# MySelf.Health

## Find Your Own Health Truths

### A/B Test Yourself

*(Run Your Own Personal Randomized Cross-over Trials for Health or Performance)*

# MySelf.Health

**Sign Up/Log In**

**Create/Join Trials**

**Find a Doctor**

**Forums**

Welcome ...

- Login
- Create Account
- Edit Account
- Recruit Friends

# MySelf.Health   Create/Join Trials

**Active Trials**

- Ketogenic diet for 90 days
- CoQ10 for multiple sclerosis
- Fasting for eczema reduction
- Minimum effective dose: running
- Intervals for ultramarathons
- Comparison of deadlift programming
- ...

Create a Trial

# MySelf.Health   Create a Trial

**Condition: Weight loss (pull from BetterDoctor API)**

**Experiment: Diet**

**Specifics: Veggitarian vs Standard American Diet**

**Description: 1 month on each diet**

**Control: Standard American Diet**

**KPI: Weight gain or loss**

# MySelf.Health    "Vegetarian trial"

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Condition: Weight loss

Experiment: diet

Specifics: Try a vegetarian diet for eight weeks and monitor weight daily

Description: Apply a vegetarian diet for eight weeks, track weight daily and report, combine result with MyFitnessPal, FitBit/AppleWatch

Control: standard diet

KPI: weight in pounds

# MySelf.Health     "Vegetarian trial" - Data Entry

**Sign Up/Log In**

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**Data Entry**

**Find a Doctor**

**Forums**

| User_id | Week | Weight Data | A (treatment) | B (control) |
|---------|------|-------------|---------------|-------------|
| 1 | 1 | 180 | X | |
| 1 | 2 | 178 | X | |
| 1 | 3 | 176 | X | |
| 1 | 4 | 175 | X | |
| 1 | 5 | 175 | | X |
| 1 | 6 | 177 | | X |
| 1 | 7 | 179 | | X |
| 1 | 8 | 183 | | X |
| 1 | 9 | 182 | X | |

# MySelf.Health    "Vegetarian trial"

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Weight Loss
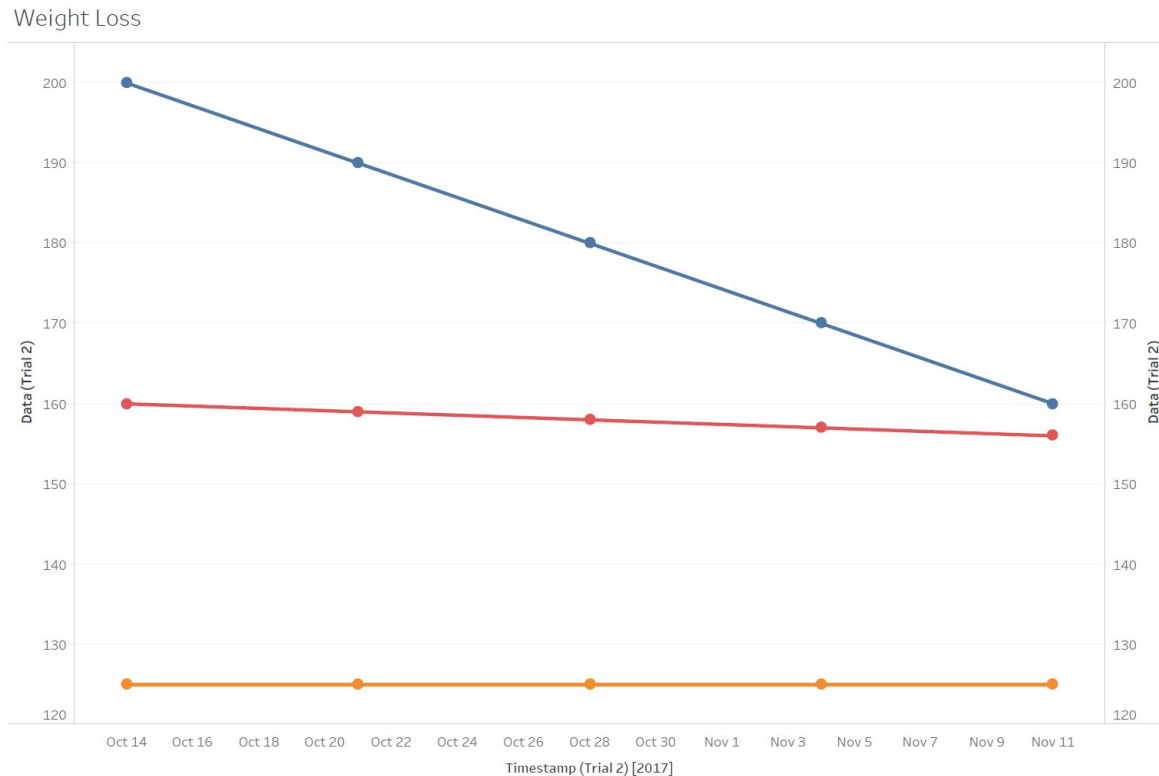
# MySelf.Health          "Fish oil trial"

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**Forums**

Condition: joint pain

Experiment: supplement

Specifics:

Description:

Control: placebo / sugar pill

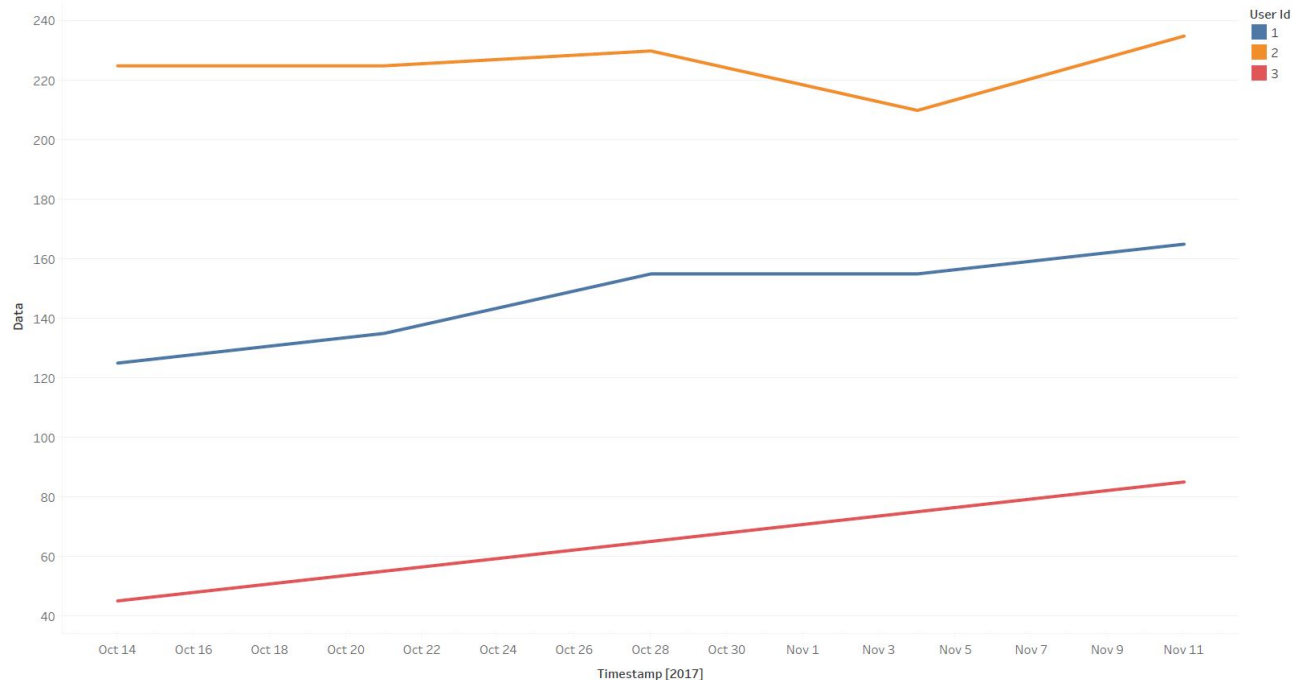KPI: questionnaire

# MySelf.Health    "Squat Reps Test Results"

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**Forums**



3-rep cohort, 3 rep max

# MySelf.Health        partners

**Sign Up/Log In**

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**Find a Doctor**

**Forums**



HealthKit

# Develop health and fitness apps that work together.

Adding HealthKit into your iOS and watchOS apps creates a more integrated user experience. When a customer provides permission for your app to read and write health and activity data to their Health app, your app can become a valuable health data source and it can use the shared data to bring more powerful health and fitness solutions.

**Fitbit Research Library**

**STRAVA**

**TRAININGPEAKS™**