

Rejuve.Al Longevity App Walkthrough & Guide





Welcome to the Rejuve.Al Longevity App Closed Beta

This document will provide a basic walkthrough of the features, and some context for understanding how the app works.

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Step 1 - Getting Started:

Ready to start?

Hit "Sign Up Here"" to sign up with your email or log in via Apple or Google.

Beta feedback is crucial for improving the Rejuve.Al:Longevity App.

Encounter a glitch? Shake your device or snap a screenshot to report—this gives our devs the



context they need to fix issues fast.



Step 2 - Personalizing Your Profile:

Set up your profile under 'Tasks' by completing the 'Biometrics' and 'Preconditions'.

iOS users can sync with Apple Health for auto-fill, while others may enter details manually.

Note: The accuracy of your 'biological age' and 'health insights' depends on the data



you enter here.



Your Body Biometrics Data is kept Private and Anonymised.





Step 3 - Navigating the Longevity App:

Welcome to the intuitive home screen of the Longevity App. Here, you'll see your 'Biological Age' and access personalized 'Insights' on your health and aging markers, once you've entered your data.

The home screen provides quick access to:

- Connect a wearable device
- Complete your daily tasks
- Compare your health scores with peers in your age group
- Access app settings and feedback options



Use the handy icons at the bottom for smooth navigation across the app's various features.



Step 4 - Linking Health Trackers:

Connect your wearables in the 'Devices' section for a quicker, more precise Biological Age and Insights.

Currently, we support Apple Health, Apple Watch, Fitbit, Garmin, and Oura, with Google Fit joining soon post-launch.





Step 5a – Health Surveys & Tasks:

- Head to 'Tasks' for activities like Health Surveys and Daily Tasks to log nutrition.
- Fill out 9 detailed surveys with 150+ questions for custom health insights and Biological Age calculations.
- Update these surveys regularly to reflect any lifestyle changes for the most



current insights.

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Step 5b - Daily Health Tracking:

Stay on top of your health by logging daily metrics like Sleep, Exercise, Mindfulness, and Nutrition in the 'Daily Tasks'.

Missed a day? No problem. You can backdate entries for up to three days.

*When entering Nutrition data in the Daily Health Diary, feel free to use our sample data if you don't have immediate records or a



synced device.



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Step 5c - Recording Lab Results:

"Log your lab results under 'Lab Reports' for a detailed health analysis. Use our sample values if needed:

- Biochemistry Profile: Covers vital organ functions and more.
- Complete Blood Count: Provides a full blood and clotting profile.
- Blood Toxins and Heavy Metals: Assesses toxin levels.
- Other Longevity Biomarkers: Includes aging-relevant tests like



inflammation and iron levels. Check the app for a comprehensive list.

*Current update: We're perfecting this feature. Rewarding for lab data entry is paused as we ensure data accuracy. Your input helps fine-tune AI insights and keeps your health data organized."

Hormone Level Tests Take this test to get better insights from us Take thi



Step 6 - Discover Your Insights:

Explore your tailored scores, insights, and advice here.

- Home Screen Insights: View insights linked to the Hallmarks of Aging directly on the home screen.
- Health Insights: Access detailed Health Insights under the Health tab, focusing on vital health and wellness areas.
- Grounded in the robust foundation of NHANES survey



assess your health habits and make informed choices for a healthier and more youthful life. These ratings are designed to help you understand where you stand in key areas of well-being, providing insights into your overall health journey.

data, our AI system, BayesExpert, is fine-tuned using insights from more than 200 meta-analyses and systematic reviews featured in renowned medical journals. This rich training dataset ensures precise and reliable health analytics tailored to user data.

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Health habits that need significant improvement. These habits may pose risks to overall well-being and longevity.





Step 7 - Benchmark Your Progress:

- Compare and contrast your health and longevity scores with those of similar Rejuve users.
- Over time, this feature will evolve to encompass detailed metrics, including exercise duration and dietary habits.





You're Biologically Younger than 88% of Users Your Age!

Compared with users of the same health & age







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Step 8 - Sharing Your Experience:

- Your insights are invaluable! Report any glitches or issues by using our bug reporting feature: simply shake your device or take a screenshot.
- This direct method captures your current app activity, offering our developers detailed context, and is preferred over using the feedback form.





Thank You for Your Participation:

We're thrilled to have you in our Closed Beta! Your feedback is invaluable as we strive to create the best possible user experience.

Share your thoughts and help shape the future of Rejuve.Al Longevity App!

