VALDURA

WHAT VALDURA DOES FOR YOU. AND MORE ON THE WAY.

Your labs, wearables, meals and daily habits in one clear picture, with an assistant that knows your numbers and helps you decide what to do next.

iPhone, Android and web | English or Spanish

YOUR ASSISTANT

ASK VALDURA

- **Answers from your own data.** It reads your labs, wearables and logs, in real time.
- **Remembers your story.** Goals and history carry over. See it all, erase any item.
- **Logs it for you.** Say what you ate, lifted, weighed or took, and it is saved.
- **15 languages.** Answers in Simple, Standard or Technical detail.
- **Honest about the line.** It never sets a dose. Clinical calls go to your own clinician.
- **Bring your history.** Move what ChatGPT, Claude or Gemini knows about you.

LABS

YOUR BLOODWORK

- **Any lab report.** A PDF or photo from any lab, any year.
- **Plain-language results.** Optimal, In range, Worth a look, Running high or low.
- **Attention first.** Out-of-range markers on top, with lab and optimal ranges.
- **What tends to move it.** Guidance for common flags like vitamin D, ferritin and ApoB.
- **Trends.** Each marker over time, and what changed between panels.
- **At-home Longevity Panel.** Read the same way. Sold separately.

GUIDANCE

YOUR PLAN

- **Insights.** What your data says, and what to do about it.
- **One plan.** Eating, training and what to take, from your own data.
- **Seven-day meal plan.** Meals built around your targets and numbers.
- **Daily note.** A short read on your home screen each day.
- **Weekly recap.** Your week, read back to you.
- **Focus areas.** Longevity and heart, energy and sleep, nutrition, sports, fertility, weight, menopause, gut and allergies.

WEARABLES

BODY, SLEEP AND TRAINING

- **Connect your devices.** Most watches, rings and scales, through Apple Health or Google Health Connect.
- **Sleep and recovery.** Sleep stages, HRV and recovery, synced or logged.
- **Workouts.** Cardio and strength, sets and reps, imported or logged.
- **Weight.** Weigh-ins, measurements and trends.
- **Body map.** Your body's systems, colored by your latest data.
- **Vitality Age.** A wellness estimate from your own bloodwork.
- **Cycle, pregnancy, readiness.** Cycle tracking, pregnancy week by week, training readiness.

HABITS

EVERY DAY

- **Daily check-in.** A few taps for sleep, energy, mood, movement and routine.
- **Guess your pattern.** Guess one of your own patterns before Valdura shows it.
- **Streaks with shields.** A shield covers a missed day, plus achievements.
- **The Daily.** Word puzzles and Myth or fact, with sources.
- **Learn.** Short reads and programs, picked by your assistant.

WHAT YOU TAKE

SUPPLEMENTS AND PROTOCOLS

- **Your regimen.** Vitamins, supplements, peptides, or anything you write in.
- **Protocols.** Log doses and see your phase, week and consistency.
- **Label lookup.** Name a product and the assistant reads its label.
- **My Stack.** What you take, with suggestions by ingredient, never brand.

NUTRITION

MEALS AND WATER

- **Snap a photo.** Calories, protein, carbs and fat, item by item.
- **Type it or name it.** A plate, a restaurant dish, or a repeat meal in a tap.
- **Your targets.** Calorie and macro targets, eating styles, an eating window.
- **Water.** Quick-add glasses toward a daily goal.
- **Food on your terms.** Rather not track food? Turn meal prompts off.

COMMUNITY AND RECORDS

YOURS, AND PRIVATE

- **Community.** Follow Dr. Wilson, Valdura's Clinical Advisor, and post with members.
- **Ask our clinicians.** Send a question anonymously. Answers come as posts, not replies.
- **For your doctor.** One PDF of your history, regimen, labs and device data.
- **Any health record.** DEXA scans, microbiome reports and more, read and saved.
- **Private by design.** HIPAA-grade and never sold. No password. Export or delete anytime.

Valdura is a wellness and education app, not a doctor, a pharmacy or a telehealth service: the clinical calls go to your own clinician. Bloodwork is sold separately. Vitality Age is a wellness estimate, not a medical test. Cycle tracking is not a method of birth control. Features can vary by device and may change.

VALDURA.HEALTH
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