

Introducing Helsa Health: Your Personal AI-Powered Metabolic Health Coach

Revolutionizing metabolic health management with science-backed, personalized guidance.

San Francisco, CA - May 1st 2025 – Helsa Health, a cutting-edge AI-powered app, is now available to help individuals take control of their metabolic health. By analyzing data from nutrition, sleep, stress, exercise, and blood markers, Helsa provides real-time, personalized insights to prevent metabolic disorders like diabetes and heart disease.

Unlike generic fitness apps, Helsa Health takes a holistic approach, considering the full spectrum of factors that impact metabolic wellness. It continuously analyzes users' sleep, stress, meals, macros, body, and blood markers to understand their unique patterns and provide tailored guidance. For instance, if a user has had a short night's sleep and logs a high-carb breakfast, Helsa may suggest a post-meal walk to help stabilize their glucose response.

"Helsa Health is designed to make metabolic health management accessible and effective for everyone. Our app empowers users to make small, meaningful changes that can significantly improve their health," said Daniel, CEO and Founder of Helsa Health.

With 1 in 3 adults currently suffering from metabolic health disorders and projections indicating this number will rise to 50% by 2030, the need for effective solutions is more critical than ever. Helsa Health addresses this growing concern by offering a user-friendly platform that integrates seamlessly into daily life.

The app features scores for overall Metabolic Health, Activity, Sleep, and Stress, allowing users to track their progress and stay accountable. Each morning, users receive a report with actionable insights on how to improve their health, making it easy to stay on track.

Helsa Health combines cutting-edge technology with a deep understanding of metabolic health.

Helsa Health is now available for download on the App Store and Google Play, with a 7-day free trial to experience its benefits firsthand.

For more information, visit <https://helsa.health> or read our story on Medium: <https://medium.com/@helsa.health/launching-helsa-health-a-science-backed-metabolic-health-coach-our-story-092c9ea10cbe>

About Helsa Health

Helsa Health is a pioneering health tech company dedicated to improving metabolic health through innovative AI solutions. Our mission is to provide personalized, science-backed guidance to help individuals lead healthier lives.

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Product Hunt:

https://www.producthunt.com/posts/helsa-health?embed=true&utm_source=badge-helsa-health

Medium:

<https://medium.com/@helsa.health/launching-helsa-health-a-science-backed-metabolic-health-coach-our-story-092c9ea10cbe>