Flarity by Flaresense

GI Report for Sarah Chen

Report Period: May 14 - Jun 13, 2026 (30 days) • Generated: Jun 13, 2026

Patient: Sarah Chen
DOB: 1992-12-08 (33)
Diagnosis: Crohn's Disease
Gastroenterologist: Dr. Smith
Clinic: Seashore Medical
Last Report: Jun 12, 2026
⚠️ **Allergies:** Contrast dye

Clinical Summary

TOP SYMPTOMS (14 check-ins, past 30 days) — May 14 - Jun 13

- Cramping — 1/14 check-ins (7%) (last: Jun 8, 2026)
- Bowel movements: avg 4.1/day (slightly elevated)
- Energy: 6.5/10 (moderate) · Pain: 0.0/10 (low)

HBI	SKYRIZI ADHERENCE	WELLNESS SCORE
14 Moderate	100%	0.7/7 GOOD
Jun 1, 2026	+ 2 supplements	Post-flare recovery

🟢 Stabilizing (Day 13 Post-Flare) - Flare (May 27–May 31) resolved. HBI 8.0 (moderate activity). Wearable metrics returning to baseline.

Data: Apple Watch (85% wear) + 14 symptom check-ins

HBI Scores

DATE	SCORE	SEVERITY	STATUS
2026-06-01	14	Moderate	WARN
2026-05-30	4	✓ Remission	OK
2026-05-19	6	Mild	WATCH

Medication Adherence

MEDICATION	DOSE	SCHEDULE	ADHERENCE	STATUS
Skyrizi	360mg	Every 8 weeks	100%	Excellent
Last dose Jun 6, 2026 · Next due Aug 1, 2026 · Avg interval 47d over last 3 doses (target 56d)				
Vitamin D3	2000	Daily	82%	Fair
Vitamin B12	1000mcg	Daily	83%	Fair
Entocort EC	9mg	Daily	96%	Excellent

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Patient-Reported Symptoms

Quick Check-Ins: 14 symptom check-ins over 30 days

Average Metrics:

- Energy: 6.5/10 (moderate)
- Pain: 0.0/10 (low)
- Bowel movements: 4.1/day (slightly elevated)

Symptom Frequency:

- Cramping: 1/14 check-ins (7%) - Last: Jun 8

Symptom trend: Stable ➡️

Bloodwork Trends

INFLAMMATION

MARKER	CURRENT	PREVIOUS	CHANGE	STATUS
CRP	6.8 mg/L	24.3 mg/L	↓ 72%	WARN
ESR	18 mm/hr	38 mm/hr	↓ 52%	OK

NUTRITION

MARKER	CURRENT	PREVIOUS	CHANGE	STATUS
Albumin	38 g/dL	34 g/dL	↑ 11%	WARN
Ferritin	68 ng/mL	18 ng/mL	↑ 277%	OK
Iron	16.4 µg/dL	8.2 µg/dL	↑ 100%	WATCH
Vitamin B12	412 pg/mL	210 pg/mL	↑ 96%	OK
Vitamin D	54 ng/mL	62 ng/mL	↓ 12%	OK

BLOOD COUNT

MARKER	CURRENT	PREVIOUS	CHANGE	STATUS
Hematocrit	0.4 %	0.4 %	↑ 8%	WATCH
Hemoglobin	131 g/dL	118 g/dL	↑ 11%	WARN
Platelets	362 K/µL	452 K/µL	↓ 19%	OK
WBC	8.2 K/µL	11.8 K/µL	↓ 30%	OK

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LIVER FUNCTION

MARKER	CURRENT	PREVIOUS	CHANGE	STATUS
ALP	94 U/L	88 U/L	↑ 6%	OK
ALT	46 U/L	28 U/L	↑ 64%	OK
AST	38 U/L	24 U/L	↑ 58%	OK
Bilirubin	11 mg/dL	9 mg/dL	↑ 22%	WARN

KIDNEY FUNCTION

MARKER	CURRENT	PREVIOUS	CHANGE	STATUS
BUN	4.8 mg/dL	5.2 mg/dL	↓ 7%	WATCH
Creatinine	84 mg/dL	82 mg/dL	↑ 2%	WARN
eGFR	90 mL/min/1.73m²	90 mL/min/1.73m²	↓ 0%	OK

Wearable Health Trends

METRIC	BASELINE	7-DAY AVG	CHANGE	STATUS
HRV (ms)	41.1	47.6	↑ 15%	OK
Resting HR	71.8	70.0	- 2%	OK
Wrist Temp	35.7	35.5	- 0%	OK
Sleep Duration	7.4	7.4	- 0%	OK
Sleep Efficiency	92.9	92.9	- 0%	OK
Daily Steps	6678	4683	↓ 29%	WARN

Baseline from your health history. 7-day average from Jun 7 - Jun 13.

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Flare Activity

Flare 1: Patient-Reported

Started: 2026-05-27 • Duration: 4 days • Peak Wellness Score: 4.5/7

Symptoms: Abdominal Pain, Diarrhea

Pre-Flare Physiologic Signals

Confidence: 82% • Data Completeness: 100% • 7-Day Analysis

Warning Signs Detected:

- RHR increased 11% to 81 bpm

METRIC	BASELINE	PRE-FLARE	CHANGE	STATUS
HRV	25ms	26ms	+5%	OK
RHR	73bpm	81bpm	+11%	WATCH
Sleep	5.6h	6.3h	+11%	OK
Steps	5514	8633	+56%	OK

Historical Medications

Inflectra
Discontinued • Used for: 4 yr

Entyvio
Discontinued • Used for: 1 yr

Surgical History

Small Bowel Resection
Mar 2024

Colonoscopy
Feb 2026

Personalized Recommendations

- Your recent flare included abdominal pain, diarrhea. If these symptoms recur, consider requesting fecal calprotectin to assess mucosal healing status.
- Device wear dropped to 25% during flare period. Reduced device wear during flares limits physiologic signal detection. Consistent wear may improve early pattern identification.
- Daily steps decreased 29% this week. Reduced activity may correlate with fatigue or early flare signals.
- Your Skyrizi adherence is excellent at 100%. Continue on schedule - this is likely contributing to your remission.

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Questions to Discuss with Your GI

Your Saved Questions

- Is it safe for me to drink alcohol with my current medications and disease state?
- Based on my recent symptoms, am I in remission or experiencing active disease?
- My bowel movements have changed. Is this concerning for my disease control?

Based on Your Data

- My severe flare happened while on Skyrizi. Could the timing relative to my doses matter? Should we consider checking trough levels?

Medical Disclaimer

This report is generated by Flarity, a wellness app, and is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your gastroenterologist or healthcare provider regarding any medical condition. Wellness scores and pattern insights are based on personal health trends and should not be used as the sole basis for clinical decisions. Sleep figures are derived from Apple Watch sleep tracking when available; for nights without recorded watch sleep, sleep is estimated from time in bed and may differ from measured sleep.

Sources: Hirten RP, et al. Gastroenterology, 2025 (pubmed.ncbi.nlm.nih.gov/39826619) · Wearable technologies in IBD: A scoping review. Clin Gastroenterol Hepatol, 2025 (pubmed.ncbi.nlm.nih.gov/40582389) · Harvey-Bradshaw Index: Lancet, 1980 (pubmed.ncbi.nlm.nih.gov/6102236) · SCCAI: Gut, 1998 (pubmed.ncbi.nlm.nih.gov/9771402) · crohnscolitisfoundation.org

For Healthcare Providers

Flarity by Flaresense — Clinical Context for This Patient Report

This report was generated by Flarity, a wellness app that combines Apple Watch biometrics with validated clinical scoring (HBI for Crohn's, SCCAI for ulcerative colitis) to help IBD patients track disease activity between visits. All processing happens on-device for patient privacy.

What This Report Contains

• Wearable health trends (HRV, RHR, sleep, wrist temperature, activity) compared to the patient's personal baseline
• Patient-reported symptoms via Harvey-Bradshaw Index (Crohn's) or Simple Clinical Colitis Activity Index (UC)
• Flare history with pre-flare biomarker patterns
• Medication adherence tracking
• App-generated wellness trajectory (informational, not diagnostic)

Clinical Methodology

Flarity's wellness score is informed by Mount Sinai IBD wearable research (Hirten et al., Gastroenterology 2025) showing physiological changes are detectable up to 7 weeks before flare onset. The app uses a hybrid scoring system: wearable signals (0–3.5) + HBI/SCCAI (0–3.5) = combined score (0–7). All scores are compared against the patient's personal baseline, not population averages.

Important Disclaimers

This report is generated by a wellness app and is intended for informational purposes only. It is not a substitute for clinical evaluation, laboratory testing, or endoscopic assessment. Risk scores are based on personal health trends and should not be used as the sole basis for treatment decisions.

Learn More

For patients: getflarity.com · For providers: getflarity.ai · Partnership inquiries: support@getflarity.com