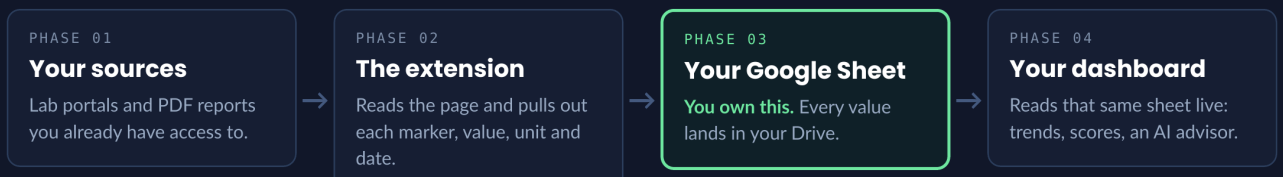
bodop

YOUR BODY – YOUR OP – ONE STOP

## What bodop Does




PRIVATE BETA

# Setting up bodop

Six steps to set up, about five minutes. The seventh is what you do from then on.

> Setting up is quick. The part that matters is step 7 — scanning your reports and checking what bodop read. That's the whole reason this beta exists, and it's the only thing that produces a number we can stand behind.

~5 MIN SETUP | 7 STEPS | V1 BETA

---

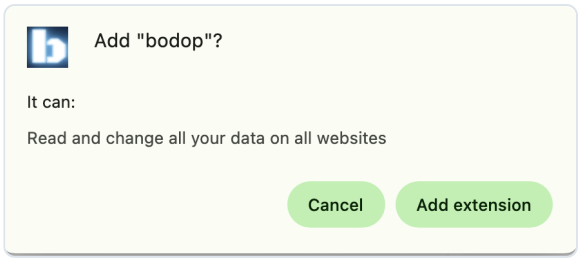
**Thank you for testing.** You are one of a small number of people seeing bodop before anyone else.

Questions, at any level of detail: bodop.app@gmail.com

## 01 Install the extension

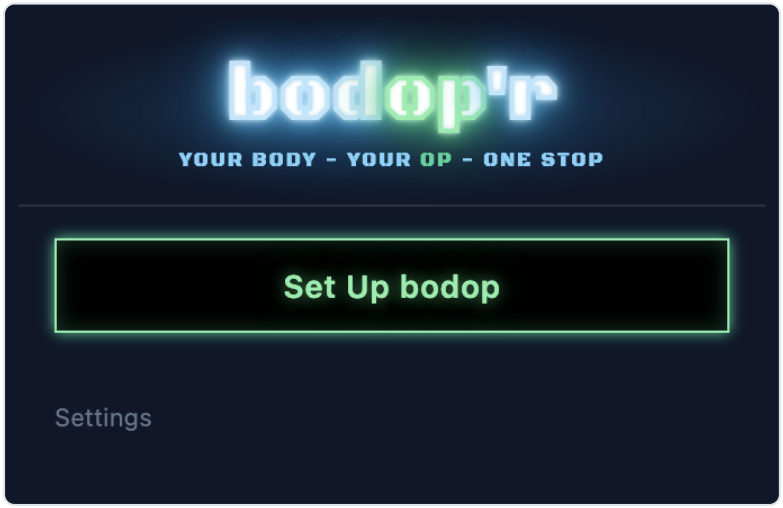
> **Already installed it?**
>
> Open `chrome://extensions/`, reload bodop to get the newest version, then skip to step 02.

1. Open this link in Chrome: `chromewebstore.google.com/detail/bodop/…`
2. Click **Add to Chrome**, then **Add extension**.
3. Click the puzzle-piece icon at the top right of Chrome, find bodop, and click the pin beside it so the icon stays visible. You will use it for every scan.




Chrome warns about reading every page because bodop has to read whatever lab page you are on.

## 02 Click the bodop icon, then Set Up bodop




STEPS 02–05
**The extension**
Scans your reports and writes rows.

STEP 06
**The dashboard**
Reads them back as trends and scores.

writes ↓ reads ↓

ONE SPREADSHEET
**Your Google Sheet**
In your Drive. You own it.

**So Google asks you twice.** Each one gets its own permission — approving the extension does not cover the dashboard. That second prompt in step 06 is expected, not an error.

## 03 Fill in your details, then Save

Your date of birth and height are what your age, pheno-age and body-composition numbers are calculated from. Paste the key we emailed you.

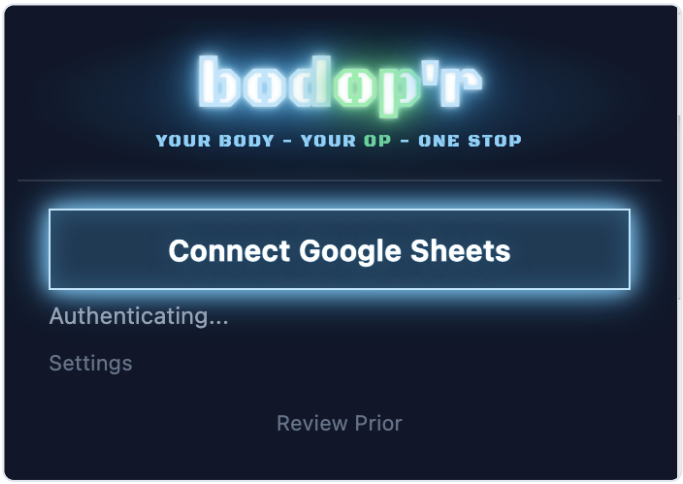



> **This is the extension's profile**
>
> There's a second, separate profile on the dashboard in step 06. Filling in both is expected.

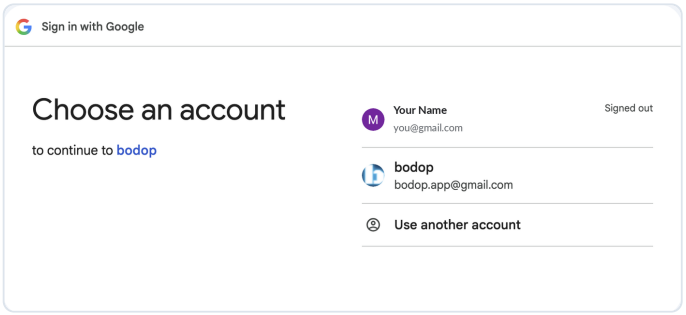
## 04 Connect Google Sheets

Click the icon again, then **Connect Google Sheets**. Google then walks you through three screens in a row — choose your account, then **Continue** twice. There is nothing to decide in between.

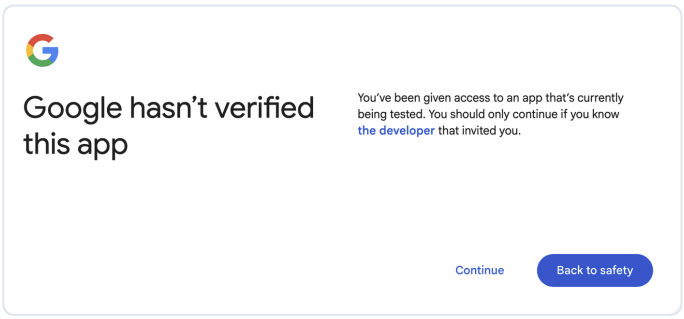
> **Google's window sometimes opens behind this one**
>
> If nothing seems to happen, check your other windows.



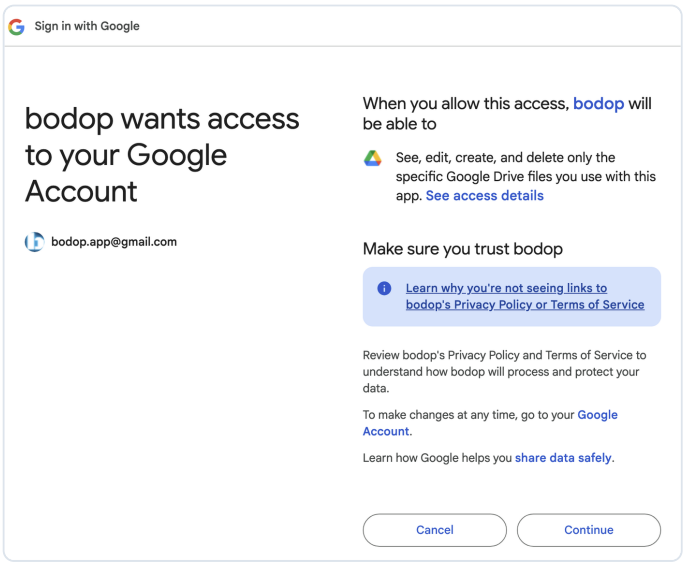

**1.** Click **Connect Google Sheets** in the bodop popup.




**2.** Choose the Google account that will own your sheet.



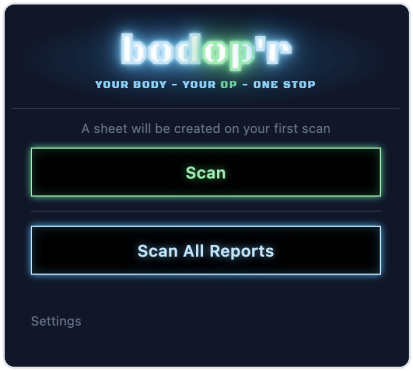

**3. Continue.** bodop is in private beta, so Google has not reviewed it yet.




**4. Continue** again. bodop can only open the one spreadsheet it creates. Nothing else in your Drive.

## 05 Open a lab result and click Scan

Your spreadsheet is created by this first scan.

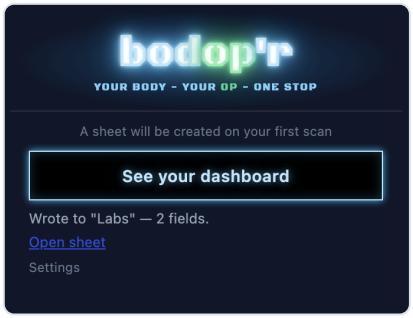


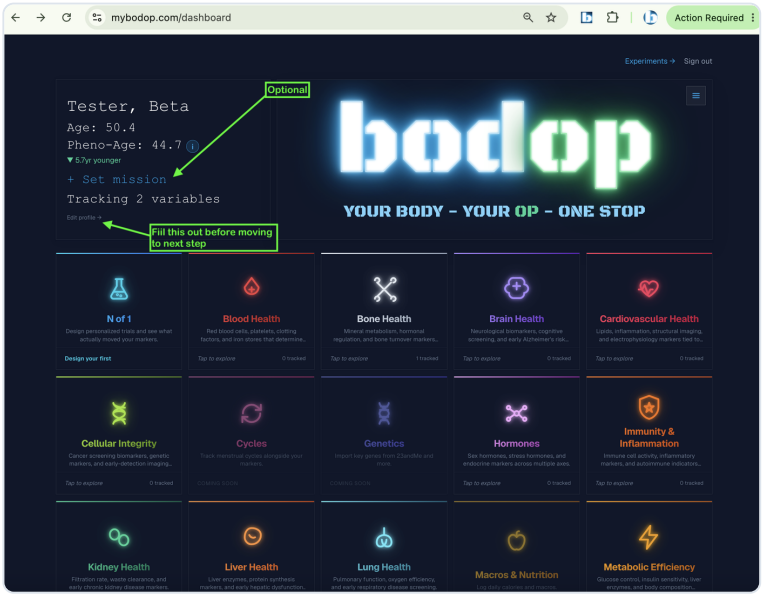

**Leave Scan All Reports alone for now**

You'll see it right beside **Scan**. It works — but it opens dozens of reports in one run, and there's no practical way to check dozens of reports carefully. Precision is the one thing I'm measuring right now, and a pile of unverified numbers can't be measured. Once the accuracy figures are where they need to be, I'll ask you to use it deliberately.

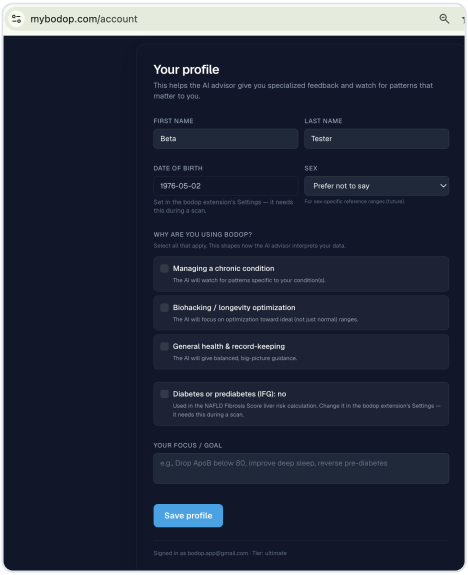
## 06 Click See your dashboard

Make your account, and allow Google once more — the website keeps its own permission, separate from the extension's. That second prompt is expected.






That lands you on your dashboard. Your age and pheno-age are already worked out from the scan.

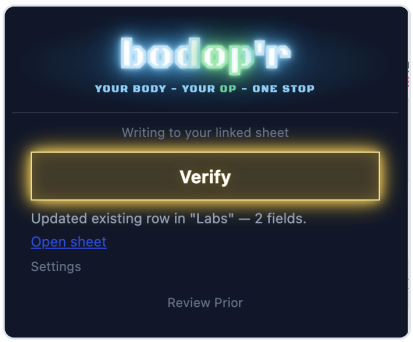



Then click **Edit profile**, fill it in, and **Save profile**.

## 07 Keep scanning

This is the part that matters. Everything above was setup for it.

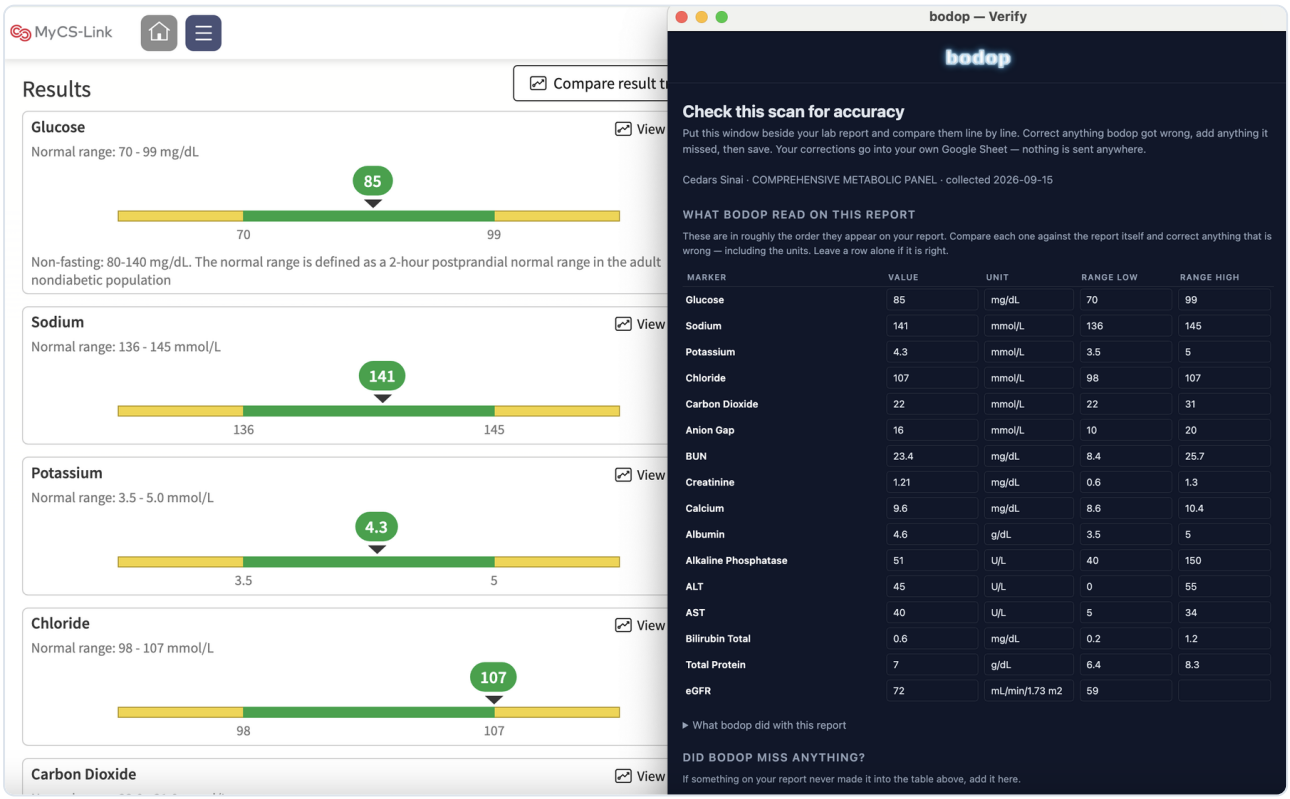
1. Open another result and click **Scan**.
2. When it finishes, click **Verify**.
3. Put the window beside your report, fix anything wrong, add anything missed, then **Save and record**.
4. Repeat for each report.
5. Watch your dashboard fill up, and have a look round it.
6. If a scan fails, email bodop.app@gmail.com and I will tell you what to do.




After a scan, **Verify** is the button you want next — every time.

Every scan writes another row into your own spreadsheet.

> **Scan as many as you possibly can — here's why the number matters**
>
> bodop reads your reports with AI, and AI misreads things. I can't catch those from my end; you can, because you're holding the original report. Every value you check adds one observation to the count.
>
> **I need about 1,000 checked values across all beta testers** before I can put a real error rate on this — not "it's pretty accurate," an actual measured number. A single metabolic panel is roughly fourteen values, so that's on the order of ten reports each. More is better.




**Your report on the left, what bodop wrote on the right.** Marker, value, unit and the reference range — every box is editable. Reading down the two side by side is the only way to catch a value that's plausible but wrong. Anything bodop missed goes in under **Did bodop miss anything?** before you save.

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## Something not matching these pictures?

`mybodop.com/feedback.html` · or email bodop.app@gmail.com

Terms & data handling: `mybodop.com/terms.html`