

Share selected nutrition report access securely with a doctor, dietitian or health partner.

What this module does

Share Report lets you provide selected report access without giving anyone your account password. A professional receives an email with a secure magic link and can view only the shared report, not your full account or diary.

When to use it

Use Share Report when you want to discuss cholesterol, saturated fat, fibre, calorie trends or longer nutrition patterns with a trusted healthcare or nutrition professional.

Step-by-step tutorial

1. Open Reports from the dashboard.
2. Review your nutrition trends.
3. Check cholesterol, saturated fat, fibre and calorie trends.
4. Use quick views for different time periods.
5. Create or send selected report access to the professional.
6. The professional receives an email with a secure magic link.
7. After clicking the link, the professional can view only the shared report.
8. The professional can switch between 7, 30 and 90 days.
9. Use the shorter view for recent results and longer views for trends.
10. Revoke the shared report link whenever access should end.

What happens next

You remain in full control. Once revoked, the magic link is blocked and the report can no longer be viewed.

Practical tips

- Share reports only with trusted people.
- Never send your account password.
- Use 7 days for short-term review, 30 days for recent patterns and 90 days for longer trends.
- Revoke access after the consultation or when sharing is no longer needed.