herald

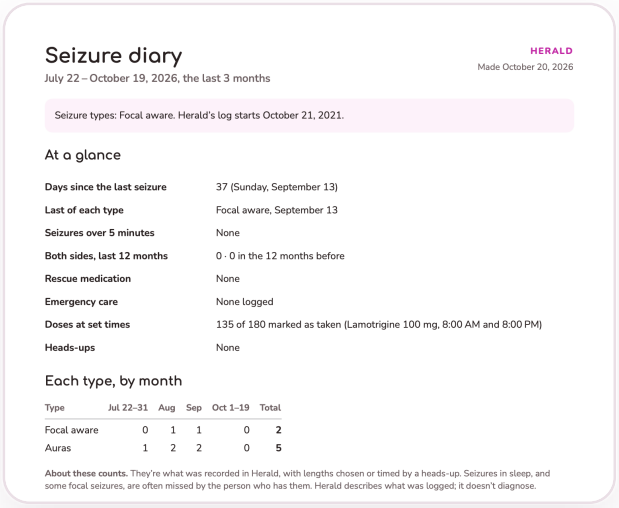
FOR NEUROLOGISTS AND EPILEPSY NURSES

# What your patient's Herald report shows

Herald is a journal people with epilepsy keep for themselves, on iPhone, iPad, Apple Watch, Mac and Apple Vision Pro. When they choose, they bring you a report for a stretch of time. Herald describes what they logged. It doesn't diagnose, it gives no advice, and it isn't a medical device.

## In the report

- Each seizure and aura: the date and local time, how long, the type in the patient's own words, awareness, rescue medication, any emergency care or injury, and recovery
- Counts for the period, written as sentences, never charts
- Daily check-ins: sleep, stress, energy and, if they log them, mood and their cycle
- Medications and doses taken or skipped, from Herald or from Apple Health
- Their own notes, and the questions they want to ask you, in their words
- Nothing interpreted: no patterns, scores or predictions go into the report



Seizure diary

HERALD

July 22 – October 19, 2026, the last 3 months

Made October 20, 2026

Seizure types: Focal aware. Herald's log starts October 21, 2021.

At a glance

| | |
|---|---|
| **Days since the last seizure** | 37 (Sunday, September 13) |
| **Last of each type** | Focal aware, September 13 |
| **Seizures over 5 minutes** | None |
| **Both sides, last 12 months** | 0 · 0 in the 12 months before |
| **Rescue medication** | None |
| **Emergency care** | None logged |
| **Doses at set times** | 135 of 180 marked as taken (Lamotrigine 100 mg, 8:00 AM and 8:00 PM) |
| **Heads-ups** | None |

Each type, by month

| Type | Jul 22–31 | Aug | Sep | Oct 1–19 | Total |
|---|---|---|---|---|---|
| Focal aware | 0 | 1 | 1 | 0 | **2** |
| Auras | 1 | 2 | 2 | 0 | **5** |

**About these counts.** They're what was recorded in Herald, with lengths chosen or timed by a heads-up. Seizures in sleep, and some focal seizures, are often missed by the person who has them. Herald describes what was logged; it doesn't diagnose.

The first page of a report, with made-up entries.

## How it reaches you

The patient makes the report on their iPhone or iPad and shares it themselves: a PDF they print, email or AirDrop, or a spreadsheet of their whole log. Herald sends nothing to you or anyone else. There's no portal and no account, and Herald itself never sees the report.

## What Herald never does

It doesn't detect or predict seizures, score risk, suggest doses or change anything about care. It reminds patients to talk with you before changing their care. Their seizure action plan comes as a PDF too, for school, work or a care home.

## heraldjournal.app/clinicians

A question, or a correction to Herald's pages about epilepsy? Write to support@heraldjournal.app. Every page shows its sources and the date it was checked.

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