

History Screen

The History Screen is where your saved sessions are accessible. To get to the History Screen, Select the History tab at the bottom of the app screen. For our HRV apps you will find 3 options at the top of the page:

- **Session:** The Session tab will show you a list of all sessions recorded including your session HRV on the left, the date and the session tag, making it easy to locate desired sessions.
- **Charts:** This tab will show you summaries of all your sessions. Depending on which app you are using, your charts will vary.
- **Health:** These provide a visual of your Apple Health Data if you enabled it. It's a fun and easy way to see your iHealth information.

For FoodEffect Pulse, the History screen offers different viewing options:

- **Meals:** The Meals tab will show you a list of all meals recorded including the date and the session, number of foods noted and whether there may have been a sensitivity. This makes it easy to locate desired meals.
- **Insights:** This section uses an algorithm to sort through your test meals and foods to provide a summary that ranks these foods and probability of a sensitivity. It lists the actual food you logged and displays the rank. This is invaluable when you are testing lots of meals and lots of foods.
- **Health:** These provide a visual of your Apple Health Data if you enabled it. It's a fun and easy way to see your iHealth information.

If you want to look at the details of a previous session, simply choose the Session screen then tap on the session of interest. All the screens from the session summary are available.

- If you want to share a session, select the envelope icon at the bottom right of the summary screen and you can email your session data in the form of a .csv.
 - You need email set up on your device for this to work.