The best way to stay updated with changes to the Seer app is to join the Seer Health Facebook community. Alternatively, you can sign up to our community newsletter or follow our social media pages.

Device integration

Can I pair another smartwatch or fitness tracker to the Seer app?

and

Are there any plans to integrate other smart devices into seizure forecasting capabilities on the Seer app (e.g. Owlet Smart Sock — oxygen level and heart rate monitor for children)?

At this stage, we only support Fitbit devices. However, we plan to support a range of wearable devices eventually.

Please note: Your Fitbit doesn't record events, it acts as an additional source of data that the Seer app can use to better learn about your seizure cycles and improve your seizure risk forecast. The use of a Fitbit smartwatch along with the Seer app is useful, but it is not essential.

Do I record events on my Fitbit or on the Seer app?

Currently events can only be logged directly in the Seer app, not via a Fitbit smartwatch.

We are always looking at ways to make it as easy as possible to keep a detailed and accurate seizure diary — logging events via a smartwatch is something we will explore in the future.

With the use of a Fitbit, can the Seer app recognise events that I did not? Is there a way to notify medical professionals and/or caregivers of this?

The seizure risk forecaster on the Seer app works by determining your seizure cycle frequency based on your **personalised seizure diary**. Neither the Seer app or a Fitbit can automatically detect seizures or notify you that you are experiencing a seizure.

In the future we hope to better integrate with other devices that may perform seizure detection.

With the use of a Fitbit, does the Seer app recognise symptoms/ triggers (e.g. dizziness, lightheadedness) automatically and input them on the Seer app?

Currently, no. We're working on how users can better record triggers that contribute to seizures and hope to have more information in a future update.

Data privacy

How do you keep my medical information safe?

The safety and security of our user's data is extremely important to us at Seer.

Your data is stored securely on Seer's cloud-based servers and you can request to have your data deleted at any time. We are compliant with GDPR privacy regulations and we will never sell any of your data, we use it solely to help you on your journey with epilepsy.

seer health

Will you ever lose my data?

The safety and security of our user's data is extremely important to us at Seer. Your data is stored securely on Seer's cloud-based servers and won't get lost.

What do you do with my data?

Anonymised and de-identified seizure data may be used to improve the quality of our forecasting algorithms. This condition (stated in our terms of use) plays a pivotal role in ongoing seizure risk forecasting research and helps improve seizure forecasting for all our users.

Terms of use here.
Privacy policy here.

General

Does seizure risk forecasting technology tell me if I have epilepsy?

No. The seizure risk forecaster is for people with diagnosed epilepsy. After a diagnosis you can begin to log your events/seizures on the Seer app and using the seizure risk forecasting technology, you will start to discover your seizure cycles.

Can I have multiple family members on one singular Seer app account?

Each family member needs to have their own separate Seer app account with unique login details — a different email will need to be used for each Seer app account. You cannot switch between accounts under the same login details. You can only switch between accounts if you log in, and out, of each account on the Seer app.

Does the seizure risk forecaster work for young children?

Seer hasn't specifically validated forecasting algorithms in children under the age of 16, although we do believe that the body rhythms that cause the risk of seizures to go up and down are also present in younger people. We would suggest using the Seer app to keep a seizure diary and see how the forecasting works for your child.

If you have any thoughts or questions on this topic, please email us at community@seermedical.com.

What is the suggested age group for the Seer app and seizure risk forecaster?

The Seer app was designed for use by people over the age of 18.
People under the age of 18 are still able to create an account but we highly recommend this is done so under the direction of an adult/caregiver.
We have found that many caregivers use the Seer app for epilepsy management on behalf of people under the age of 18.

Is it possible to have a yearly seizure cycle?

Seer research shows that most people have one or more cycles between 24 hours and 30-45 days. At the same time, most seizure datasets available to researchers cover time periods of a few days to a few months. This can make it tricky to find cycles that are a lot longer, like once a year or greater.

Currently the seizure risk forecaster is best suited to people with weekly or monthly cycles, but as we gather more data we will look at longer and shorter cycles so that as many people as possible can access the benefits of seizure risk forecasting.

Can I log my auras separately to seizures?

Currently auras can be logged as a symptom associated with a seizure.
We are looking at ways you can better report auras and seizures separately.

Is seizure risk forecasting technology suitable for someone with a severe epilepsy syndrome?

Currently the seizure risk forecaster is best suited to people who have anywhere from a few seizures a week to one or two seizures a month.

For people with more frequent seizures, our discussions with users have shown that they already have a pretty good sense of when seizures are likely to occur. For people with less frequent seizures it can take time to gather enough data to establish a strong seizure forecast.

We're working hard to bring seizure risk forecasting to as many people living with epilepsy as we can.

Does the Seer app take into consideration seizure triggers (e.g. dizziness from standing up too quickly)?

We're working on how users can better record triggers that contribute to seizures and hope to have more information in a future update.

Can I mention other factors that might have contributed to a seizure on the Seer app (e.g. sports events, a hot afternoon, currently ill, or a stressful week)?

We're working on how users can better record triggers that contribute to seizures and hope to have more information in a future update. In the meantime, when reporting an event you can use the 'Other symptoms' section, and 'Add more' to note seizure triggers.

Can I download a record/report of my seizure diary on the Seer app?

The only way to share your seizure diary data with someone is by showing them on the Seer app. In the next update, which is very soon, we will have improved reports and views that will make sharing data with your clinical team or others much simpler to do.

Is seizure risk forecasting suitable for people who don't have frequent seizure activity?

Currently the seizure risk forecaster is best suited to people who have anywhere from a few seizures a week to one or two seizures a month.

For people with more frequent seizures, our discussions with users have shown that they already have a pretty good sense of when seizures are likely to occur. For people with less frequent seizures it can take time to gather enough data to establish a strong seizure forecast.

We're working hard to bring seizure forecasting to as many people living with epilepsy as we can.

How does heart rate data from a smartwatch help to improve seizure risk forecasting abilities?

Seer Research has found that underlying physiological heart rate cycles could better guide epilepsy therapy and seizure forecasting systems. Wearable devices, like Fitbit smartwatches, can help track this data. You can learn more on our 'Breakthrough: Heart rate cycles' webpage.

Does the NDIA (National Disability Insurance Agency) know about this app?

Not that we are aware. Seer has worked with numerous partners, researchers, and support organisations in developing our epilepsy management app and seizure risk forecaster. We're always open to discussions with other organisations that strive to improve the lives of people living with epilepsy.

Does seizure risk forecasting work for people who have non-epileptic seizures?

This is an area of active research, and we don't yet have a definitive answer as to whether the seizure risk forecaster works for people with non-epileptic seizures. Our recommendation is to have a go reporting your seizures in the Seer app and get in touch with us to let us know how it goes.

Email: community@seermedical.com

Is the Seer app available in other languages?

At this stage, the Seer app is only available in English. We will add other languages in the near future.

I only have seizures every couple of months, do I need to wait for 10 seizures to access a risk forecast?

You can log your past seizure diary history to access your seizure risk forecast on the Seer app.

I'm an existing Seer app user — will my seizure risk forecast automatically display using data from my previous events?

If you are an existing app user and you have events logged, the seizure risk forecaster will use already logged events to develop a seizure risk forecast.

Caregivers

How do I help to ensure I'm logging the most useful information on behalf of the person I care for?

By logging every seizure that you're aware of, with as much detail as possible, you are doing a great deal to help. We understand that it can be hard to recognise some seizure types but just try to use your best judgement.

Can I use the Seer app logins of the person I care for on my phone to help record seizures?

Yes, you can. Many Seer app users do this.

If the person I care for can't tolerate wearing a Fitbit, will that impact the seizure risk forecaster on the Seer app?

The use of a Fitbit smartwatch along with the Seer app is useful, but it is not at all essential so do not worry if the person with epilepsy cannot wear a Fitbit.

A Fitbit doesn't record events, it acts as an additional source of data that the Seer app can use to better learn about one's seizure cycles and improve their seizure risk forecast.