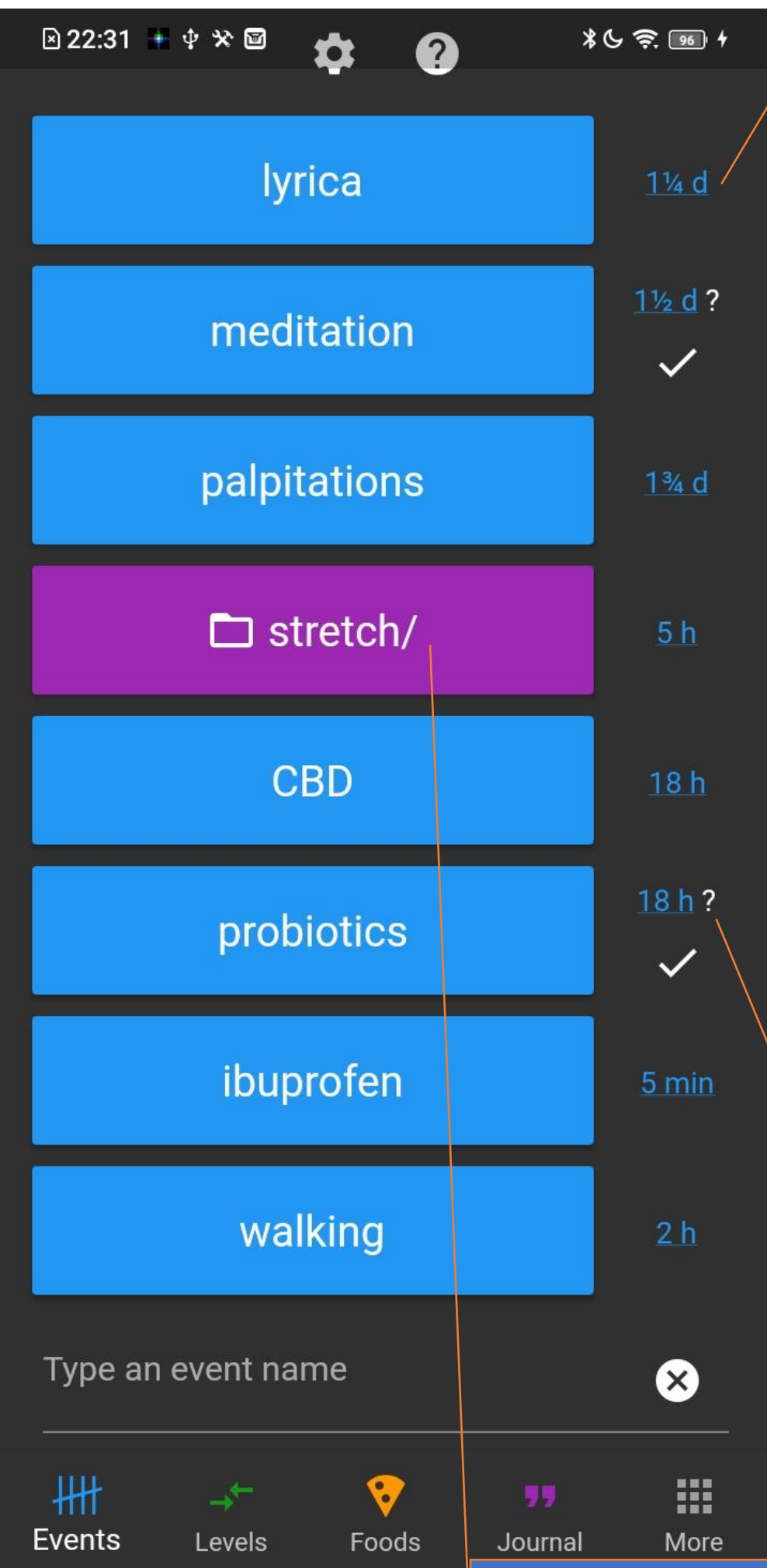


Journal



More





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.

multivitamin

[10 min](#)

meditation

[10 min](#)

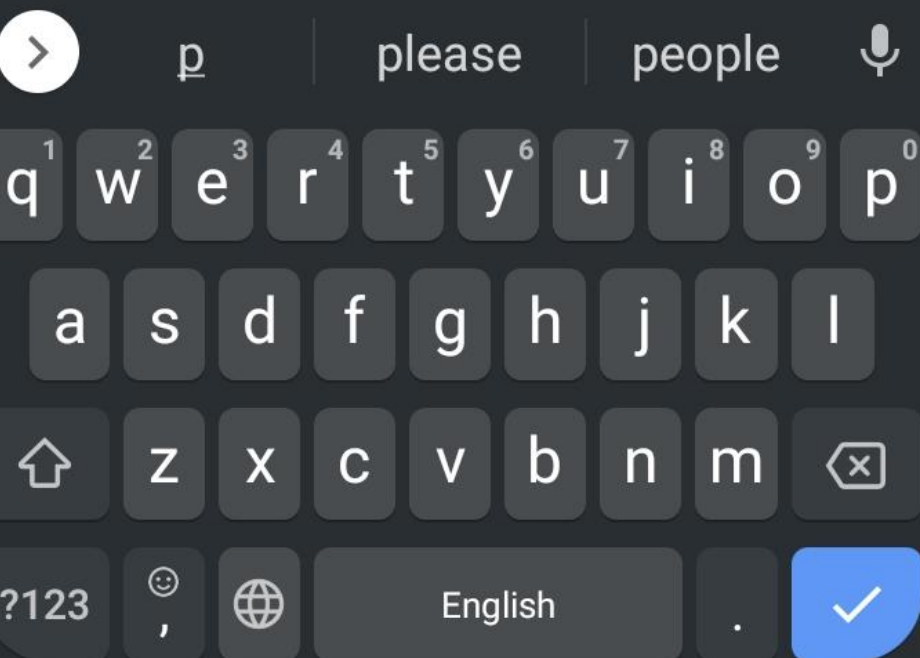
probiotics

pepcid

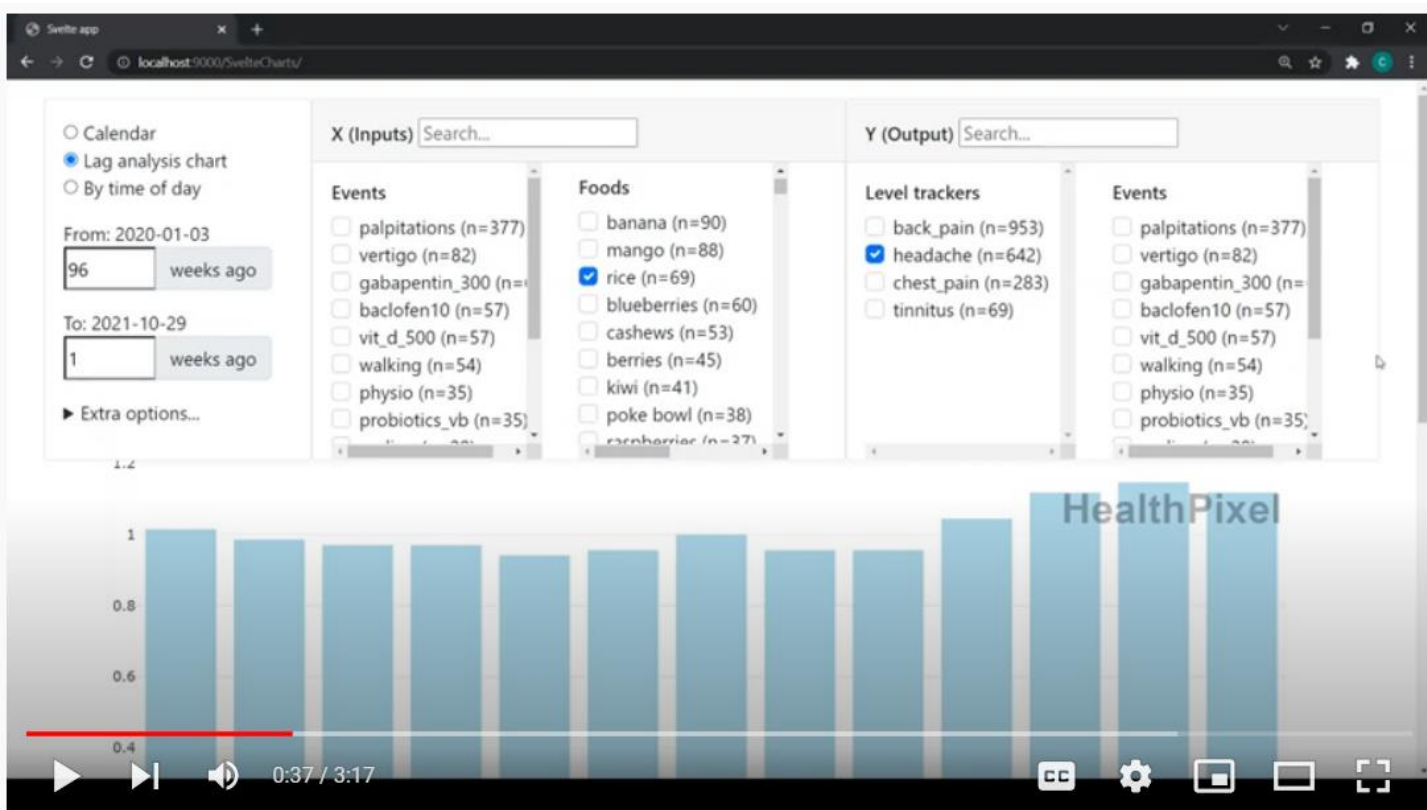
palpitations

Type an event name

p



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, and log in to your account from the app (tap the "Visualize" / "Analysis" button in the "more" section).

02:47

paipitations

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”



ibuprofen

more

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

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

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.



← 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.

Show 1 items @ level 0

tinnitus: 0? ✓ 9 d

1: mild, 2: moderate, 3: severe

0

1

2

⋮

pain: 2 1¾ 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



22:32

Show 1 items @ level 0

tinnitus: 0? ✓

9 d

1: mild, 2: moderate, 3: severe

0

1

2

pain: 2

1 ¼ 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

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

The current level is highlighted

Tap another button to change the level

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

To backdate level changes, tap on the number.

← breathlessness more ⓘ

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



Tap “more” to see a longer timeline

This line shows the history of fluctuation

Tap to add a past level change

Tap this button to save your changes

22:40

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.



GIF



q w e r t y u i o p

a s d f g h j k l

↑ z x c v b n m ↵

?123



English

.



pork chops

mashed potatoes

garden salad

coffee

chocolate

chicken

Food name

ch



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



ch

Chris

check



q

w

e

r

t

y

u

i

o

p

a

s

d

f

g

h

j

k

l



z

x

c

v

b

n

m



?123



English

.



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.

q

w

e

r

t

y

u

i

o

p

a

s

d

f

g

h

j

k

l

z

x

c

v

b

n

m

?123

,

English

.



Recent

used standing desk today
Jun 30, 15:59



presentation to management
Jun 30, 14:06



big lunch
Jun 30, 11:59



Journal entry



GIF



q w e r t y u i o p

a s d f g h j k l

z x c v b n m

?123 , English .



Tap the “minus” icon to delete a journal entry

Recent

used standing desk today
Jun 30, 15:59



presentation to management
Jun 30, 14:06



big lunch
Jun 30, 11:59



Journal entry



GIF



q w e r t y u i o p

a s d f g h j k l

z x c v b n m

?123 , English .



Tap the “minus” icon to delete a journal entry

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.

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.