Health Assistant

Your personal digital coach for staying healthy and productive at your desk.

Do you ever feel like you're spending too much time in front of your computer and this is starting to affect your health?

Health Assistant is a Chrome extension designed to promote health and productivity for people spending many hours each day working in front of a screen.

Health assistant tracks the time you spend working and reminds you to:
- Rest your eyes
- Move and stretch
- Drink
- Take a longer break to restore your focus

Health Assistant works on Chrome browser, so it's ideal for everyone who spends most of their time working with browser-based applications.

Features

Once installed, Health Assistant is always on and it works seamlessly on all open tabs.

The main panel shows the following information...

In the top part:
- Duration of the working day
- Total Inactive time for the day
- Duration of the current work session

In the bottom part:
- Number of times you completed the hydration task
- Number of times you completed the eye protection task
- Number of times you completed the physical health task
- Number of longer breaks you took

The color of the top part changes based on how many notifications you have:
- Green: no notifications
- Yellow: 1 to 3 notifications
- Red: 4 notifications

Health Assistant displays in the top right corner of your tabs and it's always on.
You can hide it by clicking on the small handle on the left of the main panel.
Clicking the handle will hide the panel on all tabs and prevent notifications from popping up. This is ideal during screen sharing.

The color of the handle changes based on the number of active notifications, even when the main panel is hidden.

The Notification Cards

To keep you healthy, Health Assistant displays 4 type of alerts in the form of cards appearing under the main panel.

Eye Protection Card

The Eye Protection card is displayed every 20 minutes (20 minutes from the last time you completed the action).
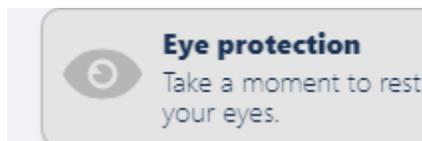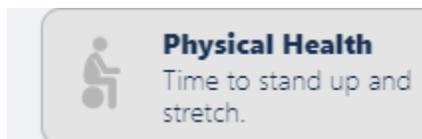

When this card is displayed you should take a short 20-30 second break from your work and look around the room, focusing your eyes on objects far from you.
This helps your eyes rest for a moment by engaging the muscles inside the eye.

Physical Health Card

The Physical Health card is displayed every 30 minutes (30 minutes from the last time you completed the action).
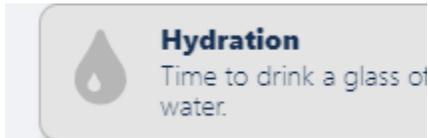

When this card is displayed you should take a moment to stand, walk around the room, and stretch your body.

This helps your muscles and spine to rest for the sitting position and it promotes blood circulation.
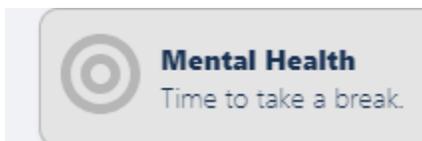
Hydration Card

The Hydration card is displayed every 60 minutes.

When this card is displayed, you should drink a glass of water.
Drinking water frequently helps your body to function normally and it keeps you healthy.

Mental Health Card

The Mental Health card is displayed when the working session reaches 90 minutes.

When this card is displayed, you should take a longer break (5-15 minutes) and disengage from work.
This helps restore your focus and it makes you more productive.
It also decreases the level of stress from work.

Acting on Cards

Clicking on any of the card will display and a popup that prompts several actions:
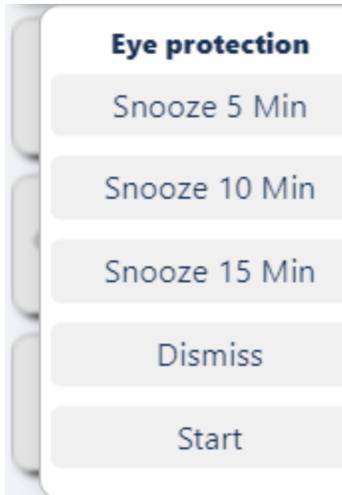
You can then snooze the card or act on it (Start).
You can also dismiss it without doing anything (not recommended).

Snoozing a card will tuck it on the right side of the desktop window.
You can bring the card back at any time by clicking on the protruding label.
The card will slide in again automatically after the snooze time has passed.

When you click on "Start", a full-screen timer will appear on your screen.
The timer appears on every tab and you can dismiss it only by pressing "Done" on the card you started.
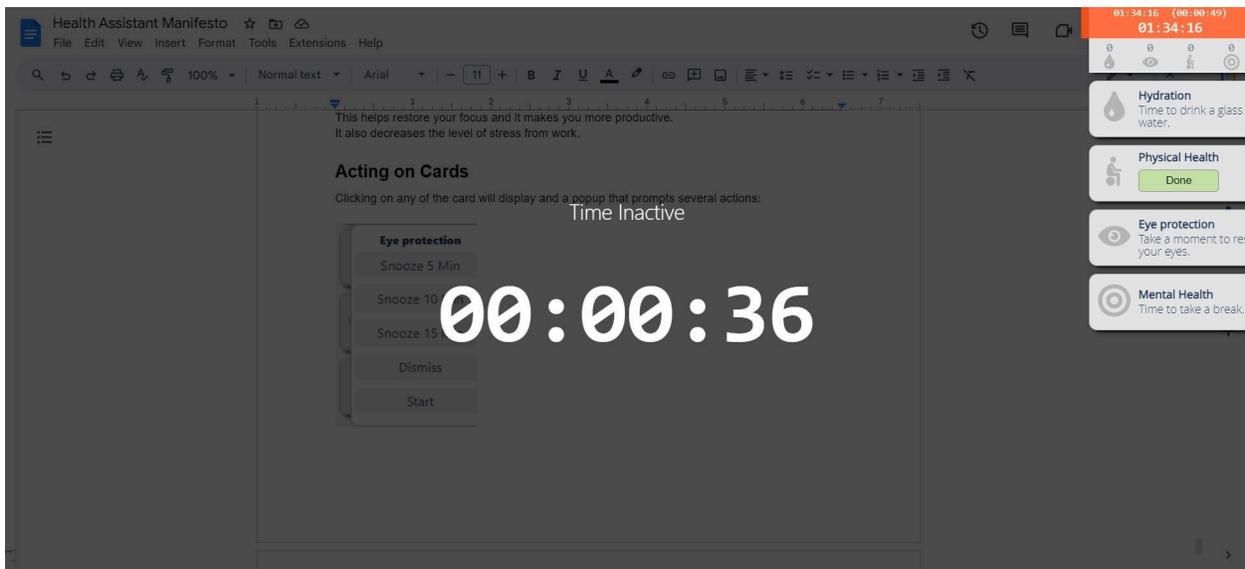
You can start several cards at the same time (just click them one after the other and press "Start" in their popup.
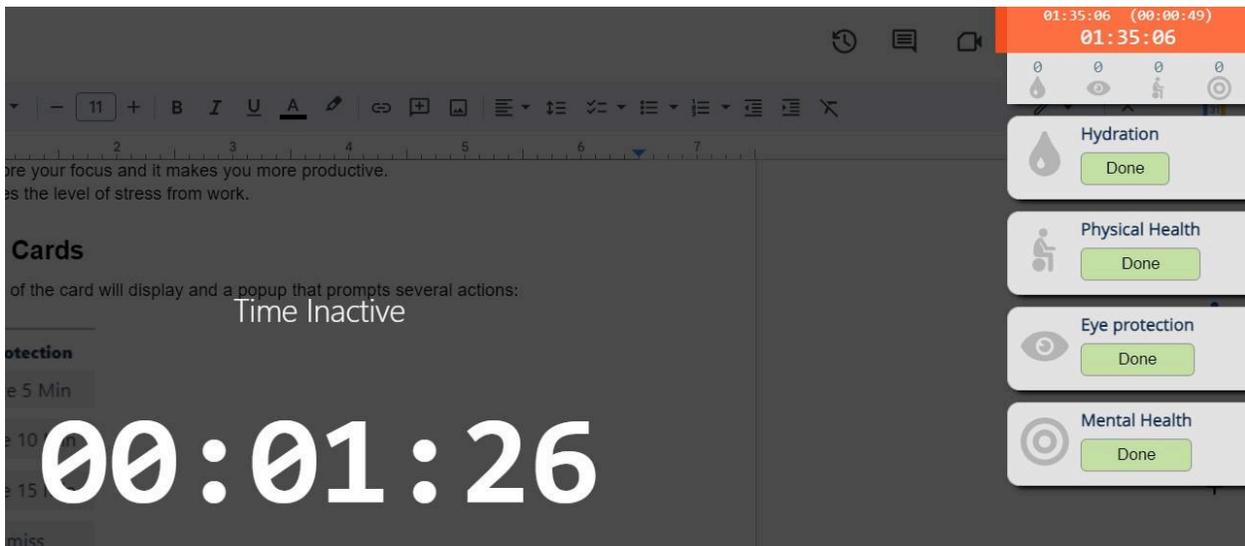
If you start more than one card, you'll have to dismiss them all to remove the inactivity timer.

Inactivity Timer

The inactivity timer can be activated in 2 ways:
● when you start the activity for a card
● when you are not engaging with the computer for more than 1 minute

In the first case, you can dismiss the timer by clicking "Done" on the cards you started.
In the second case, when you move your mouse you'll see 2 options on the timer:

You can dismiss the timer by clicking either of them.
"Resume work session" will dismiss the timer and keep the counter of the work session as it is.

"Start a new work session" will dismiss the timer and reset the work session timer in the main panel. It will also increase by 1 the counter of Mental Breaks (so make sure you really take a good break before restarting the session).

Every time the inactivity timer is triggered, its time is counted and displayed as a total inactive time in the main panel.
Total inactive time is displayed between parentheses.

This information can help you determine how much time you actually spend working versus just sitting at work.

Resetting Works Session & Day

You'll have to restart the timers every day when you start working.
You can do that by clicking on the extension icon in the extension's bar and then clicking on the button "Reset Day".
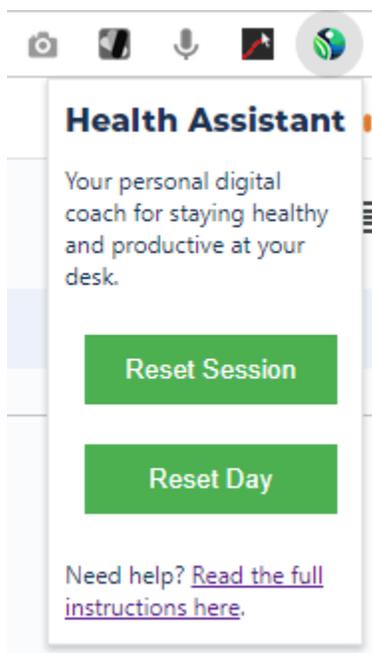
ATTENTION: *resetting the day will clear all timers and statistics.*

If you want to restart the timer of the work session, you can do so by clicking on the button "Reset session".
Resetting the session will only reset the session timer while keeping the day timer, inactivity timer, and all the stats for the day.

Data Collection & Privacy

At the moment Health Assistant does not collect any personal information.
We plan to add statistics and leaderboard features to compare yourself to other people using the extension… but that's a work in progress.

Feedback

We appreciate your feedback!
You can send us suggestions or report bugs here: info@leadsandconversion.com

Want more?

Check out our other extension here:

https://chromewebstore.google.com/detail/anytab-laser-pointer/ennlhkgoflgahjbkkhnaifpalkmhencd

AnyTab Laser Pointer
4.8 ★ (14) ⓘ

Adds a laser pointer to any browser tab, making it easier for your audience to follow along during video calls.