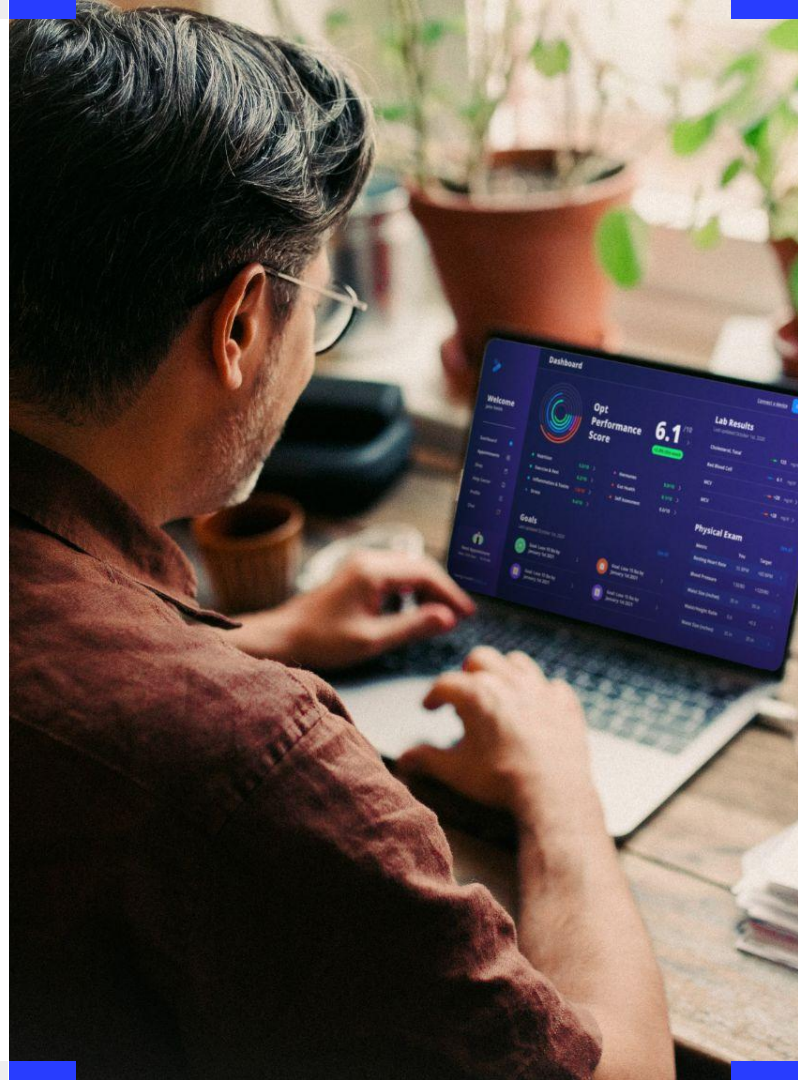


# opt health

2025

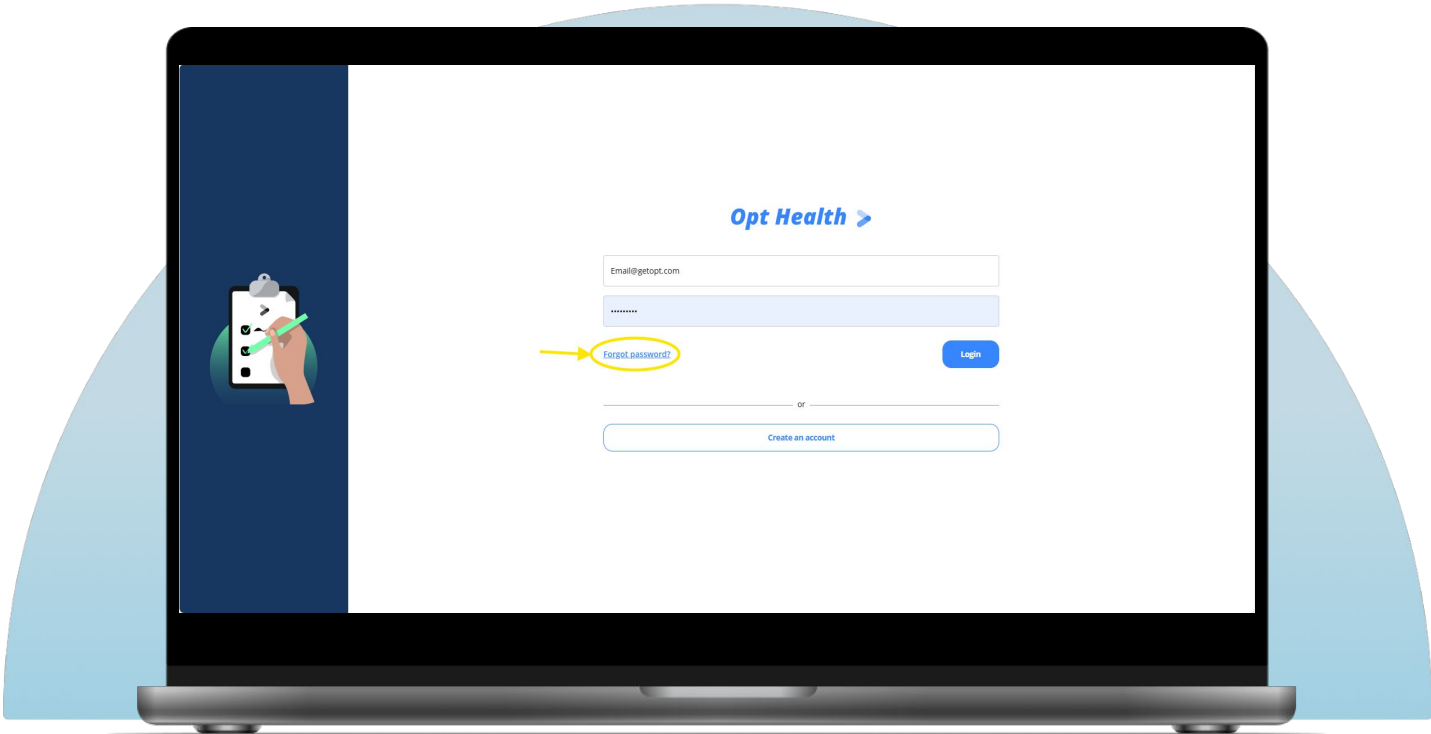
## Navigating Your Health Dashboard:

- View health scores across six wellness categories
- Track activity from connected wearable devices easily
- Access detailed lab results organized by health concerns
- Monitor biomarker trends over time with graphs

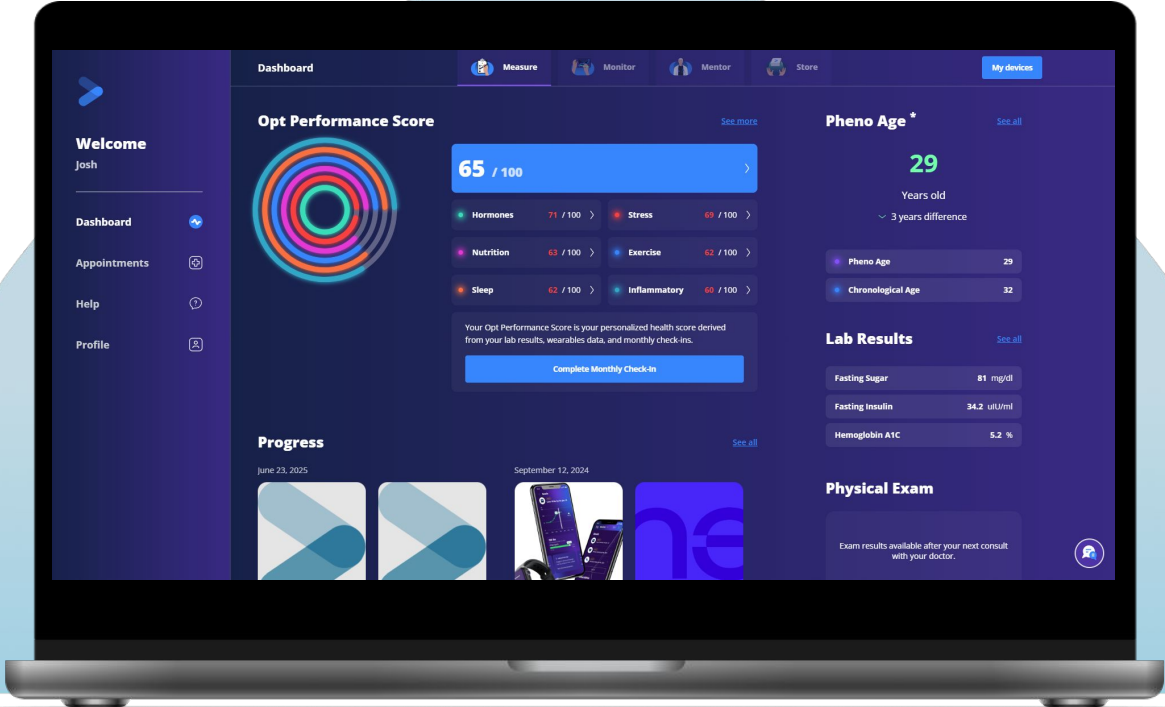


# Login Screen - Accessing Your Account

Use your email and password to log in to your dashboard → [Login | Opt Health](#)  
Forgot your password? Reset from this screen.

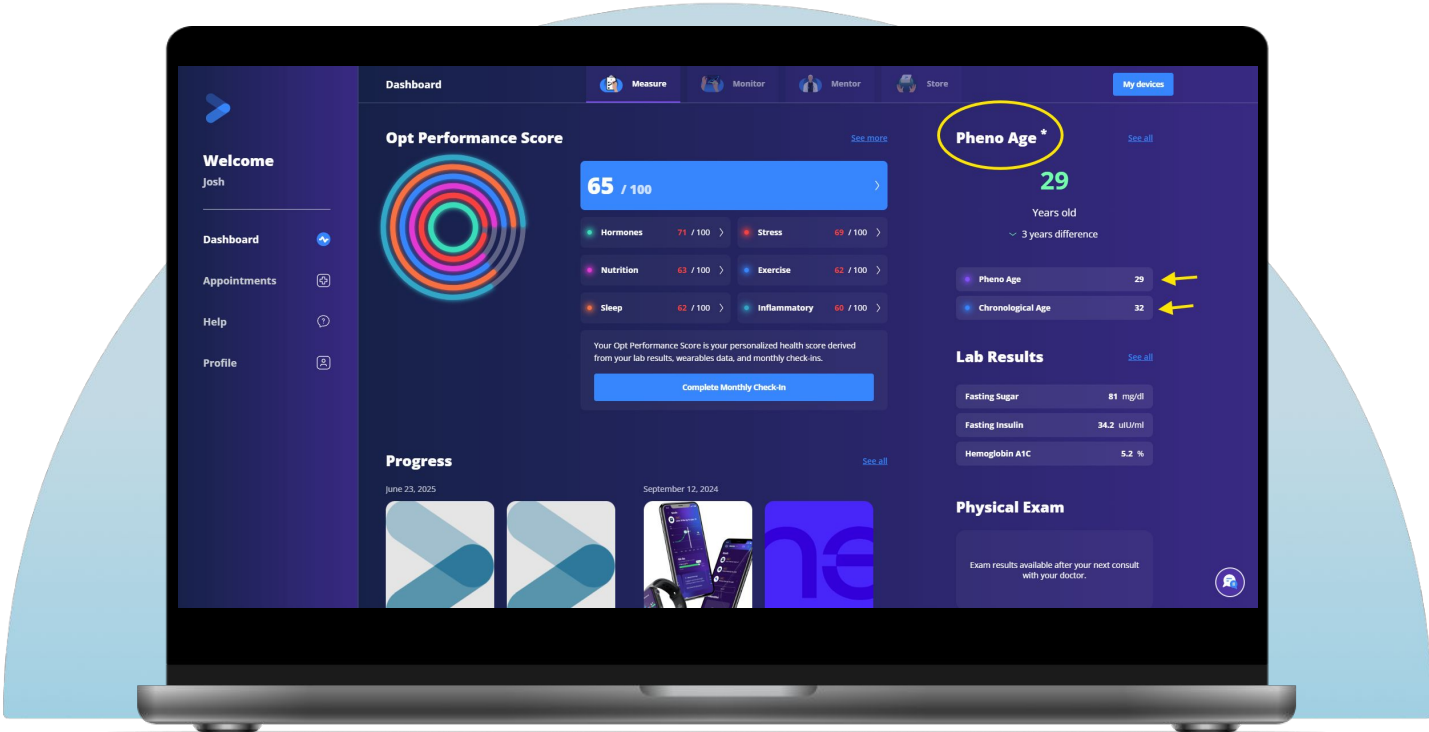


# Opt Dashboard Overview



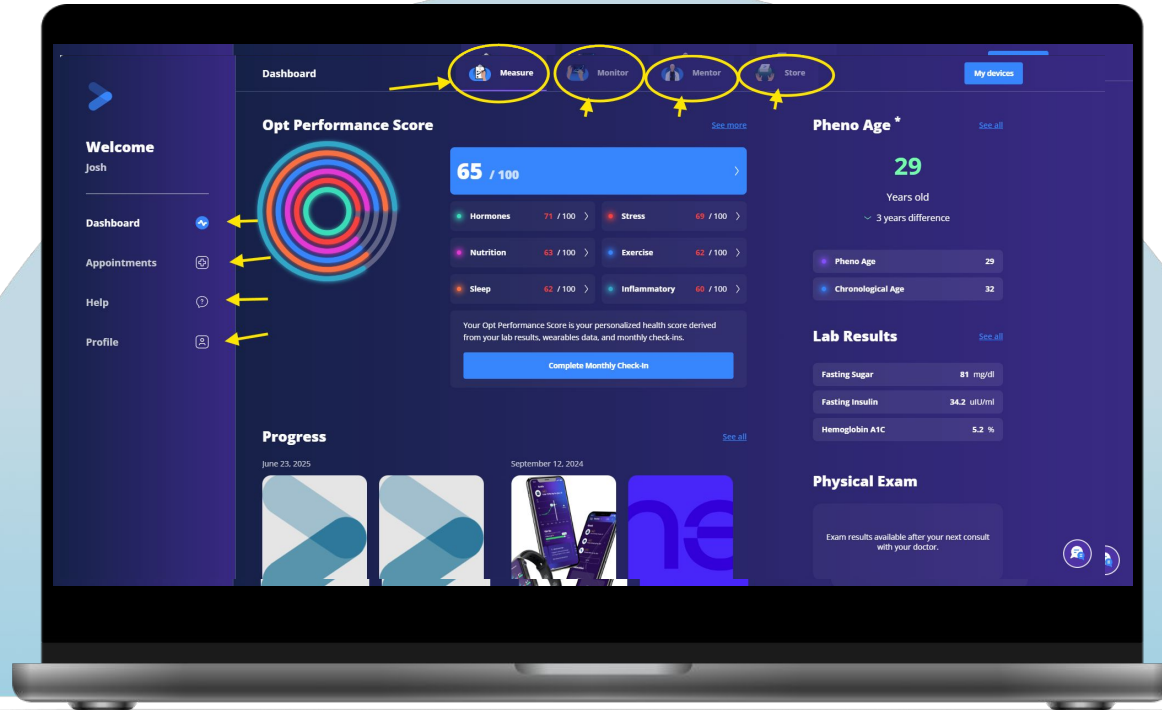
# Pheno Age VS Chronological Age

Track your biological age (PhenoAge) compared to your real age to assess vitality.



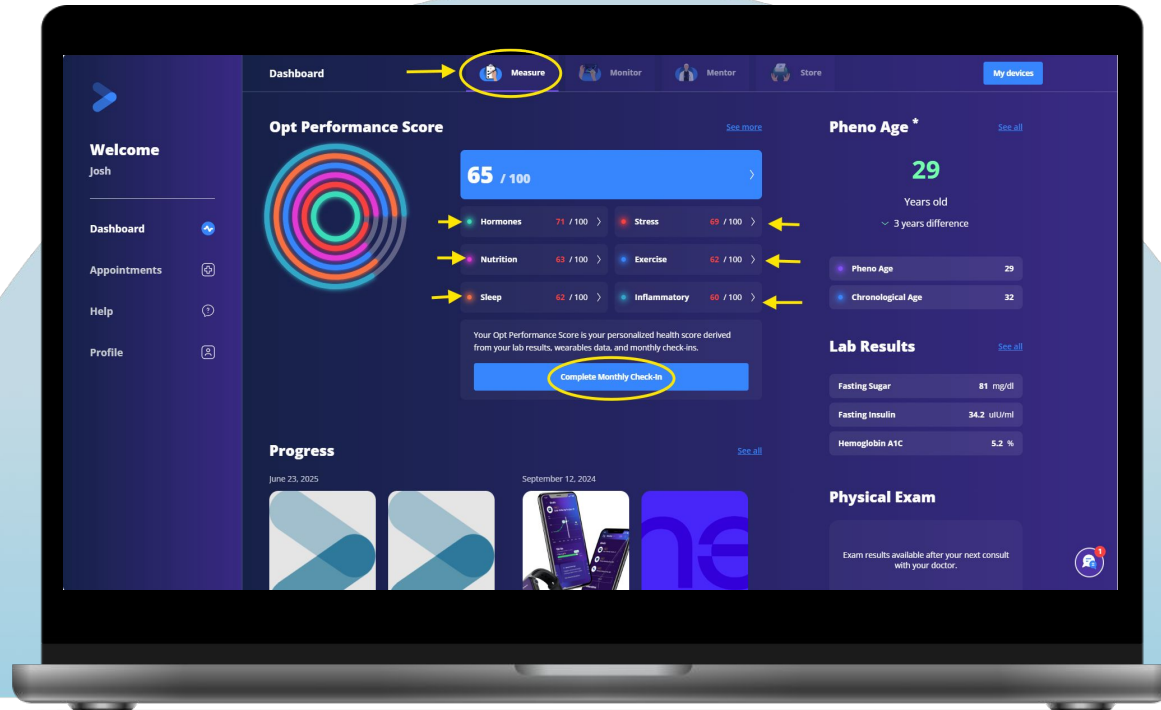
# Take note of all the tabs available for selection

These tabs will allow you to view your patient plan, goals, Opt Score, scheduling & joining consults as well as request a la carte medications from our store



# Measure Tab – Track Your Health Score

Your Measure tab shows how you're improving across six wellness categories and lets you complete monthly check-ins.



# Monthly Check Ins - Lifestyle Insights

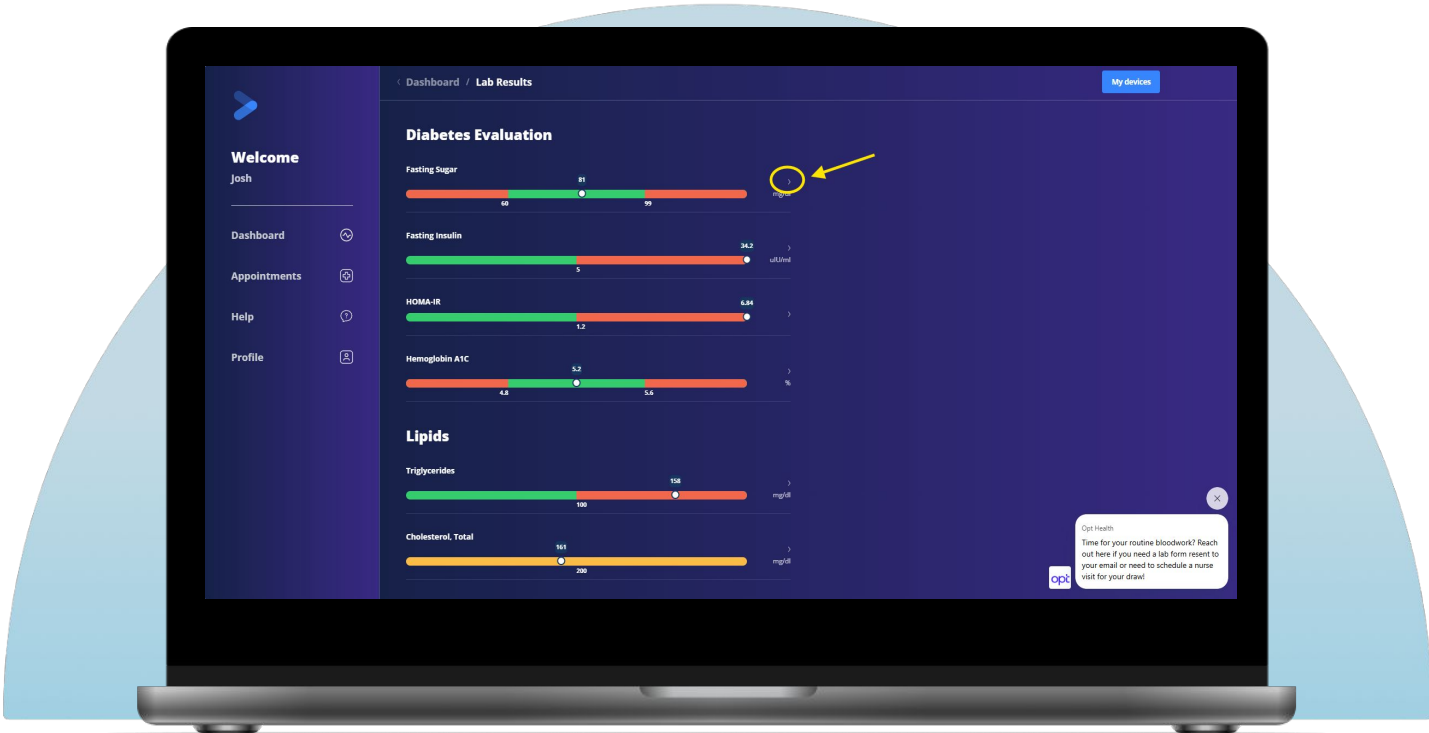
Monthly check-ins let you self-report data for better personalization and ongoing care optimization.

The image shows a laptop screen with a user interface for a 'Sleep' check-in. The interface is clean and modern, with a light blue sidebar on the left containing a navigation menu. The main content area is white and contains the following elements:

- Progress:** A blue arrow icon and '0%' followed by six dots, indicating the current step in the check-in process.
- Navigation Menu:** A vertical list of categories: Sleep (selected with a blue circle and number 1), Exercise (2), Stress (3), Nutrition (4), Hormones (5), and Inflammatory (6).
- Section Header:** 'Sleep' in bold black text.
- Question 1:** 'In the past 7 days, on average, how many hours per night did you sleep?' followed by four radio button options: 'More than 8 hours', '6 to 7 hours', '5 hours', and 'Less than 5 hours'.
- Question 2:** 'In the past 7 days, on average, did you experience sleep apnea?' followed by four radio button options: 'None', 'Mild', 'Moderate', and 'Severe'.
- Navigation:** A back arrow button at the bottom left and a blue 'Continue' button at the bottom right.

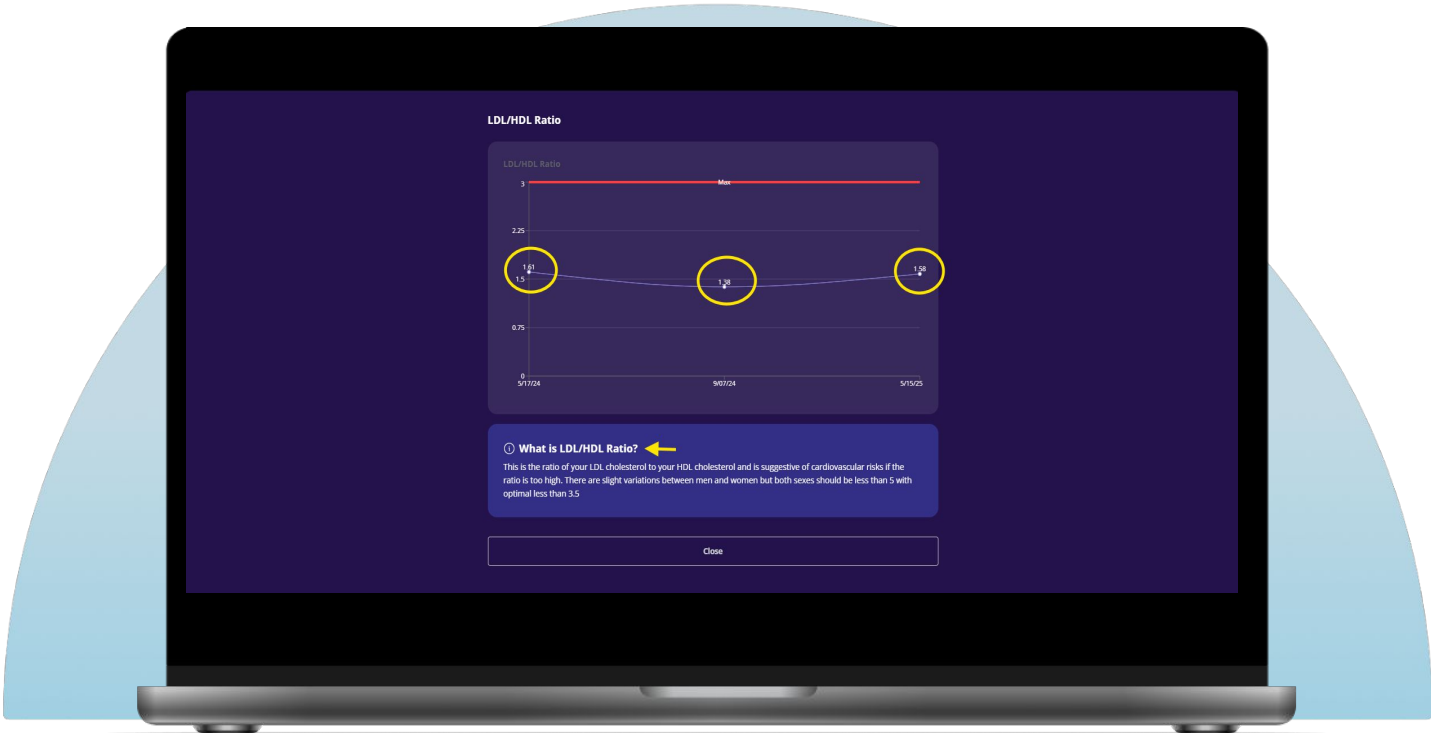
# Lab Results & Key Metrics

Select “View All” on your Measure Tab located on the right hand side to view your detailed lab results categorized by health concern.



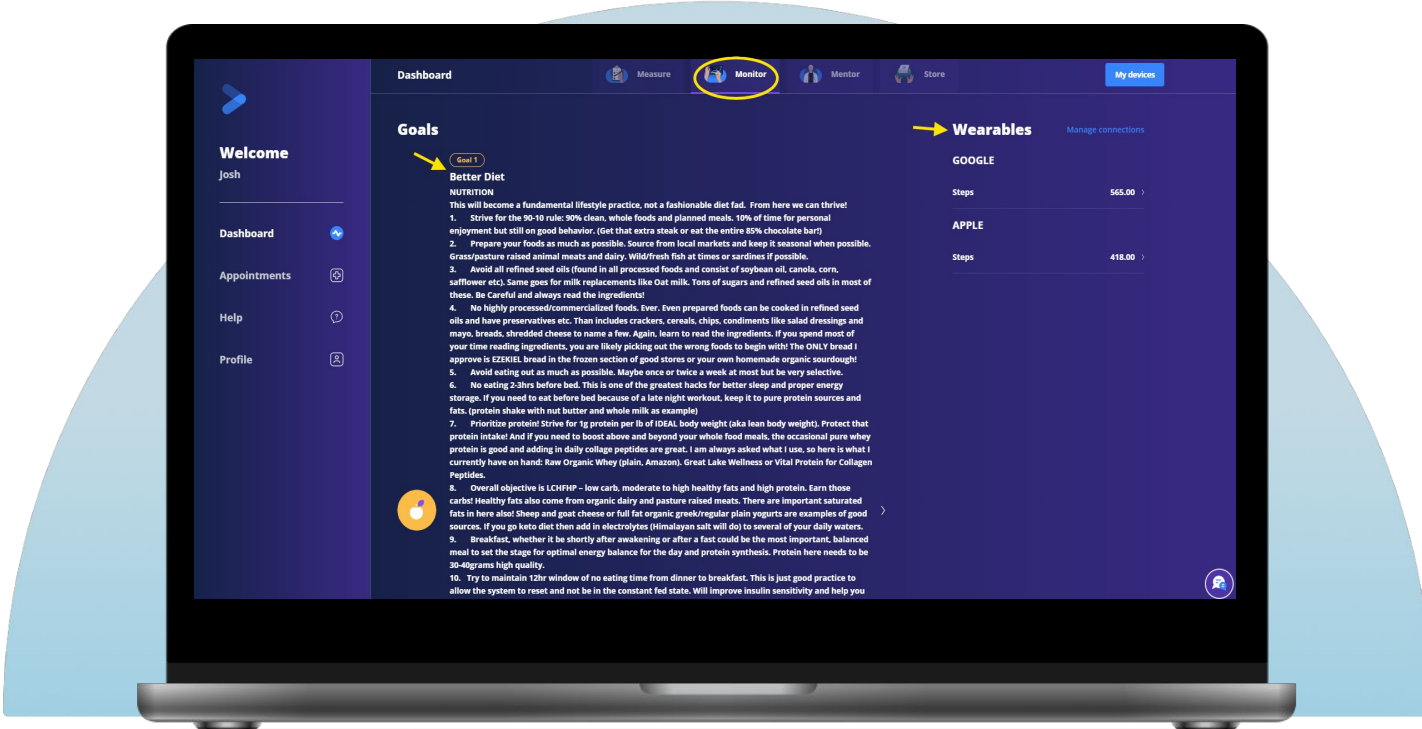
# View Each Biomarker Trends

Graphs under labs results will show how your biomarkers (e.g. LDL/HDL) trend over time with dates and values.



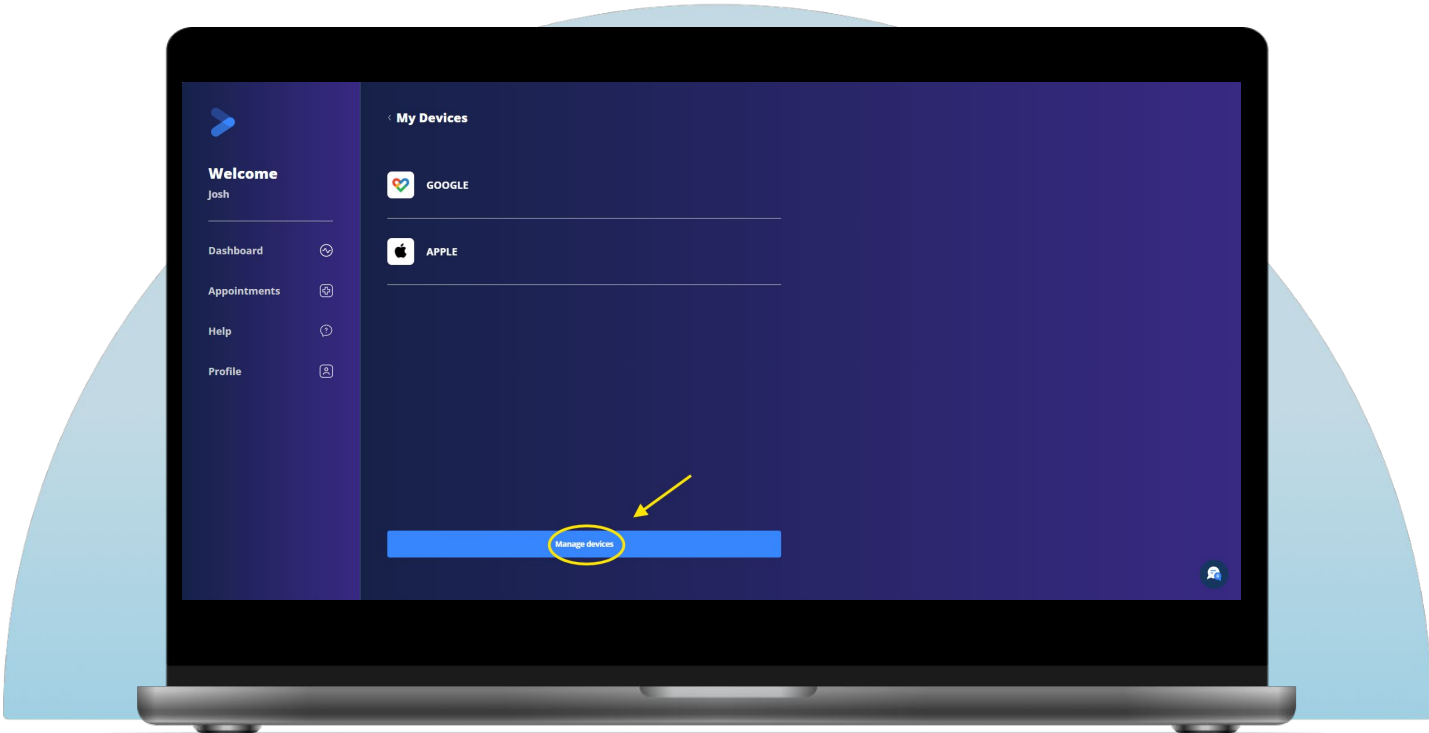
# Monitor Tab - Targeted Goals and Wearable Data

View goals set by your provider specifically for you as well as view wearable data.



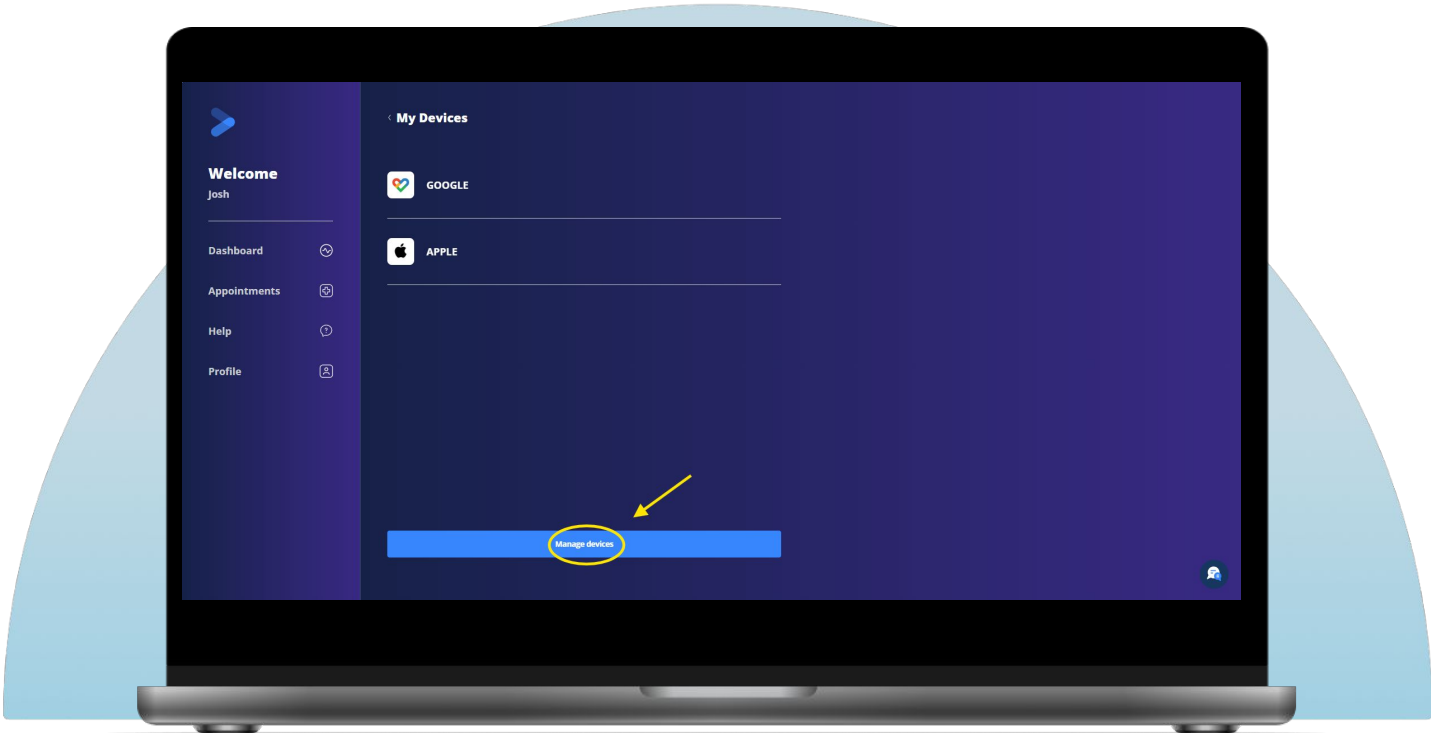
# My Devices

Select “Manage Devices” to connect and sync your wearable data.



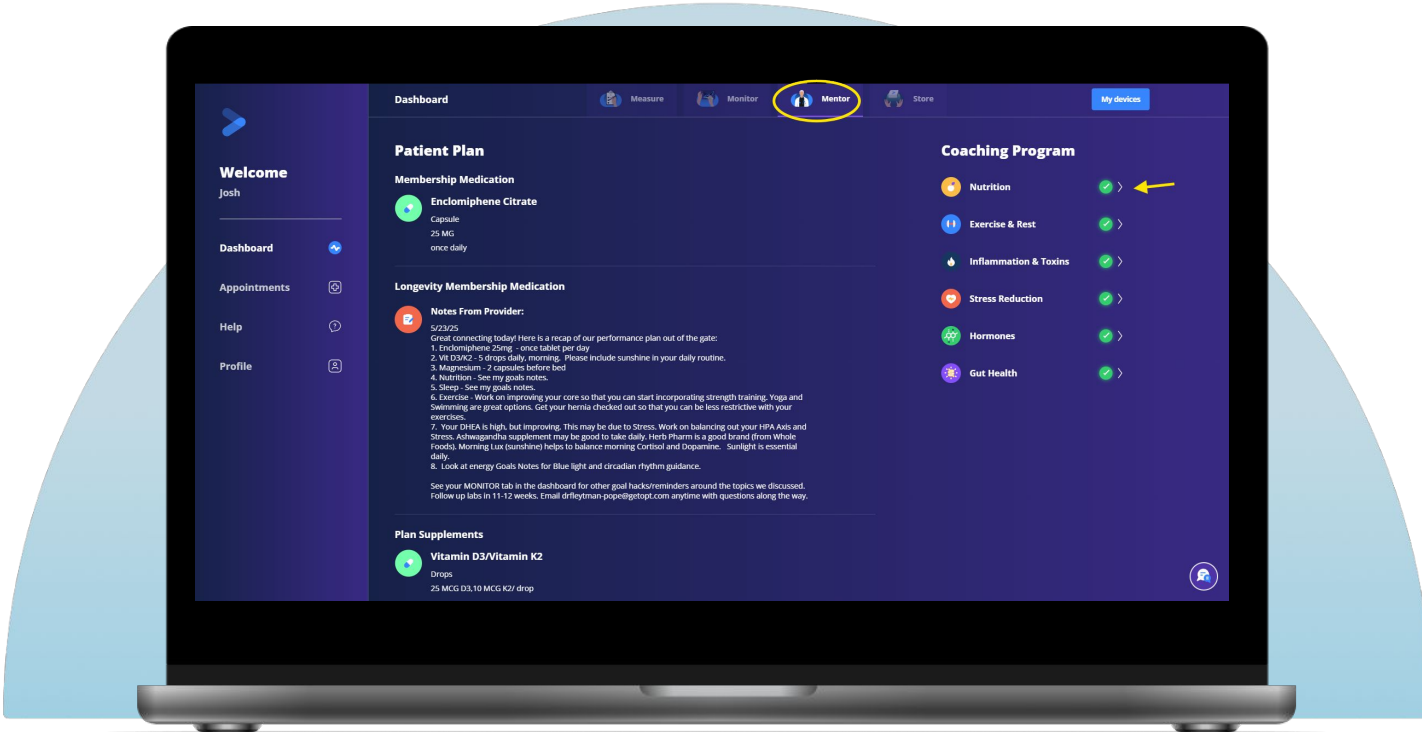
# My Devices - Continued

Select “Manage Devices” to connect and sync your wearable data.



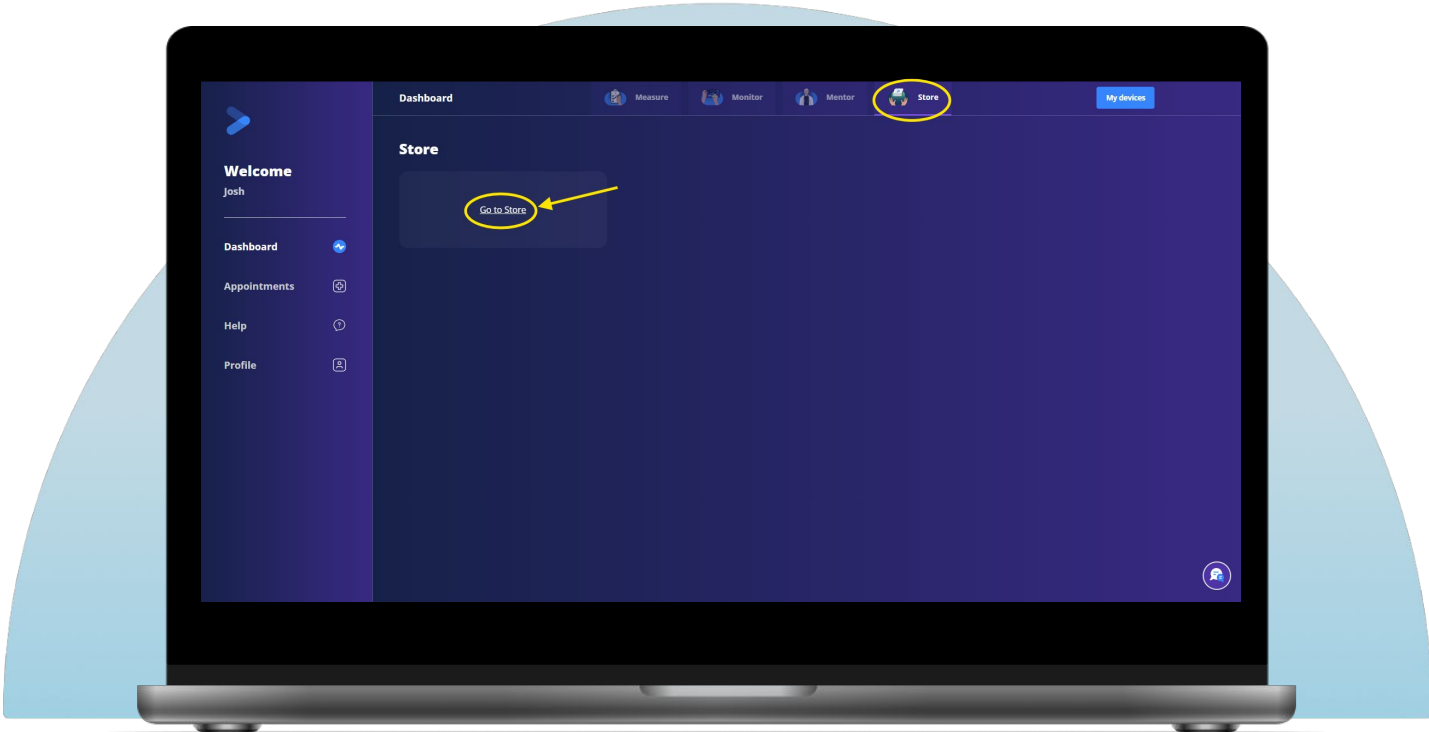
# Mentor Tab - Patient Plan and Medications

View providers notes on how and when to take your medications as well as learn from our coaching program



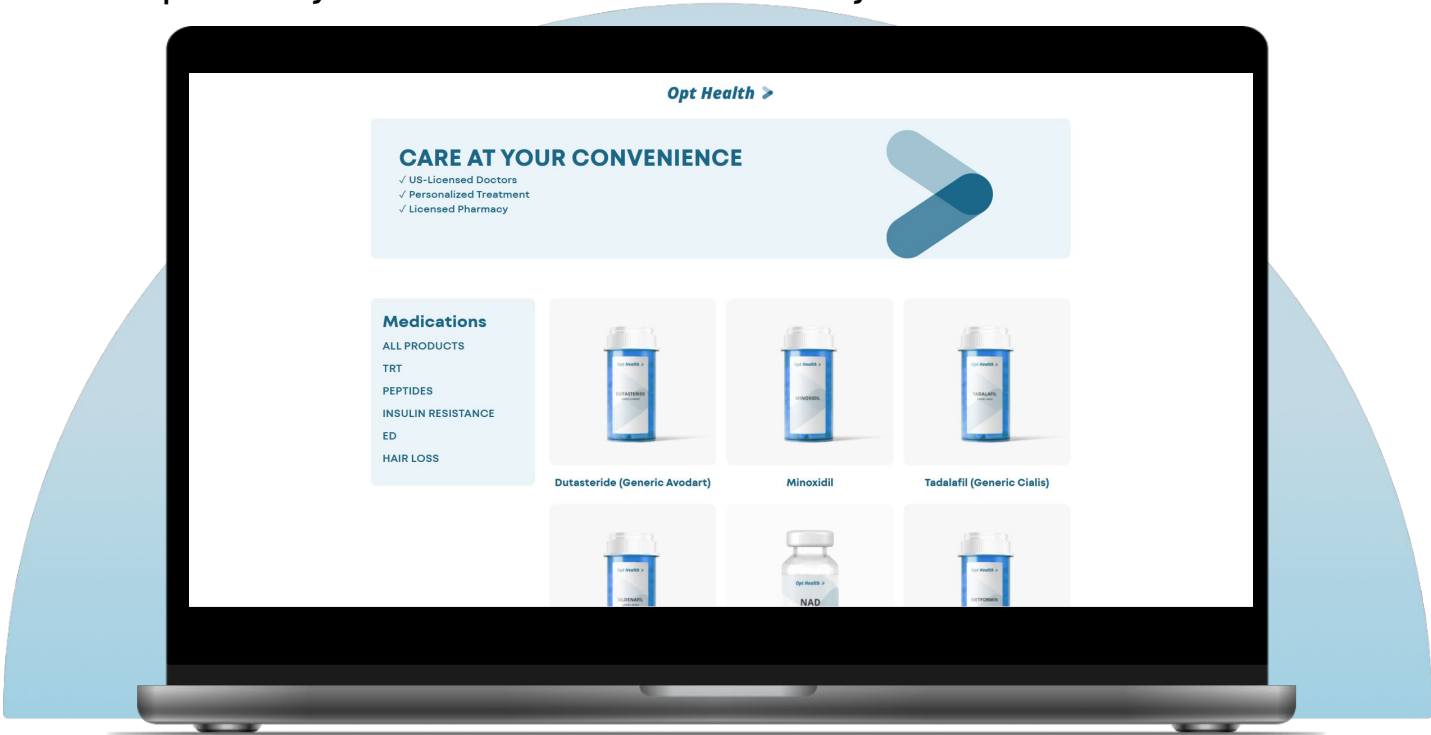
# Store Tab - Request A La Carte Medications

Select “Go to Store” to head to the Opt Health Store to view all our a la carte medications and peptides.



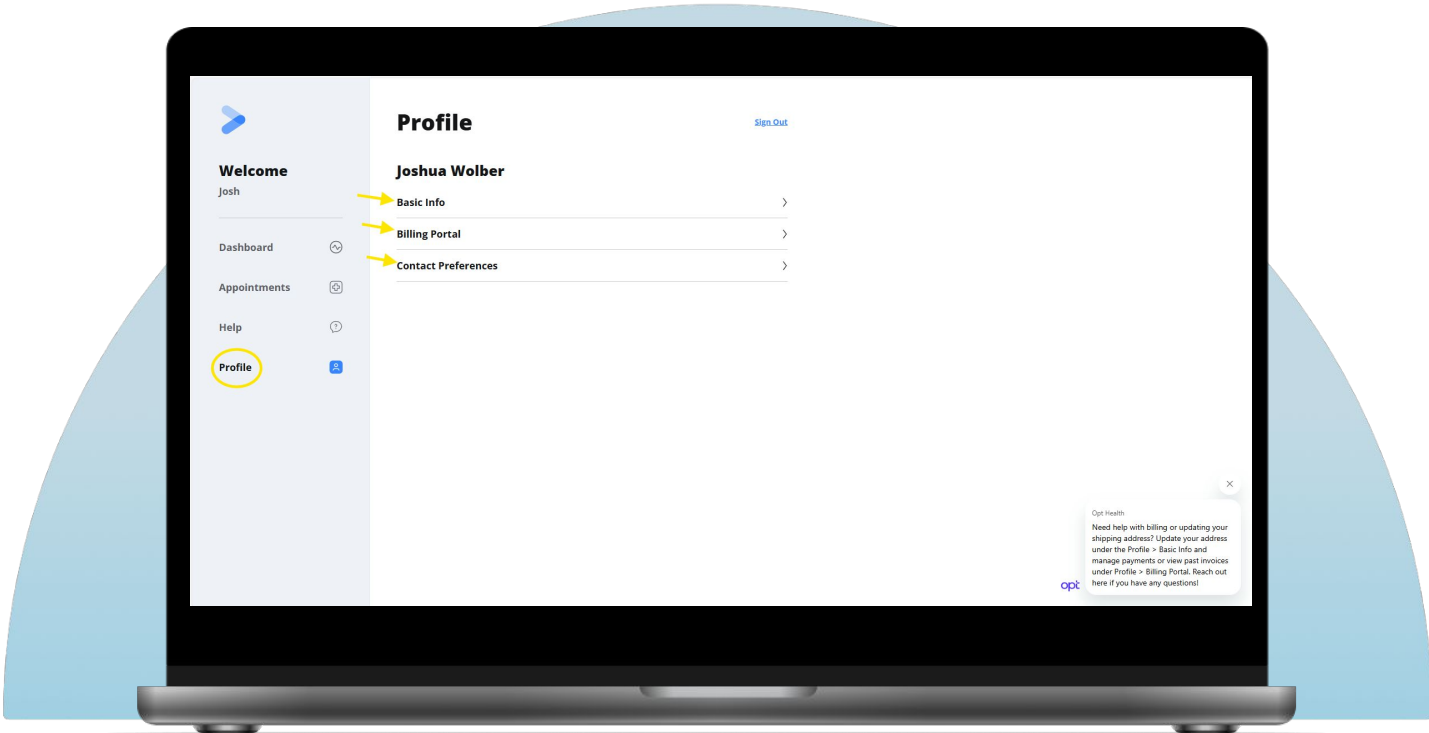
# Store Tab Continued

Select any of our a la carte medications to view benefits, general information, and side effects. You can select the “request medication” button to initiate the approval process. You can also request any of these medications from your chat box as well.



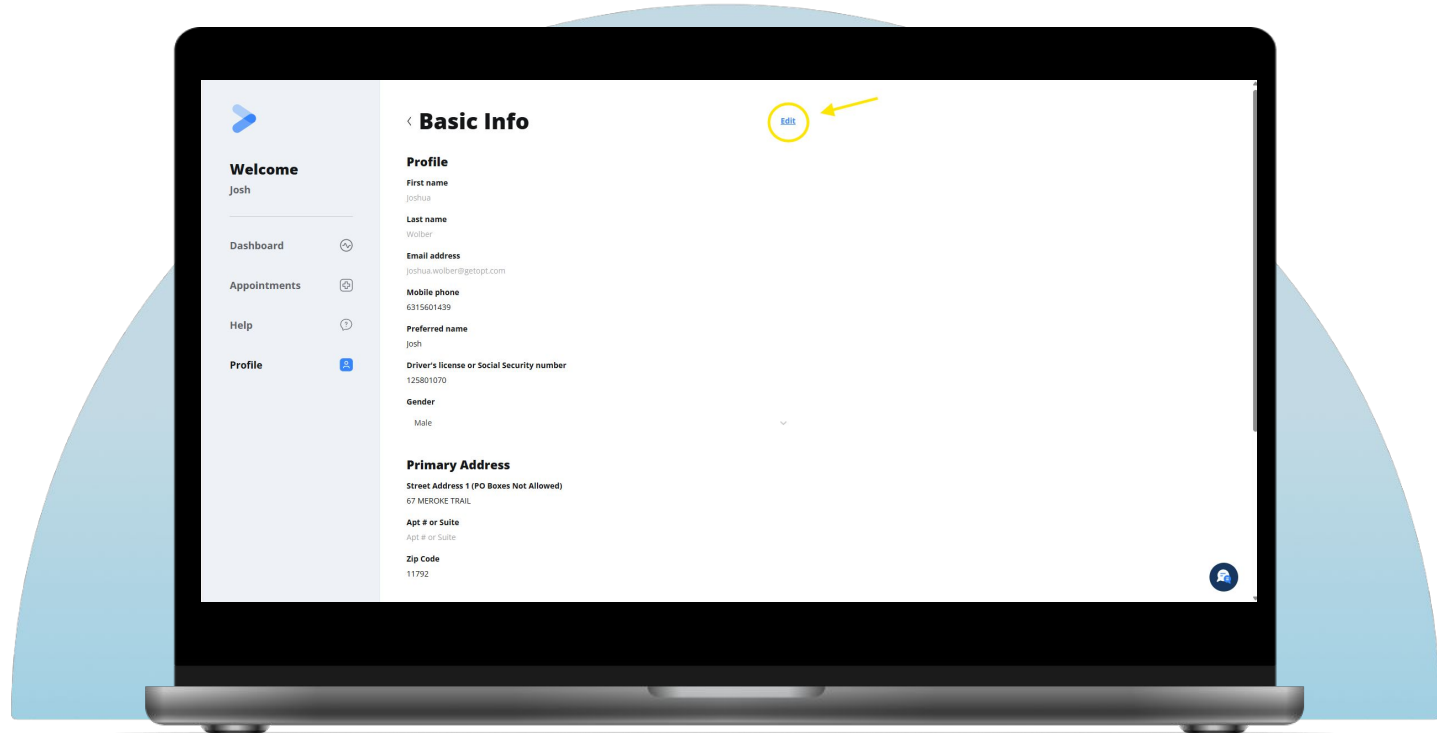
# Profile Tab Overview

The Profile tab allows you to access your basic info, billing portal, and contact preferences.



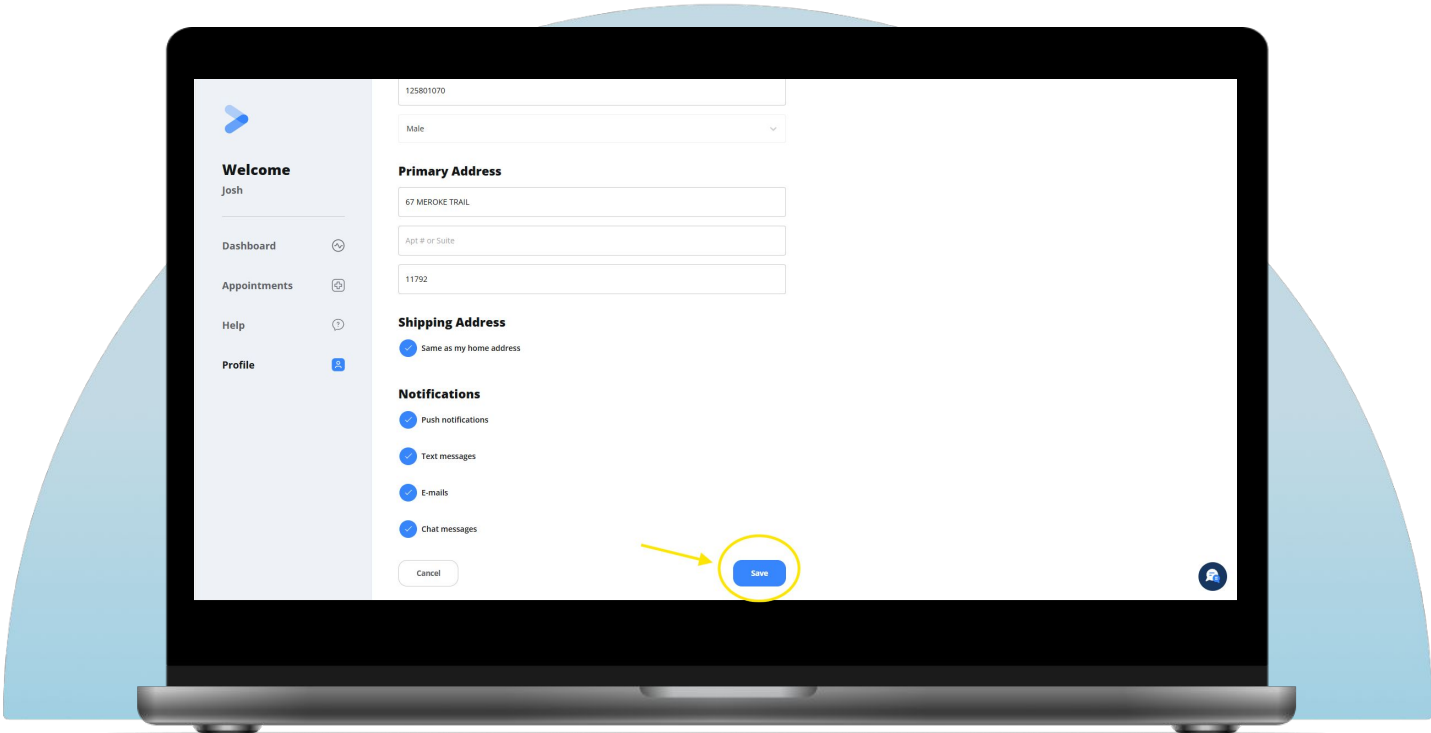
# Editing Profile Information

Edit your email, phone, address, and preferred name by clicking the 'Edit' button.



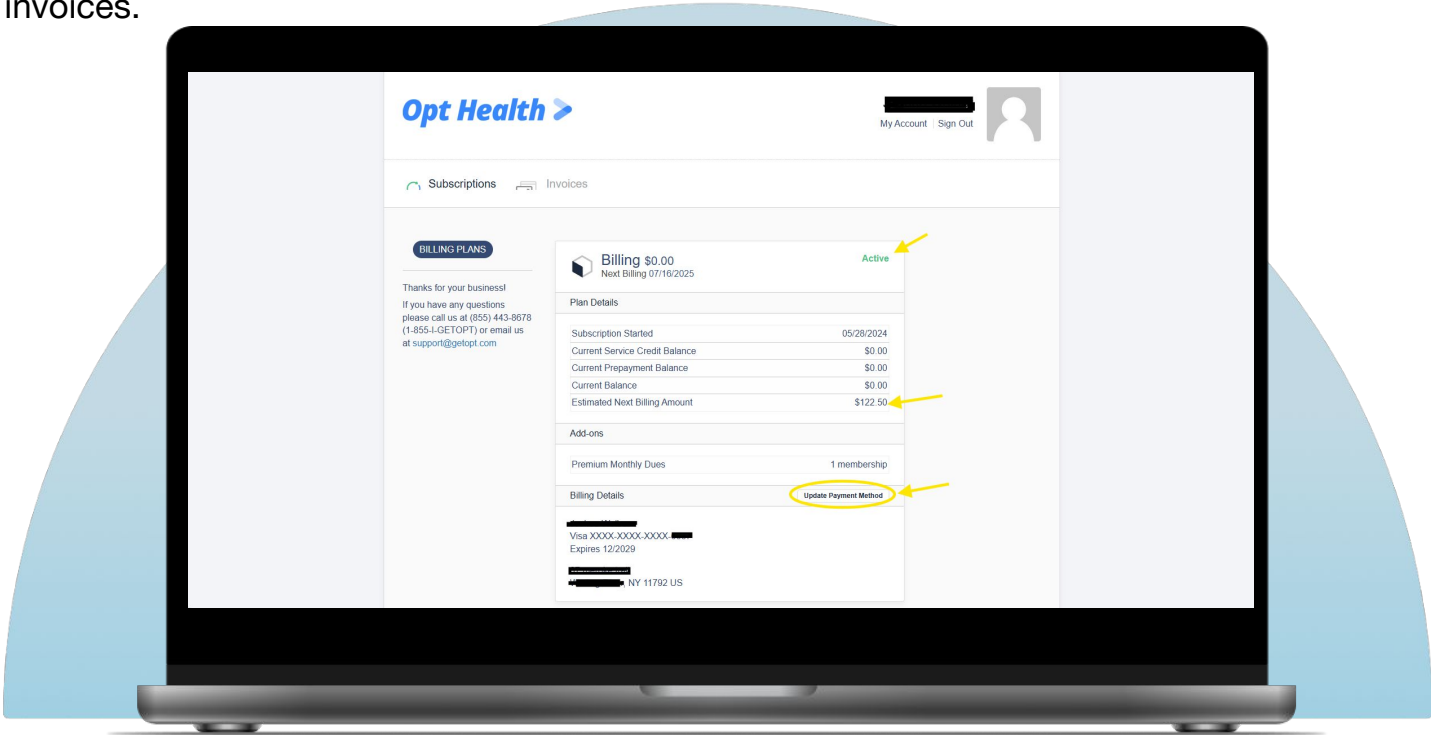
# Editing Profile Information Continued

Don't forget to hit 'Save' after making any changes to ensure they're applied.



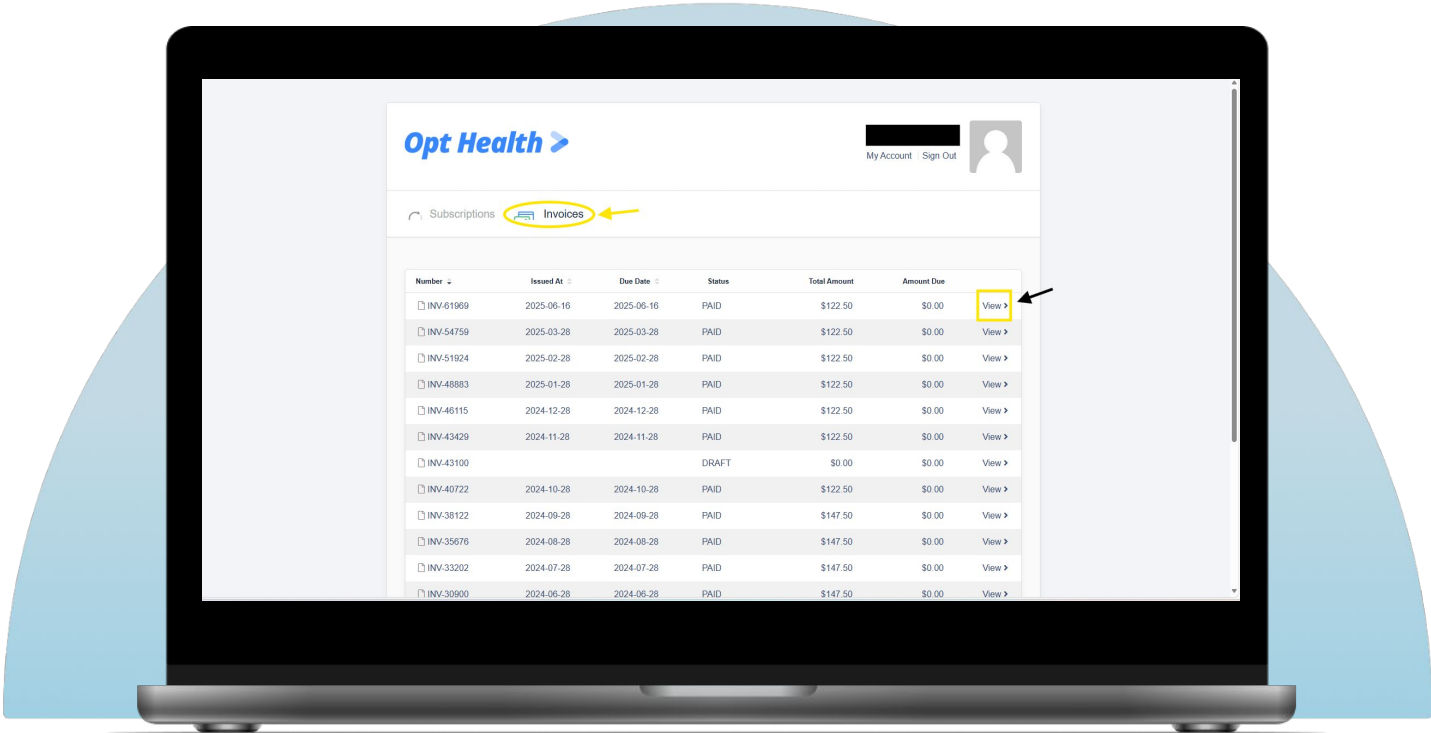
# Billing Portal - Plan Summary

You can always access your billing portal from your dashboard by selecting profile on the bottom left and then select billing. You can also use this link---> (<https://www.billingportal.com/s/opt-health>), which will bring you directly to the billing portal. On the billing portal you can update credit card information and look at past and incoming invoices.



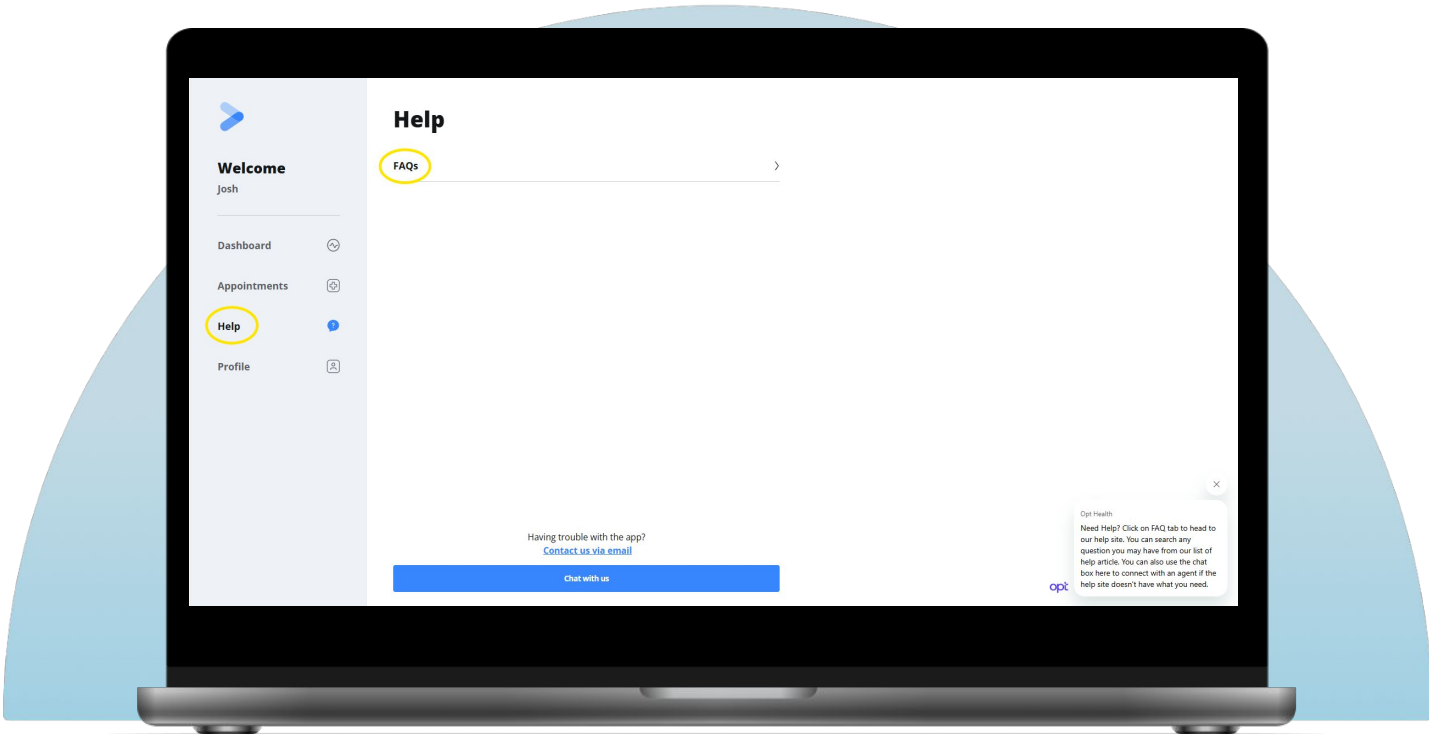
# Billing Portal Continued

Use the Invoices tab to view or download any past bills or confirm payments.



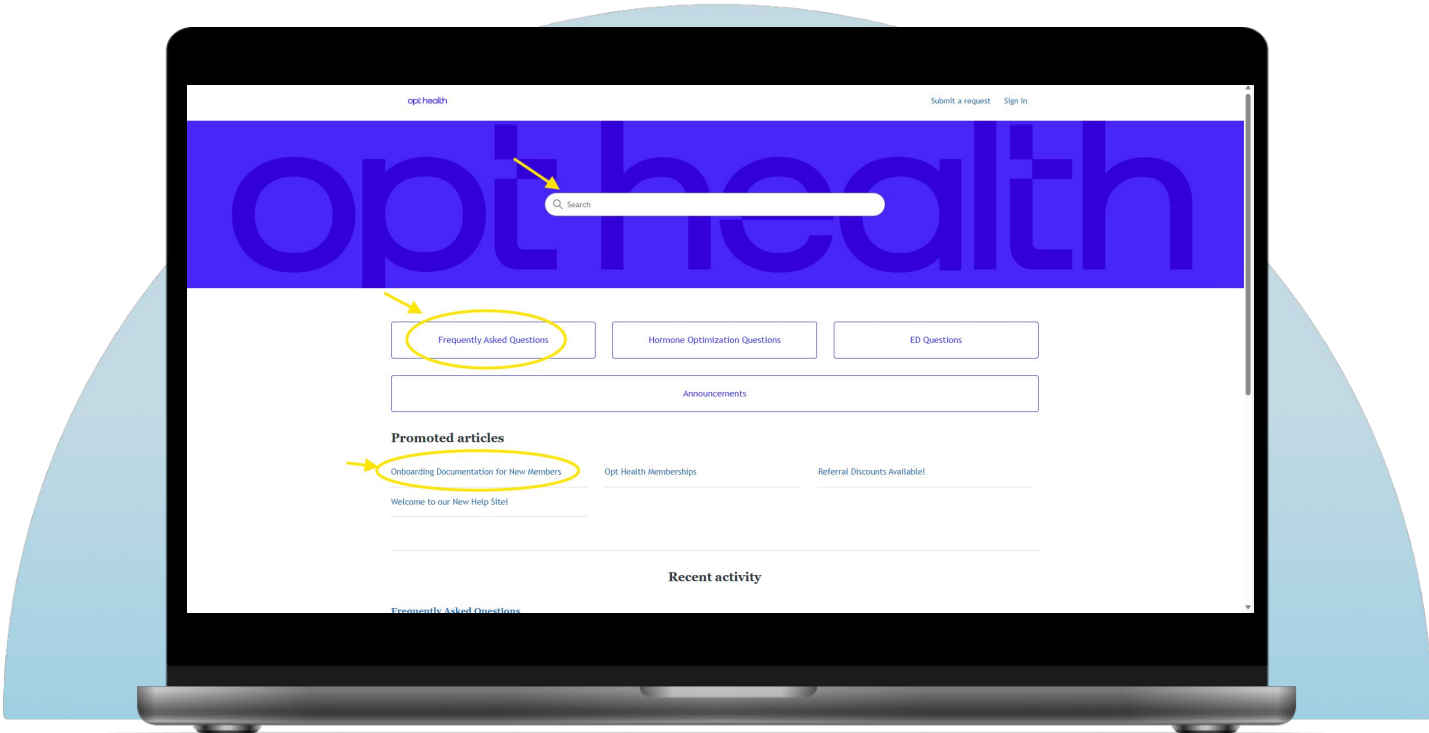
# Help Tab- Quick Access

The Help section connects you to FAQs and lets you contact support if needed.



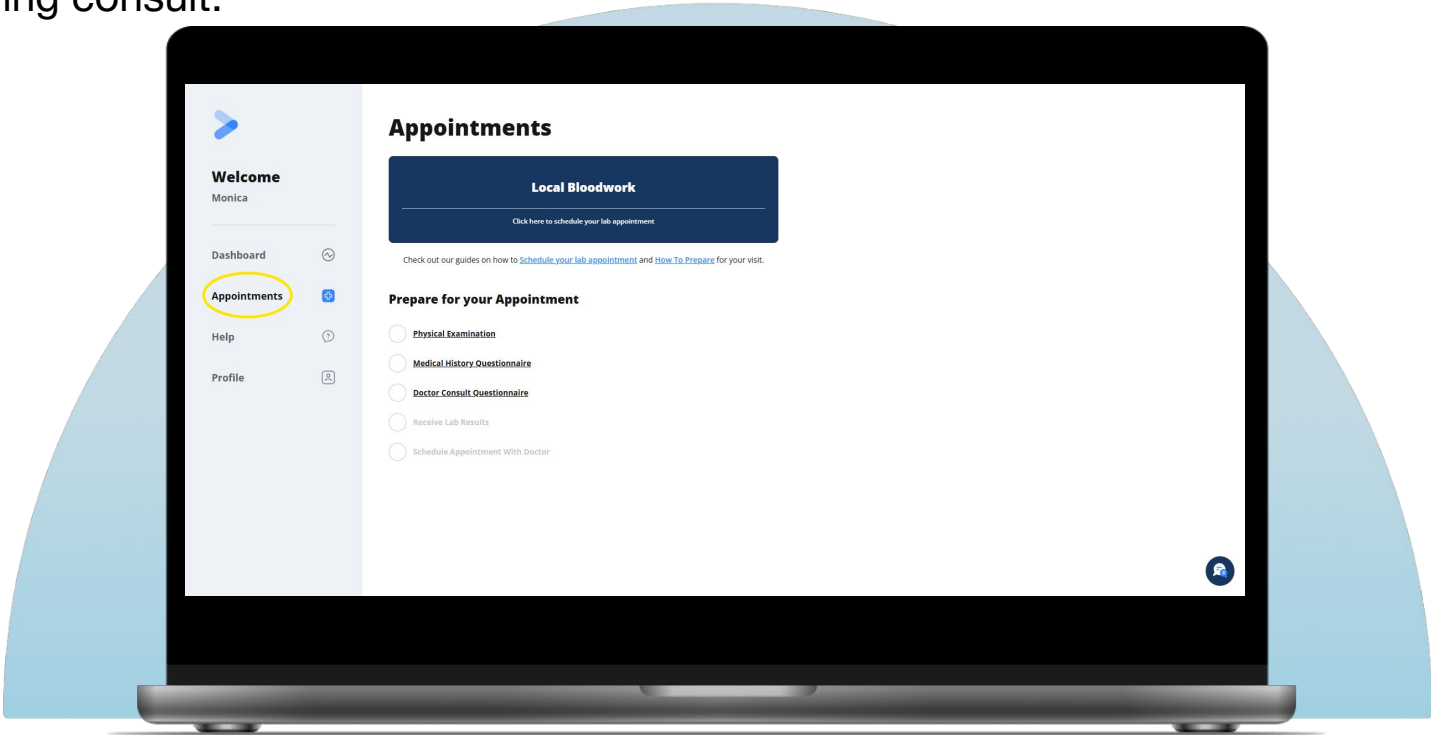
# Help Tab- Resources and FAQs

Visit our help center for onboarding docs, hormone info, and general FAQs.



# Appointment Tab - Overview

Select the Appointments tab to schedule as well as join your consult with our clinical team. You will need to complete medical questionnaires and blood work before scheduling consult.



# Chat Box - Contact Our Support Team

You can select the chat box on the bottom right hand side of every tab to ask questions about Billing, Clinical questions for your provider, or ordering a la carte medications. You can also email us at any time at support@getopt.com

