**Project**

Healthcare App

**Description:**

With the ability to track multiple health metrics, receive medication reminders, and access mental health support tools, the Healthcare App offers users a comprehensive healthcare solution. The app's goal is to enhance users' general health and wellbeing by offering reminders and personalized health insights.

**Objective:**

* To offer easy to use platform for tracking health metrics.
* Provide reminders for medication intake.
* Offer mental health support.
* Data privacy and security.

**Deliverables:**

* Health Metrics Tracking: Track steps, heart rate, and sleep patterns. Manual entry for data not collected through wearable devices.
* Medication Reminders: medication reminders with options for frequency, dosage, and specific times.
* Mental health support: Articles and resources on various mental health topics. Guided meditation and breathing exercise sessions.

**Target Audience:**

* Individuals trying to improve their health.
* Patients with medical conditions
* Senior citizens

**Technology:**

* Framework for app development
* UI/UX designing.
* Front-end/Back-end Development
* Database management
* Cloud services for hosting, storage, etc.

**Milestones:**

* Research and Planning using market analysis, technology selection, etc.
* UI/UX design for app. Creating Wireframes and prototypes.
* Development of the application.
* Testing the application before launch.
* Initial release and deployment.
* Post-launch feedback and additions.

**Risks:**

* Data and privacy issues as user data will be collected.
* Technical issues.
* Less-user engagement.
* Market competition