



saviorofhealth

User Service Manual

How to use the saviorofhealth web app: signing in, keeping a health journal, talking with the AI Care Team, answering surveys, earning Heal Points, and managing your data.

Version 1.0 · 26 October 2026 · applies to the live service as of this date

Web app: **saviorofhealth.app**

Whitepaper: saviorofhealth.gitbook.io/saviorofhealth-docs

Support: official@saviorofhealth.app

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About this manual

This manual is for members, the people who use the saviorofhealth web app. It describes the features available on the live service on 26 October 2026. Features that are not yet released are not covered. Screens may change slightly between releases; menu names in this manual are written in **bold** as they appear in the app, and page addresses are shown like `/wellness`.

If this manual and the published Terms of Service or Privacy Policy differ, the Terms of Service and Privacy Policy apply. The detailed rules behind the product are published in the Whitepaper.

1 About saviorofhealth

saviorofhealth is a web app for everyday wellbeing. You keep a simple daily health journal, talk with four AI assistants that can see the context of your own journal, check symptoms, and answer short health surveys. Taking part earns **Heal Points (HP)**, the in-app points used for streaks, missions and goals.

Keep a health journal

Log water, meals, sleep, exercise, mood and meditation. Every entry updates your streak and your history calendar.

Talk with the AI Care Team

Nurse, Gatekeeper, Nutritionist and Mind Care answer in the context of your profile and today's journal.

Answer surveys

Answer short health questions in **Quests**, and on some questions guess how other members answered.

Build habits

Daily missions, check-in streaks, personal goals and achievement badges help you keep going.

Who can use it

- You must be at least **16 years old** and accept the Terms of Service.
- You need an EVM-compatible crypto wallet (for example a browser-extension or mobile wallet) to sign in. The wallet is used only as your login; signing in does not send a transaction and costs nothing.
- The app runs in any modern mobile or desktop browser. You can also add it to your home screen so it opens like an app (Section 15).
- The app is available in English and Korean.

Organisations

Separately from the member app, organisations can commission surveys through the Partner Portal and receive statistical results through a Data API. These results do not include your wallet address, account identifier or journal entries. Partner features are outside the scope of this manual; see the Whitepaper.

2 Important notices

Not medical advice

saviorofhealth is a wellbeing and information service. It is not a medical device and does not diagnose, treat or prevent any disease. The AI assistants are instructed not to diagnose, not to name a disease as your diagnosis, and not to prescribe or change medication. These are instructions to an AI model, not a guarantee of what it will say. Always talk to a qualified health professional about your health, and never delay or ignore professional advice because of something you read in the app.

In an emergency

If you think you or someone else may be having a medical emergency, call your local emergency number immediately (for example 119 in Korea, 911 in the United States, 112 in the EU). Do not use the app or wait for an AI reply.

Heal Points have no monetary value

Heal Points are in-app points. They cannot be bought, sold, transferred, redeemed for cash or exchanged for anything outside the app. The service may adjust balances to correct errors, stop abuse or comply with law.

AI can be wrong

AI replies, nutrition estimates and symptom-check results are generated automatically and may be inaccurate or incomplete. Treat them as general information and check anything important with a professional.

Fair use

Automated accounts, scripts, multiple accounts used to collect rewards, and other attempts to game rewards are not allowed. Rewards gained this way may be reversed and accounts may be restricted.

3 Getting started

Sign in with your wallet

saviorofhealth does not use email addresses, passwords or phone numbers for member sign-in. Your wallet is your login.

- 1 **Open saviorofhealth.app** and tap **Connect Wallet** in the top-right corner (or on any page that asks you to connect).
- 2 **Pick your wallet.** Choose the wallet app or browser extension you use. On a phone, the wallet app opens and asks you to connect.
- 3 **Approve one free signature.** Your wallet shows a sign-in message that names saviorofhealth. Signing it proves you own the wallet. It is **not a transaction**: no funds move and no network fee (gas) is charged. A sign-in message is valid for 10 minutes.
- 4 **Complete the quick check (new wallets only).** The first time a wallet signs in, a short automated check confirms you are not a bot.
- 5 **You are in.** New accounts receive a one-time **welcome grant of 1,000 HP**.

Never share your recovery phrase

saviorofhealth will never ask for your wallet's recovery phrase (seed phrase) or private key. Signing in only ever needs one signature. If any page or person asks for your recovery phrase, it is not us.

Set up your profile (recommended)

Open the account menu and choose **Profile** (/mypage). Add a display name and your health profile: gender, country, region, height, weight and any ongoing conditions you want the assistants to take into account. Every field is optional, and you can change or clear it at any time. A completed profile helps the AI Care Team give more relevant answers.

Preview mode

You can look around most pages before connecting a wallet. Pages show a **Preview mode** banner and your journal stays locked until you connect.

Signing out and sessions

- To sign out, open **Profile** and tap **Disconnect wallet**.
- For your security, sessions expire after a while. If you see **Session expired**, connect and sign again; your data is kept.
- Your account is tied to your wallet address. If you sign in with a different wallet, you will see a different, separate account.

4 Finding your way around

Main menu

The main menu runs across the top of the screen (on phones, open it from the menu button).

Menu	Page	What it is for
Healdrop	/healdrop	Missions and rewards hub: daily check-in, daily health quiz, social missions, posts and invitations (Section 10).
Quests	/earn	Survey cards and crowd prediction (Section 9).
Wellness	/wellness	Water, sleep and exercise logs, streak and history calendar (Section 6).
Symptoms	/symptoms	Symptom check with the Gatekeeper assistant (Section 8).
Nutrition	/nutrition	Meal log with AI nutrition estimates and the Nutritionist (Section 6).
Mind	/mindspace	Mood check-in, meditation and Mind Care (Section 6).
Articles	/articles	Short health and wellbeing reading.

Account menu

After you sign in, tap your wallet badge in the top-right corner to open the account menu.

Item	What it opens
Dashboard	Your daily overview (Section 5).
Profile	Profile, health profile, badges, language, data settings and sign-out (Section 14).
Invite friends	Your personal invitation link (Section 10).
Settings	Notifications and app installation (Section 15).
Product, API, Partner	Information pages for organisations. Members do not need these.

The footer at the bottom of every page links to the Whitepaper, the product one-pager, the Terms of Service, the Privacy Policy and the Disclaimer.

5 Dashboard

The Dashboard (</dashboard>) is your home screen after signing in. It shows:

Heal Points	Your current HP balance.
Day Streak	How many days in a row you have been active. Every third day of a streak awards HP, with larger bonuses at 10, 30 and 100 days.
Health Score	A score shown together with today's goals, which tracks your healthy-habit progress. It is a motivation aid, not a medical measurement.
Today's Activity	What you have logged today across water, meals, sleep, exercise, mood and meditation.
Daily Mission	A short list of tasks for today. Completing them awards HP.
AI Care Team	Shortcuts to start a conversation with Nurse, Gatekeeper, Nutritionist or Mind Care.
Conversations	Your recent conversations with the assistants, so you can pick up where you left off.

Tip

The fastest daily routine is: open the Dashboard, log water and mood, do the Daily Mission, then answer a few cards in Quests.

6 Health journal

The journal records six kinds of entry: **water, meals, sleep, exercise, mood** (with optional notes) and **meditation**. Every entry updates your streak and appears in your history calendar, so you can look back day by day. Only you can see your entries in the app. To answer you, the assistants send today's entries to the AI provider (Section 16), and partner statistics may include patterns aggregated across many members, never your individual entries.

Wellness /wellness

Hydration	Tap how much you just drank (preset cup sizes or another amount). Your first cup of the day earns HP. A daily maximum applies so the log stays realistic.
Sleep	Log last night's sleep and rate its quality: Poor, Fair, OK, Good or Great.
Exercise	Log an activity and its length in minutes (1 to 600).
Streak and calendar	Your current streak and a monthly calendar of the days you logged.

Nutrition /nutrition

- 1 Choose the meal: **Breakfast, Lunch, Dinner** or **Snack**.
- 2 Describe what you ate in your own words, for example "bibimbap and a small bowl of soup".
- 3 Enter the calories if you know them. If you leave the field empty, the AI estimates calories and a nutrition breakdown, usually within 3 to 8 seconds.
- 4 Review today's total and the last seven days. You can edit or delete any meal.

AI estimates are approximate. If you follow a medically supervised diet, rely on your clinician's guidance.

Mind Space /mindspace

- **Mood check-in:** rate how you feel once a day and add an optional note.
- **Meditation:** choose Breathing, Body Scan, Guided or Free, pick a length, and start. Your first session of the day earns HP.
- **This week:** a summary of your recent moods and sessions.
- **Mind Care:** talk with the Mind Care assistant about stress, mood and wellbeing (Section 7).

If you are struggling

Mind Space is not a crisis service. If you are thinking about harming yourself, contact your local emergency number or a crisis line right away (in Korea, 109).

7 AI Care Team

Four AI assistants answer in the context of your own record. Start a conversation from the Dashboard or from the related page.

Assistant	Best for
Nurse	General health questions and daily check-ins.
Gatekeeper	Describing symptoms and getting a suggested level of urgency (Section 8).
Nutritionist	Food, meals and eating habits, read against your meal log.
Mind Care	Mood, stress and wellbeing, read against your mood history.

What the assistants can see

To give relevant answers, each reply uses a limited amount of context:

- Your profile: display name (if set), age group, BMI, and the conditions you selected.
- Today's journal: total water, recent meal descriptions, exercise, the latest sleep entry, recent moods and notes, and meditation.
- Short snippets of your recent conversations and the last messages of the current one.

Replies are generated by a language-model provider based in the United States (see Section 16).

Limits

- You can send up to **20 chat messages per day** across all assistants. The limit resets daily.
- The assistants do not diagnose, prescribe or change medication, and they direct emergencies to emergency services.
- Do not share information you do not want stored, such as other people's personal details or identity numbers.

8 Symptom check

The Symptoms page (</symptoms>) helps you decide what kind of help to look for. It does not tell you what illness you have.

- 1 Tap a common symptom (Headache, Fever, Sore throat, Stomach pain, Back pain, Chest pain, Dizziness or Skin rash) or describe what you feel in your own words.
- 2 The Gatekeeper may ask a few follow-up questions, such as how long it has lasted and how severe it is.
- 3 You receive a suggested urgency level and general next steps.

Urgency level	What it generally means
Self-care	Rest and monitor. Likely to settle on its own with rest, fluids, sleep or over-the-counter care.
Routine	Stable but persistent. See a clinic within 1 to 7 days for a doctor's evaluation.
Urgent	Rapidly worsening and cannot wait until tomorrow. Go to an emergency department within 2 to 4 hours.
Emergency	Life-threatening signs, such as severe chest pain, signs of stroke or difficulty breathing. Call your local emergency number now.

When in doubt, get help

If your symptoms are severe, sudden or getting worse, or if you feel something is seriously wrong, seek medical care regardless of the suggested level.

The emergency guidance shown in the app currently uses United States numbers (such as 911). Outside the United States, always use your local emergency number.

The page also shows weekly insights: a summary of the symptoms you have checked recently.

9 Quests: surveys and crowd prediction

Quests (/earn) is a deck of short survey cards about health and everyday habits. Tap a card, answer, and earn HP. The reward is shown on each card before you start.

How a card works

- 1 **Answer the question** honestly. There are no right or wrong answers to your own experience.
- 2 **Predict the crowd** (on eligible questions): guess what share of members chose each answer.
- 3 **See the result.** The closer your guess, the larger the prediction bonus, up to the card's base reward again.

The prediction bonus applies only to single-choice, non-campaign questions with prediction turned on, and only once a question has at least 30 responses. Until then the percentages may still shift.

Types of card

Card	HP per question
Daily pulse	40
Partner survey (Partner Portal)	20
Partner survey (Data API)	5 to 50
Team questions	3 to 30
Everyday AI-generated cards	8

Daily limits

- Up to 30 new everyday cards are added each day.
- After 10 answers in a day, you need to follow the saviorofhealth account on X to keep answering that day.

Partner surveys

Some cards are commissioned by organisations such as clinics or researchers. They are reviewed before they reach members. Organisations receive statistical results, not your wallet address, account identifier or journal. Where a partner survey asks about health information, you are asked for a **separate consent** for that survey first. You can see and withdraw these consents in your Profile (Section 14). Declining never affects your account.

10 Healdrop: missions and rewards hub

Healdrop (/healdrop) brings your daily tasks and HP rewards together in one place.

Daily check-in	Check in once a day to build your check-in streak.
Daily health quiz	One short health-knowledge question per day.
Social missions	Follow saviorofhealth on X and join the Telegram community. Connect your X and Telegram accounts on this page; you can disconnect them at any time.
#SOH posts	Post publicly on X with the tag #SOH , paste the post link and tap Verify & Claim . Each approved post earns 150 HP , up to 5 posts per day.
Invite friends	Share your personal invitation link (see below).
Rank badges	Your activity rank, which you can claim as an achievement badge (Section 13).

#SOH post rules

- Your X account must be connected and you must follow the saviorofhealth X account.
- The post must be public, written by your connected X account, contain #SOH or #saviorofhealth, and not have been submitted before.
- Posts are checked automatically. A post that passes is approved at once, but it can be rejected later and its HP reversed, for example if it is deleted, misleading or spam.

Invite friends

Copy your link from **Invite friends** and share it. You receive **300 HP** when an invited friend's account qualifies. An account qualifies when it has completed its health profile or has at least three health records, **and** its health records fall on at least three separate days. Health records are created when the profile is completed and when the Gatekeeper records a symptom check; ordinary journal entries do not count. Invitations from automated or duplicate accounts do not count and can suspend referral rewards.

11 Goal commitment

Goal commitment lets you back a personal daily goal with your own Heal Points. It uses HP only. You cannot commit cryptocurrency or money.

- 1 On a journal page, set a personal daily target, for example 8 glasses of water or 7 hours of sleep, for today or tomorrow.
- 2 Commit up to **100 HP** to the goal. You can commit to up to seven goals a day (up to 700 HP). The committed HP are deducted straight away.
- 3 Do the activity and log it.
- 4 If you reach the goal, you get back **1.8 times** the committed HP (for example, 100 HP returns 180 HP). If you miss it, the committed HP are lost.

Goal	How it is checked
Water, sleep, exercise, meals, meditation	From your journal entries.
Check-in	From your answer to the daily symptom question.
Triage	From a conversation with the Gatekeeper.

Commit only what you can lose

Goal commitment is a motivation feature and an in-app points rule. It is not a financial product and not a promise of any health benefit. Log honestly; false entries undermine your own habit and may lead to rewards being reversed.

12 Heal Points

Heal Points (HP) are the app's activity points. They are recorded by the service, not on a blockchain.

How to earn HP

Activity	Reward
Welcome grant	1,000 HP, once per new account
Survey cards and prediction bonus	Shown on each card (Section 9)
Daily missions and first logs of the day	Shown in the app
Streaks	Every third streak day, plus bonuses at 10, 30 and 100 days
Social missions	Following on X, joining Telegram
Approved #SOH posts	150 HP each, up to 5 per day
Qualified invitations	300 HP each
Goal commitment	1.8× the committed HP on success

What HP are and are not

- HP have **no monetary value**. They cannot be bought, sold, transferred to another account, cashed out or exchanged for anything outside the app.
- HP are used inside the app, for example for goal commitment and to track your progress.
- The service may adjust balances to correct mistakes, reverse rewards gained through abuse or automation, or comply with law. It has done so in the past.
- The rules and amounts may change. The current rules are published in the Whitepaper.

13 Achievement badges

When you reach certain milestones, such as an activity rank or a Health Score level, you can claim an **achievement badge**. Badges are shown in **Health badges** on your Profile.

Claiming a badge on-chain (optional)

- 1 Open **Profile** or **Healdrop** and choose a badge you have earned.
- 2 Tap the claim button. Your wallet asks you to approve a transaction on BNB Smart Chain.
- 3 Approve it. **Your own wallet pays the network fee (gas)**, so you need a small amount of BNB in that wallet. saviorofhealth does not currently charge for badges.

Before you claim

- Badges are **soulbound (SBT)**: they stay in your wallet and cannot be transferred or sold. There is no market for them.
- A badge contains no health measurements, journal entries or survey answers. However, its public description states the milestone it was earned for, and anyone can see that it belongs to your wallet address. If you do not want that link to be public, do not claim the badge on-chain.
- Claiming is optional. Not claiming does not affect your HP or your account.

14 Profile and settings

Open the account menu and choose **Profile** ([/mypage](#)).

Display name	The name the assistants use for you. Optional.
Health profile	Gender, country, region, height, weight and conditions. All optional; edit or clear at any time.
Health badges	Badges you have earned or claimed (Section 13).
Language	Switch between English and Korean.
My data settings	Optional data choices and My consent history . Everything here is optional: agreeing does not earn rewards, and declining costs you nothing. You can change your choices at any time.
Commissioned survey consent	The separate health-information consents you gave to individual partner surveys. Tap Withdraw to withdraw one; withdrawing is as easy as consenting.
Install as app	Instructions for adding the app to your home screen.
Disconnect wallet	Signs you out on this device.

15 Notifications and installing the app

Add saviorofhealth to your home screen

iPhone and iPad (Safari)

1. Open saviorofhealth.app in Safari.
2. Tap the **Share** button.
3. Choose **Add to Home Screen**, then **Add**.
4. Open the app from the new home-screen icon.

Android and desktop (Chrome, Edge)

1. Open saviorofhealth.app.
2. Open the browser menu.
3. Choose **Install app** or **Add to Home screen**.
4. Open it from your home screen or app list.

On iPhone and iPad, push notifications work only when the app is opened from the home-screen icon.

Push notifications

Open **Settings** (</notifications>) from the account menu.

- **Rewards & goals:** reminders about missions, streaks and goals.
- **AI agent follow-ups:** follow-up messages from the AI Care Team.
- **Devices:** see which devices receive notifications and send a test notification.

Turn each type on or off at any time. You can also block notifications in your phone or browser settings.

16 Privacy and your data

This section is a summary. The Privacy Policy (</privacy>) is the binding document.

What is stored

- Your wallet address (your login).
- What you choose to enter: profile, health profile, journal entries, survey answers, symptom checks and conversations with the assistants.
- Activity records needed to run the service, such as HP history, missions and security logs.
- If you connect them: your X username and Telegram account, used to verify social missions and posts. X posts you submit are checked through a third-party X data service.

Member sign-in does not collect an email address, password or phone number.

Where it is processed

- The service database runs on Amazon Web Services in the Seoul region (Republic of Korea). Backups are made daily, and weekly backup copies are kept on a team-operated server outside AWS.
- AI replies and estimates are produced by a language-model provider in the United States. Data sent through its API is not used to train its models and is kept by the provider for up to 30 days for abuse monitoring, then deleted.

How it is shared

Partner organisations receive statistical results about survey questions, with small groups suppressed where minimum-count thresholds apply. Suppression reduces, but does not remove, the risk that someone could be identified. These results do not include your wallet address, account identifier, journal entries or chat messages, and partners are contractually prohibited from trying to identify anyone. Short written answers to public (non-partner) questions may be shown to partners word for word, so do not put names, contact details or other identifying information in written answers.

Your rights

- **Access and correction:** view and edit your profile and journal in the app at any time.
- **Consent:** review and withdraw optional consents in **My data settings** and **Commissioned survey consent**.
- **Copy and deletion:** email official@saviorofhealth.app with the wallet address of your account. The deletion target is 30 days; some records, such as audit and anti-fraud logs and backups, may be kept longer where required. Self-service download and deletion are coming to **My data settings**.
- On-chain badges you have claimed are recorded on a public blockchain and cannot be deleted by us.

17 Troubleshooting and FAQ

Problem or question	What to do
My wallet does not open or connect	Make sure the wallet app or extension is installed and unlocked, then try again. On a phone, try opening saviorofhealth.app from inside your wallet app's built-in browser.
The signature request does not appear	Check your wallet for a pending request. If more than 10 minutes have passed, start sign-in again.
"Session expired"	Connect and sign again. Nothing is lost.
I see an empty account	You may have signed in with a different wallet. Each wallet is a separate account.
I lost access to my wallet	Your account is tied to that wallet, and we cannot recover a wallet for you. Contact support with your wallet address and as much detail as you can.
The AI stopped replying	You may have reached the 20-messages-per-day limit. It resets the next day.
No more cards in Quests	You may have answered all of today's cards, or you need to follow the saviorofhealth X account after 10 answers. Come back tomorrow for new cards.
My #SOH post was not approved	Check that your X account is connected, the post is public, it contains #SOH and was posted by the connected account.
My invitation did not give HP	The invited account has not qualified yet (Section 10). Qualification can take at least three days.
The meal estimate looks wrong	Edit the meal and enter the calories yourself.
I do not receive notifications	Check Settings , your phone's notification permissions and, on iPhone, that you opened the app from the home-screen icon. Send a test notification.
Do I need crypto to use the app?	No. You need a wallet to sign in, but signing in is free. You need BNB only if you choose to claim a badge on-chain.
Can I use HP outside the app?	No. HP have no monetary value and cannot be transferred or exchanged (Section 12).

18 Support and legal documents

Contact

Email **official@saviorofhealth.app**. To help us find your account, include your wallet address. Never send your recovery phrase or private key.

Legal documents

Terms of Service	saviorofhealth.app/terms
Privacy Policy	saviorofhealth.app/privacy
Disclaimer	saviorofhealth.app/disclaimer
Whitepaper	saviorofhealth.gitbook.io/saviorofhealth-docs

Document history

Version	Date	Change
1.0	26 October 2026	First edition, describing the live service on this date.

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