



Track and Monitor 22 Health Indicators

Facial Scans for Smarter Health...and Savings

The Health Compass Inc.™ facial scan monitors key health insights using just your phone. In under a minute, a simple “selfie video” tracks 22 vital signs – including heart rate, blood pressure, stress level, and more. We embed this advanced biometric technology into our solutions to deliver rapid, reliable health insights, enhancing our proactive approach to care.



Why Do a Facial Scan?

With real-time visibility into your health, the facial scan helps you:

- Track vital signs regularly without extra devices
- Spot changes in your health early
- Support preventive care and wellness goals
- Access reliable insights anytime, anywhere

It's an easy way to stay proactive about your health!

Safe and Trusted

You can be confident that your health data is accurate, secure, and private. The results of your facial scans are never sold or shared. Only you can choose to share them with your doctor or one of our plans' board-certified providers.

ACCURATE

Advanced facial scan technology has been tested and validated across diverse populations, skin tones, and health conditions to ensure consistent results.

SECURE

The member portal is HIPAA-compliant and SOC 2 certified. Your data is encrypted and protected with strict privacy practices.

PRIVATE

Your information is never sold or shared. That means you can stay on top of your health knowing your privacy is fully protected.

“The facial scan feature is incredible! I can check key health indicators in minutes from my phone. It's easy, fast, and really helps me stay proactive about my health.”

– Marcus L.

A Powerful Health Monitoring Tool in the Palm of Your Hand

The Health Compass Inc. Facial Scan tracks 22 key health indicators to give you real-time visibility into your health.

Health Indicator	What it Means
Blood Pressure	Measures pressure of blood in arteries; helps assess heart and vessel health.
Heart Rate	Counts heartbeats per minute; reflects heart function, fitness, and stress.
Breathing Rate	Tracks breaths per minute; indicates respiratory and metabolic health.
Oxygen Saturation (SpO2)	Shows oxygen levels in blood; essential for detecting respiratory or cardiac issues.
Heart Rate Variability (HRV)	Measures time variation between beats; reflects stress, recovery, and fitness.
Stress Response	Assesses how effectively the body reacts to stress; helps gauge resilience.
Stress Level	Quantifies current stress using HRV; higher values indicate more tension.
Recovery Ability	Shows how well the body relaxes and restores balance after stress.
PRQ (Pulse-Respiration Quotient)	Evaluates coordination between heart and breathing rhythms.
Hemoglobin	Indicates oxygen-carrying capacity of blood; low levels may signal anemia.
Hemoglobin A1C	Reflects average blood sugar over months; key for diabetes monitoring.
High HbA1c Risk	Predicts elevated blood sugar risk linked to diabetes.
High Blood Pressure Risk	Estimates likelihood of hypertension and related heart disease.
Wellness Score	Combines multiple indicators for an overall health snapshot.
Fall Detection	Identifies possible falls to support safety monitoring.
ASCVD Risk	Estimates long-term risk of heart disease and arterial plaque buildup.
High Fasting Glucose Risk	Assesses likelihood of high fasting blood sugar or pre-diabetes.
High Total Cholesterol Risk	Predicts elevated cholesterol and cardiovascular disease risk.
Low Hemoglobin Risk	Detects potential anemia from low hemoglobin levels.
Heart Age	Compares cardiovascular health to average for age and gender.
Cardiac Workload	Measures heart's effort and strain; indicates cardiovascular stress.
Pulse Pressure	Measures heart's effort and strain; indicates cardiovascular stress.
Mean Arterial Pressure	Average arterial pressure per heartbeat; reflects blood flow to vital organs.

You can get support through your member portal or by calling Health Compass Inc. at **888-242-3360**.