Bernice Douglas

29 July, 1982

Health Care Professional

Douglas Wong

Health Plan

Cigna

Medications

Report Adverse Effec

List | Schedule

NovoLog Mix 70/30 30mg	1 - 0 - 1
SymlinPen 120 2mg	1 - 1 - 1
Dapagliflozin 1 tsp	0 - 0 - 1
Repaglinide 5mg	1 - 0 - 1
Lorem 5mg	1x Weekly
Ipsum 10mg	0 - 0 - 1
Sompraz 100 10mg	1 - 0 - 0

Activities

Brisk Walk
2 Hours Daily

Swimming
30 Mins Alternate Days

Cycling
30 Mins Daily

Run
Avoid

My Reports

Latest | Archived

Last 7 days

Blood Report	24 Apr
Diabetes Lab Report	24 Apr
Blood Report	22 Apr
Diabetes Lab Report	22 Apr
Lorem ipsum dolor sit...	22 Apr
Blood Report	21 Apr
Diabetes Lab Report	21 Apr

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List | Schedule

07:30 am(Before Breakfast)
Sompraz 100 10mg

08:30 am(After Breakfast)
SymlinPen 120 2mg
NovoLog Mix 70/30 30mg

12:30 pm (After Lunch)
SymlinPen 120 2mg

6:30 pm (Before Dinner)
Sompraz 100 10mg

7:00 pm (After Dinner)
SymlinPen 120 2mg
NovoLog Mix 70/30 30mg

Activities

Brisk Walk
2 Hours Daily

Swimming
30 Mins Alternate Days

Cycling
30 Mins Daily

Run
Avoid

My Reports

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Blood Report	21 Apr
Diabetes Lab Report	21 Apr

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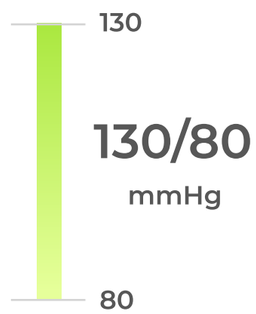
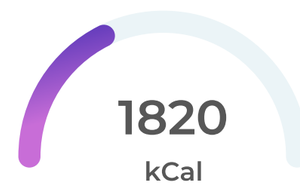
Today

Blood Pressure



130/80
mmHg

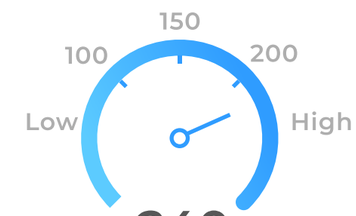
Calories Burned



1820
kCal

Cholestrol

Warning



240
mg/dL

Glucose

Fasting

134
mg/dL

Post Meal

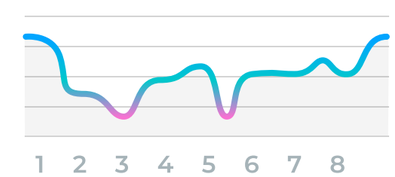
205
mg/dL

Weight

Warning

88
Kgs

Sleep Pattern



Deep Light Awake

6:40
hours:mins

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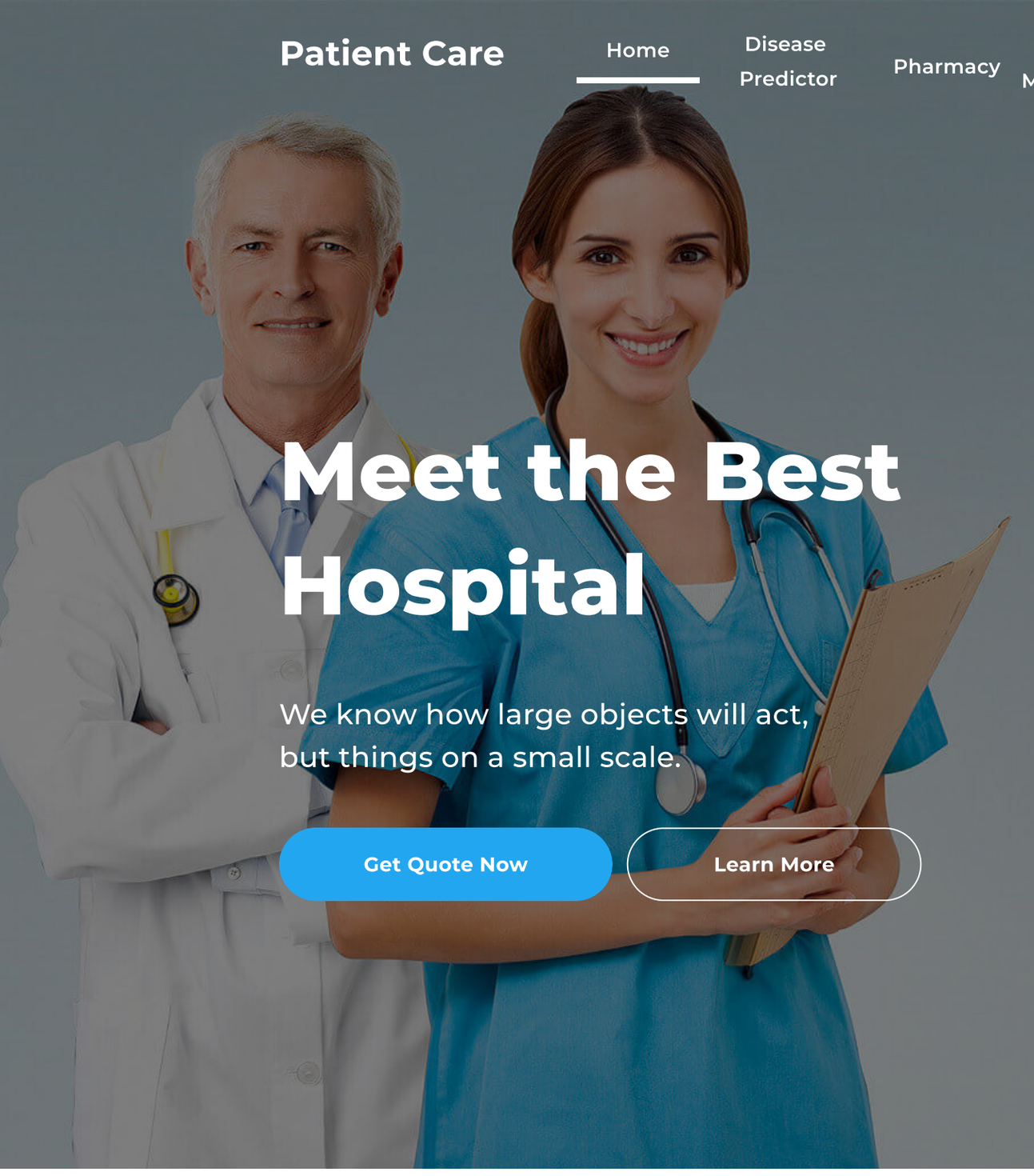

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Learn More

Leading Medicine

Problems trying to resolve the conflict between
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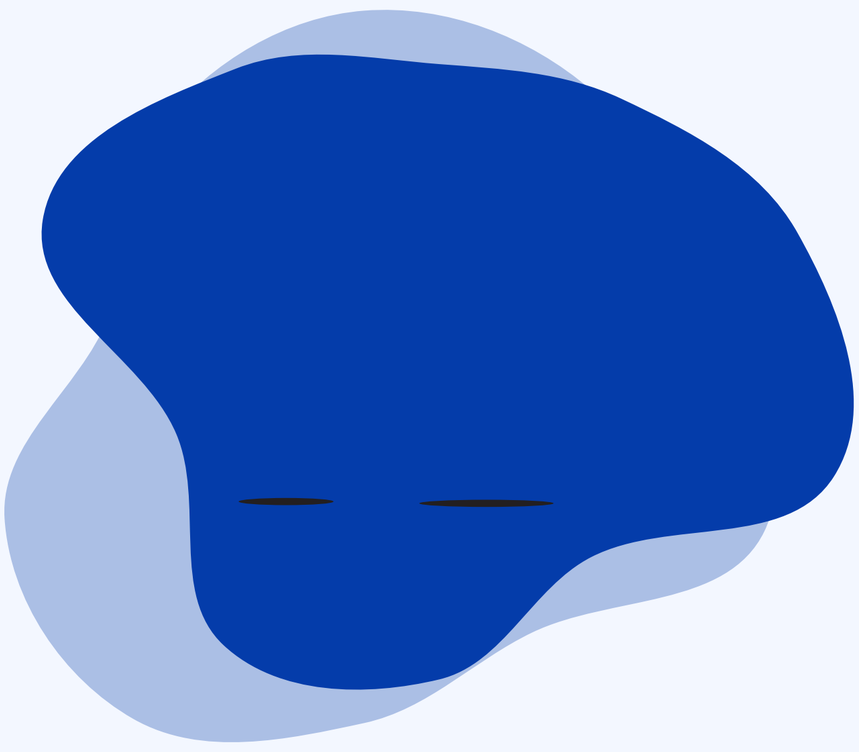

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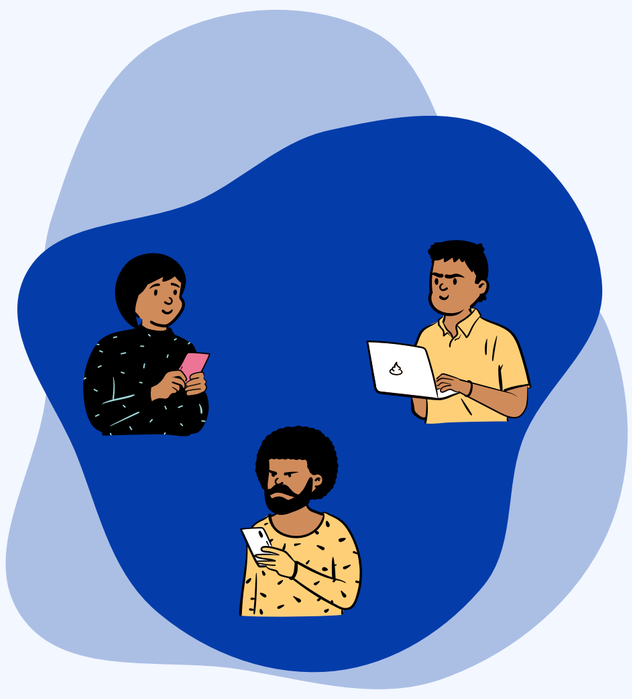
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