

OFFICIAL USER MANUAL



RAIMZEAL

Train. Fuel. Live.

The complete guide to every screen, written from the app as it ships today.

Edition 19 · App 1.5.9 · iOS and Android build 129 · September 2026
RAIMZEAL Health Foundation, Inc. · Created and powered by ECONTEUR LLC

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CHAPTER 01

Welcome to RAIMZEAL

RAIMZEAL is the app of RAIMZEAL Health Foundation, Inc., a nonprofit corporation registered in Georgia, USA. It brings the things people need most for their health into one place: training for body and mind, an AI coach called Ovia AI, nutrition and food therapy, recovery and sleep, women's health, planning, and a community that supports each other.

THE PROMISE

Your health was never up for sale. The Foundation plan is free forever. It is the product, not a trial, and paid memberships exist to fund it, never to unlock the basics.

Acting on one doctor's advice (eat better, move more, sleep, manage stress) usually takes several separate subscriptions, and for many people that is where the conversation ends. RAIMZEAL is the door without the price. When donations and grants cover the platform, the staff and the bills, every paid plan becomes free for everyone.

How to use this manual

- Chapters follow the app's tabs: Home, Train, Ovia AI, Nutrition and You (Profile), then the tools inside them.
- Each screen chapter shows the real screen from app version 1.5.9 in the White theme, with what to do on it.
- Plan names in a chapter (Rise, Reign, Legacy) mark tools that need a paid membership. Everything else is free.
- Search inside the app (the magnifier on Home) opens this manual too, so you can come back to it any time.

A HEALTH NOTE

RAIMZEAL gives wellness education and tracking. It does not diagnose, prescribe or replace a clinician. Talk to a qualified professional before changing medication, training through pain, or making decisions during pregnancy or illness.

CHAPTER 02

What's new in 1.5.9

Everything below ships in app version 1.5.9 (build 129) on iPhone, iPad, Android phones and tablets, with the same version on Apple Watch and Wear OS.

New and improved

- **Train and Nutrition gained tool sections.** Train shows Training & Progress and Body & Recovery; Nutrition shows Nutrition & Planning and Food Tools. The same tools stay in Profile, and Home's **More tools** button now opens Food and movement, Everyday habits, and women's or men's health checkups.
- **Daily Focus on Home always has four rows:** water, wellness check-in, gratitude and the willpower lesson. The water row has minus and plus buttons around today's glass count, so a mistake is one tap to fix.
- **Fasting on the Lock Screen.** On iPhone a running fast shows a live countdown on the Lock Screen and in the Dynamic Island.
- **Log water from the home-screen widget.** The RAIMZEAL Today widget has a +1 glass button that works without opening the app.
- **Liquid Glass buttons** on iPhones running iOS 26 or later follow your theme, so cards and buttons stay light in White and keep their colour.
- **Android Health Connect connects** from Profile, and Profile lists both Apple HealthKit and Health Connect on every device.
- **Your logs are safely saved to your account.** Meals, workouts and body measurements now save to the cloud every time, and anything logged only on your phone uploads after your next sync.
- **Clear billing messages.** If the App Store or Google Play cannot renew your plan, Membership says so and offers Update payment, and Talk to Ovia AI shows the same message instead of an upgrade offer.
- **Solid dialogs and reachable back buttons.** Pop-ups such as Export Date Range are no longer see-through, back buttons sit below the status bar on every screen, and screens that need a paid plan have a back button.

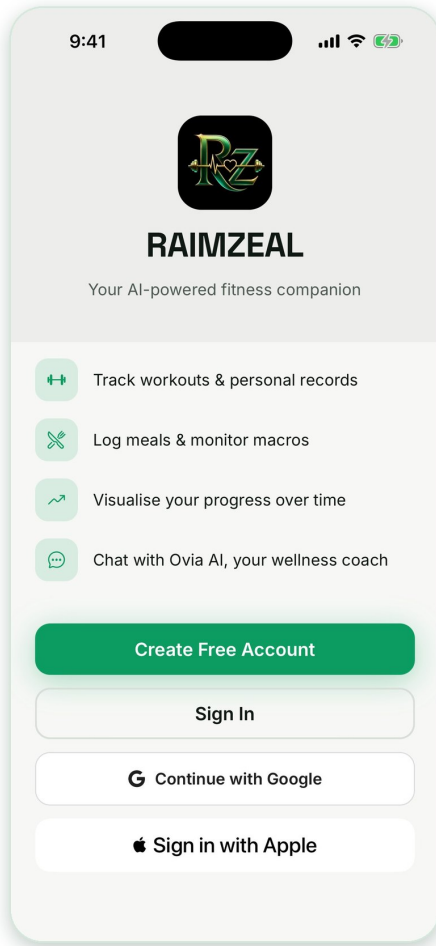
Earlier in 2026

- 1.5.8 and 1.5.7: Apple Liquid Glass on iOS 26, and every screen rotates and resizes on iPad, foldables and tablets.
- 1.5.6: a one-tap Scan button in the Nutrition header, one reading-width layout on tablets, Rise voice minutes restored, and the manual reachable from Explore.
- 1.5.5: a Start line under the RZ Score names today's session.
- The website moved to white pages with plain-language guides, and donations now go to the Foundation's own account.

CHAPTER 03

Getting started

Download RAIMZEAL from the App Store or Google Play, create your account, and tell RAIMZEAL a little about yourself. It takes about two minutes.



On this screen

1. **New here:** tap **Create Free Account** and enter your name, email, age and a password of at least 6 characters, then confirm the email RAIMZEAL sends you.
2. **Returning:** tap **Sign in** and use your email and password.
3. **Google or Apple:** tap **Continue with Google** or **Sign in with Apple**, accept the Terms of Use and Community Guidelines when asked, and finish in the secure sheet that opens.
4. Use the same sign-in method on every device so your history stays on one account.

The welcome screen: Create Free Account, Sign in, Continue with Google and Sign in with Apple.

Forgot your password

1. On Sign in, enter your email and tap Forgot password.
2. Open the RAIMZEAL email and tap the link. It opens a secure page on raimzeal.com.
3. Set a new password there, then return to the app and sign in.

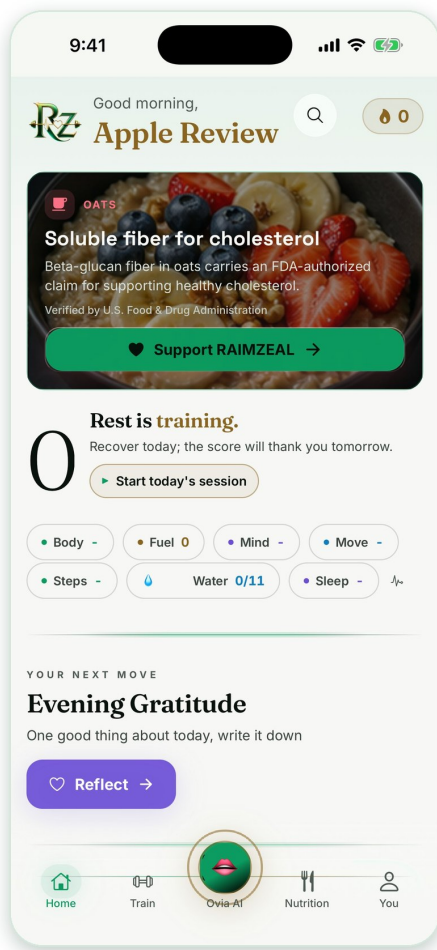
Your health profile

After signing in, RAIMZEAL asks for your goals, age, height, weight, units and fitness level. You can also let Ovia AI walk you through it as a short chat. Everything is editable later in Profile, and optional health context such as blood group and genotype is only ever used to personalise Ovia AI's guidance, never as diet rules. RAIMZEAL is for adults 18 and over; age is asked because the health profile and calculators use it.

CHAPTER 04

Home

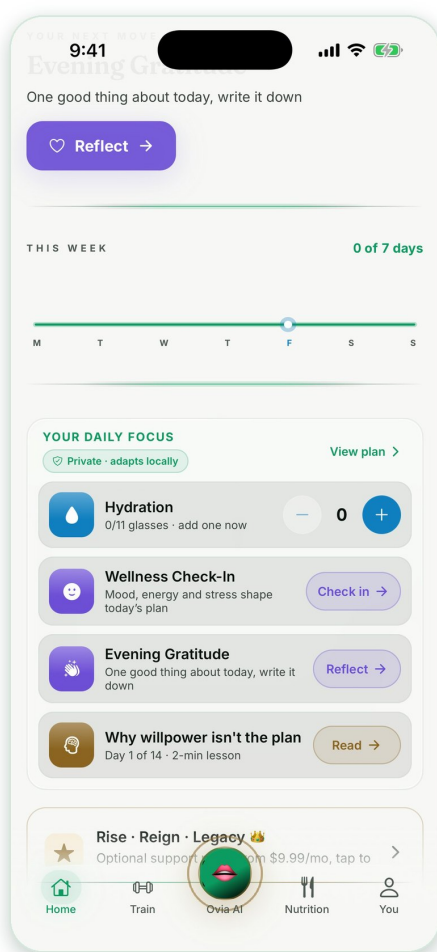
Home is organised around the next useful thing to do today. It reacts to what you have logged, and it never needs a subscription.



On this screen

- The **Daily Tip** at the top shows one photo-backed, source-checked tip each day.
- **RZ Score** sums up today. **Start today's session** under it opens Train.
- The pills under the score show what builds it (Body, Fuel, Mind, Move) and today's Steps, Water and Sleep.
- **Your Next Move** names the single most useful thing to do now, such as Evening Gratitude, with a button to do it.

Home in the White theme: the Daily Tip, the RZ Score and Your Next Move.



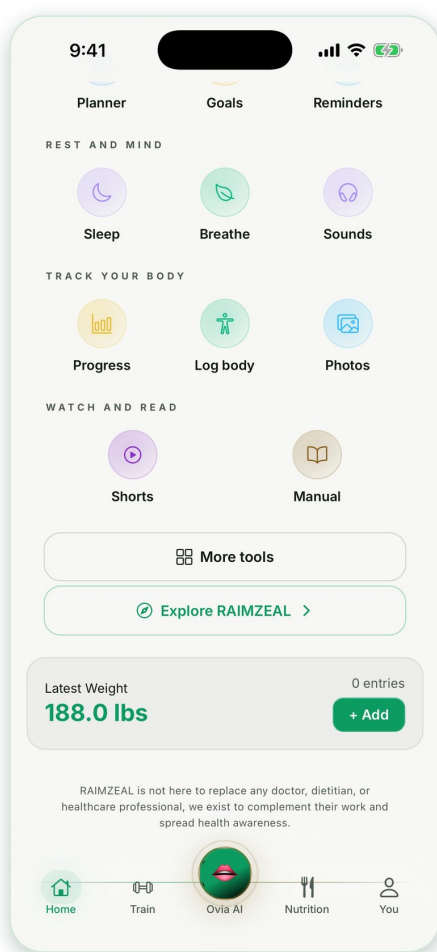
On this screen

- **This week** shows the days you have been active so far.
- **Hydration:** tap **+** to add a glass or **–** to take one back. Tap the row itself to open Hydration.
- **Wellness Check-In:** tap **Check in** to record mood, energy and stress for today's plan.
- **Evening Gratitude:** tap **Reflect** to write one good thing about today.
- **Why willpower isn't the plan:** tap **Read** for today's two-minute Foundations lesson.

PRIVATE BY DESIGN

Daily Focus is chosen on your device from the time of day and what you have logged. It works offline and uses no AI allowance.

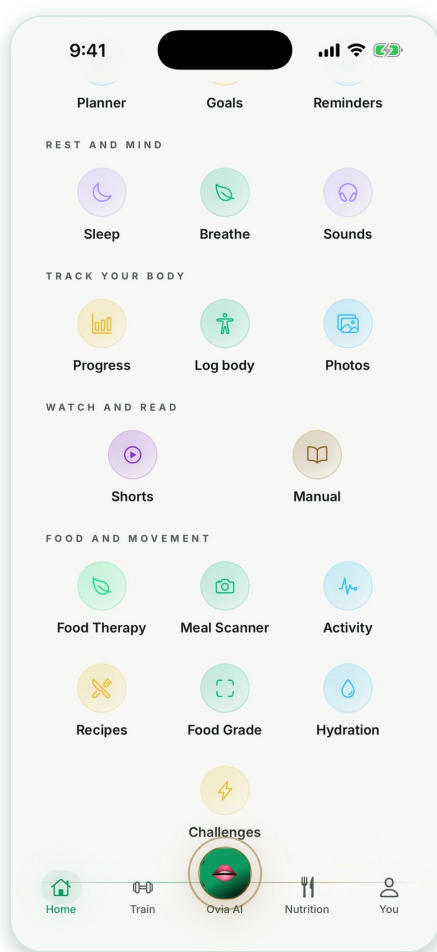
Your Daily Focus: water, wellness check-in, gratitude and the willpower lesson.



On this screen

- **Community** opens the feed, books, stories and support.
- **Plan your day:** Planner, Goals and Reminders. **Rest and mind:** Sleep, Breathe and Sounds.
- **Track your body:** Progress, Log body and Photos. **Watch and read:** Shorts and this Manual.
- Tap **More tools** for Food and movement, Everyday habits, and women's or men's health checkups (shown for the sex set in your health profile). **Explore RAIMZEAL** lists every tool.
- Once you log a meal, the Daily Tip at the top of Home is replaced by the meals you actually recorded.

Further down Home: Community, then every tool grouped by what it is for.



On this screen

- **Food and movement:** Food Therapy, Meal Scanner, Activity, Recipes, Food Grade, Hydration and Challenges.
- **Everyday habits:** Habits, Supplements, Check-in, Fasting, Calculators, Weekly Report and Spiritual.
- **Women's health** or **Men's health** checkups appear for the sex set in your health profile.
- Tap **Show fewer** to fold the extra groups away again.

Home after tapping More tools: every tool group is one tap away.

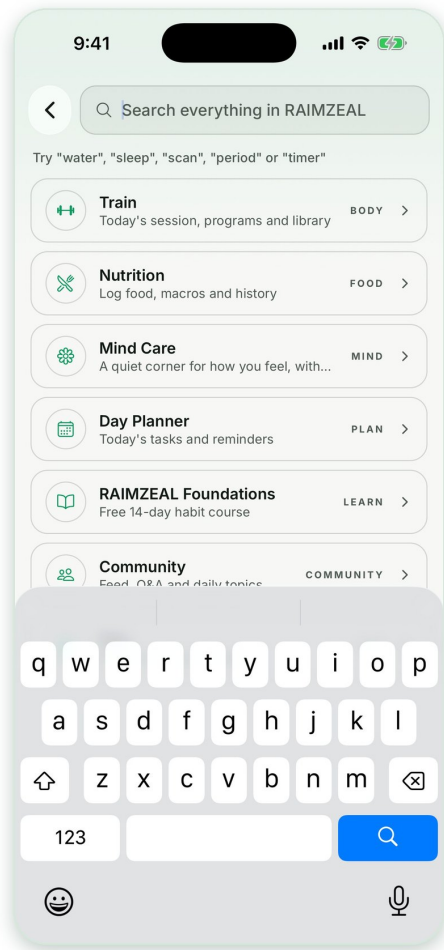
SIMPLE MODE

Turn on Simple Mode in Profile to show fewer things at once, with larger actions and one clear next step.

CHAPTER 05

Search and Explore

Two ways to find anything: type what you want, or browse every tool by purpose.



On this screen

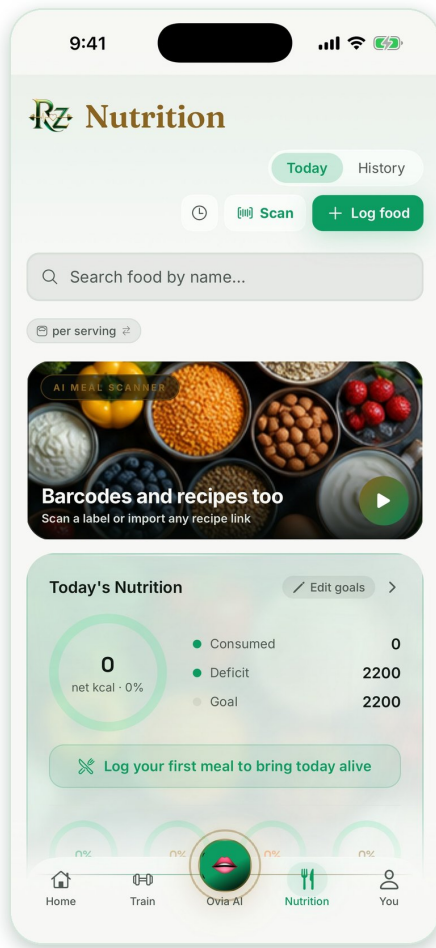
1. Tap the magnifier on Home and type a word such as *water*, *period*, *timer* or *manual*.
2. Tap a result to open that screen. Searching *manual* downloads and opens this guide.
3. Explore lists every tool grouped by purpose, using the same index as Search.

Search matches features by what they do, not only by name.

CHAPTER 06

Nutrition

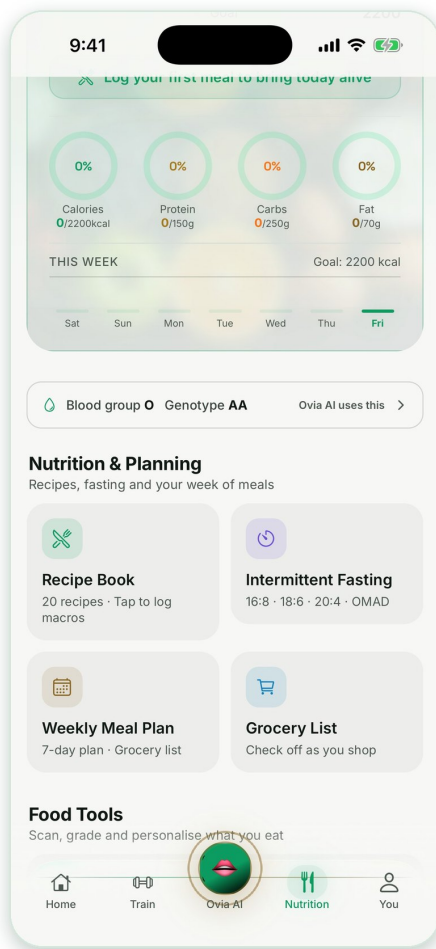
Log what you eat, see calories and macros, and plan meals. Food search and barcode scanning are free on every plan.



On this screen

- Tap **Log food** to choose photo, barcode, search or manual entry from one sheet.
- Tap **Scan** in the header to read a barcode straight away. It is free on every plan.
- Search a food, pick a unit (grams, servings, cups and more) and check the scaled calories and macros before saving.
- Switch between **Today** and **History** at the top. History filters by date range and meal.

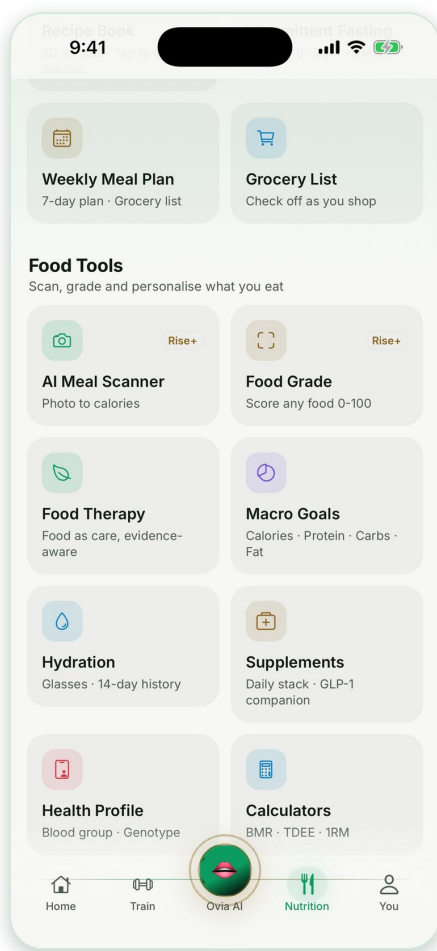
Nutrition, Today view: Log food, Scan, and today's calories and macros.



On this screen

- **Recipe Book:** 20 recipes you can log in one tap.
- **Intermittent Fasting:** 16:8, 18:6, 20:4 and OMAD with a live timer and streak.
- **Weekly Meal Plan:** a 7-day plan with its grocery list. Exporting it as a PDF is a Legacy perk.
- **Grocery List:** build a list and check items off as you shop.
- These tools also stay in Profile.

Below today's totals: the Nutrition & Planning tools.



On this screen

- **AI Meal Scanner** and **Food Grade** (from Rise): photograph a plate or score any food from 0 to 100.
- **Food Therapy**: food as care, evidence-aware. **Macro Goals**: calories, protein, carbohydrates and fat.
- **Hydration**: glasses and 14-day history. **Supplements**: your daily stack and the GLP-1 companion.
- **Health Profile**: blood group and genotype for Ovia AI. **Calculators**: BMR, TDEE and one-rep max.

Food Tools on Nutrition: scan, grade and personalise what you eat.

More nutrition tools

- **Macro goals**: tap Edit goals on the macro card to set calories, protein, carbohydrates and fat.
- **Micronutrients**: a 7-day average of vitamins and minerals from what you log, with foods that fill the gaps.
- **Recipe importer**: in Recipe Book tap the link icon, paste a recipe URL, set how many servings you ate and log it.
- **Copy yesterday**: while today is empty, one tap repeats yesterday's meals.
- **Food Therapy**: Ovia AI food guidance, Food Grade, the AI Meal Scanner, healing recipes, the grocery list and hydration in one hub.
- **AI Meal Scanner and Food Grade** (Rise and above): photograph a plate for an estimate you review before saving.

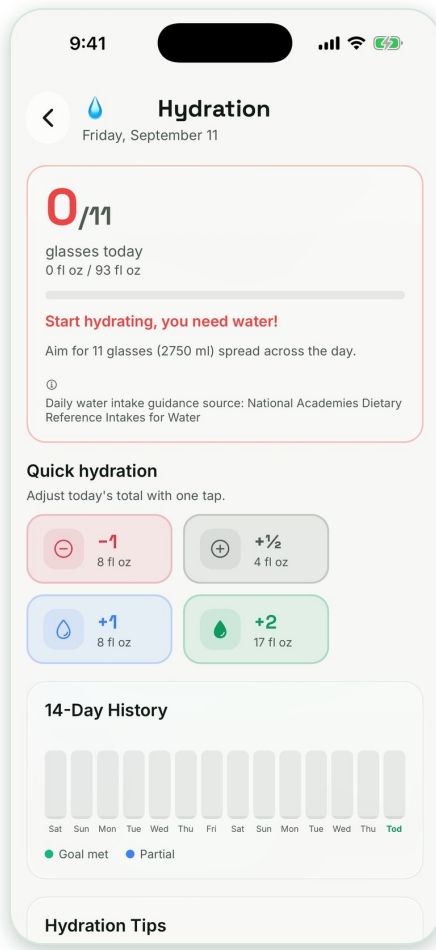
FOOD ACCURACY

Labels and measured portions beat photo estimates. Check ingredients and allergens before saving.

CHAPTER 07

Hydration and fasting

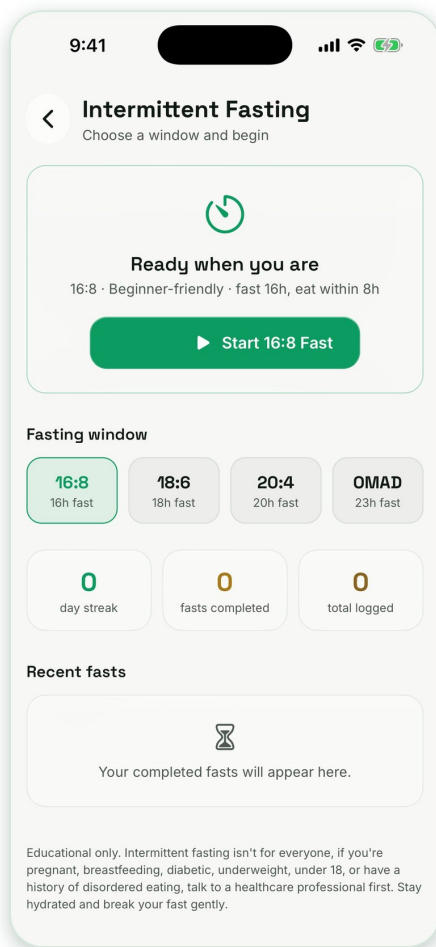
Water and fasting both have a home screen of their own, a Home shortcut, and something on your Lock Screen.



On this screen

- Tap **+½**, **+1** or **+2** to add half, one or two glasses. One glass is 250 ml (about 8 fl oz).
- Tap **-1** to correct a mistake. The total never goes below zero.
- The goal adjusts for training days and body weight. Treat it as guidance, not a medical target.
- Log from Home's Daily Focus, the RAIMZEAL Today widget or your watch without opening this screen.

Hydration: four large adjustment buttons, today's progress and 14 days of history.



On this screen

- Choose 16:8, 18:6, 20:4 or OMAD and tap Start.
- On iPhone the countdown appears on the Lock Screen and in the Dynamic Island while the fast runs.
- RAIMZEAL alerts you in the final hour and again when you reach your goal. Ending the fast clears both.
- Completed fasts build your fasting streak.

FASTING SAFETY

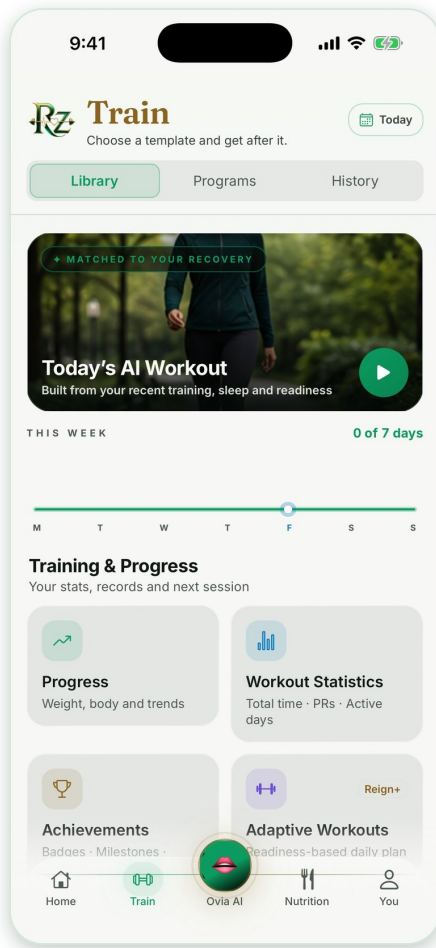
Do not fast if you are pregnant, have diabetes or a history of eating disorders without your clinician's approval.

Intermittent Fasting: pick a plan and start the timer.

CHAPTER 08

Train

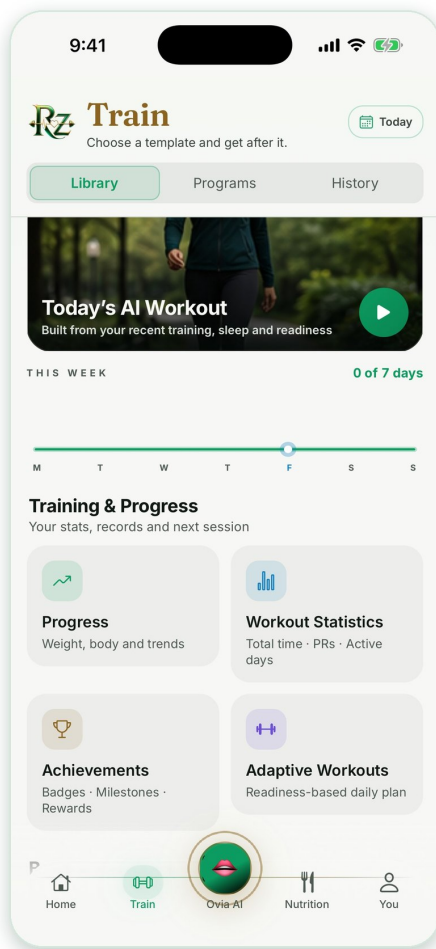
Train holds today's session, your progress tools, the workout library, structured programs and your history.



On this screen

- **Today's AI Workout** is built from your recent training, sleep and readiness. It opens Adaptive Workouts.
- The week strip shows the days you trained. Gold chips show your latest personal records.
- Switch between **Library**, **Programs** and **History** at the top.

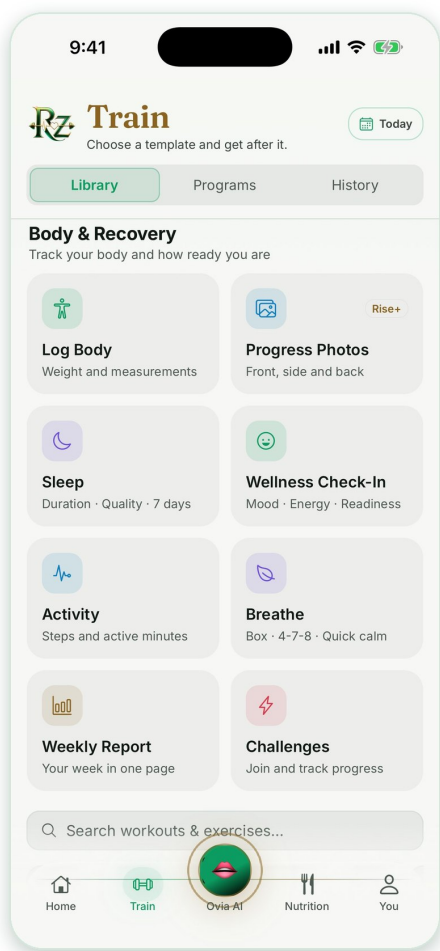
Train, Library view: today's AI workout, your week and recent personal records.



On this screen

- **Progress:** weight, body and trends over time.
- **Workout Statistics:** total time, personal records and active days.
- **Achievements:** badges, milestones and rewards.
- **Adaptive Workouts:** a daily plan matched to your readiness.
- The same tools stay in Profile.

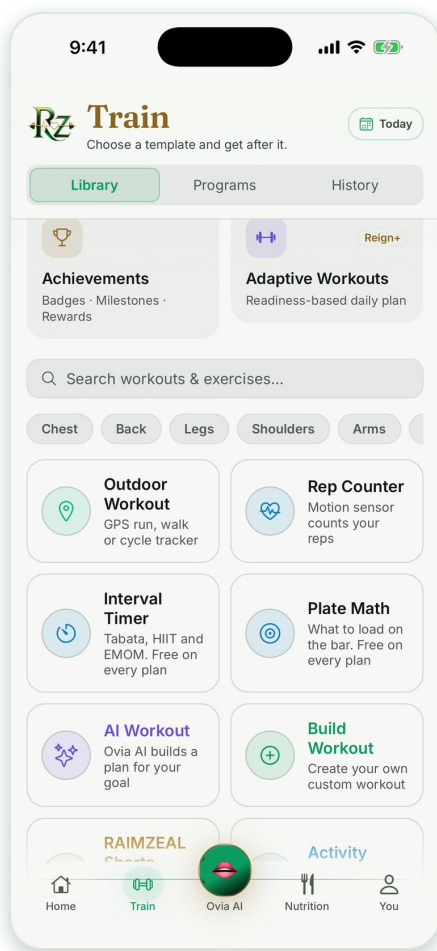
Training & Progress tools on Train, then search and the library.



On this screen

- **Log Body**: weight and measurements. **Progress Photos**: front, side and back (uploading photos needs Rise).
- **Sleep**: duration, quality and 7 days. **Wellness Check-In**: mood, energy and readiness.
- **Activity**: steps and active minutes. **Breathe**: box breathing, 4-7-8 and quick calm.
- **Weekly Report**: your week on one page. **Challenges**: join and track your progress.

Body & Recovery on Train: track your body and how ready you are.



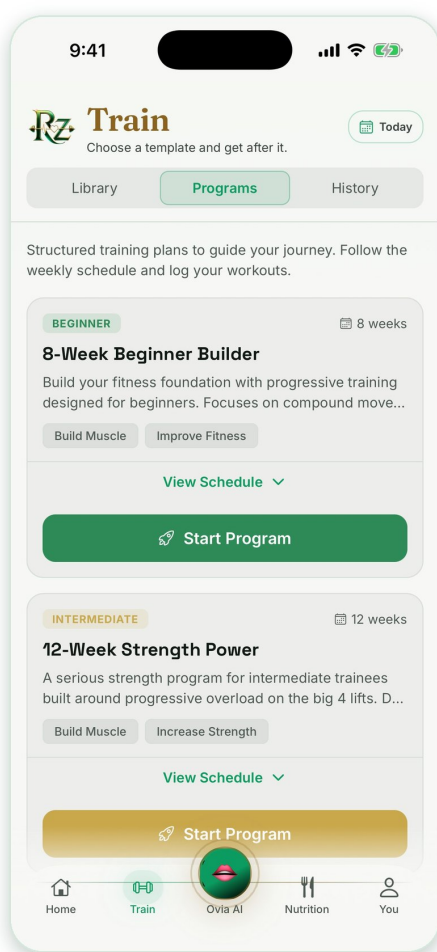
Library and quick tools

- Search workouts and exercises, or tap a muscle chip such as Chest, Back or Legs to filter.
- **Outdoor Workout** tracks a GPS run, walk or ride (location only while you track). **Rep Counter** counts reps with motion sensors.
- **Interval Timer** runs Tabata, HIIT and EMOM. **Plate Math** tells you what to load on the bar. Both are free on every plan.
- **AI Workout** has Ovia AI build a plan for your goal (Rise and above). **Build Workout** makes your own custom session.
- Tap a template's play button to start. The workout player walks you through sets and rest, and asks how hard it felt (RPE) at the end.

RECORDS

Personal records and an estimated one-rep max are saved automatically from the sets you log.

Search, muscle filters and the quick tools on Train.



On this screen

1. Read the level, length and goals, then tap View Schedule to see every week.
2. Tap Start Program when it fits your equipment, health and recovery.
3. Log each assigned session so the program stays accurate. History shows completed sessions by week or month.

TRAIN SAFELY

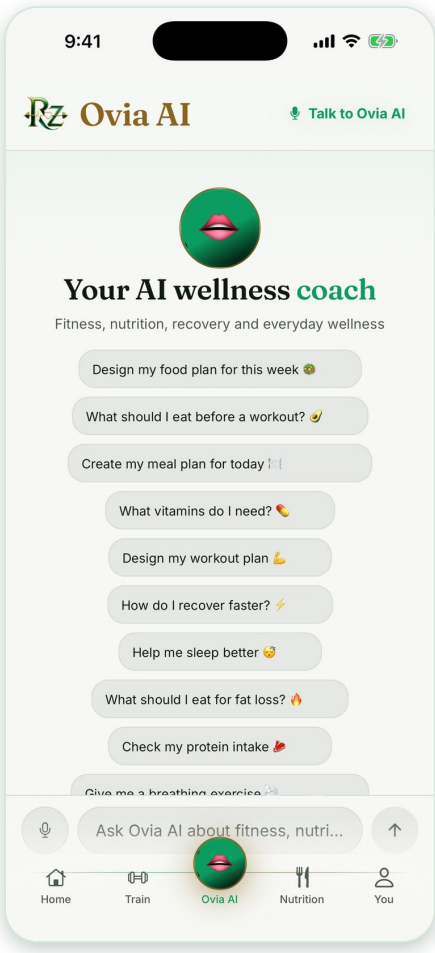
Stop or modify a workout for pain, dizziness, illness or unusual shortness of breath.

Programs: multi-week plans by level, goal and length.

CHAPTER 09

Ovia AI

Ovia AI is RAIMZEAL's coach for fitness, nutrition, recovery, sleep, habits and finding your way around the app. Chat is included on every plan.



On this screen

- Tap a suggested prompt or type one focused question.
- Use the planning tools for structure: Workout Plan, Meal Plan, Body Analysis, Food Grade, Sound Studio and Shorts.
- **Memory** (Profile, then Ovia AI Memory) shows what Ovia AI knows about you, and you can edit or delete any of it.
- Review every plan before following it. Ovia AI does not diagnose or prescribe.

Ovia AI: prompt ideas, planning tools, the chat composer and Talk to Ovia AI.

Allowances by plan

Plan	Ovia AI chat	AI vision scans	Talk to Ovia AI (voice)
Foundation	10 messages a day	Not included	Not included
Rise	25 messages a day	10 a day	10 minutes a month, usable in one conversation
Reign	50 messages a day	25 a day	60 minutes a month, conversations up to 10 minutes
Legacy	100 messages a day	50 a day	120 minutes a month, conversations up to 10 minutes

AI vision scans cover the AI Meal Scanner, Food Grade and the AI Workout generator. When an allowance runs out, saved results and every non-AI feature keep working, and the allowance resets the next day or month.

Talk to Ovia AI

- Tap the microphone and allow microphone access the first time.
- Speak naturally. Ovia AI waits 30 seconds after it finishes speaking before ending the conversation, so you have time to think.
- If Talk to Ovia AI says your payment didn't go through, your store could not renew your plan. Tap Update payment (see Chapter 17).

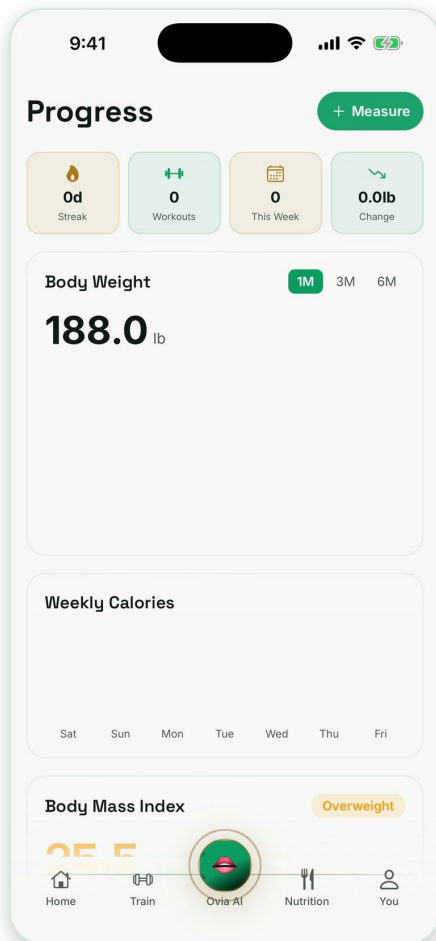
PRIVACY

Never share passwords, card numbers or government ID numbers with Ovia AI. It never needs them.

CHAPTER 10

Progress and reports

See change over weeks, not days.



On this screen

- Log weight and measurements under the same conditions each time, such as mornings before eating.
- Progress photos (Rise and above) stay private unless you choose to share them.
- Workout Statistics, Achievements and the Weekly Report are one tap away on Train and in Profile.
- RAIMZEAL Age turns your habits into one readable number, and behaviour patterns show which habits move it.
- Life Map shows six dimensions of your wellbeing from your own data.

PATTERNS, NOT PROOF

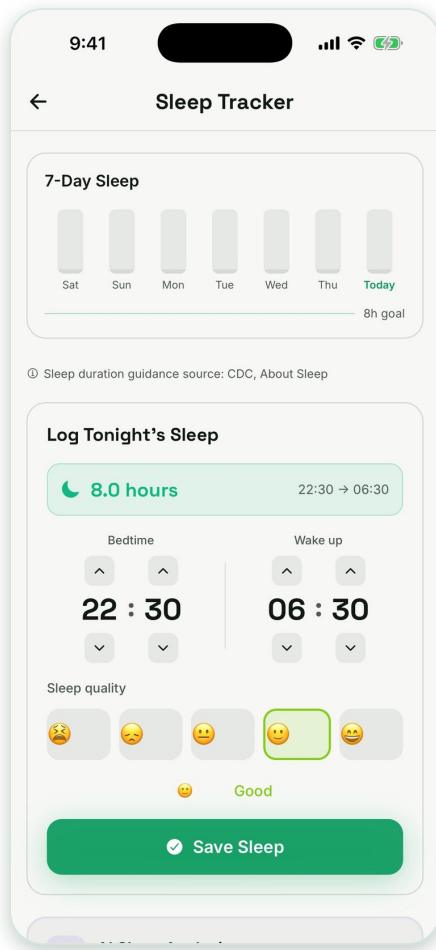
Correlations show association in your data, not cause. They need a few weeks of logs to mean much.

Progress: weight and body trends over time.

CHAPTER 11

Sleep, recovery and mind

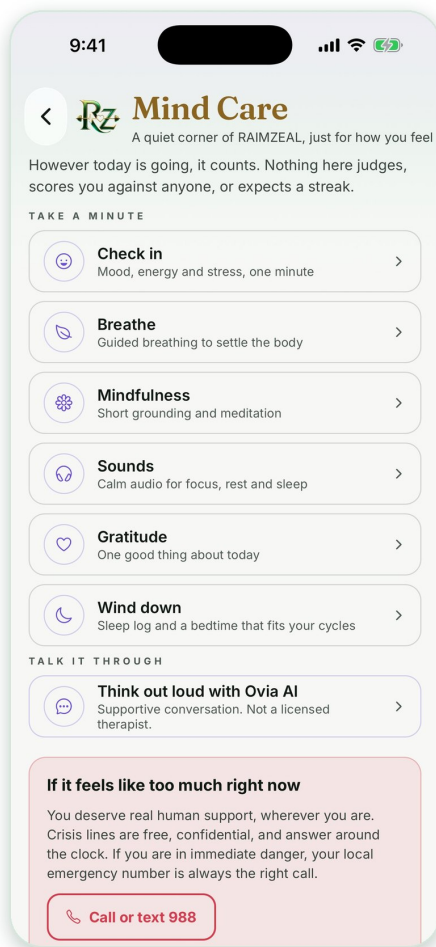
Rest is part of training. These tools help you notice how you are doing and wind down.



On this screen

- Log last night's bedtime, wake time and how well you slept.
- The 7-day chart shows your pattern. Sleep entries are saved on this device.
- Connect Apple Health or Health Connect to bring in sleep your watch records.
- The Bedtime calculator (Calculators) suggests when to sleep for your wake time.

Sleep Tracker: duration, quality and a 7-day chart.



On this screen

- Use the breathing, mindfulness and sound tools when you need to slow down.
- The Wellness Check-In records mood, energy and stress, and feeds your readiness score.
- Gratitude and the daily willpower lesson appear in Daily Focus on Home.
- If you are in crisis, use the support numbers shown for your region or call local emergency services.

NEVER WHILE DRIVING

Breathing and sound sessions should never be used while driving or operating equipment.

Mind Care: a quiet corner for mental wellness, with crisis support for your region.

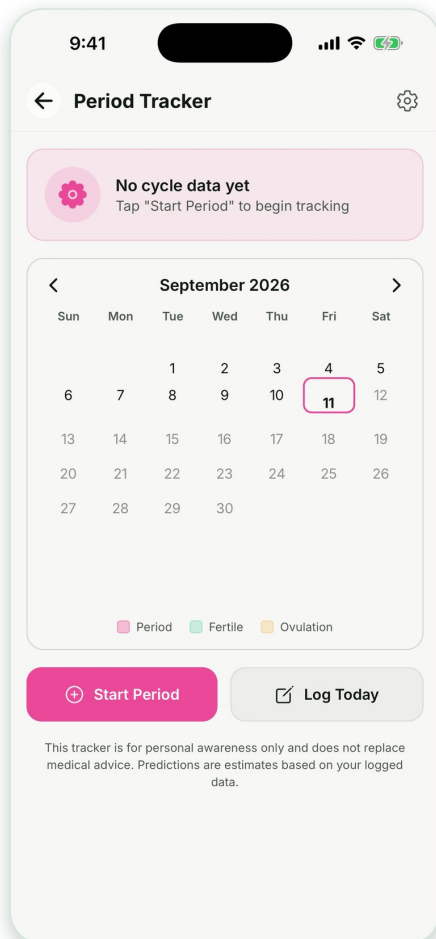
Habits, supplements and GLP-1

- **Habit Tracker:** set daily habits and close them each afternoon.
- **Supplements:** record what you take and when. It does not check safety or interactions.
- **GLP-1 Companion** (inside Supplements): dose countdown, injection-site rotation across six sites, a symptom log, and practical guidance on protein, hydration and smaller meals. Never change a dose based on the app.

CHAPTER 12

Women's and men's health

Women's health tools appear when your health profile says female. RAIMZEAL never guesses sex from a name.



On this screen

- Log period days, flow and symptoms. Predictions improve with each cycle you log.
- **Cycle Sync** suggests training and food ideas for each cycle phase.
- **PCOS** and **Menopause** trackers log symptoms and patterns to discuss with your clinician.
- **Pregnancy Wellness** tracks weeks and gentle guidance. **Screening reminders** keep checkups on schedule.

Period Tracker: log your cycle and see the next predicted window.

Men's health reminders cover screenings and checkups by age. Every tool here organises information. None diagnoses a condition or predicts fertility with clinical certainty.

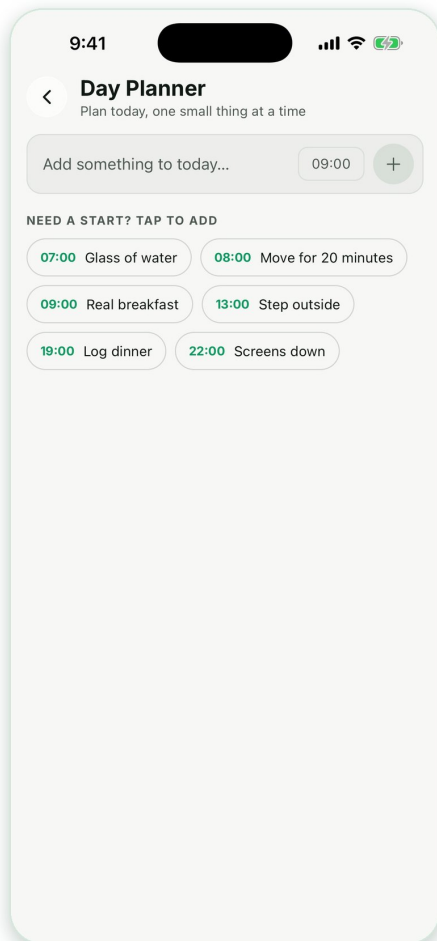
WHEN TO GET CARE

Seek urgent care for severe pain, heavy bleeding or pregnancy warning signs. Do not wait for an app.

CHAPTER 13

Planning and reminders

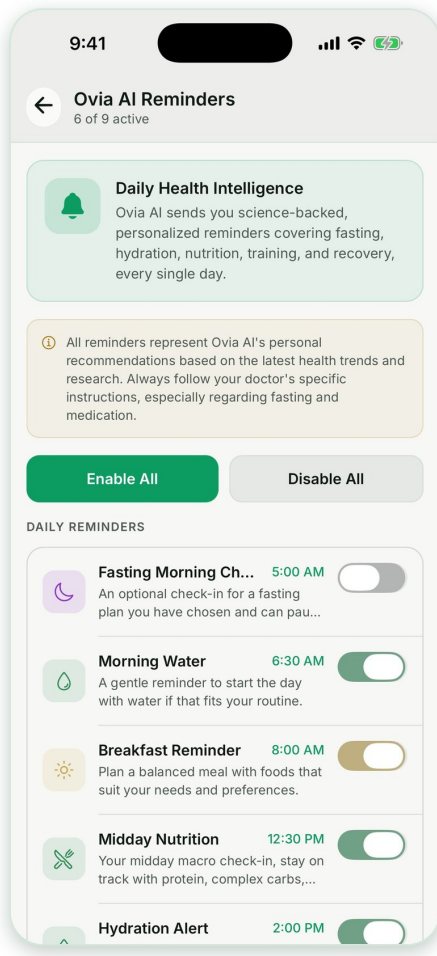
Plan today, keep longer goals in view, and let RAIMZEAL remind you at the right time.



On this screen

- Add an item and, if you like, a time in 24-hour HH:MM form. RAIMZEAL schedules a reminder for it.
- Marking an item done, deleting it or clearing the day cancels its reminder.
- Plans do not roll over. Each day starts clean.
- **Goals** holds the longer view: a title, why it matters to you, and the steps. Progress counts steps, not days.

Day Planner: today's list, with optional times that become reminders.



On this screen

1. Tap Add Reminder and choose a category.
2. Set the time, repeat days, advance alerts, sound, snooze and quiet hours.
3. Review Today, Upcoming, Missed and Completed.
Tapping a reminder notification opens the right screen.

MEDICATION

Reminders follow the schedule you enter. RAIMZEAL never changes a dose or tells you to stop a medicine.

Reminders: medication, appointments, training, water, meals, sleep and your own.

RAIMZEAL Foundations

A free 14-day course that builds the habits the rest of the app depends on: one short lesson a day, one action, one reflection. Lessons unlock daily, and missing a day never resets your progress.

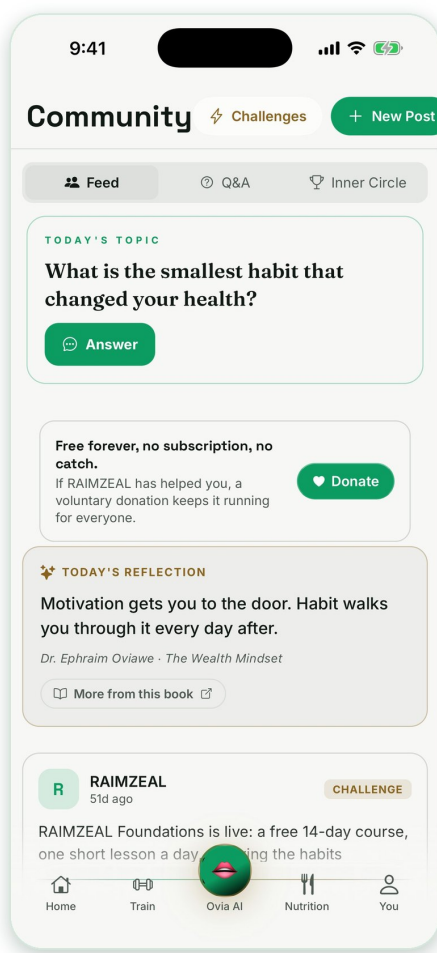
ON THIS DEVICE

Day Planner and Goals are kept on this phone only and are cleared if you sign in with a different account.

CHAPTER 14

Community

Community is people first: stories, questions, wins and encouragement. Open it from Home. You choose, every time, whether others see your name.



On this screen

- Read the day's reflection from Dr. Ephraim Oviawe, then scroll the Feed or switch to Q&A.
- Post progress or a question, like and comment, and join challenges.
- Legacy members also see the Inner Circle.
- Report or block anyone who is unsafe. Books, music and official links sit at the end of the feed.

SHARE SAFELY

Never post medical records, contact details, precise location or someone else's photo without permission.

Community: the day's reflection, then the feed.

Share your story, with or without your name

1. Tap **New Post** and choose **Story** to share a health journey, or pick Update, Question, Win, Tip or Challenge.
2. Under **Post as**, choose **Show my name** or **Stay anonymous**. Anonymous posts show "Anonymous member" to everyone.
3. When replying, tap **Reply anonymously** to hide your name on that reply.
 - Anonymous still means safe: RAIMZEAL moderators can act on reports, blocks still work, and you can delete your post at any time with the bin icon on your own post.
 - An anonymous post's photo does not reveal who shared it.
 - If a post doesn't go through, the app reopens it with your words and photo so nothing is lost. If only the photo fails, you choose whether to post without it.

- If replies can't load, tap the message under the post to try again.
- You get a notification when someone replies to your post, and when your post reaches 1, 5, 10, 25, 50 and 100 likes. Notifications never include what anyone wrote.

Community on Home, and after your wins

- The **Community** card on Home shows the newest story or win. Tap **Share your story** to open a new post.
- When a workout finishes, tap **Post to Community**. The post opens with your workout filled in; change anything before you post.
- At a streak milestone (7, 14, 30, 60, 100, 180 and 365 days) a card on Home offers **Share to Community**. Tap **Not now** to hide it.
- On **Achievements**, tap an earned badge and choose **Post to Community** or **Share outside RAIMZEAL**.
- In your first two weeks, Community shows **New here? Say hello**. It goes away once you post or tap Not now.
- Nothing is ever posted for you. Every one of these only fills in the post; you still choose Show my name or Stay anonymous and tap Post.

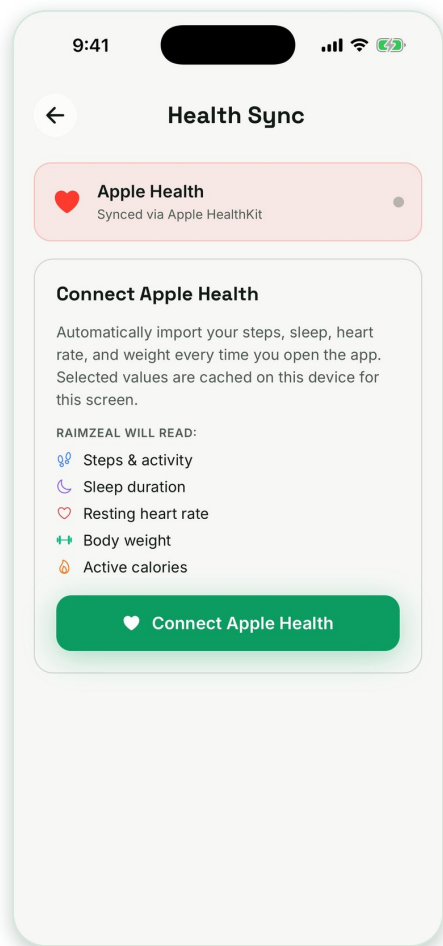
The RAIMZEAL Shop

- Tap **Shop: wear the mission** on the Community tab, or visit www.raimzeal.com/shop, to see shirts, hoodies, sweatshirts, tote bags, mugs and stickers with original RAIMZEAL messages.
- On the website, **Shop** sits in the top menu. On phones, tablets and smaller laptop windows, tap the menu button (three lines) at the top right to find it.
- There are 44 designs in four collections: **Everyday Wellness**, **Human Intelligent** (gold on black and purple), **Start Your Transformation** (the messages from the RAIMZEAL campaign) and **Signs of Life** (simple icons for water, sleep, breath, movement and each other). Each is available on shirts, hoodies, sweatshirts, totes, mugs, stickers and 12 by 16 inch posters.
- Choose a design, then the product, colour, size and quantity, and tap **Add to bag**. Tap **Go to bag and checkout**, or the **Bag** button at the top of the shop, to review your order and pay securely with Stripe on the website. Nothing is sold inside the app.
- The bag holds up to 20 different items and up to 10 of any one item. Press Escape or click outside a window to close it.
- The back of each shirt, hoodie, sweatshirt and tote carries App Store and Google Play codes, so anyone who sees it can find RAIMZEAL.
- Items are sold by RAIMZEAL Health Foundation, Inc., a Georgia nonprofit corporation, printed on demand and shipped by Printful. Purchases are not tax-deductible.
- www.raimzeal.com/shop/policies has the shipping costs and times, and the promise to replace a damaged, misprinted or lost item free within 30 days. Because each item is printed for you, returns for change of mind are not accepted, but an order can be cancelled within an hour if it has not gone to print.

CHAPTER 15

Health sync, watch, widgets and Live Activities

RAIMZEAL works with the health data your phone and watch already collect.



On this screen

- Tap Connect and choose which data to share: steps, sleep, heart rate and weight.
- Profile lists both Apple HealthKit and Google Health Connect. Only the one your device supports connects.
- If the system no longer shows a prompt, the row opens Settings so you can change access there.

Health Sync: Apple HealthKit on iPhone and iPad, Health Connect on Android.

Permission	Used for
Camera	Barcode scanning and photos you take
Photo Library	Choosing a meal photo or saving a progress card
Notifications	Reminders, fasting alerts and tips you turn on
Microphone	Talk to Ovia AI
Location	Only during an Outdoor Workout you start
Apple Health / Health Connect	Steps, sleep, heart rate and weight you allow

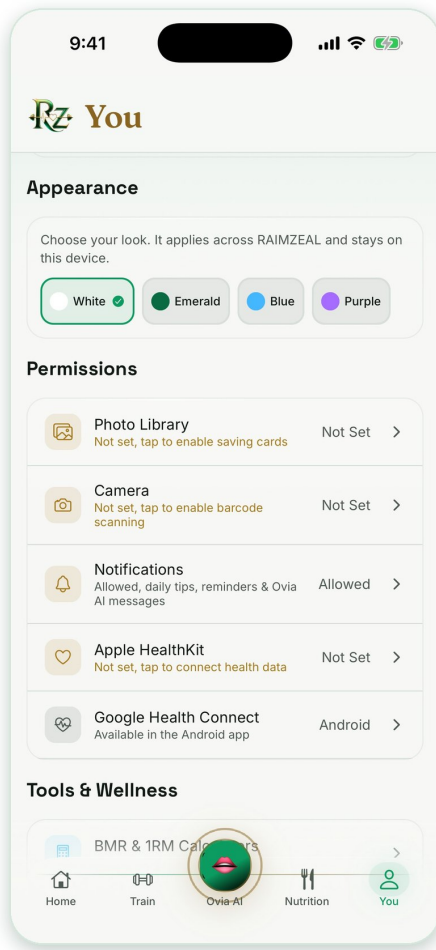
On your wrist and home screen

- **Apple Watch and Wear OS:** one-tap water logging, a workout timer and a one-minute guided breath, with or without your phone.
- **RAIMZEAL Today widget (iPhone):** streak, calories and water at a glance, and on iOS 17 or later a +1 glass button.
- **Live Activity (iPhone, iOS 16.2 or later):** a running fast counts down on the Lock Screen, and in the Dynamic Island on iPhones that have one.

CHAPTER 16

Appearance and accessibility

Make RAIMZEAL comfortable to look at and easy to read.



On this screen

- **White** is the default and the most readable everyday theme. **Emerald** is RAIMZEAL's signature dark mode.
- **Blue** and **Purple** are calm dark alternatives. Your choice is saved on the device.
- On iPhones with iOS 26 or later, buttons and cards use Apple's Liquid Glass and follow your theme.

Profile, Appearance: White, Emerald, Blue or Purple.

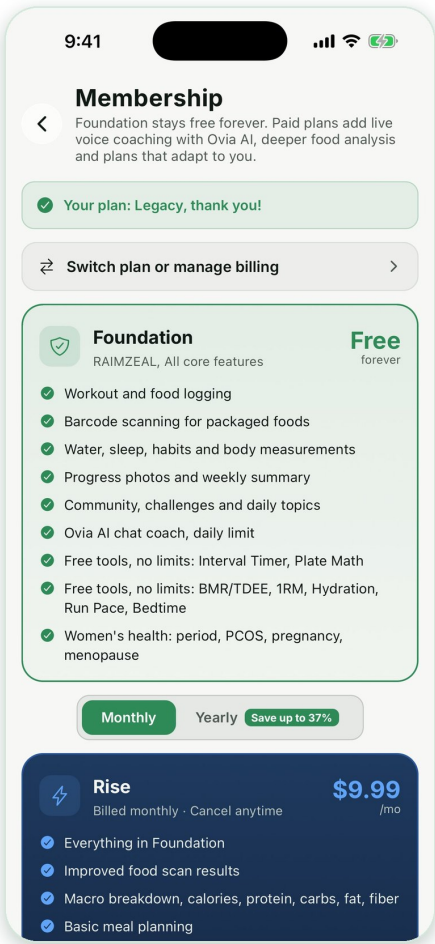
Larger text and less motion

- iPhone and iPad: Settings, Accessibility, Display & Text Size, Larger Text. RAIMZEAL follows it without a restart.
- Android: Settings, Display, Font size and Display size.
- The five tabs grow too, but always stay visible and tappable.
- Reduce Motion on your device turns off looping animations in RAIMZEAL.
- On iPad, foldables and tablets every screen relays out when you rotate, fold or unfold.

CHAPTER 17

Membership and billing

Foundation is free forever. Rise, Reign and Legacy add more AI and voice coaching, and fund the free plan.



On this screen

- Tap a plan to see what it adds, then subscribe through the App Store or Google Play.
- Tap **Restore Purchases** on a new phone or after reinstalling.
- Tap **Switch plan or manage billing** to change or cancel through your store.

Membership: compare plans, subscribe, restore or manage billing.

Plan	Price	Adds
Foundation	Free	Every tracker and planner, barcode scanning, food search, workouts, calculators, women's and men's health, community, and 10 Ovia AI messages a day
Rise	\$9.99 a month or \$99 a year	AI Meal Scanner, Food Grade and AI Workout generator (10 scans a day), progress photo uploads, 25 messages a day, 10 voice minutes a month
Reign	\$19.99 a month or \$199 a year	25 AI scans and 50 messages a day, 60 voice minutes a month
Legacy	\$49.99 a month or \$499 a year	50 AI scans and 100 messages a day, 120 voice minutes a month, the Legacy Inner Circle and meal plan PDF export

Prices are in US dollars and may differ by country, currency, tax or offer. On iPhone and Android the store handles payment. On raimzeal.com, Stripe does.

If a payment doesn't go through

- Membership shows a warning and an **Update payment** button that opens your store's subscription page.
- The App Store keeps your plan working for up to 16 days while it retries your card. Google Play allows 7 days on monthly plans and 14 on yearly plans.
- Update your payment method and the plan continues automatically. Nothing in your account is lost.

TEST COPIES

In TestFlight or a copy installed for testing, purchases run in the store's test mode: no money is charged and they do not unlock a plan. RAIMZEAL labels these as test purchases.

Cancelling

Cancel in your App Store or Google Play subscription settings. Access continues until the end of the period you paid for, and all your Foundation data stays.

KEEP RAIMZEAL FREE

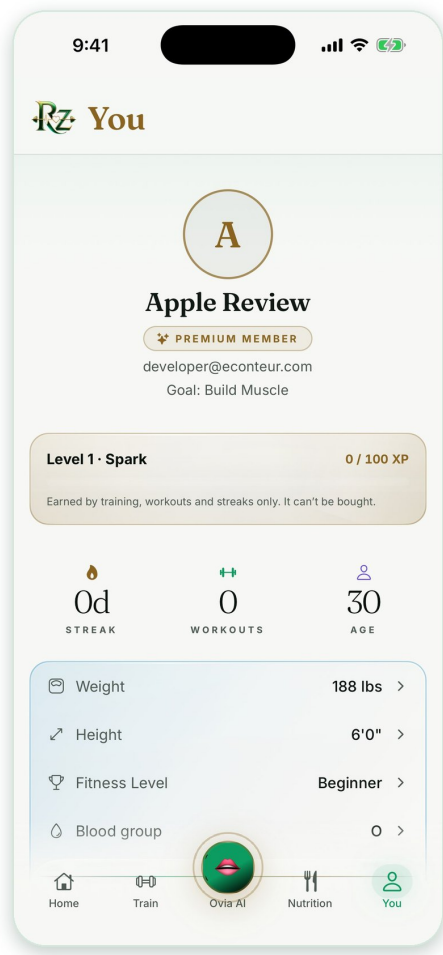
Prefer not to subscribe? A one-time donation supports the same mission with no recurring charge.

Donate to keep Foundation free. Donations are not tax-deductible.

CHAPTER 18

Profile, privacy and your data

The You tab holds your details, settings, every tool by category, and your account controls.



On this screen

- Tap Edit Profile to change your name, units, measurements and goals.
- The directory is grouped: Health, Integrations, Training & Progress, Recovery & Wellness, Nutrition & Planning, Membership and Account.
- Account holds Export Data as PDF (choose a date range), Share or Save Progress Card, Invite a Friend, Reminders, Privacy, Terms, Sign Out and Delete Account.

Profile: identity, body details and the tool directory.

Where your data lives

Saved to your account	Kept on this device
Profile, goals and health context	Day Planner and Goals
Meals, workouts and body measurements	Sleep Tracker entries
Water, membership and Ovia AI memory	Theme and display preferences

- Signing out ends the session on this phone. It does not delete anything from your account.
- Signing in with a different account on the same phone clears the previous account's on-device data.
- Exported PDFs and shared cards leave the app, so store them somewhere safe.
- Delete Account permanently removes your account and asks you to confirm first.

CHAPTER 19

Troubleshooting

If this happens	Try this
Sign-in does not continue	Accept the terms, check your connection, and use the same method you signed up with.
Rise, Reign or Legacy is not active after paying	Tap Restore Purchases. If Membership shows a payment warning, tap Update payment. A purchase made in a test copy never activates a plan.
Talk to Ovia AI says the payment didn't go through	Your store could not renew the plan. Update your payment method in the store and wait a few minutes.
History is missing on a new phone	Sign in with the same account and method, open the app online, and wait for the sync to finish.
Steps or sleep show zero	Open Apple Health or Health Connect permissions and allow the categories RAIMZEAL asks for.
A scan looks wrong	Edit the serving, grams or nutrition before saving.
Voice does not start	Check your plan's voice minutes, microphone permission and connection, and close other apps using audio.
Community or Shorts will not load	Check your connection and tap Try again. Nothing in your account is affected.
The bottom menu is hard to reach with very large text	Update to the latest version, where the tabs stay visible at every text size.
Something closes unexpectedly	Update the app, restart it, and email support@raimzeal.com with your device and app version.

CHAPTER 20

Safety, sources and limitations

RAIMZEAL's calculations and education draw on recognised public-health references, including the CDC, WHO, USDA, NIH, ACOG, USPSTF, the American Heart Association, the Dietary Guidelines for Americans, and established equations such as Mifflin-St Jeor.

A cited source does not make the app a medical device. Calculations, ranges, generated plans, reminders and AI answers cannot see your full medical history, examine you or order tests.

- AI can be wrong. Check anything about allergies, medication, pregnancy or injury with a qualified professional.
- Readiness and scores are decision aids. Pain, dizziness or illness always outrank a number.
- Five free calculators (BMR and TDEE, one-rep max, hydration, run pace and bedtime) show their source and give estimates, not prescriptions.

EMERGENCY

If you may be having a medical emergency, contact local emergency services now.

CHAPTER 21

Your first week

A gentle plan for getting RAIMZEAL working for you.

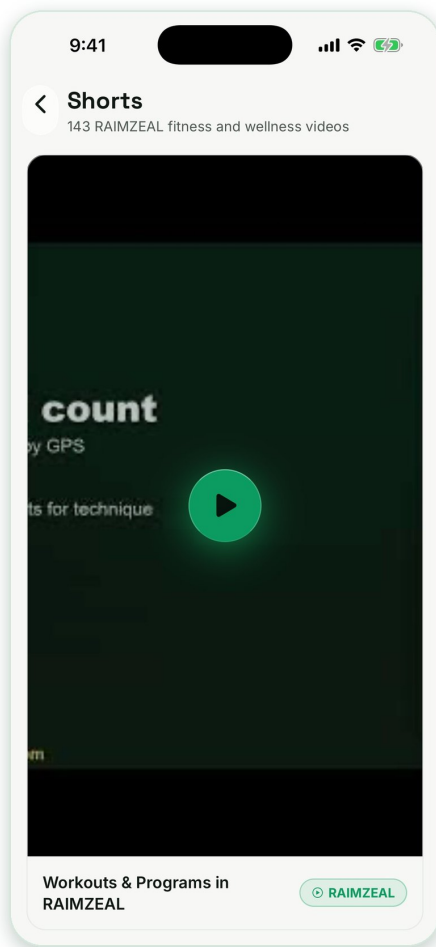
1. **Day 1:** finish your profile, choose units and theme, and turn on the permissions you want.
2. **Day 2:** log every meal honestly and save a few favourites.
3. **Day 3:** pick one Train template that fits your ability and finish it with conservative weights.
4. **Day 4:** log last night's sleep and complete the Wellness Check-In.
5. **Day 5:** ask Ovia AI one focused question and check the answer makes sense for you.
6. **Day 6:** review water, steps and your week strip on Train.
7. **Day 7:** look at your trends in Progress, adjust goals only if needed, and plan next week in Day Planner.

CONSISTENCY BEATS PERFECTION

Missed a day? Pick up with the next useful action. RAIMZEAL is built to lower friction, not add guilt.

CHAPTER 22

Videos and support



On this screen

- Open Shorts from Home, Train or Ovia AI and tap a video to play it.
- Opening another video stops the one playing.
- If the feed cannot load, check your connection and tap Retry.

RAIMZEAL Shorts: technique, nutrition and recovery clips.

The RAIMZEAL App Video Manual

Fifteen short videos, one per area of the app, in the order you meet them. The whole set takes about seven minutes. Watch the [playlist on YouTube](#) or at raimzeal.com/videos. Where a screen has changed since filming, this written manual is the reference.

Get help

- Email support@raimzeal.com with your device, app version, what you did and a screenshot without private details.
- Website: raimzeal.com, including the FAQ and plain-language guides.
- Company: econteur.com.

CHAPTER 23

About RAIMZEAL, the Foundation and the founder

RAIMZEAL is created and powered by ECONTEUR LLC and built on four principles: a free core, cited health education, privacy by architecture, and whole-person wellness across training, nutrition, sleep, recovery, mind, community and health awareness.

RAIMZEAL Health Foundation, Inc. is a Georgia nonprofit corporation (control number 26184751, incorporated August 2026) with its own EIN and bank account. Federal tax-exempt status under section 501(c)(3) has not been granted, so contributions are not tax-deductible. Donations go to the Foundation's own account, held in its legal name and kept separate from ECONTEUR LLC. This manual will say so plainly on the day tax-exempt recognition arrives.

Why give at all: somewhere tonight a grandmother is logging a medication reminder, a young woman with PCOS is planning food she can afford, and a man between jobs is finishing a workout in his living room, none of them paying a cent. Roughly \$5 keeps one person's Ovia AI coaching running for a month. These are honest estimates from real costs, and giving never unlocks features.

KEEP RAIMZEAL FREE

A one-time gift of any size funds the free plan for someone who cannot pay. [Donate to keep Foundation free](#). Donations are not tax-deductible.

Dr. Ephraim Oviawe, PhD, MBA, CST, RBT, AMA, CSM, PMP, AIS

Founder of RAIMZEAL and ECONTEUR LLC. His work connects leadership, technology, business, health awareness, education, creativity, faith and disciplined execution. Learn more at [RAIMZY.COM](#).

Education

- PhD in Leadership & Business Development, Higher-Place Christian University (HPCU)
- Master's in Theology, Higher-Place Christian University (HPCU)
- MBA in Information Technology, Southern New Hampshire University (SNHU)
- Bachelor of Science in Business Administration, Southern New Hampshire University (SNHU)
- Bachelor of Science in Leadership, Higher-Place Christian University (HPCU)
- Digital Marketing Diploma, Open University

Certifications and professional development

- Certified Scrum Master (CSM), Scrum Alliance
- Certified Surgical Technologist (CST)
- American Marketing Association (AMA)
- Digital Marketing Institute (DMIPRO)
- Project Management Professional (PMP), PMI
- AI Strategist (AIS)

- Google Digital Marketing & E-Commerce
- Google Project Management
- HubSpot SEO, Inbound Marketing, Email Marketing and Social Media Strategy
- Google IT Support Professional Certificate
- AI Content Creation & Automation
- Adobe Creative Suite
- Web & Mobile App Development
- Data Analytics & Business Intelligence
- Cybersecurity Fundamentals & Cloud Computing
- Healthcare Compliance & Medical Coding and Billing

Connect

- Founder profile, music, books and courses: [RAIMZY.COM](https://raimzy.com)
- Social: [@raimzysocial](https://twitter.com/raimzysocial)
- RAIMZEAL support: support@raimzeal.com

CHAPTER 24

What's coming next

Ideas the team is working toward. None has a promised date, and each one will appear in this manual the day it ships.

- **Journeys:** guided multi-week paths that bundle each day's lesson, session and plate, with Home showing where you are.
- **Action cards from Ovia AI:** when the coach suggests a meal or a session, a card lets you act on it in one tap.
- **Sleep saved to your account,** so sleep history follows you to a new phone like meals and workouts do.
- **A first-week mode on Home** that explains each number the first time it lights up.
- **One shared design system** for the app and the website.
- **Public journey pages** on the website, readable before you install.



RAIMZEAL

"Your health was never up for sale."

User Manual, Edition 19 · App 1.5.9 · build 129
raimzeal.com · support@raimzeal.com
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