

User Manual

Health Check

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1. Intended Use

Health Check is a software-only, general health risk assessment tool intended to assess a user's personal risk related to one or multiple disease groups. Through the analysis of demographic information, lifestyle factors, medical history, and family history, an evidence-based health risk assessment is performed, and recommendations are provided on how to address these risks. This empowers users to identify and initiate relevant preventive actions.

The foreseen user is a layperson and requires no prior knowledge or education.

1.1. Clinical benefits

The expected clinical benefit of the Health Check is to help users identify potential health risks at an early stage and, based on the information they provide, receive relevant preventive recommendations and suggestions for possible next steps.

2. Intended Use Environment

2.1. General environment

Health Check can be used in any general physical environment which is not prohibited by law (e.g. road traffic regulations). It can be used indoors and outdoors. This is reflected in usability engineering activities.

2.2. Social and mental environment

Health Check must not be used in life-threatening situations or under high psychological stress.

2.3. Technical environment and IT security requirements

Health Check is a web-based software application. To use Health Check as intended, a device with a supported web browser and support for the HTTPS protocol, as well as a stable internet connection, are required. Users should keep their operating system and web browser up to date and take appropriate security measures to prevent unauthorized access to their device and the Health Check.

3. When to use Health Check

Health Check can be used by anyone who meets the minimum age of 18, agrees with our Terms and Conditions, and is proficient in the languages available in the product.

4. When not to use Health Check



- Health Check may not be used for diagnosis, planning medication (pharmacotherapy), or disease monitoring. Health Check does not replace psychological or physiological tests, nor does it replace a visit to the doctor.
- Health Check is not applicable in case of acute, serious symptoms, life-threatening conditions, or at risk of life. Health Check is not a first aid measure in an emergency.
- Health Check is intended for laypersons only, not for medical personnel. It must not be used for risk stratification in clinical practice.
- Health Check is not intended for use during pregnancy.
- Health Check is not intended for the planning of pregnancy or the assessment of pregnancy risks.
- Health Check does not issue medical or psychological certificates.
- Health Check is not intended to predict how an existing condition will develop in the future.
- Any recommendations made by the Health Check should never override decisions, diagnoses, prescribed treatments, or recommendations of medical professionals.
- Health Check does not predict the severity of diseases, it only assesses the likelihood of developing conditions.
- Recommendations made by Health Check should be applied in the context of the user's individual needs and capabilities and not be taken at face value. When in doubt, a medical professional should be consulted.
- Health Check only addresses the specified conditions (see HC-DI-DOC-06 List of Conditions for a detailed list), all others are excluded. The General Terms and Conditions apply.

5. Residual risks

Despite all implemented risk control measures, the following residual risks remain:

- Health Check results depend on user-provided information and may be inaccurate if input is incorrect or incomplete.
- Health Check may provide incorrect or misleading results and may not accurately predict conditions.
- Health Check does not cover all medical conditions and may not identify rare or atypical diseases within its predictive model.
- Health Check does not take into account the full medical context of an individual.
- Health Check results may be misunderstood or misinterpreted by users.
- Health Check may not detect all urgent or serious medical conditions.
- Health Check performance and availability may be affected by technical limitations.

Undesirable side effects: There are no known undesirable side effects associated with the use of the Health Check.

6. How to use Health Check

6.1. Checks

6.1.1. Questions

After launching Health Check, you can start the assessment by entering your demographic details, such as age and sex, then you will be asked about different aspects of your lifestyle. After answering the lifestyle questions, Health Check will ask about your relevant pre-existing conditions. In the last step, you will be asked to enter the relevant conditions from your family medical history: First, provide the conditions of your mother, maternal grandmother, and maternal grandfather, and then answer the same question for your father, paternal grandmother, and paternal grandfather.

You can **skip questions** if you are unable or unwilling to answer. However, it is encouraged to provide as much information as possible to enhance the accuracy of the final risk report.

You can **track your progress** in completing the check at the top of the page.

6.1.2. Report

To generate your health risk report, accept the disclaimer after answering the last question.

As a result of the assessment, Health Check provides you with a comprehensive health risk report. This report includes your risk level (Low, Slightly elevated, Medium, Significant, High) and the identified positive factors and risk factors. It also provides actionable lifestyle recommendations tailored to your risk profile and suggests relevant medical screenings (if available). Detailed explanatory notes accompany the different sections to help you interpret your results and take informed steps toward better health.

Please note: The check is intended solely for informational purposes and should not be treated as a medical consultation, diagnosis, or advice. If you are concerned about your health, especially in cases of severe symptoms, a worsening condition, uncertainty, or if there is no improvement, please contact a doctor.

6.2. Imprint

In the imprint, you will find general information about the company and the certification as a medical device, our Terms of Use, and our Privacy Policy.

7. You have something to tell us?

7.1. Troubleshooting

We care about you! If you have any questions about XUND, need help, or would like to report a problem, please contact us immediately at support@xund.ai.

Some of your questions may have already been asked by other interested users. Please have a look at our [FAQs](#) on the website.

7.2. Reporting of serious incidents

Serious incidents relating to the Health Check must be reported to XUND Solutions GmbH at support@xund.ai and to the competent authority of the Member State in which the user and/or patient is resident.

Warning: If the software does not function as expected, do not rely on the results and contact support.

7.3. Feedback

Your feedback is well appreciated! Do you want to share your opinion? Or maybe you have an idea for a new feature? Feel free to send us your ideas to hello@xund.ai

8. Manufacturer and device information

Name of the product	Health Check
Manufacturer 	XUND Solutions GmbH Dorotheergasse 10/12a 1010 Vienna Austria
Basic UDI	918000298HealthCheckQZ
Product version	v1.63.0 and later
Version of instruction	2.0
Release date	2026-09-24

	The product is a medical device.
	The product meets the requirements of the Regulation (EU) 2017/745.

Further Information:

- Details on the performance of the device can be found at <https://xund.ai/medical-quality>.
- In accordance with Implementing Regulation (EU) 2021/2226, a physical copy of the electronic instructions for use can be requested via support@xund.ai.