

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

Sign Up/Log In

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Forums

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

“Vegetarian trial”

Sign Up/Log In

Condition: Weight loss

Create/Join Trials

Experiment: diet

Find a Doctor

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

Forums

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

Create/Join Trials

Data Entry

Find a Doctor

Forums

<u>User_id</u>	<u>Week</u>	<u>Weight Data</u>	<u>A (treatment)</u>	<u>B (control)</u>
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 results - weight”

Sign Up/Log In

Create/Join Trials

Find a Doctor

Forums



MySelf.Health “Fish oil trial”

Sign Up/Log In

Condition: joint pain

Create/Join Trials

Experiment: supplement

Find a Doctor

Specifics: measure HDL/LDL cholesterol with/without 1 g fish oil supplementation

Forums

Description: -

Control: placebo / sugar pill

KPI: HDL and LDL blood cholesterol, mg/dL

MySelf.Health “Weightlifting - squat test (lbs, 3 reps)”

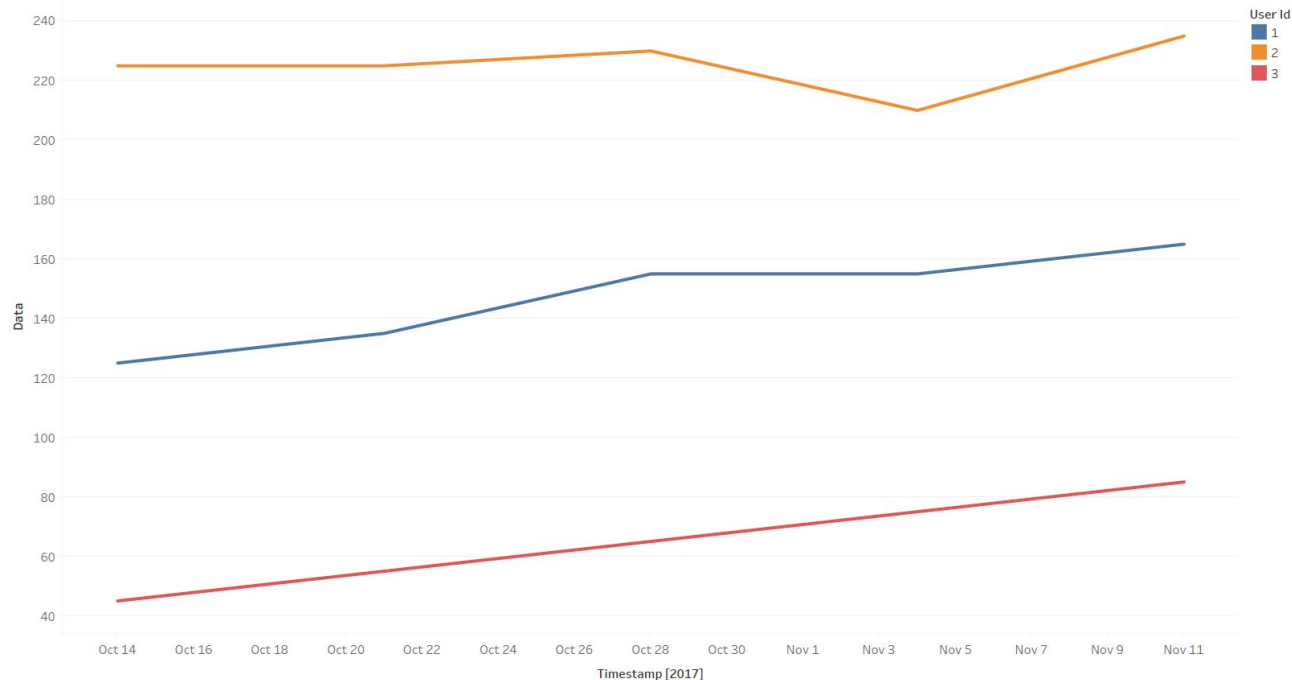
Sign Up/Log In

Create/Join Trials

Find a Doctor

Forums

3-rep cohort, 3 rep max



MySelf.Health partners

Sign Up/Log In

Create/Join Trials

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™

MySelf.Health Create a Trial

Sign Up/Log In

Condition: Weight loss (pull from BetterDoctor API)

Create/Join Trials

Experiment: Diet

Find a Doctor

Specifics: Vegetarian vs Standard American Diet

Forums

Description: 1 month on each diet

Control: Standard American Diet

KPI: Weight gain or loss