

Overview

Afya Application is a comprehensive digital health platform designed to support patients living with both Diabetes and Hypertension. Unlike traditional meal apps, this solution adopts a holistic approach by integrating nutrition, health monitoring, lifestyle management, mental well-being, and community support. The application aims to provide patients with the tools to manage their condition more effectively and live a healthier, balanced life.

Objectives

1. Provide personalized meal suggestions tailored to both diabetic and hypertensive dietary needs.
2. Empower patients with education, interactive content, and gamified challenges
3. Enhance overall quality of life by addressing nutrition, physical health, mental well-being, and social support.