



Historia Medica

User's Guide

Version 0.9.0

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Your medical history, kept privately on your devices.

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1. About this guide

This guide describes every section of Historia Medica and the information each form records. The same content is available inside the app: choose **Help** → **Historia Medica Help** (⌘?) or click the ? button at the top of any page.

Conventions. Menu commands are written as **Menu** → **Command**. Keyboard shortcuts use the Mac symbols ⌘ (Command), ⇧ (Shift) and ⌥ (Option). Field names appear exactly as they are labeled in the app.

System requirements. A Mac with Apple silicon or an Intel processor, running macOS 12 Monterey or later. Voice dictation requires on-device speech recognition for your language, which macOS provides on most Macs.

2. Getting started

The basics: how Historia Medica is organized, managing patients, working with records and moving your history over from MyMedical.

Welcome to Historia Medica

Historia Medica keeps your family's medical history — visits, medications, lab results, vitals and more — in one private place on your Mac.

Everything you enter is stored in a single database file on this Mac. There is no account, no cloud service and no tracking: your records never leave your devices unless you copy them yourself.

The window has two parts. The sidebar on the left shows the active patient, a search field and every section of the app, grouped by topic. The area on the right shows the section you selected.

You can keep records for several people, and for pets. Every section shows the records of the patient selected at the top of the sidebar.

Get started the first time

1. When the app opens for the first time, choose how to begin: Import from MyMedical, Open a Historia Medica database, or Start fresh.
2. If you start fresh, click Add a patient at the top of the sidebar and enter a name.
3. Open Profile to complete the patient's details, then add records in any section with the Add button or ⌘N.

Patients and family members

Keep separate records for each member of your family, including pets, and switch between them from the sidebar.

Add a patient

1. Click the patient card at the top of the sidebar and choose Add patient..., or choose File → New Patient... (⇧⌘N).
2. Enter the full name, choose Person or Pet, and optionally a date of birth.
3. Click Add patient. The new patient becomes active and their Profile opens so you can add more details.

Switch to another patient

1. Click the patient card at the top of the sidebar.

2. Choose a name from the list. Every section now shows that person's records.

Tip: The patient card shows the person's age, or "Pet" for animals. Add a photo from the Profile page.

Adding, editing and finding records

Most sections are lists of records that work the same way: add, edit, delete, filter and sort.

Lists are sorted newest first by date. Lists without dates, such as Physicians, are sorted alphabetically.

Every form has an Attachments area at the bottom: click Add files to attach pictures, scans, PDFs or documents to that record (for example the image of an X-ray or an EKG). Attached files also appear on the Media page.

Many fields suggest common values as you type (medications, conditions, procedures, allergies) or offer a drop-down list (frequency, relationship, specialty). You can always type a value that isn't listed; in drop-down lists choose Other....

Fields for a physician, a hospital, lab or clinic, or a pharmacy pick from your Care team lists. If you type a name that isn't in the list, click Add "name" under the field to add it there.

If you close a form or leave a page with changes you haven't saved, Historia Medica asks whether to save them, discard them, or keep editing.

Text fields have a microphone button for voice dictation. See Voice dictation.

Add a record

1. Open a section in the sidebar, for example Visits.
2. Click the Add button in the top-right corner, or press ⌘N.
3. Fill in the form that slides down and click Save. Leave any field you don't know blank.

Edit or delete a record

1. Click a row (or select it and press Return) to open it for editing, then click Save.
2. To delete, move the pointer over the row and click the trash icon, or select the row and press Delete. Confirm when asked. Deleting cannot be undone.

Find a record in a long list

1. Type in the Filter field next to the page title. Only rows containing your text in any column are shown.
2. Press Esc to clear the filter. The subtitle shows how many records match, for example "12 of 285".

Importing from MyMedical

Bring your history over from the retired MyMedical app, including lab results and attachments.

The import reads your MyMedical file without modifying it. Visits, tests (including each result value), medications, prescriptions, immunizations, physicians, diagnoses, surgeries and all other categories are converted.

Lab results also create Blood Tests panels and HbA1c, blood pressure, glucose and X-ray entries so you can chart them over time.

Recovering into an existing database only fills in details that are missing. It never overwrites anything you have entered or edited, and running it again changes nothing.

Importing as new records skips patients that were already imported from the same MyMedical file, so running it twice never creates duplicates.

Attachments are imported with their thumbnails. If the original files are found next to the MyMedical database they are copied too; otherwise the attachment is marked "Thumbnail only".

Import into a new Historia Medica database

1. Copy your MyMedical data to your Mac: the .mymedical document, the database file, or a MyMedical archive (.mymedicalarchive). If Archive Utility turned the archive into a .cpgz file, that works too.
2. On the welcome screen choose Import from MyMedical, then select it. Historia Medica unpacks archives and finds the database inside a folder for you, without changing your original file.
3. Review the summary of people and records found, then click Import.

Recover details into an existing database

1. Choose Settings → MyMedical → Choose file..., or File → Import from MyMedical....
2. Select your MyMedical file and click Preview changes. Nothing is changed yet.
3. Review what will be added or filled in, then click Back up and apply. A backup of your current database is saved first.

Add MyMedical patients to a database you already use

1. Choose File → Import from MyMedical... and select your MyMedical file, then click Preview changes.
2. If the preview says patients are not in this database, click Import as new records... to see what will be added.
3. Click Back up and import. The patients are added with all their records next to what you already have; nothing you entered is changed.

Keyboard shortcuts

Shortcuts for the most common actions. All of them are also in the menu bar.

Shortcut	Action
⌘N	Add a record on the current page (a panel on Blood tests, files on Media)
⇧⌘N	Add a patient
⌘S	Save the Profile
⌘F	Search all records
⌘P	Print the current page (the Doctor visit summary prints as a document)
⇧⌘B	Back up the database
⌘,	Open Settings
⌘1 – ⌘7	Go to Dashboard, Visits, Medications, Blood tests, Blood pressure, Doctor visit summary, To Do
⌘?	Open Help
Return	Open the selected row for editing
Delete	Delete the selected row (asks for confirmation)
Esc	Close a form, or clear a search or filter

3. Summary

Pages that bring a patient's information together: the Dashboard, the Profile and the printable Doctor visit summary.

Dashboard

A one-page overview of the active patient: latest vitals with trends, current medications, conditions and recent activity.

The header shows the patient's photo, name and key facts: age, blood type, known allergies, organ donor status and code status.

Highlights shows the latest value of each vital you track, with a trend line and how it changed since the previous reading. Values outside the normal range are marked "Above target" (amber) or "Out of range" (red). Only vitals with readings appear.

The Medications tile counts current medications. Coming up lists visits in the next 60 days, To Do tasks due in the next 14 days (and overdue ones), medication refills and prescription expirations in the next 30 days, immunizations expiring in the next 90 days, and tests scheduled in the next 60 days.

Recent activity merges past visits, tests and immunizations, newest first. The cards on the right pin allergies, current medications and conditions — the things a doctor asks about first.

Tip: Click any tile, activity or card to open its section.

Profile

Personal details, measurements, lifestyle, contacts, employment and medical directives for the active patient.

Edit the profile

1. Change any field. "Unsaved changes" appears next to the buttons.
2. Click Save changes in the top-right corner, or press ⌘S. To undo your edits instead, click Cancel.
3. If you leave the page or switch patient before saving, you are asked whether to save.

Add or change the photo

1. Click the photo or Add photo, and choose an image.
2. To remove it, click Remove.
3. The photo also replaces the initials next to the patient's name in the sidebar.

Keep an employment history

1. Under Employment, click Add employer.
2. Enter the employer, role and dates. Set Current employer to Yes for the job the person has now; only one employer is current at a time.
3. Add past employers the same way. Employers can be chosen on insurance plans that come through work.

Field	Description
Full name, Type	The patient's name, and whether this is a person or a pet.
Blood type	ABO blood group and Rh factor, for example A+.
Date of birth, Date of death	Used to show age on the Dashboard and in the sidebar.
Height	Entered in centimetres or feet and inches, depending on Settings → Units. Used to calculate BMI.
Weight, Waist-to-hip ratio	Free-text reference values. Track weight over time on the Weight page.
Exercise, Alcohol, Tobacco and Drug use	Yes or No; Substance history for details.
Phone, Email, Address	The patient's own contact details.
Employment	Current and past employers with role and dates.
Known allergies, Organ donor	Flags shown on the Dashboard. The individual allergies are listed on the Allergies page (History section); the Profile shows them with a link there.
Code status	What a care team should do if the heart or breathing stops: Full code (every resuscitation measure, such as CPR, defibrillation and a breathing tube), DNR (do not resuscitate — no CPR), DNI (do not intubate — no breathing tube), DNR/DNI, or Comfort care only. Record the choice discussed with your doctor; it is printed on the Doctor visit summary. It is not a legal document by itself.
Living will, Emergency instructions	Other advance directives and instructions for emergencies.

Doctor visit summary

A printable summary to bring to an appointment: allergies, your questions for the doctor, current medications and medical history.

Suggested questions are generated on this Mac from your own records: current medications and side effects, lab results outside the reference range, recent blood pressure, diagnoses, upcoming tests, expiring immunizations and the doctor's specialty. Nothing is sent anywhere.

Medical history lists diagnoses with their treatment and notes, surgeries and hospital stays, illnesses from the last three years, and family history.

Your notes, own questions and choices are saved for each patient, so they are still there when you come back.

The summary always prints with a white background, even in dark mode, and continues across pages when it is long. Allergies are highlighted in a red box at the top.

Prepare for a visit

1. Open Doctor visit summary and choose the doctor under Visit with.
2. The summary shows your next visit with that doctor, the questions you wrote on that visit, and what you asked and were told at the last visit with them.
3. Review the suggested questions. Untick any you don't want on the printout, and add your own with Add.
4. Write anything else to mention under Personal notes for this visit.

Print the summary

1. Click Print, or press ⌘P.
2. Choose a printer, or choose Save as PDF to keep a copy.

To Do

Tasks, follow-ups and reminders — calls to make, tests to schedule, refills to order — with progress at a glance.

Tasks due in the next two weeks, and overdue ones, also appear in Coming up on the Dashboard.

Add a task with a reminder

1. Click Add Task (⌘N) and type what needs doing.
2. Optionally choose a category and priority, and set a due date.
3. To be reminded, set Remind me to a date and time. A notification appears at that time while Historia Medica is open (or the next time you open it). Clicking it opens the To Do list.

Track progress

1. Click the circle next to a task to move it from To do to In progress, and again to mark it Done.
2. Write progress notes in Details. The bar at the top shows how many tasks are done; overdue tasks are shown in red.

4. Clinical

Visits, diagnoses, illnesses and symptoms.

Visits

Upcoming appointments and past visits with doctors, specialists, clinics and veterinarians.

Visits dated today or later are listed under Upcoming visits, soonest first. When the date has passed, the visit moves to Past visits, where you can add the conclusion.

Use the arrows above the calendar to change month. Click a visit in the calendar to open it.

Schedule an upcoming visit

1. In the calendar at the top, click a day (or click Schedule a visit under Upcoming visits).
2. Choose the physician, set the time, and enter the reason for the visit and any questions you want to ask.
3. Click Save. The visit appears under Upcoming visits, in the calendar and on the Dashboard.

Field	Description
Date, Time	When the visit is or was.
Physician	Chosen from your Physicians list. Type a new name and click Add to add the doctor to Physicians.
Reason for visit / Purpose	Why you are going, for example "Annual physical".
Questions for the doctor	One question per line. They are printed on the Doctor visit summary for that doctor.
Conclusion	What the doctor found or recommended (past visits).
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

Diagnoses

Long-term conditions diagnosed by a doctor, such as high blood pressure, diabetes or asthma. Recent diagnoses appear on the Dashboard under Conditions.

Diagnoses vs. Illnesses: a diagnosis is a condition that is ongoing or managed over time. A short-term illness you recovered from — flu, strep throat, COVID-19 — goes in Illnesses.

Field	Description
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Condition	The diagnosis. Start typing to pick a common condition, or enter any other.
Onset Date	When it was diagnosed.
Treatment	The treatment plan.
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

Illnesses

Short-term illnesses and infections and how they resolved — for example flu, strep throat or childhood illnesses.

Illnesses vs. Diagnoses: illnesses are episodes you recover from. Long-term conditions (diabetes, asthma, high blood pressure) belong in Diagnoses.

Field	Description
Illness	Start typing to pick a common illness, or enter any other.
Onset Date	When it started.
Recovery	How and when it resolved.
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

Symptoms

Track symptoms as they happen so you can describe them accurately to your doctor.

Field	Description
Description	What you are experiencing.
Severity	Mild, Moderate or Severe.
Location	Where on the body.
Onset Date	When it started.
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

5. Medications

Medications, prescriptions and supplements.

Medications

Every medication with its prescription details. Current medications are listed first; past ones are below.

Medications and prescriptions are one list: the prescription details (who prescribed it, which pharmacy filled it, refills) are part of each medication. Prescriptions recorded in earlier versions were merged into the matching medication.

Current medications appear on the Dashboard and the Doctor visit summary. Upcoming refills and prescription expirations appear in Coming up on the Dashboard.

Field	Description
Medication name	Start typing a generic or brand name to see suggestions. Choosing a brand stores the generic name and fills in Commonly known as.
Commonly known as	The brand or common name, for example Zocor for simvastatin.
Dosage	Strength per dose, for example "10 mg".
Frequency	Choose from the list (Once daily, Twice daily, As needed...) or Other... to type your own.
Route	How it is taken, for example by mouth or inhaled.
Status	Currently taking or Stopped.
Started, Stopped	Start and end dates.
Reason for taking, Reason stopped	Why it was prescribed, and why it was discontinued.
Prescribed by	The physician who prescribed it, from your Physicians list.
Filled at pharmacy	From your Pharmacies list.
Refills left, Cost, Next refill, Prescription expires	Prescription details. Dates within 30 days appear on the Dashboard.
Side effects	Any side effects you noticed. They become suggested questions on the Doctor visit summary.
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

Supplements

Vitamins, minerals and other supplements, so your doctor can check for interactions.

Field	Description
Name, Type	For example "Vitamin D3", "Vitamin".
Status	Active or Inactive.
Dosage	Amount per dose.
Reason Taking	Why you take it.
Began Using, Stopped Using	Start and end dates.
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

6. Tests and labs

Lab work, blood test panels and trends, scheduled tests, immunizations and imaging.

Tests

Every test you have had — lab work, imaging, heart tests and more — with result values.

Record a test with results

1. Click Add test and choose a Group (for example Blood Tests) and a Test (for example Lipid Panel).
2. Enter the date, ordering physician and lab.
3. Fill in the result fields for that test. Values outside the reference range are marked "Out of range".

Field	Description
Group, Test	The kind of test. Choosing a test shows its result fields with reference ranges.
Test date	When the sample was taken or the test performed.
Ordering physician, Lab or clinic	Chosen from your Care team lists.
Results	The values on your report. The reference range appears under each field.
Note	Comments from the report or your doctor.
Attachments	Attach the report, a picture of an EKG strip, a scan or any other file.

Tip: To chart individual blood markers over time, use Blood tests.

Blood tests

Record lab panels marker by marker and follow each marker — cholesterol, A1C, thyroid and many more — on a chart.

In Panels view, click a panel to expand it and see each value; out-of-range values are tinted. The Results column summarises flags, for example "2 high".

Cholesterol, triglycerides, glucose and HbA1c are shown in the units chosen in Settings → Units.

Add a panel from a lab report

1. Click New panel (⌘N). The markers from your previous panel are preselected.
2. Enter the test date and lab, then tick the markers on your report. Use Search markers to find one quickly.

3. Enter each value. The unit and reference range are filled in for you; change them to match your report if needed. High, Low and Critical flags are set automatically.
4. Click Save panel.

See a marker's trend

1. Click Trends at the top of the page.
2. Choose a marker in the list. Markers with results are listed first.
3. The chart shows every result with the normal range shaded; the table below lists each result with its flag.

Upcoming tests

Tests you have scheduled, soonest first. Tests in the next 60 days appear under Coming up on the Dashboard.

Field	Description
Test	What is scheduled. Suggestions come from the test catalog; you can type any name.
Date	When the test is scheduled.
Ordered by	The physician who ordered it. Suggestions come from your Physicians list.
Location	Where it will take place. Suggestions come from your Labs and clinics list.
Notes	Preparation instructions, for example "Fast for 12 hours".

Tip: After the test, record its results on the Tests or Blood tests page and delete the upcoming entry.

Immunizations

Vaccinations and boosters, with lot numbers for your records.

Field	Description
Vaccine / Immunogen	For example "Tetanus, diphtheria (Td)".
Manufacturer, Lot Number	From the vaccination card.
Dose	Dose number or amount.
Administered By	Clinic, pharmacy or person.
Immunization Date	When it was given.

Expiration Date	When a booster is due. Shown in Coming up on the Dashboard within 90 days.
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

X-rays and imaging

X-rays and other imaging studies with their findings.

Field	Description
Date	When the imaging was done.
Body part	What was imaged. Pick a common body part from the suggestions or type any other.
Facility / Location	Where it was done.
Result / Findings	The radiologist's report.
Follow-up	Any follow-up recommended.
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

7. Vitals

Measurements you take regularly. Each vitals page lists readings newest first with a trend chart above the table.

Blood pressure

Blood pressure and pulse readings with a trend chart.

Readings are listed newest first, with a trend chart above the table. A shaded band or dashed line on the chart marks the normal or target range.

Click any reading to edit it. The most recent reading also appears on the Dashboard.

The chart marks the 120 mmHg systolic and 80 mmHg diastolic targets.

Field	Description
Date & Time	When you measured.
Systolic (mmHg), Diastolic (mmHg)	The top and bottom numbers.
Pulse (bpm)	Heart rate, if your monitor shows it.
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

Blood glucose

Blood sugar readings from a meter or lab, in mg/dL or mmol/L.

Readings are listed newest first, with a trend chart above the table. A shaded band or dashed line on the chart marks the normal or target range.

Click any reading to edit it. The most recent reading also appears on the Dashboard.

Enter values in the unit chosen in Settings → Units. They are converted automatically.

Field	Description
Date and time	When you measured.
Glucose	The reading.
Context	Fasting, Pre-meal, Post-meal (2h), Bedtime or Random.

Notes

Anything else worth remembering. You can dictate notes with the microphone button.

HbA1c

Your average blood sugar over about three months, shown as % or mmol/mol.

Readings are listed newest first, with a trend chart above the table. A shaded band or dashed line on the chart marks the normal or target range.

Click any reading to edit it. The most recent reading also appears on the Dashboard.

The chart marks the 5.7% (39 mmol/mol) threshold. Use Import from Tests to copy HbA1c results already recorded on the Tests page.

Field	Description
Date	The test date.
HbA1c	The result, in the unit chosen in Settings → Units.
Lab Name	Where the test was done.
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

Weight

Weight over time, with BMI calculated automatically.

Readings are listed newest first, with a trend chart above the table. A shaded band or dashed line on the chart marks the normal or target range.

Click any reading to edit it. The most recent reading also appears on the Dashboard.

As you type a weight, BMI is calculated from the height in the patient's Profile. If you type a BMI yourself, it is kept as entered.

Field	Description
Date and time	When you weighed yourself.
Weight, Unit	The weight in kg or lb. The table and chart show your preferred unit from Settings.
BMI	Body mass index. Filled in automatically when a height is set in the Profile.

Notes	Anything else worth remembering. You can dictate notes with the microphone button.
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Temperature

Body temperature readings in °C or °F.

Readings are listed newest first, with a trend chart above the table. A shaded band or dashed line on the chart marks the normal or target range.

Click any reading to edit it. The most recent reading also appears on the Dashboard.

Field	Description
Date and time	When you measured.
Temperature, Unit	The reading and whether it was taken in °C or °F.
Location	Oral, Axillary, Rectal, Tympanic or Temporal.
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

Oxygen saturation

Pulse oximeter readings: oxygen saturation (SpO₂), pulse and perfusion index.

Readings are listed newest first, with a trend chart above the table. A shaded band or dashed line on the chart marks the normal or target range.

Click any reading to edit it. The most recent reading also appears on the Dashboard.

Field	Description
Date & Time	When you measured.
SpO₂ (%)	Blood oxygen saturation.
Pulse (bpm)	Heart rate.
Perfusion Index (%)	Signal strength shown by some oximeters.
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

8. History

Past surgeries and hospital stays, allergies, family history, eyesight and assistive devices.

Surgeries

Operations and procedures.

Field	Description
Procedure	Start typing to pick a common procedure, or enter any other.
Surgery Date	When.
Result	The outcome.
Attending physician	From your Physicians list; type a new name and click Add to add it.
Hospital/Clinic	From Hospitals, labs and clinics; a new one is added with the type Hospital.
Additional Notes	Recovery details or complications.

Hospitalizations

Hospital stays and their outcome.

Field	Description
Hospital/Clinic	Where you stayed, from Hospitals, labs and clinics.
Reason	Why you were admitted.
Hospitalization Date, Length of Stay	Admission date and how long you stayed.
Outcome	How it ended.
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

Allergies

Allergies and reactions. They appear in red on the Dashboard and at the top of the Doctor visit summary.

Field	Description
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Allergen	What you are allergic to. Start typing to pick a common medicine, food or environmental allergy, or enter any other.
Reaction	What happens, for example "Hives". Suggestions appear as you type.
Severity	Mild, Moderate, Severe or Life-threatening.
Onset Date	When it was discovered.
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

Family history

Health conditions of relatives, which can affect your own risk.

Field	Description
Relationship	Chosen from a list: Father, Mother, Brother, Sister, grandparents, aunts, uncles and more.
Name, Date of birth	Optional.
Status	Living, Deceased or Unknown. For a deceased relative you can add the date of death.
Medical history	One row per condition, with the age it started and notes. Click Add condition for another row.

Eyesight

Vision tests and prescriptions for glasses and contact lenses.

Field	Description
Visual Acuity, Pupillary Distance	For example 20/20, and the distance between pupils in mm.
Blindness, Color Blindness, Impairment Note	Any vision conditions.
Right Eye (OD), Left Eye (OS) — SPH, CYL, AXIS	Sphere, cylinder and axis from the glasses prescription.
Glasses Prescribed On, Expires On, Note	Glasses prescription dates.
Bifocal Left, Right, Note	Reading addition, if any.
Contacts OD SPH, OS SPH, Prescribed On, Expires On, Note	Contact lens prescription.

Assistive devices

Hearing aids, mobility aids, CPAP machines and other medical devices.

Field	Description
Device Type	For example "Hearing aid".
Manufacturer, Supplier, Serial Number	For warranty and replacement.
Status	Active (in use) or Inactive.
Purpose	What it helps with.
Began Using, Stopped Using	Dates.
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

9. Care team

The people and places involved in your care. Entries here can be chosen in other forms.

Physicians

Doctors and specialists, available to pick from in other forms.

Field	Description
Name, Practice	Who they are and where they practice.
Specialty	Chosen from a list (Primary Care Physician, Cardiology, Endocrinology...) or Other... to type one.
Gender	Female, Male, Non-binary or Prefer not to say.
Phone, Alternate Phone, Email, Address	How to reach them.
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

Hospitals, labs and clinics

Hospitals, laboratories, imaging centers and clinics. They can be picked in Tests, Blood tests, Surgeries and Hospitalizations.

To add a hospital, add it here and choose Hospital as the type.

Field	Description
Name	For example "LabCorp" or "St. Mary's Hospital".
Type / Specialty	Chosen from a list (Hospital, Laboratory, Imaging center, Urgent care, specialty clinics...) or Other... to type one.
Phone, Email, Website, Address	Contact details.
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

Pharmacies

Pharmacies you use, available to pick from on each medication.

Field	Description
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Pharmacy Name	Name and branch.
Phone, Fax, Email, Website, Address	Contact details.
Hours	Opening hours.
Notes	Anything else worth remembering. You can dictate notes with the microphone button.

Contacts

Emergency contacts, people with power of attorney, and other important contacts.

Field	Description
Name	The contact's name.
Relationship	Chosen from a list (Spouse, Friend, Mother, Relative...) or Other... to type one.
Type	Emergency Contact, Power of Attorney or Other.
Phone, Alternate Phone, Email, Address	How to reach them.

Insurance

Health insurance plans and member details.

Field	Description
Company Name	The insurer.
Provided by employer	For a plan that comes through work, choose the employer from the employment history on the Profile page.
ID Number, Group Number	From your insurance card.
Coverage, Copay	Plan details and what you pay per visit.
Phone, Address	Member services contact.

10. Documents

Lab reports, scans, images and other files stored with a patient's records.

Media

Every file for the patient in one place: files you add here plus everything attached to records such as tests, X-rays and visits.

Files are copied into Historia Medica's data folder on this Mac. The badge on each file shows its type (top left) and where it came from (top right).

Files marked "Thumbnail only" were imported from MyMedical without their original. To attach the original, copy it next to your MyMedical file and run Settings → MyMedical → Recover data again.

Add files

1. Click Add files (⌘N) to add general files that are not tied to a record.
2. To attach a file to a record instead, open the record (for example an X-ray) and use Add files in its Attachments area.

Sort and find files

1. By source groups files by where they came from — General, Tests, X-rays and imaging, Visits... — with PDFs and images of each type together.
2. By type groups them by file type (JPEG, PDF, PNG...). By date shows everything newest first.

Open or delete a file

1. Click an image to preview it, or a document to open it in its default app.
2. To delete, move the pointer over the file and click the trash icon.

11. Settings and tools

Search, settings, backups, voice dictation and privacy.

Search

Search every record of the active patient at once.

Search your records

1. Click the Search field in the sidebar, or press ⌘F.
2. Type at least two characters and press Return.
3. Results are grouped by section with your search term highlighted. Click a result to open its section.

Settings

Appearance, units, data management, MyMedical recovery and voice input. Open with ⌘,

Field	Description
Appearance	System (follows your Mac), Light or Dark. Also in View → Appearance.
Units	Weight (kg/lb), Height (cm/ft and in), Temperature (°C/°F), Blood glucose (mg/dL / mmol/L), HbA1c (% / mmol/mol), Cholesterol and triglycerides (mg/dL / mmol/L). Changing a unit only changes how values are shown and entered; recorded values are never altered. Use regional defaults resets them for your region.
Database location	Where your data file is. Show in Finder reveals it.
Back up	Saves a complete copy of the database where you choose.
Open a database	Replaces the current database with a backup or a file from another Mac. The current one is backed up first.
Export patient data	Saves all records of the active patient as a JSON file.
MyMedical	Recovers missing details from a MyMedical file. See Importing from MyMedical.
Voice input	Shows whether on-device dictation is available.
About	The version of Historia Medica.

License and trial

Historia Medica is free during the beta. From version 1.0 it has a 30-day free trial and then a one-time license.

A license is a one-time purchase that covers every 1.x version, for your whole family on up to 3 Macs. It never expires.

The trial starts the first time you open version 1.0 and includes every feature. The days left appear at the bottom of the sidebar and in Settings → License.

If the trial ends before you enter a license, Historia Medica becomes read-only. Nothing is deleted or hidden: you can still open every record, search, print the Doctor visit summary, open attachments, export and back up. Adding or changing records needs a license.

Beta testers get a free 1.x license automatically on the Mac where they used the beta.

The license is checked on your Mac. Historia Medica never connects to the internet to verify it.

Enter your license

1. Click the link in your purchase email, or double-click the .hmlicense file attached to it, and Historia Medica activates the license.
2. Or copy the key from the email (it starts with HM1.), open Settings → License, paste it and click Activate.

Move your license to another Mac

1. Enter the same key on the other Mac. You can use it on up to 3 Macs.
2. To remove it from a Mac, open Settings → License and click Remove License....

Tip: Lost your key? Use the “Lost your key?” form on historiamedica.app or write to support@historiamedica.app.

Backing up and moving your data

Your records live in one file on this Mac. Back it up regularly and use it to move to another Mac.

Before an import, a recovery or opening another database, Historia Medica automatically saves a backup of your current database in its backups folder.

Help → Show My Data in Finder reveals the database file.

Back up

1. Choose File → Back Up... (⇧⌘B), or Settings → Back up....
2. Choose a location — ideally an external drive — and click Save.

Restore or move to another Mac

1. Copy a backup file to the Mac.
2. Choose File → Open Database..., or Settings → Open a database, and select the file.
3. Historia Medica checks the file, backs up the current database, and reloads with the opened one.

Voice dictation

Dictate text into any form field. Speech is recognized on your Mac and never sent anywhere.

The first time, macOS asks for permission to use the microphone and speech recognition. If you declined, open System Settings → Privacy & Security → Microphone and enable Historia Medica.

Dictation only works when your Mac can recognize your language on-device. If it can't, Historia Medica turns dictation off rather than send your voice to a server.

Dictate into a field

1. Click the microphone button next to a text field.
2. Speak. The text appears as you talk.
3. Click the microphone again to stop.

Privacy and your data

Historia Medica is designed so that your medical information stays yours.

No account is needed and nothing is uploaded. There are no analytics, advertising or tracking.

Your records are stored in a single database file in your user Library folder; attached files are stored next to it.

Voice dictation uses macOS on-device speech recognition; audio is not sent to Apple or anyone else.

When you print, macOS may ask to let Historia Medica find devices on your local network. This is the print panel looking for printers; no records are sent.

Report a bug or request a feature

Tell us what went wrong or what you would like Historia Medica to do, and follow what happens next.

The Report a bug and Request a feature buttons are at the bottom of the sidebar, next to Settings. Hold the pointer over a button to see what it does. The same commands are in the Help menu: Help → Report a Bug... and Help → Request a Feature....

Each button opens a short form on historiamedica.app in your web browser. Your Historia Medica version and build, your macOS version and your Mac's processor type are filled in for you. Nothing from your records is sent.

Reports are reviewed before they appear on the public lists of known bugs and feature requests at historiamedica.app/feedback. Your email address, if you give one, is never shown; it is used only to tell you when the status of your report changes.

Report a bug

1. Click Report a bug at the bottom of the sidebar, or choose Help → Report a Bug....
2. Describe what happened, the steps that lead to it and what you expected instead.
3. Optionally enter your email address to be notified when it is fixed, then click Send bug report.

Vote for a feature someone already requested

1. Open the feature requests list at historiamedica.app/feedback/features and search for the feature.
2. Open it and click Me too. Features with more votes are planned first.

12. Appendix: Units and conversions

Choose units in **Settings** → **Units**. Changing a unit only changes how values are shown and entered; recorded values are never altered.

Measurement	Options	Conversion used
Weight	kg, lb	1 lb = 0.45359237 kg
Height	cm, feet and inches	1 in = 2.54 cm
Temperature	°C, °F	°F = °C × 9/5 + 32
Blood glucose	mg/dL, mmol/L	1 mmol/L = 18.016 mg/dL
HbA1c	%, mmol/mol	mmol/mol = (% – 2.15) × 10.929
Cholesterol (total, HDL, LDL, VLDL)	mg/dL, mmol/L	1 mmol/L = 38.67 mg/dL
Triglycerides	mg/dL, mmol/L	1 mmol/L = 88.57 mg/dL

BMI is calculated as weight in kilograms divided by the square of height in metres.

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