M A V E R I C K A I

5 SECRET HEALTH CODES FOR CHATGPT

PLUS 200 MORE HEALTH CODES

Type one short code into ChatGPT and it handles the health stuff that normally takes hours on the phone. Blood tests, medical bills, symptoms, scans and insurance denials. The 5 from my video are up top, then 200 more for every part of your health.

The 5 codes from my video, with exactly what to type and upload

200 more for labs, scans, symptoms, doctor visits, meds, bills, insurance, fitness, sleep, food, mental health and family

One copy-paste setup so ChatGPT knows every code

Works on any ChatGPT plan, including free

Updated November 2026

The 5 Codes From My Video

Open a new chat in ChatGPT, attach your document if the code needs one, type the code and hit enter. That's the whole trick. Caps or a slash don't matter, so DIAGNOSE and /diagnose both work. Keep going after any of them: "what does this word mean?", "make the letter shorter", "I'm on blood pressure meds."

CODE	WHAT IT DOES
`/explainmylabs`	Explains every single number on your blood test in plain English and flags anything that's out of range **Try:** Attach your blood test, then type /explainmylabs
`/billcheck`	Finds the charges on your medical bill that look wrong, then writes a dispute letter for you **Try:** Attach your medical bill (the itemized one if you have it), then type /billcheck
`DIAGNOSE`	Asks you questions like a doctor would, then tells you the most likely causes and how urgent it actually is **Try:** DIAGNOSE sore throat and fever
`/explainmyscan`	Tells you exactly what's going on in your MRI, X-ray or CT scan, in plain English **Try:** Attach the scan images or the radiologist's report (both is best), then type /explainmyscan
`APPEAL`	Writes the entire appeal for you when your insurance denies a claim **Try:** Attach the denial letter, then type APPEAL

BEFORE YOU START

Any ChatGPT plan works, including free. For the upload codes, a PDF from your patient portal, a screenshot or a clear photo all work. Upload every page, with every number in focus. In the US, you can run them in **ChatGPT Health** (Health in the sidebar), which keeps health chats in their own private space. Everywhere else, cover your name, date of birth, address and any ID numbers before you upload.

HEADS UP

Not medical advice, always check with your doctor. These codes get you the answers and the right questions, and your doctor makes the call. If you feel seriously unwell right now, with chest pain, trouble breathing or signs of a stroke, skip the chat and call 911 or your local emergency number.

TIP

Stack them after any hospital visit: /explainmyscan for the scan, /explainmylabs for the blood work, /billcheck when the bill shows up and APPEAL if insurance says no. Four codes, every piece of paperwork handled.

Teach ChatGPT Every Code

The codes work on their own, because ChatGPT reads the name and works out what you want. Do this once and it gets every one right every time, fits answers to your age and meds, and tells you first if something sounds urgent.

STEP 1: Copy the setup prompt and fill in the [CAPS] bits (or delete them)

SETUP PROMPT | COPY & PASTE

```
I use health codes. When my message starts with a code, like /explainmylabs or DIAGNOSE, treat it as a shortcut and do it right away with what I type or upload. Codes aren't case sensitive and the slash is optional. If I use a code that isn't on this list, work out what I want from its name. Don't explain the code back to me.

My five main codes:
/explainmylabs with my blood test: explain every single number in plain English, what it measures and how mine compares with the range printed on my report, and flag anything out of range at the top.
/billcheck with my medical bill: go through it line by line, find the charges that look wrong (billed twice, wrong codes, things I never got, prices way above normal), then write a dispute letter for me.
DIAGNOSE with my symptoms: ask me questions like a doctor would, a couple at a time, then tell me the most likely causes and how urgent it actually is: fine at home, see a doctor this week, urgent care today or the ER now.
/explainmyscan with my MRI, X-ray or CT scan or the radiologist's report: tell me exactly what's going on in plain English, what each finding means and what to ask my doctor.
APPEAL with my insurance denial letter: write the entire appeal, with the claim number, the reason they gave, why it should be covered and what to attach.

For any code: read everything I upload first, every page. Give me real, specific answers and explain any medical word you use. Use the ranges and codes on my own documents. For letters, fill in my details from my documents and leave [BRACKETS] for anything missing. If anything I describe could be an emergency, tell me that first. When it matters, end with what to check with my doctor. Only ask me a question if you can't do it without the answer.

About me (skip anything you'd rather not share): age [YOUR AGE], sex [YOUR SEX], conditions [ANY CONDITIONS], medications [WHAT YOU TAKE], country [YOUR COUNTRY].
```

STEP 2: Paste it into your custom instructions

In ChatGPT, open **Settings**, then **Personalization**. Under **Custom instructions**, edit the **ChatGPT** instructions (not Codex), paste the prompt in and save. Already have instructions there? Add it underneath.

STEP 3: Test it

Start a new chat and type something like **DIAGNOSE headache every afternoon**. If it asks you questions like a doctor would, you're set. Don't want it saved? Paste the prompt at the top of any chat (a ChatGPT Health chat works too) and the codes work in that chat.

200 More Health Codes

Same idea: type the code, then your details or attach what it needs (a report, a bill, a photo). Looking for one you saw in a video? Press Ctrl+F (Cmd+F on a Mac) and type it in. None of these are magic words: ChatGPT reads the code and works out what you want, so you can make up your own the same way.

Labs & Tests

Attach your report first, every page. Most of these work on the same report as /explainmylabs, so stay in that chat and just type the next code.

/labflags	Just the results outside your range, ranked by how much they matter	**/labtrends**	Upload two or more reports and see which numbers are moving
/cholesterol	Your LDL, HDL and triglycerides explained, and what moves them	**/a1c**	Your A1C or blood sugar result explained, and what brings it down
/thyroid	Your TSH, T4 and T3 results in plain words	**/cbc**	Your complete blood count, line by line
/liverpanel	Your liver numbers, like ALT and AST, explained	**/kidneypanel**	Your kidney numbers, like creatinine and eGFR, explained
/vitamincheck	Vitamin D, B12, iron and ferritin results explained	**/hormones**	Testosterone, estrogen and other hormone results explained
/inflammation	CRP, ESR and other inflammation markers explained	**/allergytest**	Allergy test results: what you're really allergic to
/genetics	A DNA or genetic test report explained in plain words	**/bloodpressure**	Paste your readings: what they mean and the trend over time
/whatsthistest	Type any test name: what it checks and why doctors order it	**/labprep**	How to prep for a test, including fasting, so the result is accurate
/retest	Which results are worth retesting, and when	**/labquestions**	The questions to ask your doctor about these results
/labsummary	Your whole report on one page to save or share		

Scans & Reports

/radiology	Paste the radiologist's report: every sentence translated	**/scancompare**	Upload an old and a new report and see exactly what changed
/scanterms	Every medical word in your report, defined in one line each	**/scanquestions**	The questions to ask about your scan at your next appointment
/scanprep	What to expect at your MRI, CT or ultrasound, and how to prep	**/biopsy**	A biopsy or pathology report explained, gently and in order
/ultrasound	Your ultrasound images or report explained	**/mammogram**	Your mammogram report and BI-RADS score explained
/ecg	An ECG, including the one from your watch, explained	**/echo**	Your heart ultrasound (echocardiogram) report explained
/dexa	Bone density scan results: your T-score and Z-score explained	**/sleepstudy**	Your sleep study report explained, including your AHI
/eyeexam	Your glasses prescription and eye exam results explained	**/dentalxray**	Your dental X-ray or dentist's treatment plan explained

Symptoms

Same as DIAGNOSE: type the code with what's going on. A photo helps for anything you can see.

`/erornot`	Tell it what's happening: ER, urgent care or your regular doctor?	`/redflags`	The warning signs for your symptom that mean get help now
`/rash`	A photo of a rash or bite: what it could be and what helps	`/skincheck`	A photo of a mole or spot, checked against the ABCDE warning signs
`/headache`	Works out what kind of headache you have and what helps	`/backpain`	Asks about your back pain, then likely causes and what helps
`/stomach`	Stomach pain, bloating or nausea: likely causes and what to try	`/fatigue`	Why you might be so tired, from your sleep, food and habits
`/cough`	Cold, flu, allergies or something else? It asks, then tells you	`/fever`	What a fever means at any age, and when to call the doctor
`/dizzy`	Asks about your dizziness, then likely causes and how urgent	`/injury`	Sprain, strain or break? What to do now and when to get it checked
`/foodpoisoning`	Food poisoning or a stomach bug? What to do and when to worry	`/firstaid`	Step-by-step first aid for burns, cuts, stings and more
`/tracksymptoms`	A simple daily tracker for a symptom so you can spot patterns	`/triggers`	Finds what sets off your migraines, flare-ups or allergies

Doctor Visits

`/visitprep`	A one-page summary and question list for your next appointment	`/explainmynotes`	Upload your visit notes or after-visit summary, in plain words
`/whattheymeant`	Type what your doctor said and get it explained	`/diagnosis`	Type a diagnosis: what it is, what's next and what to ask
`/treatments`	Every treatment option for a diagnosis, compared side by side	`/askmydoctor`	The best questions to ask about any diagnosis or treatment
`/secondopinion`	What to ask and what to bring when you get a second opinion	`/whichdoctor`	Which kind of doctor or specialist to see for your problem
`/symptomlog`	Turns what you tell it into a clean symptom timeline for your doctor	`/medicalhistory`	Your full medical history on one page, from what you tell it
`/surgeryprep`	How to prep for a surgery or procedure, and what to ask first	`/recoveryplan`	A day-by-day recovery plan for after a surgery or procedure
`/portalmessage`	A short, clear message to your doctor through the patient portal	`/referral`	The request for a referral, and what to say to get it
`/getmyrecords`	Writes the request for a copy of your medical records	`/checkup`	The screenings and checkups you're due for at your age
`/vaccines`	The vaccines recommended for your age, job or next trip		

Healthy Habits

`/habitplan`	One small daily habit at a time for 30 days	`/healthgoals`	Three health goals for this year and a plan for each
`/quitsmoking`	A quit plan for smoking or vaping	`/drinkless`	A plan to cut back on drinking
`/longevity`	The habits with the strongest evidence for living longer		

Medications

A photo of the label works for any of these. Check any change with your doctor or pharmacist before you make it.

`/explainmymeds`	A photo of your pill bottle: what it is for, how to take it, side effects	`/interactions`	List everything you take and it checks for interactions
`/sideeffects`	Common side effects of a medicine and which ones to call about	`/newmed`	The questions to ask before you start a new medicine
`/medschedule`	A simple daily schedule for all your medicines	`/medlist`	Your full medication list on one page for doctors and emergencies
`/missedadose`	What to do if you missed a dose (type the medicine)	`/withfood`	With food, on an empty stomach or with alcohol? The rules
`/pillid`	A photo of a loose pill: what it most likely is from its markings	`/medlabel`	A photo of a medicine leaflet: just the parts that matter
`/generic`	Whether there's a cheaper generic or alternative to ask about	`/cheapermeds`	Ways to pay less for a prescription: coupons, generics, mail order
`/supplements`	Your supplements: what's worth it and what clashes with your meds	`/otc`	The right over-the-counter medicine for what you've got
`/painrelief`	Ibuprofen, acetaminophen or something else? Which fits your pain	`/antibiotics`	How to take an antibiotic properly, and what to avoid
`/glp1`	Ozempic, Wegovy or Mounjaro: how it works, side effects, what to eat	`/stopping`	What to know before you stop or switch a medicine

Medical Bills

Got a hospital bill? Start with /itemize. The itemized bill with every procedure code is where the mistakes hide. These are built for US bills, but /explainmybill and /lowermybill work anywhere.

`/itemize`	Writes the request for an itemized bill with every procedure code	`/explainmybill`	Every line on your medical bill in plain words
`/billedtwice`	Finds anything billed twice on your bill	`/cptcheck`	Type a procedure code: what it is and what it usually costs
`/whatitcosts`	What a procedure or test usually costs where you live	`/lowermybill`	A phone script to get your medical bill lowered
`/cashprice`	Asks for the self-pay or cash price, with what to say	`/paymentplan`	Writes the request for a no-interest payment plan
`/financialaid`	Checks if you could get the hospital's financial aid, and writes the ask	`/surprisebill`	Whether the No Surprises Act protects you from an out-of-network bill
`/goodfaith`	Writes the request for a Good Faith Estimate before a procedure	`/collections`	What to do if a medical bill went to collections
`/billreply`	Paste the billing office reply: what it means and what to say back		

Insurance

Attach the letter, your plan summary or the EOB whenever you have it, and every answer fits your actual plan.

`/explainmyeob`	Upload your Explanation of Benefits: what insurance paid, what you owe	`/eobvsbill`	Upload your bill and your EOB and it checks they match
`/explainmyplan`	Your plan summary: deductible, copays and out-of-pocket max	`/isitcovered`	Type a test, medicine or procedure: is it likely covered?
`/innetwork`	How to check a doctor is in-network before you go	`/priorauth`	What prior authorization is, and what to ask your doctor to send
`/denialreason`	Type the denial code or reason: what it means and how to fix it	`/necessity`	A letter of medical necessity for your doctor to sign
`/externalreview`	Appeal turned down? External review, step by step	`/callinsurance`	A script for calling your insurance, and what to write down
`/formulary`	Whether your medicine is on your plan's drug list, and what if not	`/deductible`	Where you are on your deductible and out-of-pocket max
`/hsa`	What you can pay for with your HSA or FSA	`/pickaplan`	Compares health plans for how you actually use care
`/openenrollment`	A checklist for open enrollment so you pick the right plan	`/medicare`	Medicare Parts A, B, C and D explained for your situation
`/medicaid`	Whether you might qualify for Medicaid, and how to apply		

Fitness

In the US, connect Apple Health in ChatGPT Health and these use your real data. Otherwise, attach screenshots from your watch or fitness app.

`/workoutplan`	A weekly workout plan for your goal, time and equipment	`/startfromzero`	A plan for starting from zero without getting hurt
`/homeworkout`	A full workout with no equipment	`/strength`	A simple strength plan with sets, reps and how to progress
`/running`	A running plan, from couch to 5K or your next race	`/gymtoday`	What to do at the gym today, in the time you have
`/stretch`	A 10-minute stretch routine for your tight spots	`/deskbreak`	Quick moves to undo a day of sitting
`/posture`	Fixes for neck and back pain from sitting all day	`/balance`	Simple balance moves to prevent falls, great for older adults
`/comeback`	A safe plan to get back to training after an injury or a break	`/formcheck`	A photo of your lift or stance: what to fix
`/myworkoutdata`	A screenshot from your watch or fitness app: what it means	`/heartratezones`	Your heart rate zones and how to train in them
`/trainorrest`	Train or rest today? Worked out from your sleep and soreness	`/weeklyreview`	Your sleep, steps and workouts from the week, summed up

Sleep

`/sleepplan`	A plan to fall asleep faster and wake up less	`/sleepdata`	A screenshot from your watch, Oura or WHOOP: what your sleep says
`/bedtime`	The best bedtime for when you need to wake up	`/winddown`	A 30-minute wind-down routine for tonight
`/cantsleep`	Awake at 3 a.m.? What to do right now to fall back asleep	`/naps`	How long to nap, and when, so you don't wake up groggy
`/snoring`	Why you might be snoring, and when to get checked for sleep apnea	`/shiftwork`	A sleep plan for night shifts or rotating shifts
`/sleepdiary`	A two-week sleep diary to spot what's keeping you up		

Food & Nutrition

`/mealplan`	A week of meals for your goal, budget and taste	`/grocerylist`	A grocery list from your meal plan, sorted by aisle
`/macros`	Your calories and protein for your goal, worked out	`/protein`	Easy ways to hit your protein goal every day
`/whatsonmyplate`	A photo of your plate: calories and protein, estimated	`/labelcheck`	A photo of a nutrition label: what's good and what's not
`/ingredients`	A photo of an ingredients list: what each one actually is	`/fridgemeal`	A photo of your fridge: a healthy meal from what's in it
`/eatingout`	A photo of any menu: the healthiest thing to order	`/healthyswap`	Healthier swaps for the foods you eat most
`/mealprep`	A Sunday meal prep plan for the whole week	`/budgetmeals`	Healthy meals on a tight budget
`/weightloss`	A realistic weight loss plan you can actually stick to	`/bloodsugar`	Meals that keep your blood sugar steady
`/hearthealthy`	Meals for lower cholesterol and blood pressure	`/guthealth`	Fiber and gut-friendly foods worked into your week
`/allergyfree`	Recipes without your allergens or the foods you can't eat	`/hydration`	How much water you need, and easy ways to drink more
`/cravings`	A plan for late-night snacking and sugar cravings		

Mental Health

If you're thinking about hurting yourself, call or text 988 in the US, or your local crisis line, right now. You don't have to go through it alone.

`/vent`	Lets you get it all out, then helps you sort through it	`/anxious`	Calms you down right now with a breathing or grounding exercise
`/panic`	Talks you through a panic attack, step by step	`/overthinking`	Helps you untangle a thought that keeps looping
`/stress`	Finds what's stressing you and makes a plan for it	`/burnout`	The signs of burnout and a plan to recover
`/lowday`	Small, doable things for a day you can barely get going	`/journal`	A journal prompt for today, then helps you reflect on it

`/moodcheck`	A quick check-in on how you're doing, tracked over time	`/selfcare`	A self-care plan for a rough week
`/hardtalk`	Helps you plan a hard conversation with someone	`/boundaries`	How to say no, with the exact words
`/grief`	Gentle support for when you're grieving	`/findatherapist`	What kind of therapist fits you, and how to find one
`/therapyprep`	What to bring up at your next therapy session		

Women's Health

`/cycle`	Your cycle explained, plus a tracker to spot patterns	`/periodpain`	What helps period pain, and when it is worth a doctor visit
`/fertility`	Your fertile window, and what to ask a doctor	`/birthcontrol`	Your birth control options compared side by side
`/pregnancy`	Your week of pregnancy: what's happening and what to ask	`/postpartum`	Postpartum recovery: what's normal and what isn't
`/menopause`	Menopause symptoms and what actually helps		

Family & Caregiving

`/kidsick`	Your kid's symptoms: what's normal, what helps, when to call	`/newborn`	The first weeks with a newborn: feeding, sleep and when to call
`/milestones`	What's normal for your baby or toddler at this age	`/babysleep`	A sleep plan for your baby or toddler
`/pickyeater`	Healthy meals a picky eater will actually eat	`/familyhistory`	Your family health history, ready to share with your doctor
`/caregiver`	A care plan for looking after a parent or loved one	`/parentmeds`	A medication schedule for someone you care for
`/safehome`	A home safety checklist for an older parent	`/memorycheck`	Normal forgetfulness or worth a doctor visit? What to look for
`/carehome`	The questions to ask when comparing care homes or home care	`/caregiverhelp`	Support and a plan for when caregiving wears you down
`/medicalid`	What to put in your phone's Medical ID for emergencies	`/pethealth`	Your pet's symptoms: what to watch and when to see the vet
`/vetbill`	A vet bill or estimate, checked for what's really needed		

DO THIS TODAY

Paste the setup prompt into your custom instructions, then attach your last blood test and type **/explainmylabs**. Save this PDF on your phone so the codes are with you at your next appointment.

Want More AI Tips Like This?

I post daily AI content, tool breakdowns, and prompts that actually help you get more done. Follow me for the latest.

@MavGPT

TikTok | Instagram | Facebook

Type the code. Walk in ready.