



The Salhy personal hydration test is not a medical device nor a substitute for professional advice. Salhy is a tool to help you understand and optimise your personal hydration.

## BASELINE HYDRATION TESTING

### What is a Salhy baseline test?

A baseline test is simply a hydration test when you are well hydrated (called euhydration). It provides an individualised baseline to detect personal changes in your saliva correlated with your changing level of hydration.

### Why is it needed?

There can be significant interpersonal differences in saliva. Conducting a baseline test assists Salhy to provide more accurate personalised results. Your results will be measured against your own optimally-hydrated state (versus using general population data).

### What does it involve?

The aim is to reach optimal hydration by ensuring you are drinking sufficient fluids. For some people, it may mean increasing fluid consumption versus their typical day-to-day behaviour.

### Are there any risks?

Typically there are no risks with being well hydrated. However for people with issues of fluid retention or managing chronic illnesses, fluids may need to be carefully managed. We recommend people with these conditions do not change their hydration habits without first consulting with their medical professional.

### What happens if I don't do a baseline test?

You can still use the Salhy personal hydration test. The only difference is that the result will be calculated by measuring against general population data norms. It may therefore have lower accuracy.

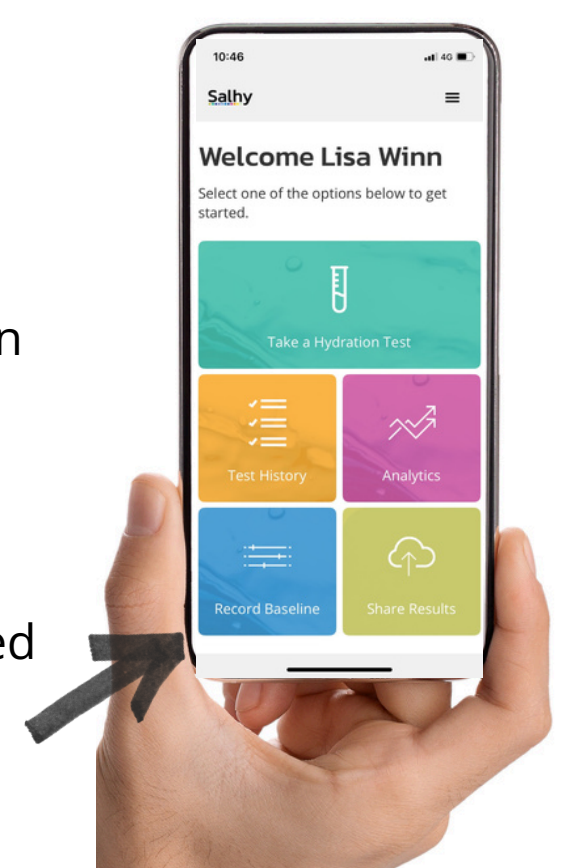
Keep reading for details on how to complete your baseline test:

## BASELINE HYDRATION TEST PROCESS:

The process for a baseline test is straightforward. The first step is to select a couple of days when you can limit alcohol consumption (ideally to 1 standard drink), your exercise schedule is going to be light and the conditions aren't going to be very hot or humid. This will minimise any alcohol, exercise or heat related dehydration.

Once you have selected your days - the process is:

- 1. As a general rule consume 1 standard glass (250ml) of water/other fluids **every hour** from 9am to 5pm (or a similar timeframe such as 10am - 6pm).
  - Don't forget to keep up electrolytes by consuming salty foods and/or electrolyte-containing beverages.
  - For a more precise calculation of the fluids you need, based on your physical weight [click here](#).
- 2. Continue this fluid consumption for one full day and onto a 2<sup>nd</sup> day. **On the 2<sup>nd</sup> day**, take a Salhy hydration test around the **middle of the day** and another test **late afternoon** ( remember to avoid eating or drinking for 10 mins before taking a test).
- 3. Select '**Baseline Test**' option in the Salhy app to ensure these tests are recorded as your optimally hydrated state and your baseline is set!



For more information on the background and detailed process for baselines hydration testing [click here](#)

