



HealAdvisor

App Manual

www.healyworld.net

HealAdvisor

App Manual



Notice:

The content displayed by the HealAdvisor App does not constitute medical advice, which can only be provided by a medical professional. The Healy programs and other advice are recommendations that depend on user input. If you have or suspect you may have a medical condition, or if you are under the care of a healthcare professional, you should consult your practitioner before following these recommendations.

The HealAdvisor App and its recommendations are meant to guide you in getting the best use of the Healy frequency programs, not to diagnose, treat, cure or prevent any disease or provide medical advice. If you believe you may have a medical condition, always consult a healthcare professional.

The content displayed by the Digital Nutrition App does not constitute medical advice, which can only be provided by a medical professional. The substances, foods and Healy programs displayed are recommendations that depend on user input. If you have or suspect food intolerances, allergies, deficiencies or medical conditions, or if a supplement regimen has been recommended by a health practitioner, you should consult a physician or other healthcare professional before following these recommendations.

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Introduction

The HealAdvisor App is a subscription based app which acts as a complementary app for your Healy experience. You can download the HealAdvisor App free of charge from the Apple App Store and the Google Play Store. To start the download for the iPhone, please click on the "Download Cloud" icon in the upper right corner, see **Figure 0.1**, and for Android smartphones please click on the "Install" button, see **Figure 0.2**.

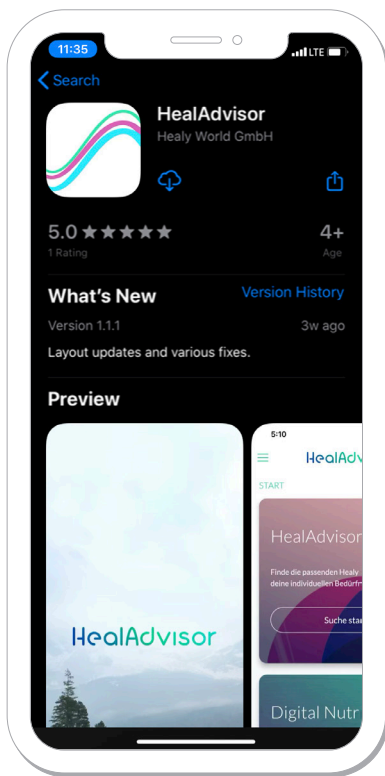


Figure 0.1: Download Apple App Store

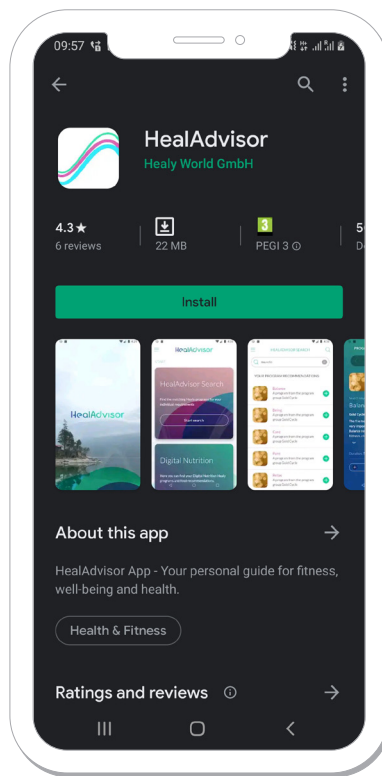


Figure 0.2: Download Google Play Store

Once the download and installation of the HealAdvisor App is successfully completed, start the HealAdvisor App, see **Figure 0.3**. After doing so, you will be welcomed with a disclaimer. Press the "Next" button after reading it. It will lead you to the login screen, **Figure 0.4**, where you can login with the E-mail address and password you used to register on the Healy website, even if you never have used the HealAdvisor App before. There is no registration process, as we have implemented the SSO (Single Sign-On) function, allowing you to sign into all our apps and digital platforms with just your Healy World registration data. Before logging in, you will need to read and agree to the privacy statement, terms of use and declaration of consent. After doing so, you will be able to press the "Login" button, see **Figure 0.5**. After successful login the app will synchronize with the Cloud, see **Figure 0.6**.

Note:

We recommend a stable and fast WiFi connection for the synchronization process.

After the synchronization has been successful, you will be welcomed into the HealAdvisor App. By pressing the "Start" button, you will be directed to the Home screen of the HealAdvisor App, see **Figure 0.7**.

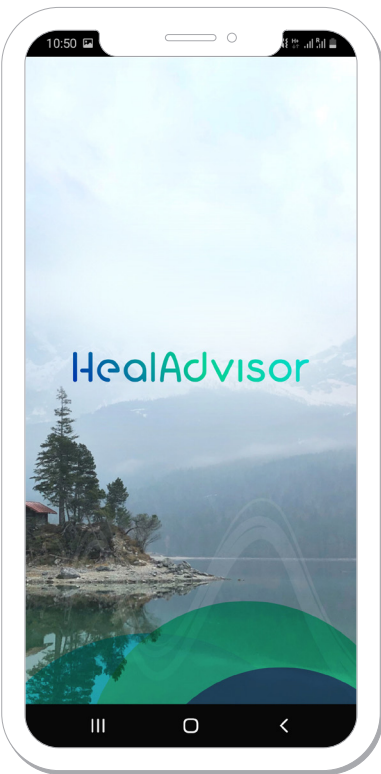


Figure 0.3: Splash screen

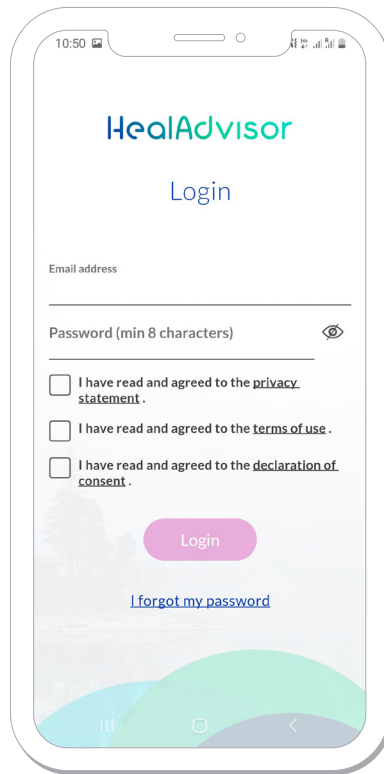


Figure 0.4: Login screen

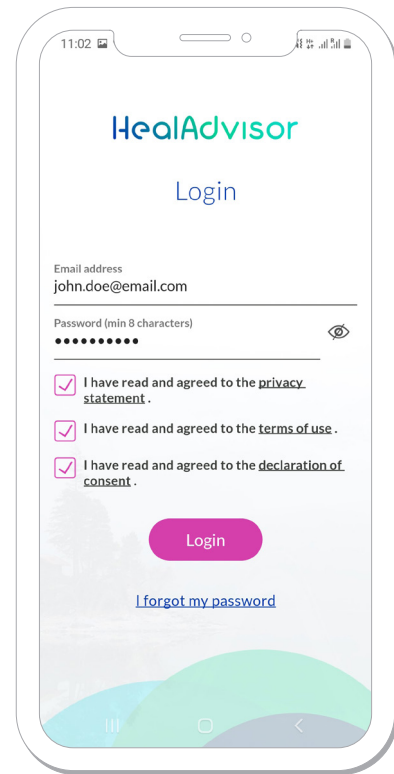


Figure 0.5: Login screen with filled in information and checked boxes

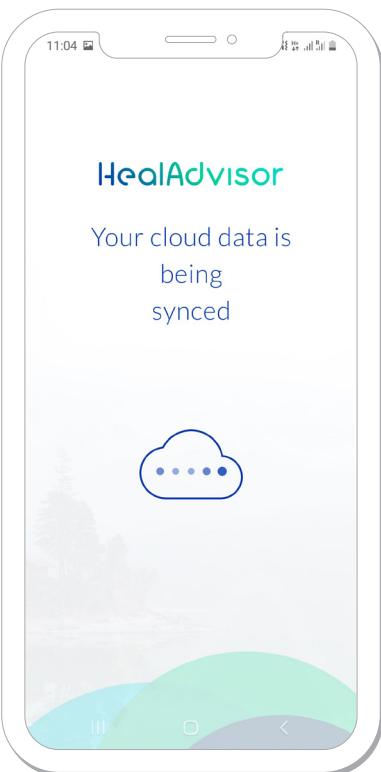


Figure 0.6: Cloud sync is in progress

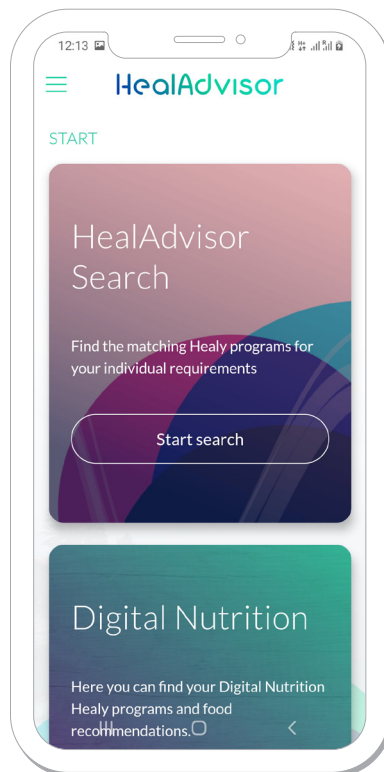


Figure 0.7: Home menu screen

1 The Home Menu

The Home menu consists of the available subscriptions for the HealAdvisor App, for example HealAdvisor Search and Digital Nutrition, see **Figure 0.7**. If the “Start search” and “Start” buttons have a white outline, it means that the appropriate subscriptions are activated. If the “Start search” and “Start” buttons have a grey outline, it means that the subscriptions are not activated. In order for the subscriptions to be activated, you first need to purchase them on the Healy Shop. You can purchase either one or both subscriptions.

1.1 HealAdvisor Search Module

The HealAdvisor Search module allows you to search for Healy Frequency programs that fit your individual needs. Once you press the “Start search” button, you will need to choose your Healy Edition if you are using the App for the first time, see **Figure 1.1.1**. You can choose any Healy Edition and add program pages, see **Figure 1.1.2**. After doing so, scroll down the screen and press “Save settings” at the bottom of the screen. This will redirect you to the search page of the HealAdvisor Search module, where you can search for Healy programs by typing in: a Healy program (e.g. Pure) or a problem (e.g. stress), see **Figure 1.1.3**. Once you search for a term, you will be presented with the Healy programs that are recommended for your search term (e.g. stress). The results will show you the programs that are included in your Healy Edition (and any added program page) that you selected in the previous step, see **Figure 1.1.4**.

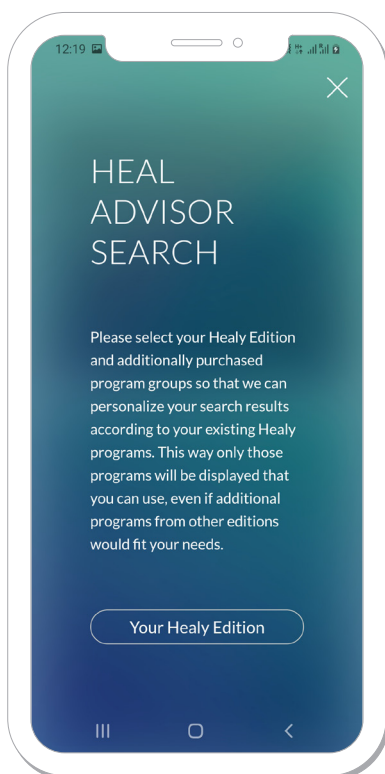


Figure 1.1.1: Start screen HealAdvisor Search

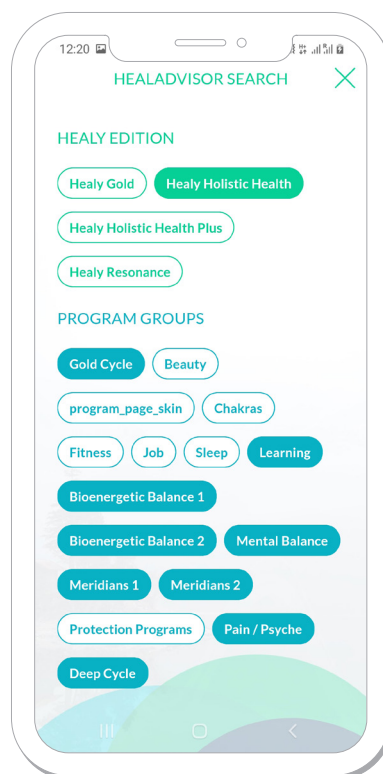


Figure 1.1.2: Select screen Healy Edition and program pages

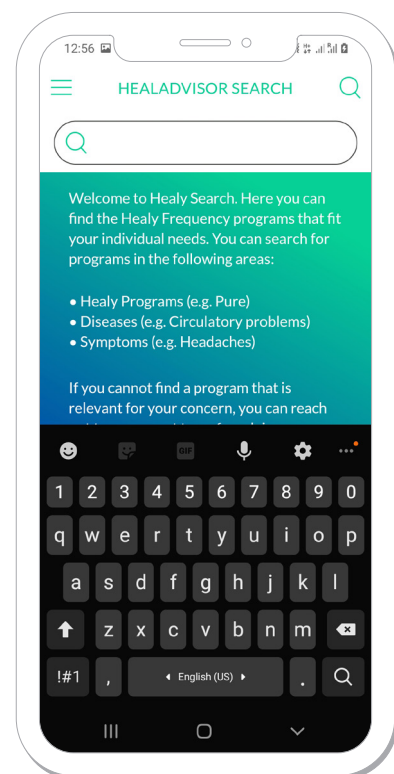


Figure 1.1.3: Search screen

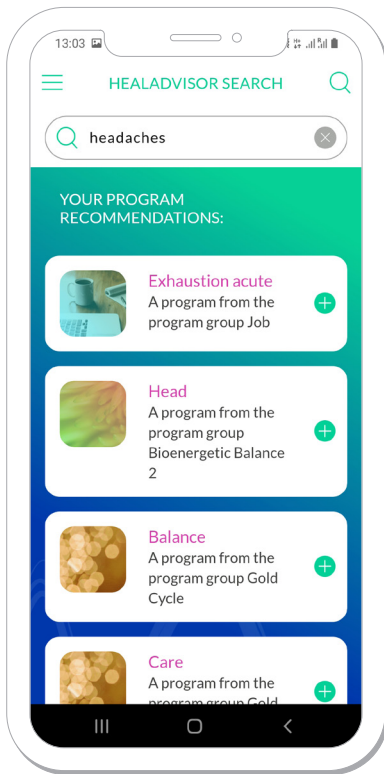


Figure 1.1.4: Recommended Healy programs based on your search

By pressing on the text box of a program, its information screen will open where you can scroll left and right through the programs and read some basic information about the program (what program page it belongs to and its short description), **Figure 1.1.5**, where you can add the program to the “My Programs” list (see section 2: My Programs). If you press on it again, the selected program will start your Healy App, **Figure 1.1.6**. For this step to work properly, your Healy needs to be switched on. In the Healy App manual you can find information on how to set up a connection between the Healy App and the Healy device.

If you go back to the Healy Search screen in the HealAdvisor App, you will notice that there is a “Plus” button next to every recommended program. If you press it, the program will be added to your “My Programs” list as well. After doing so, the “Plus” button will change to a start button, see **Figure 1.1.7**. If you press the start button the Healy App will be started and the respective program will be selected.

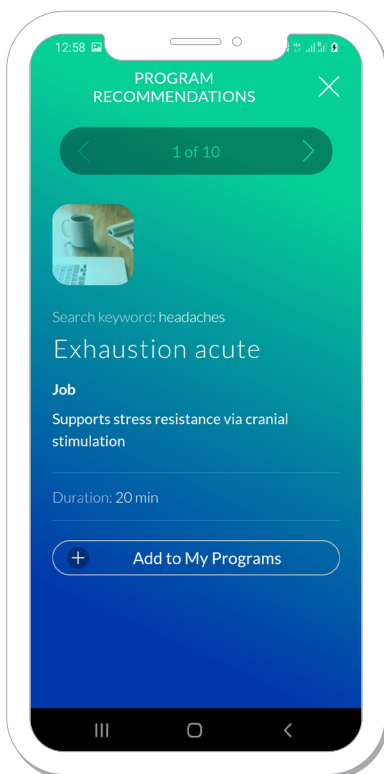


Figure 1.1.5: Detail view of a recommended Healy program

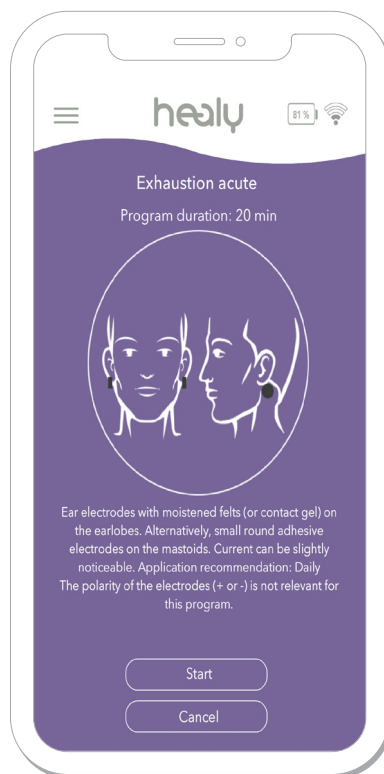


Figure 1.1.6: Program start view in the Healy App

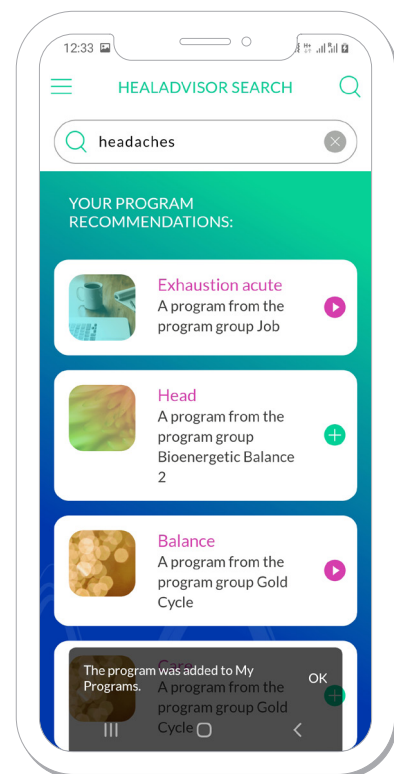


Figure 1.1.7: “Start” button

1.1.1 No Recommended Program Found

If there exists no recommended program for your search term, you will be presented with the options to either contact the HealAdvisor expert team or to start a new search, **Figure 1.1.1.1** If you choose to contact the HealAdvisor expert team, a screen will open up where you can enter the reason for contacting them, see **Figure 1.1.1.2** The message is limited to 120 characters. Once you are done writing the message, press “Submit”. The sending process will start and it will notify you when it is sent successfully. Now you can either go back to the start menu, start a new search, or visit the HealAdvisor website where you can search for a therapist, **Figure 1.1.1.3**.

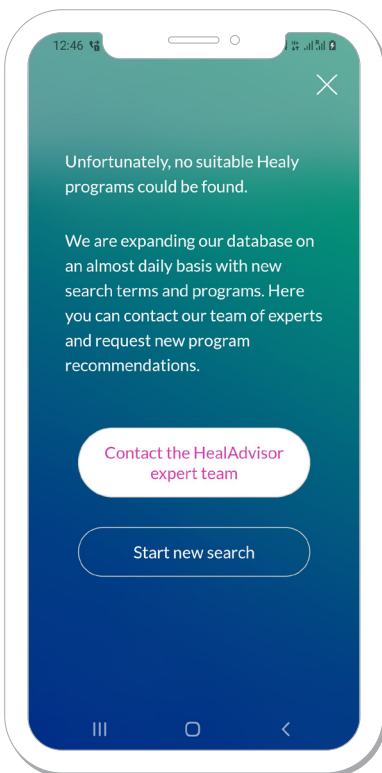


Figure 1.1.1.1: Screen that appears if the search term is not found in the database

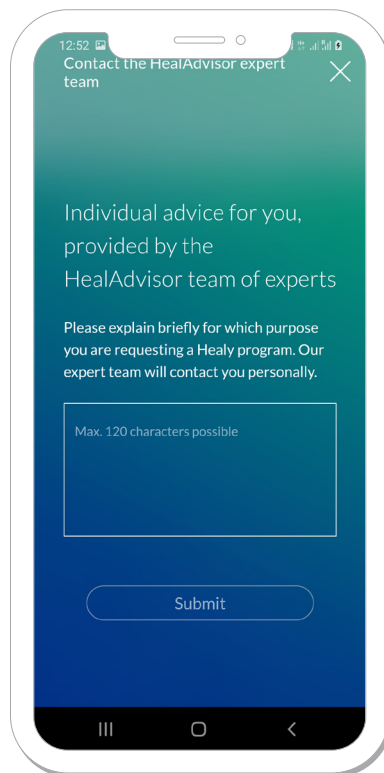


Figure 1.1.1.2: Screen where you can write to the team of experts

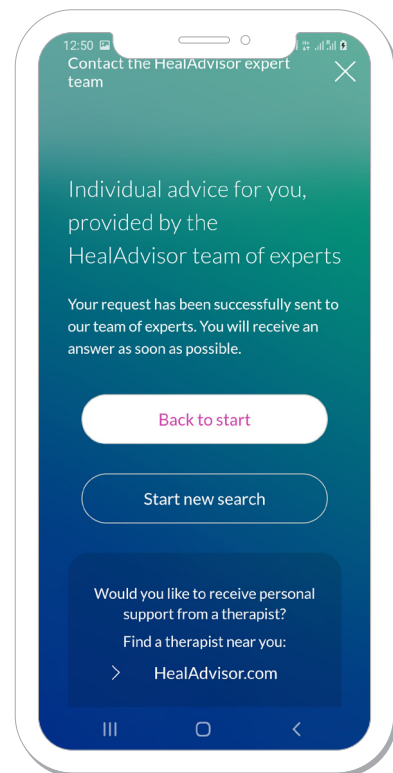


Figure 1.1.1.3: Screen which appears after you press the “Submit” button

1.2 Digital Nutrition Module

The Digital Nutrition module lets you choose among multiple options:

- 1) Just like with the HealAdvisor Search module, you can start recommended programs on the Healy app.
- 2) You can run an assistant in the form of a questionnaire.
- 3) You get a grocery shopping list that is based on the recommended Digital Nutrition programs.

Digital Nutrition programs are special frequency programs that have the purpose to bioenergetically support your body to better absorb and synthesize vital nutrients from foods.

The Digital Nutrition module consists of 5 basic screens: All, Assistant, Search, Shopping List and Info. Once you purchase the subscription, you will receive an update for your Healy App where the 120 frequency programs of the Digital Nutrition module will be downloaded to your Healy App.

1.2.1 Digital Nutrition "All" Screen

The "All" screen shows you all the options that you get with purchasing the Digital Nutrition subscription, see **Figure 1.2.1.1.** and **Figure 1.2.1.2.** Starting here, you can read more about Digital Nutrition, start the Assistant, start a Search and open the Shopping List.

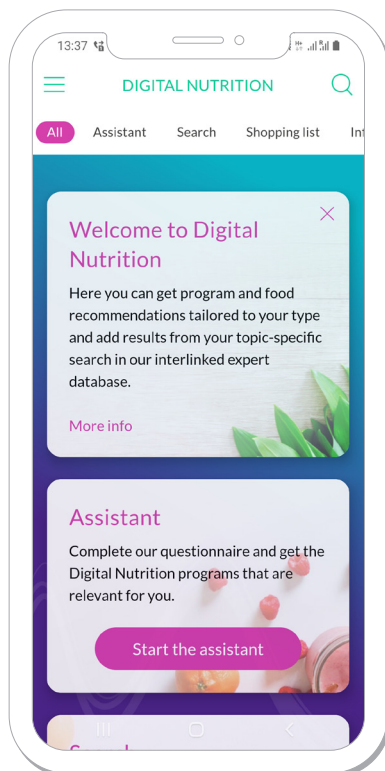


Figure 1.2.1.1: "All" screen

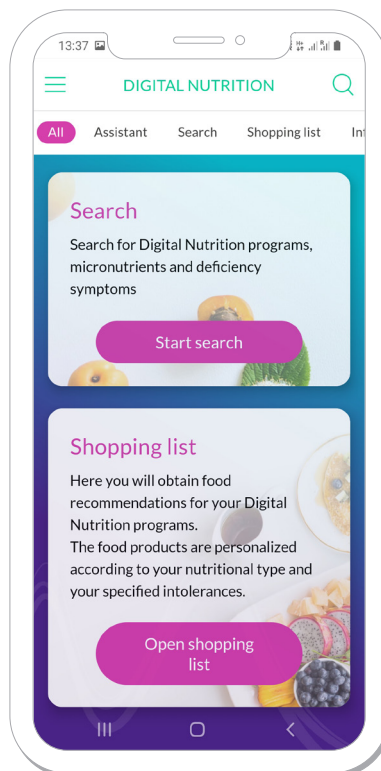


Figure 1.2.1.2: Continuation of the "All" screen

1.2.2 Digital Nutrition "Assistant"

The Assistant is a questionnaire that will ask you different types of questions so that the resulting programs and shopping list can be tailored to your needs. Go to the Assistant screen and press "Here we go" to start, see **Figure 1.2.2.1**, or start from the "All" screen by pressing the "Start the assistant" button, see **1.2.1.1**. You can select multiple entries on every screen of the Assistant. If you don't have an answer to a question, or the given selection does not suit you, you can choose the option "No selection" at the bottom of every page. To proceed to the next page, you will have to pick at least one of the options. Once you do so, you can proceed by pressing the "Next" button on the bottom of each page, see **Figure 1.2.2.2**. You can also go back to the previous page if you want to change your selection by pressing the "Back" button underneath the "Next" button, see **Figure 1.2.2.3**.

The first step of the questionnaire is about your nutritional type (e.g. vegan, mixed diet, etc.), **Figure 1.2.2.2**. Based on the answer to this question, certain foods/supplements will be filtered out in the shopping list (e.g. if you are vegan no animal products will be shown in the Shopping List).

The second step on the questionnaire is about any food intolerances that you might have (e.g. gluten intolerance), **Figure 1.2.2.3**. Based on the answer to this question, certain foods/supplements will be filtered out in the shopping list.

In the following screens you will be asked additional questions.

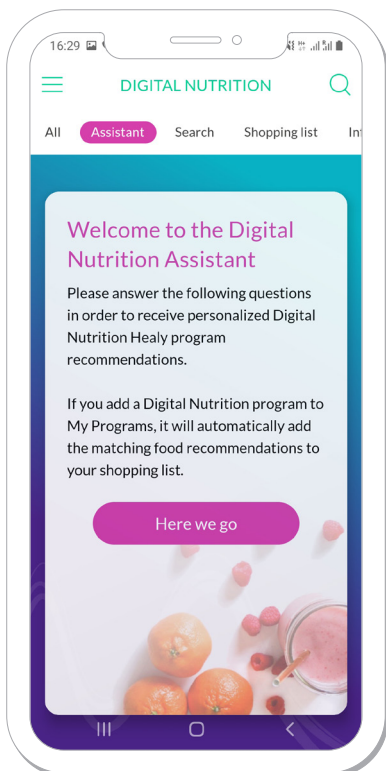


Figure 1.2.2.1: Assistant

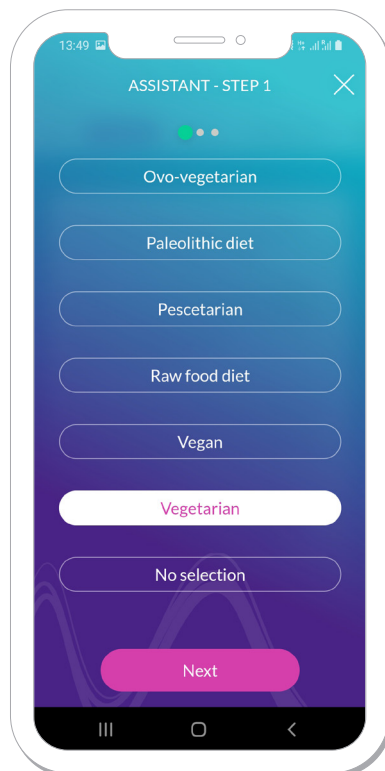


Figure 1.2.2.2: First step

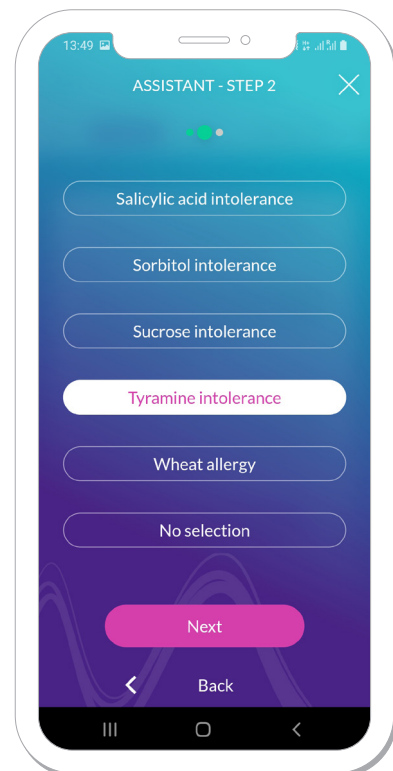


Figure 1.2.2.3: Second step

Results will be shown after you completed the Assistant, see **Figure 1.2.2.4**. The results consist of different Digital Nutrition programs, which fall under two categories: Digital Nutrition Mixtures and Digital Nutrition Substances. They are recommendations based on the answers you selected in the Assistant. The recommended programs are ordered by relevance, meaning that at the beginning of the result screen you will find the recommended program that fits the most of your entries. You can press the “Plus” button of any program and it will be added to the “My Programs” list. You can now start the program and it will open in the Healy App.

At the end of the result screen there are two options: you can go to your Shopping List or you can restart the Assistant process if you wish to change an entry, see **Figure 1.2.2.5**.

After finishing the Assistant you will be presented with three options, see **Figure 1.2.2.6**. Pressing the first button, “To the results”, will lead to you the results screen which appears at the end of the Assistant. The second button, “Change inputs”, will lead you to the first step of the Assistant and the third button, “Restart assistant”, will do the same. However, the difference between these two options is that by pressing the “Change inputs” button, all the Assistant input data will remain selected, enabling you to change any input, while with the “Restart assistant” option, all input from the Assistant will be reset.

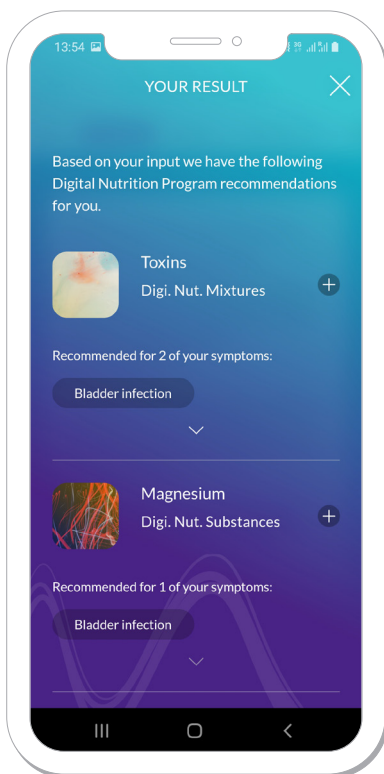


Figure 1.2.2.4: Results screen

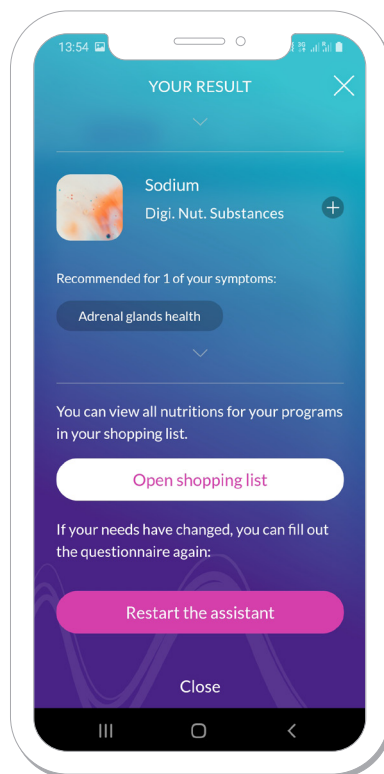


Figure 1.2.2.5: Results screen

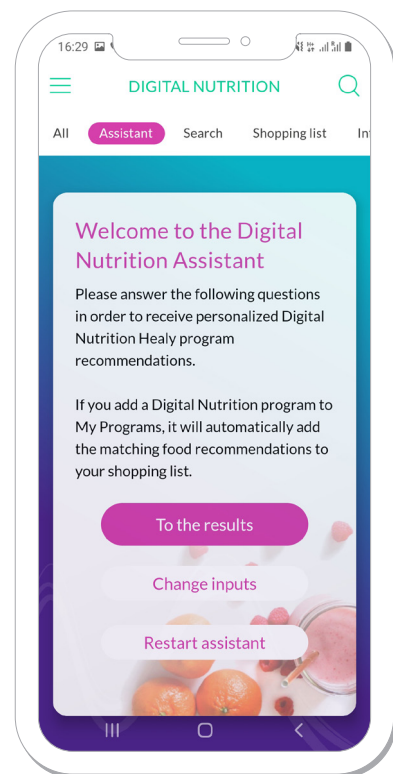


Figure 1.2.2.6: Final Assistant screen

1.2.3 Digital Nutrition "Search"

Digital Nutrition Search works in the same way as HealAdvisor Search, but instead of standard Healy frequency programs, it shows and starts Digital Nutrition frequency programs, see **Figure 1.2.3.1**, **Figure 1.2.3.2**, and **Figure 1.2.3.3**.

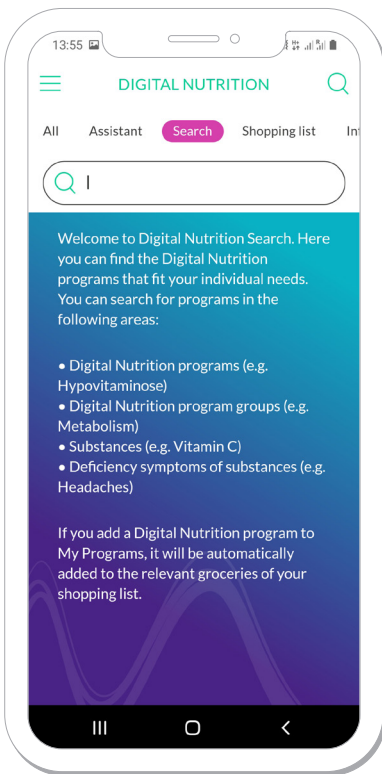


Figure 1.2.3.1: Digital Nutrition Search

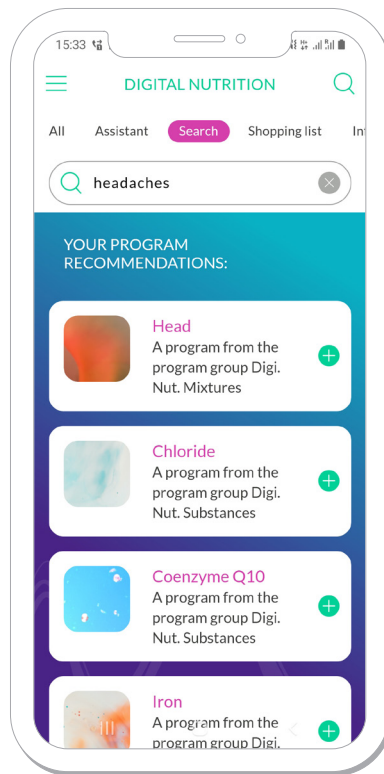


Figure 1.2.3.2: Recommended Digital Nutrition programs

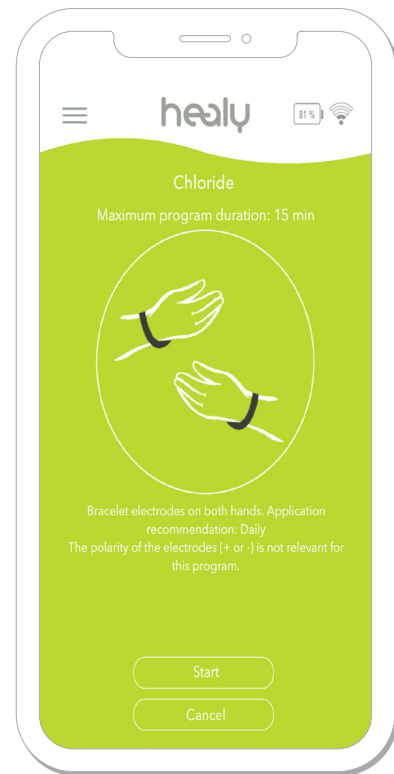


Figure 1.2.3.3: Digital Nutrition program in the Healy App

1.2.4 Digital Nutrition "Shopping List"

You can access the Shopping List directly from the results screen of the Digital Nutrition Assistant, or you can access it by choosing the "Shopping List" option in the menu on the start screen of the Digital Nutrition module. The Shopping List consists of foods and supplements based on the programs you added to the "My Programs" list by either completing the Assistant or by searching for a term in the Digital Nutrition Search, see **Figure 1.2.4.1**. The main difference between the Shopping List created by completing the Digital Nutrition Assistant versus searching for terms at Digital Nutrition Search is this: the results from the Assistant will contain filters for foods and supplements, and it will be easier to find a higher number of programs without having to manually type in every problem you want to bioenergetically work on using Digital Nutrition frequency programs. However, after performing a Digital Nutrition Search and adding the recommended programs, you can go to the Shopping List screen and quickly perform the first two steps of the Assistant to select nutritional types and intolerances, so that the Shopping List is properly filtered.

Directly from the Shopping List screen you can change the nutritional types and intolerances without having to repeat the Assistant process. The list of food recommendations can be downloaded by scrolling to the bottom of the page and choosing the "Download as PDF" option, see **Figure 1.2.4.2**.

This screen of the Digital Nutrition module informs you about the way the DNA (Digital Nutrition Application) works, see **Figure 1.2.5.1**.

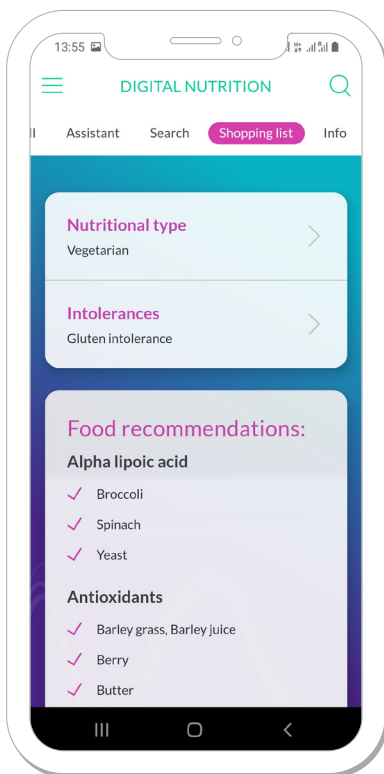


Figure 1.2.4.1: Shopping List screen

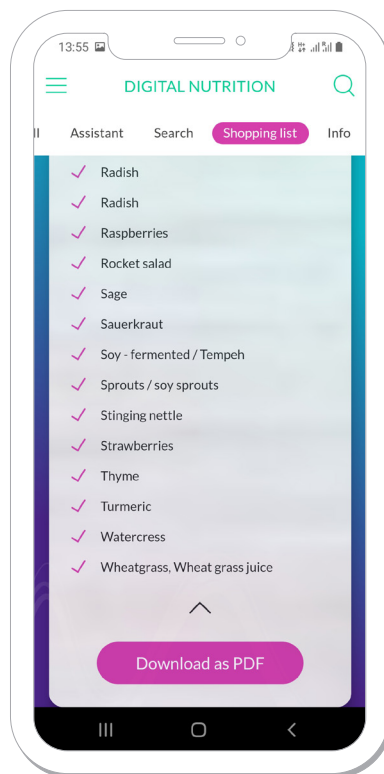


Figure 1.2.4.2: Shopping List

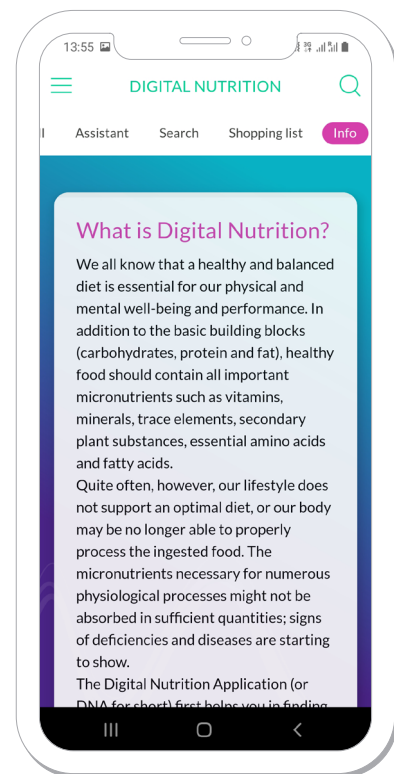


Figure 1.2.5.1: Digital Nutrition Info screen

2 My Programs Menu

The “My Programs” screen can be found by pressing the burger menu on the top left side of the screen, see **Figure 2.1**. It will show you all the programs you have added, including programs from both the Healy Search module and Digital Nutrition module, see **Figure 2.2**.

On this page, you can:

- Start programs by clicking on the pink “play” button.
- See detailed information by pressing on the text box of the chosen program.
- Remove any or all of the programs from the “My Programs” list. You can do this by pressing the “edit” icon on the top right corner, see **Figure 2.2**. Once you do so, red removal icons will appear to the left of every program, and by pressing them the corresponding program will be removed from the list, see **Figure 2.3**. If you don't wish to remove a program, simply press the checkmark icon in the top right corner again, without pressing any of the red removal icons.
- If you select the "Find additional Healy programs" option, you will get to the Start screen of the App where you can select e.g. the Healy Search and Digital Nutrition modules.

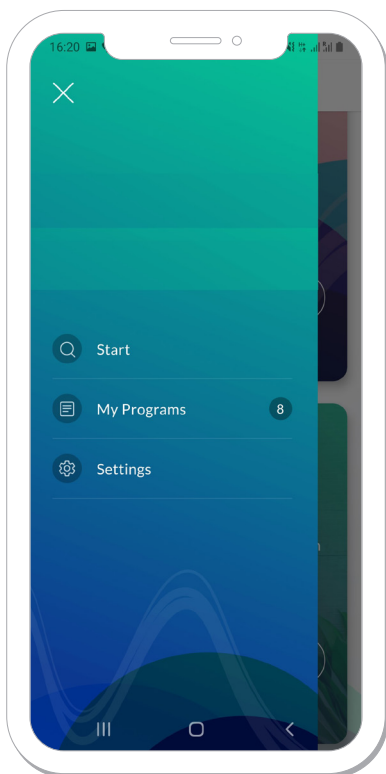


Figure 2.1: Burger menu

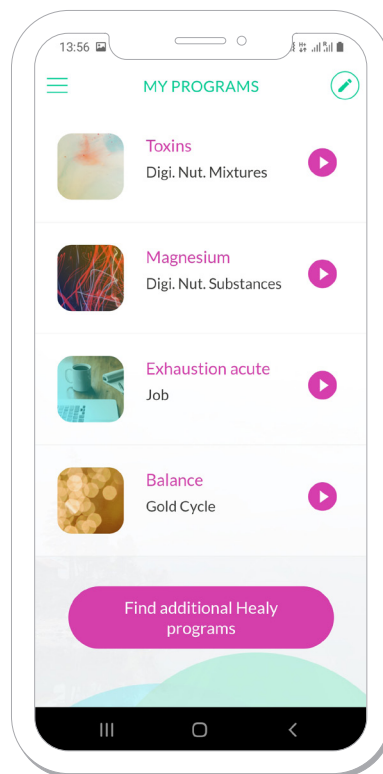


Figure 2.2: My Programs screen

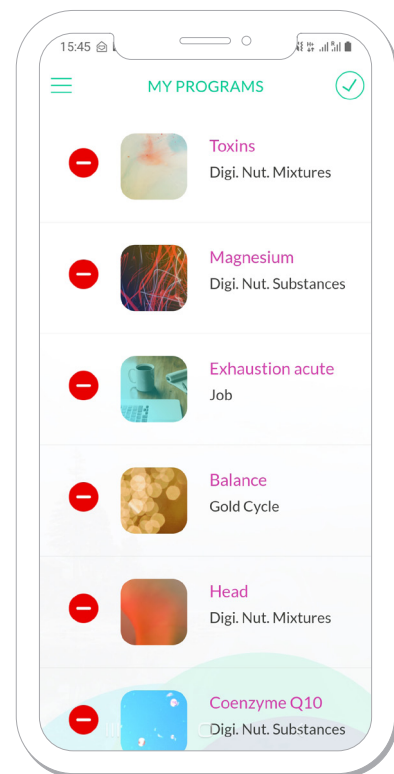


Figure 2.3: Edit screen

3 Settings Menu

In the Settings menu you will find the following functions: Change Language, Profile, Your Healy Edition, Push notifications, Support, Follow us, Rate this app, Info, and Log out, see **Figure 3.1**.

3.1 Change Language Menu

By entering this menu you can choose between different languages, see **Figure 3.1.1**.

3.2 Profile

By entering this menu you will be redirected to your online profile page where you can edit your data.

3.3 Your Healy Edition

In this menu, you can change your Healy Edition and program group selection. Press the “Save settings” button afterwards, see **Figure 3.3.1**.

3.4 Push Notifications

You can move the slider for the push notifications to on and off. This will start or stop all notifications sent out by the HealAdvisor App.

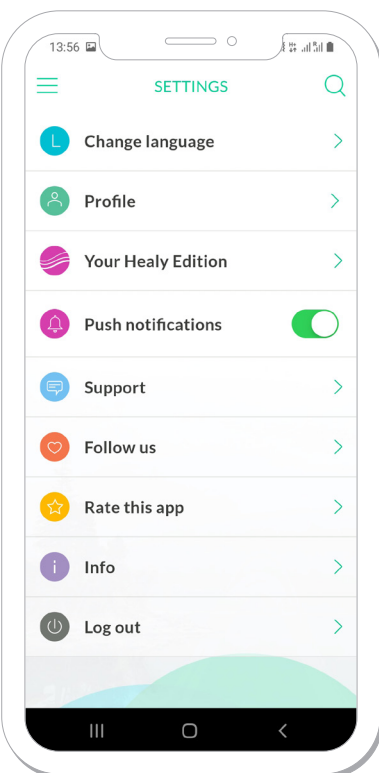


Figure 3.1: Settings menu

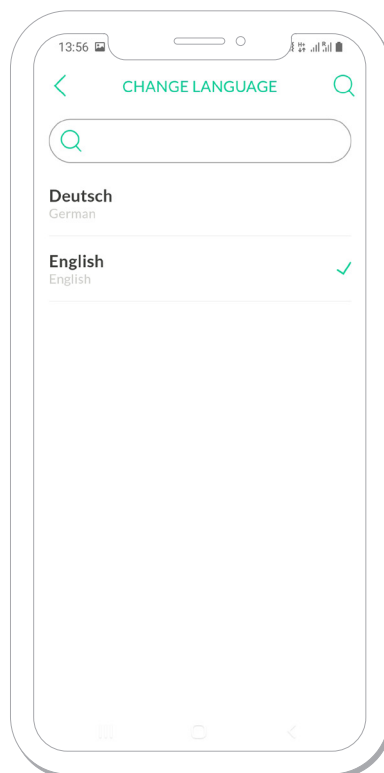


Figure 3.1.1: Language menu

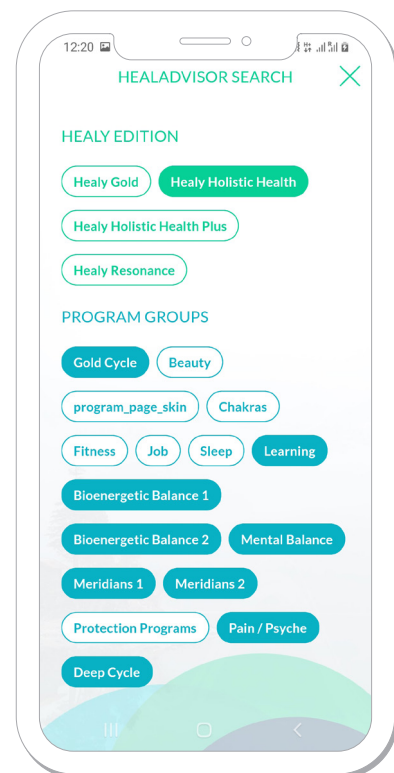


Figure 3.3.1: Select Healy Edition screen

3.5 Support

Here you can send an email to Healy World Support.

3.6 Follow Us

By entering this menu, you will be presented with different platforms on which you can follow us, see **Figure 3.6.1**.

3.7 Rate This App

By pressing this selection, you will be taken to the HealAdvisor page of the respective App store.

3.8 Info

Pressing this will take you to the Info menu where you can see the App version and read through the Terms of Use, Privacy Statement and Declaration of Consent, see **Figure 3.8.1**.

3.9 Log Out

When pressing log out, you will be logged out of the app. Once you log back in with the same account information, it will still have the programs stored that you added to "My programs" list as well as all Assistant and Shopping List information. It will also perform automatic synchronization, transmitting the newest information. If, however, you should wish to log on using different account information, upon pressing the "Login" button you will be informed you that all previous data will be deleted. This information includes programs added to the "My programs" list, Assistant and Shopping List information, see **Figure 3.9.1**.

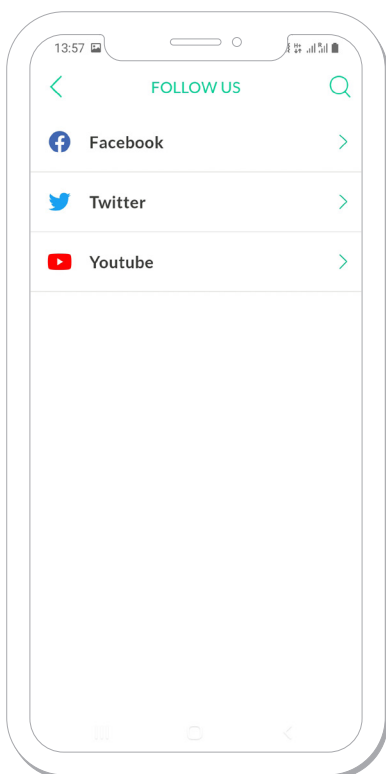


Figure 3.6.1: "Follow us" screen

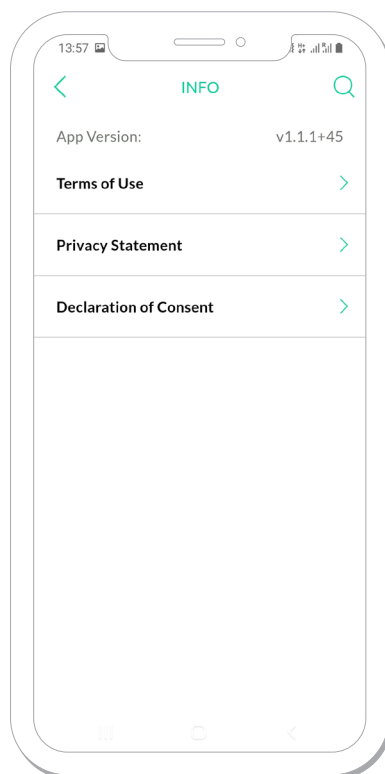


Figure 3.8.1: Info screen

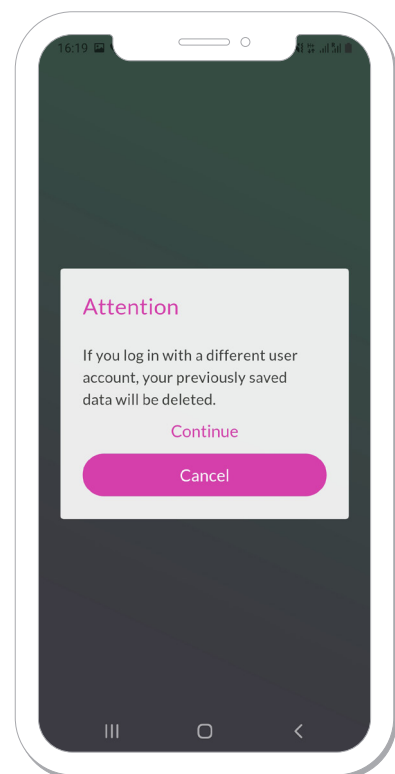


Figure 3.9.1: Message for different account login



Frequencies for Life

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