



Says

What have we heard them say?
What can we imagine them saying?



Thinks

What are their wants, needs, hopes, and dreams?
What other thoughts might influence their behavior?

Health centers are community-based and patient-directed organizations that provide affordable, accessible, high-quality primary health care services to individuals and families, including people experiencing homelessness, agricultural workers, residents of public housing, and veterans.

A health hub is a **centralized location where various health-related services and resources are available to the public.**

The city of **Chennai** has been termed "India's health capital". Multi- and super-specialty hospitals across the city bring in an estimated 150 international patients every day

*HealthHub is a **primary healthcare center** and a hub for continuous care and treatment. It is a brand growing in popularity in the healthcare industry. Offering the best medical services and facilities at affordable prices, HealthHub is convenient and accessible to all with no compromise on the quality of treatment in any way.*

Talk about your aspirations in unique terms, while staying realistic and always keeping the position top-of-mind. It's OK to be ambitious when stating your future goals, but it's also important to be realistic and remain relevant to the conversation

Our thoughts create our feelings and our feelings drive our behavior. Let's take a simple example. If I like being outside near water and enjoy swimming, the thought of going to a pool makes me feel happy. These thoughts and feelings are going to lead me to plan activities that include swimming



The clinic and pharmacy offers walk-in services and **accepts new patients, family medicine, minor procedures, vaccinations.**

an organized medical service offering diagnostic, therapeutic, or preventive outpatient services.

providing one-stop access to their personal medical records, links to healthcare services and institutions and related information and tools so they can take control of their health. You can access it via the HealthHub website

While anxiety is an emotion that we all experience, for some, anxiety is felt at an intensity and duration that significantly impacts their life at a sufficient severity to be considered an anxiety disorder

- physical factors - age, health, illness, pain, influence of a substance or medication
- personal and emotional factors - personality, beliefs, expectations, emotions, mental health

- what is happening at the time
- the environment - heat, light, noise, privacy
- the response of other people, which is affected by their own physical factors, personal and emotional factors, life experiences, wants and needs.



Does

What behavior have we observed?
What can we imagine them doing?



Feels

What are their fears, frustrations, and anxieties?
What other feelings might influence their behavior?