



User Manual

Health Check





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1 Introduction

Health Check is a digital health risk assessment tool based on advanced algorithms that is designed to provide end-users with a health risks report. By analyzing demographic data, lifestyle habits, medical history, and family history, the application calculates risk levels for specific health topics (e.g. Cardiovascular health, Mental health, etc.). The risk report at the end of the check also includes actionable recommendations to support healthier lifestyle choices and encourages preventive healthcare by suggesting the most relevant screenings. The check flow is designed to simulate the type of questions and interactions you might have during a consultation with a doctor.

2 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.

3 When to use Health Check

- The foreseen user is a layperson and requires no prior knowledge or education.
- 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.
- Health Check is intended for the layperson only. It must not be used for diagnostic or treatment purposes in daily clinical practice. It may not be used by doctors, nurses, or other healthcare professionals for medical purposes.



4 When not to use Health Check

- Health Check is not applicable in case of acute, serious symptoms, life-threatening conditions, or at risk to life. Health Check is not a first aid measure in an emergency.
- Health Check may not be used for diagnosis after serious accidents or in case of serious bodily injury, nor may it be used after the use of force by third parties.
- Furthermore, it may not be used in pregnancy diagnostics or prenatal or premature infant diagnostics. Health Check is not intended for use in contraception or planning pregnancy.



- Health Check does not replace psychological or physiological tests. Health Check must not be used for diagnosis or therapy derivation in case of serious known or not yet diagnosed psychological disorders.
- Health Check is not intended to be used as a support in clinical care.
- Health Check must not be used to derive treatment and care recommendations in a home healthcare environment. Health Check does not provide nursing instructions.
- Health Check is no disease monitoring program in general.
- Health Check does not replace a visit to the doctor. It is not intended to inform diagnosis or therapy.
- Health Check is intended for laypersons only, not for medical personnel. It must not be used for risk stratification in clinical practice.
- Health Check does not recommend any medication and does not provide any dosage aids.
- Health Check does not issue medical or psychological certificates.
- Health Check is not intended to make a prognosis or therapy recommendations for already known existing diseases (regardless of the severity of the disease).
- Health Check may not be used to change or discontinue a diagnosis or therapy recommendation already made by a physician. Any recommendations made by Health Check should never override the recommendations of physicians.

5 How to use Health Check

5.1 Homescreen

The home screen enables you to access the main features of XUND, including Symptom Check, Illness Check, and Health Check. To understand your health risks and start your health prevention journey, select Health Check.

5.2 Check

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.

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, Average, Slightly increased, Moderate, 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, please contact a doctor.

5.3 Imprint

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

6 You have something to tell us?

6.1 Troubleshooting

We care about you! If you have any questions on 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.

6.2 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.



7 Quality

Name of the product	Health Check
 Manufacturer	XUND Solutions GmbH Dorotheergasse 10/12a 1010 Vienna Austria
Version of instructions	1.1
Release date	28.02.2025
	The product meets the requirements of the Regulation (EU) 2017/745.
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Details on the performance of the device can be found at [Quality](#).