

4G

11:08 PM

20%



StayHealthy

App downloaded from: File Manager

It will get access to:

Apps downloaded not from Google Play Store may threaten your phone and data security. Are you sure you want to install the app?

Install

Cancel

First install the app(StayHealthy)

Signal strength icons, 4G, download icon, and a square icon.

11:08 PM

Bluetooth, Wi-Fi, 20%, and battery level icon.



StayHealthy



Application installed.



Open

Done

Open the application

StayHealthy



Click Menu to view the app mainmenu

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19%

StayHealthy



It will show you the list of menu

StayHealthy

NAME *deebika m*

EMAIL *deebtce@gmail.com*

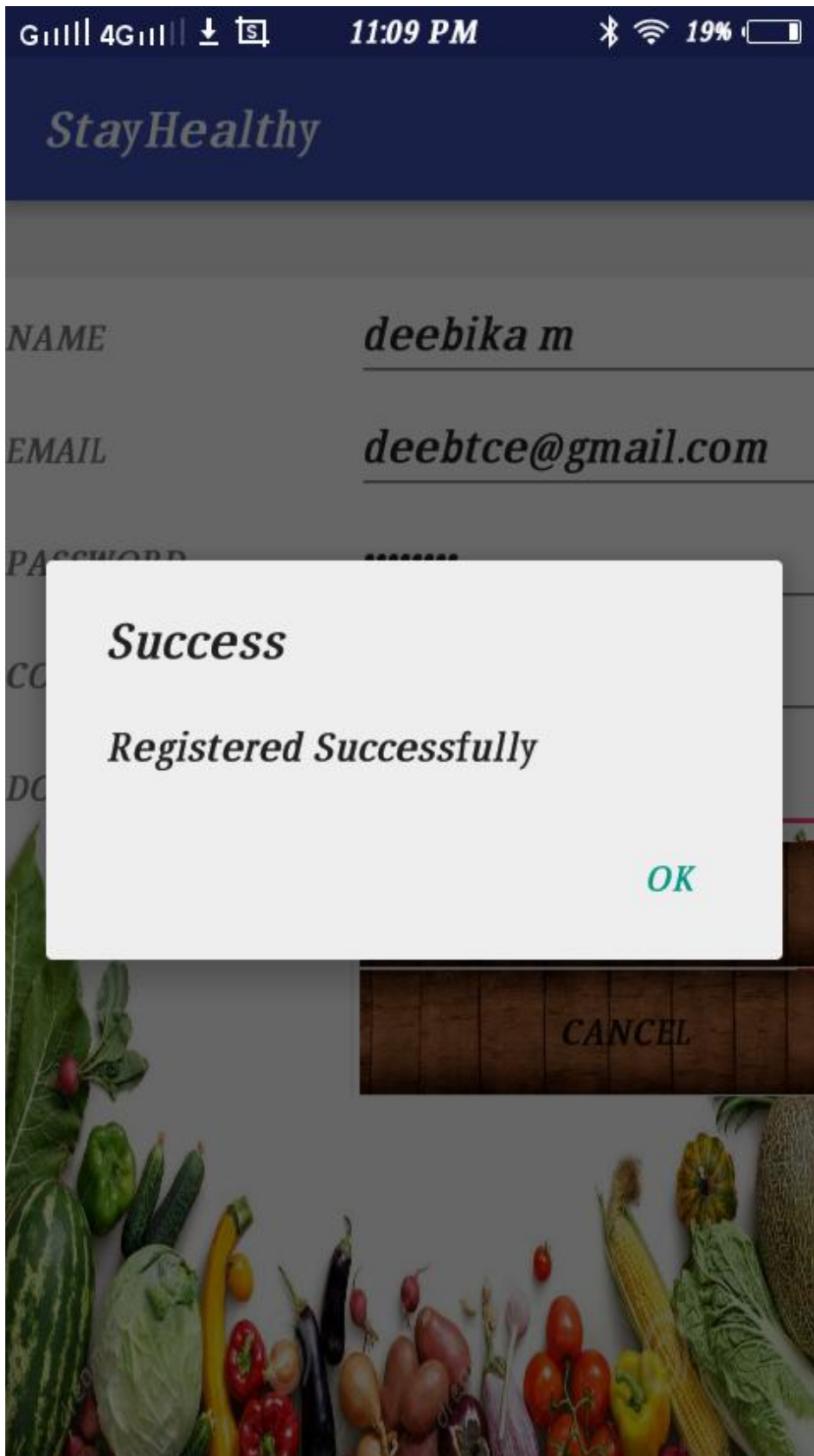
PASSWORD

CONFIRM PASSWORD

DOB *23/04/1998*



First register to login to the app



After registration login to your account

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11:10 PM

Bluetooth Wi-Fi 19% 

StayHealthy

NAME

deebika m

PASSWORD

••••••••



Login to your account

StayHealthy



LOGOUT

WELCOME

BMI

DIETCHART

HEALTH

COMMENT

Dashboard for your account will appear.

BMI

WEIGHT (KG)

IN KGs

HEIGHT (CM)

IN CMs

CALCULATE

PROFILE

You can calculate your BMI in BMI menu

BMI

WEIGHT (KG)

64

24.999998-Normal

160

CALCULATE

PROFILE

StayHealthy

VITAMIN A

VITAMIN B

VITAMIN C

VITAMIN D

VITAMIN E

VITAMIN K

Health panel it will prompt you about the health details

StayHealthy

Vitamin A plays a critical role in maintaining healthy eyes and vision, neurological function, healthy skin and hormonal/reproductive health, and it supports the lungs, liver, kidneys and digestive organs. What are good sources of vitamin A? Some to vitamin A foods include carrots, sweet potatoes, kale, berries, eggs, butter, and organ meats like beef or chicken

DEFICIENCY
SYMPTOMS

DEFICIENCY CAUSES

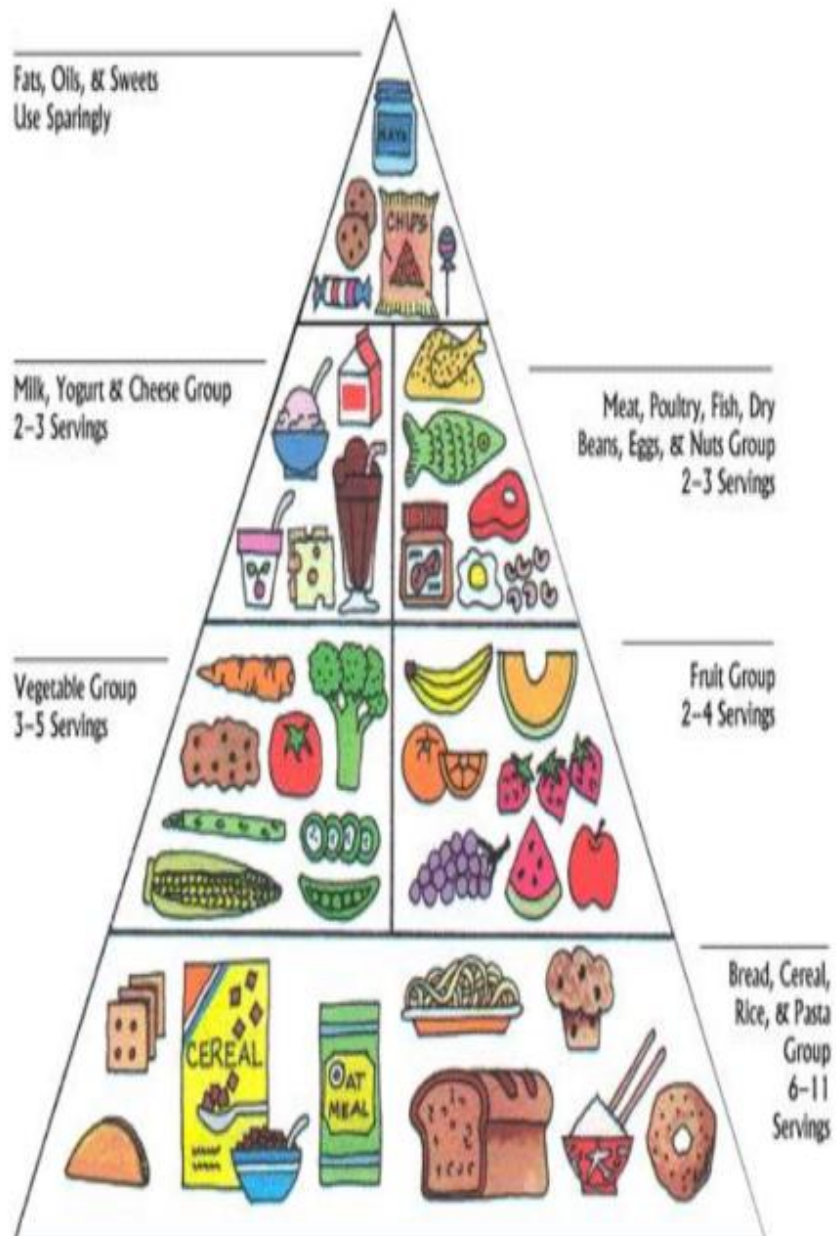
RICH FOODS

Bluetooth share: Sent
Screenshot_20180506_230904.png

Further details will be prompted in the health panels

StayHealthy

Food Guide Pyramid



4G

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18%

StayHealthy



good...



You can post your comment in comment panel