Profile management & health insights

Dive into the "Profile management & health insights" book to learn which data are collected by healthmov and how to collect them effectively.

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Your data & goals

How is my daily nutrition target calculated?

Your daily nutrition target is calculated on the basis of your BMI & body shape index.

Medical Advice

Healthmov indicators, measures and risk scores are based on your health scan and personal information you provide during onboarding. Healthmov is not intended to replace licensed medical practitioners and we advise to seek medical attention for any and all health concerns.

What is Healthmov Score?

The Healthmov score© is the first in the market to encapsulate 6 separate scores measuring metrics of key dimensions of health and lifestyle in just one application. Our innovative 30s face scan using any phone and harnesses the power of data and AI. We capture 20 measures of health and track hundreds of key elements of lifestyle through voice, face recognition and empowerment tools.

Metric 1**: Health** measures heart rate, blood pressure -diastolic & systolic, cardiac workload, vascular capacity, diabetes, hypercholestoremia, heart attack, stroke and hypertension and cardiovascular risks.

Metric 2: **Mindfulness** measures a stress index, breathing rate, Heart Rate Variability.

Metric 3**: Appearance** measures body mass index (BMI), body shape index, waist to height ratio and facial skin age.

Metric 4: **Nutrition** measures macro and micro nutrients levels such as Kcal, Carbs, fat, proteins and others from your food logging results.

Metric 5: **Fitness** measures steps, Kilo calories (Kcal) burned and any fitness activities tracked by a connected wearable.

Metric 6: **Sleep** measures duration of sleep and REM, Deep and light sleep when tracked by a connected wearable.

What is Health Score?

Your **Health Score** is derived from key measures during the Digital Health Scan. The Score also goes towards your overall Healthmov score©

Please note that the **Health Score** is updated only when you complete a new Health Scan.

What is Mindfulness Score?

Your **Mindfulness Score** is derived from key measures from the Digital Health Scan such as Stress Index, Breathing Rate, and Heart Rate Variability as well as the Mindfulness Assessment(s). The Score also goes towards your overall Healthmov score©

Please note that the Mindfulness Score is updated only when you complete a new Health Scan.

What is Appearance Score?

Your **Appearance Score** is derived from key measures from the Digital Health Scan such as Body Mass Index (BMI), Body Shape Index, Waist to Height Ratio and Facial Skin Age. The Score also goes towards your overall Healthmov score©

Please note that the Appearance Score is updated only when you complete a new Health Scan.

What is Nutrition Score?

Your **Nutrition Score** is based on the food and drinks you log on a daily basis and whether it meets your daily kCal recommendation. The Score also goes towards your overall Healthmov score©

What is Sleep Score?

Your **Sleep Score** is determined by comparing your tracked sleep duration to the sleep goal you've set along with the quality of sleep and a combination of sleep assessment(s). The Score also goes towards your overall Healthmov score©

What is Fitness Score?

The Fitness Score is calculated based on a combination of meeting your daily step goal and the kCal burned with fitness activities taken from your fitness tracker connection. The Score also goes towards your overall Healthmov score©

Your personal information

How can I change my weight, height or medical info?

You can edit your personal profile information by following these steps:

1. On healthmov homepage, tap on settings icon on the top right hand corner
2. Tap on "Account Info."
3. Choose and edit the details you want to update.

Health scan

What are the benefits of a Health Scan?

The healthmov scan does a point in time measurement and analysis of your vital Health Metrics. You can see this analysis within the "My Health" section of the healthmov App.

The Scan is also extremely convenient as it is :

Contactless - No sensor or additional equipment needed. Measurement is taken just like a selfie!

Quick - A measurement only takes 30 seconds

Accurate Results - Measure your general wellness

Tracking - A history of your measurements is saved and you can check your health progress and identify your key risk areas