

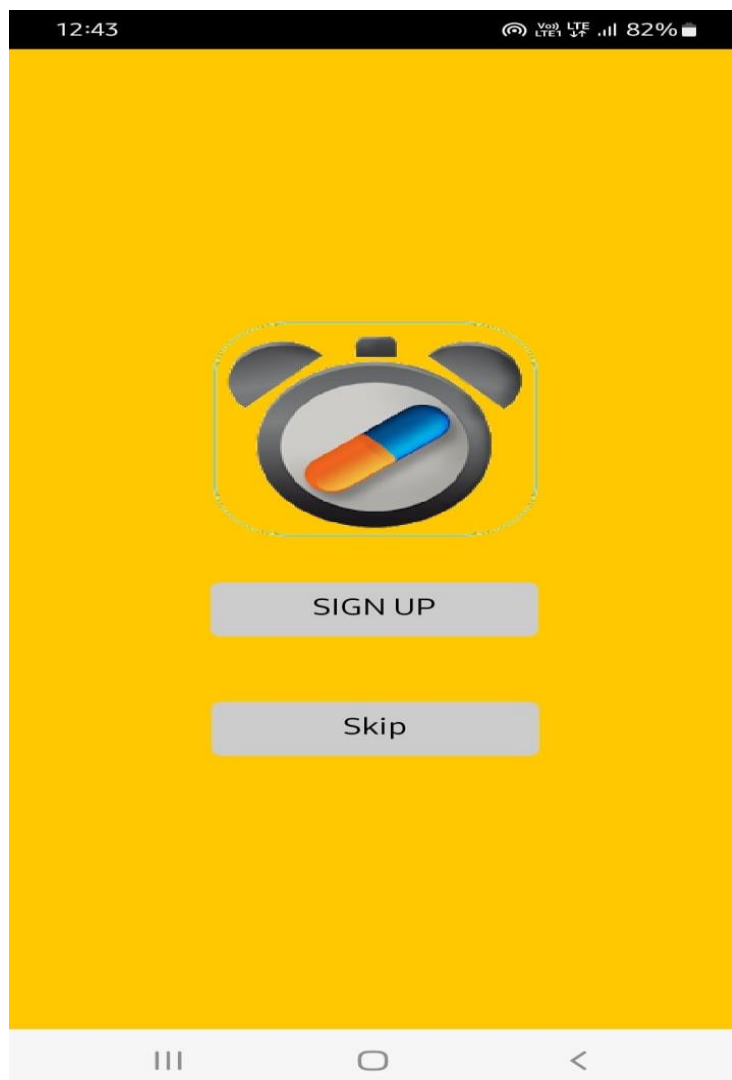
# PROJECT DEVELOPMENT PHASE

## DELIVERY OF SPRINT 4

Date	18 October 2022
Team ID	PNT2022TMID38250
Project Name	Personal Assistance for Seniors Who Are Self-Reliant.

MIT APP INVENTOR

Home Screen:



When you click the signup button the application redirects to the below page

12:43 VoLTE LTE 82%

Register

Enter mailid

Enter password

SIGN UP

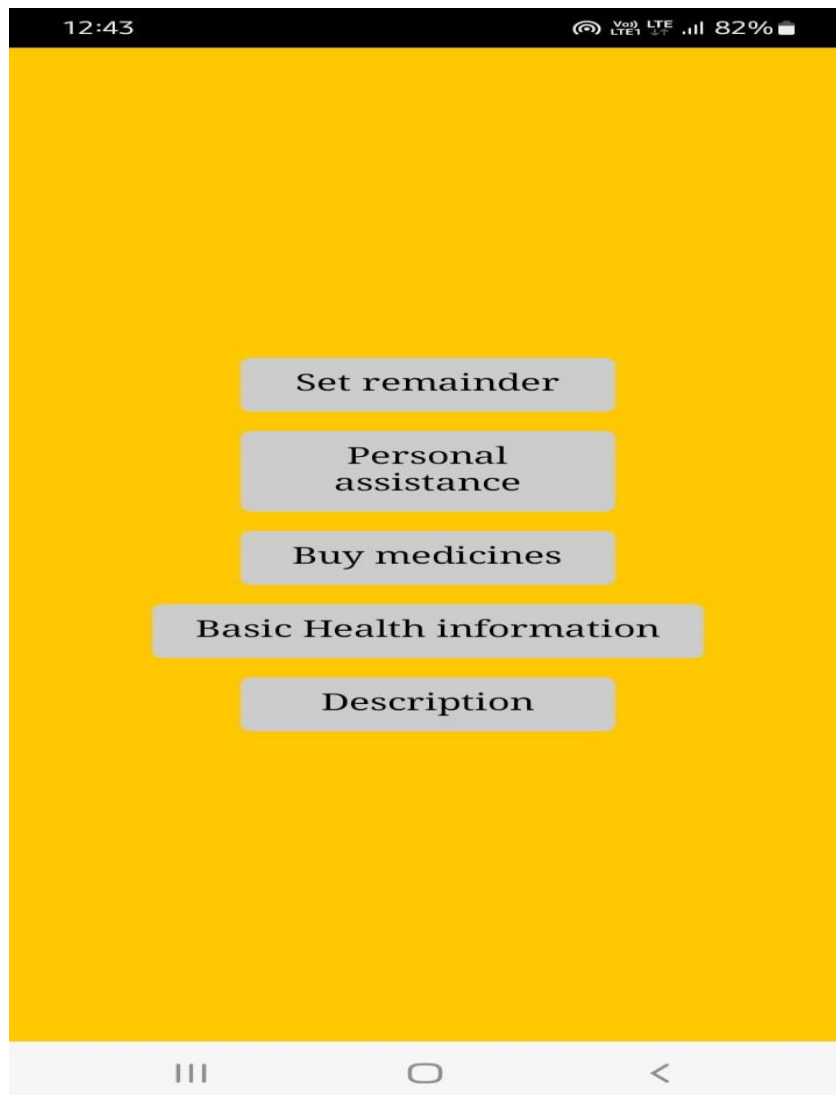
Ener password

SIGN IN

NEXT

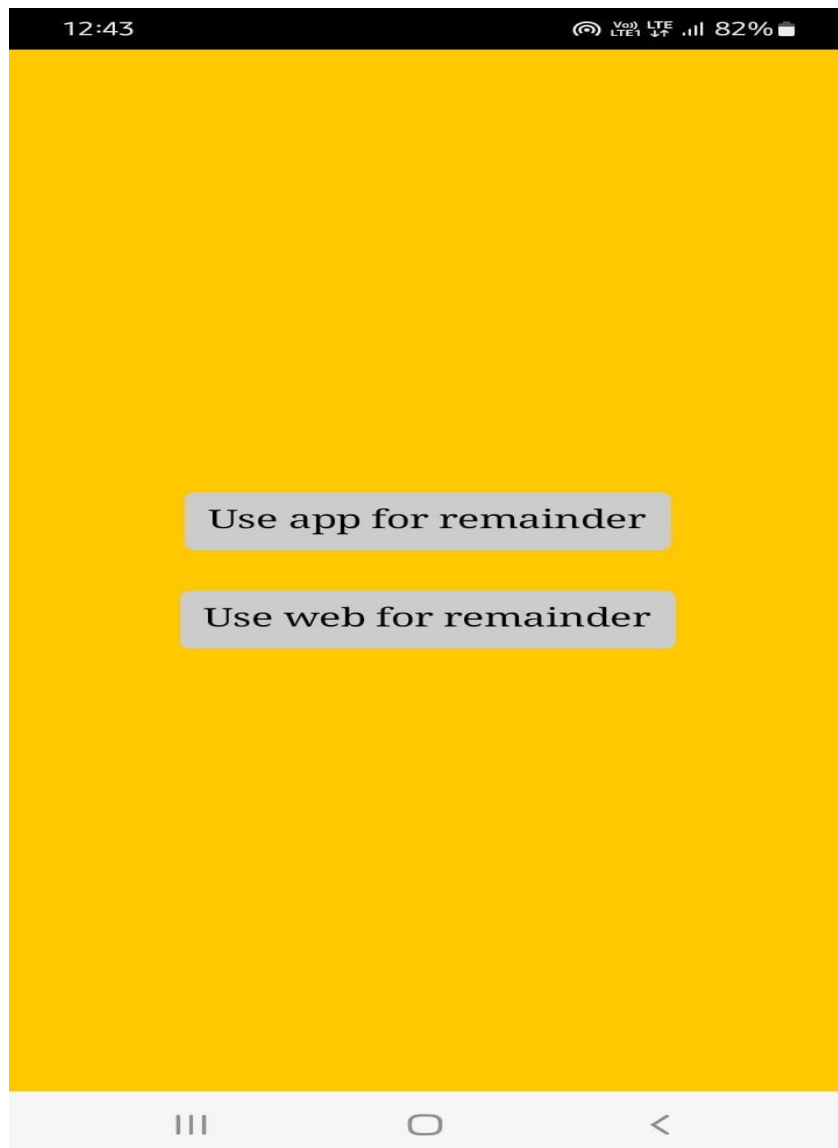
The new user needs to sign up and existing user can sign in by filling the required, after finishing this click next also you can skip this procedure and directly go from home screen to the below screen

Selection page:



While you click the set reminder this page redirects to the page. Here the user has two options to set remainder either in application or web page

The web is nothing but a node red user interface



Application remainder:

The image shows a mobile application interface for setting an alarm. The background is a solid light red color. At the top, there is a black status bar with white text showing the time '12:43' and various system icons including signal strength, LTE, and battery level at 82%. The main content area contains the following elements from top to bottom: a text label 'Enter tablet name' in black, a white rectangular input field with a thin black border, a text label 'Enter time' in black, a grey rectangular button with rounded corners labeled 'TimePicker' in black, a text label 'Enter date' in black, a grey rectangular button with rounded corners labeled 'DatePicker' in black, a black rectangular button with rounded corners labeled 'SET' in white, and another black rectangular button with rounded corners labeled 'SAVE' in white. At the very bottom, there is a white navigation bar with three grey icons: a hamburger menu (three horizontal lines), a circle, and a back arrow.

This page you can fill the needed information to set alarm and save

Web page:

This stores the information to cloud through node red

10:03 VoLTE LTE 44%

☆ 🔒 xev-2022-11-10.eu-gb.mybluemix.net ↻

≡ Medicine

### Medicine remainder

Enter medicine name \*

Time(HH-MM) \*

Date \*

SUBMIT CANCEL

< > 🏠 ☆ 📅 ≡

||| ○ <

Personal Assistance:

This page help the user to convert the voice to text and text to voice .It is mostly helpful to the senior citizens who may can't speak

12:44 VoLTE 82%

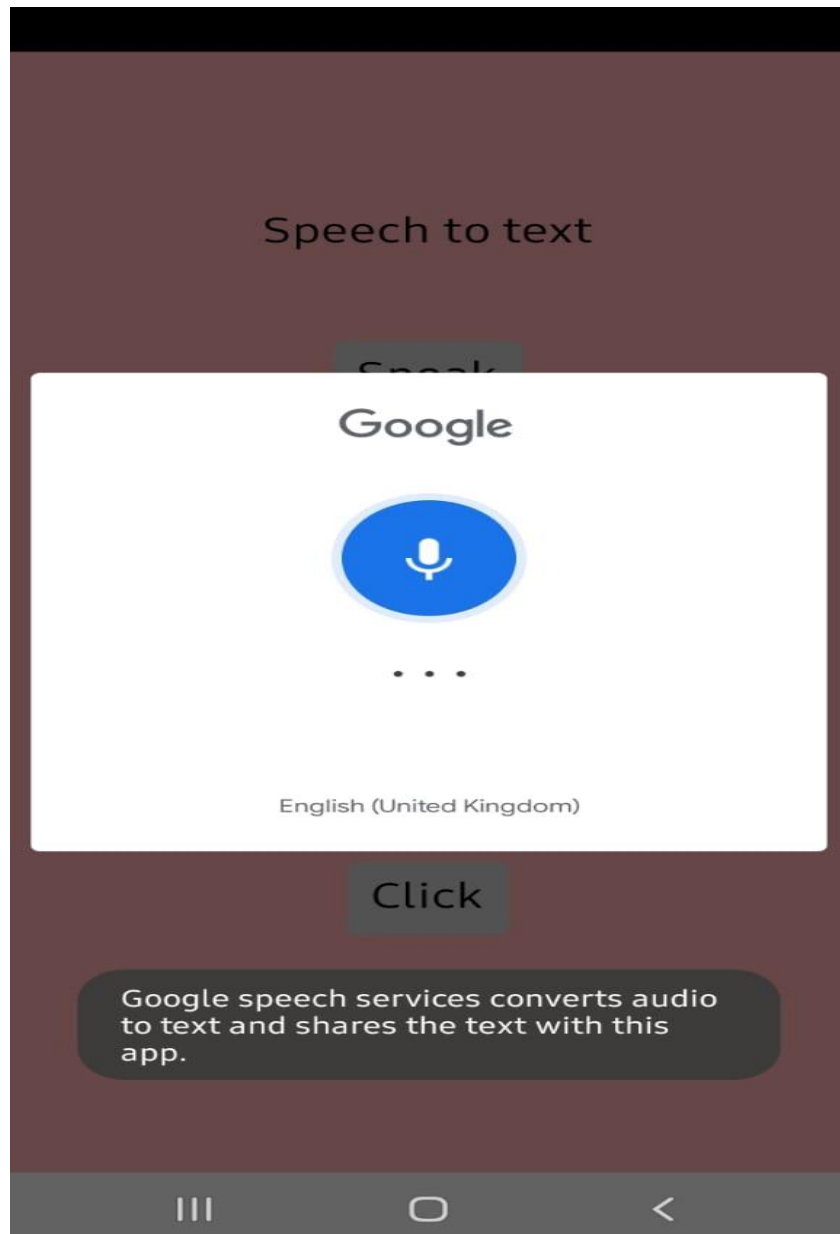
### Speech to text

Speak

### Text to speech

Type here

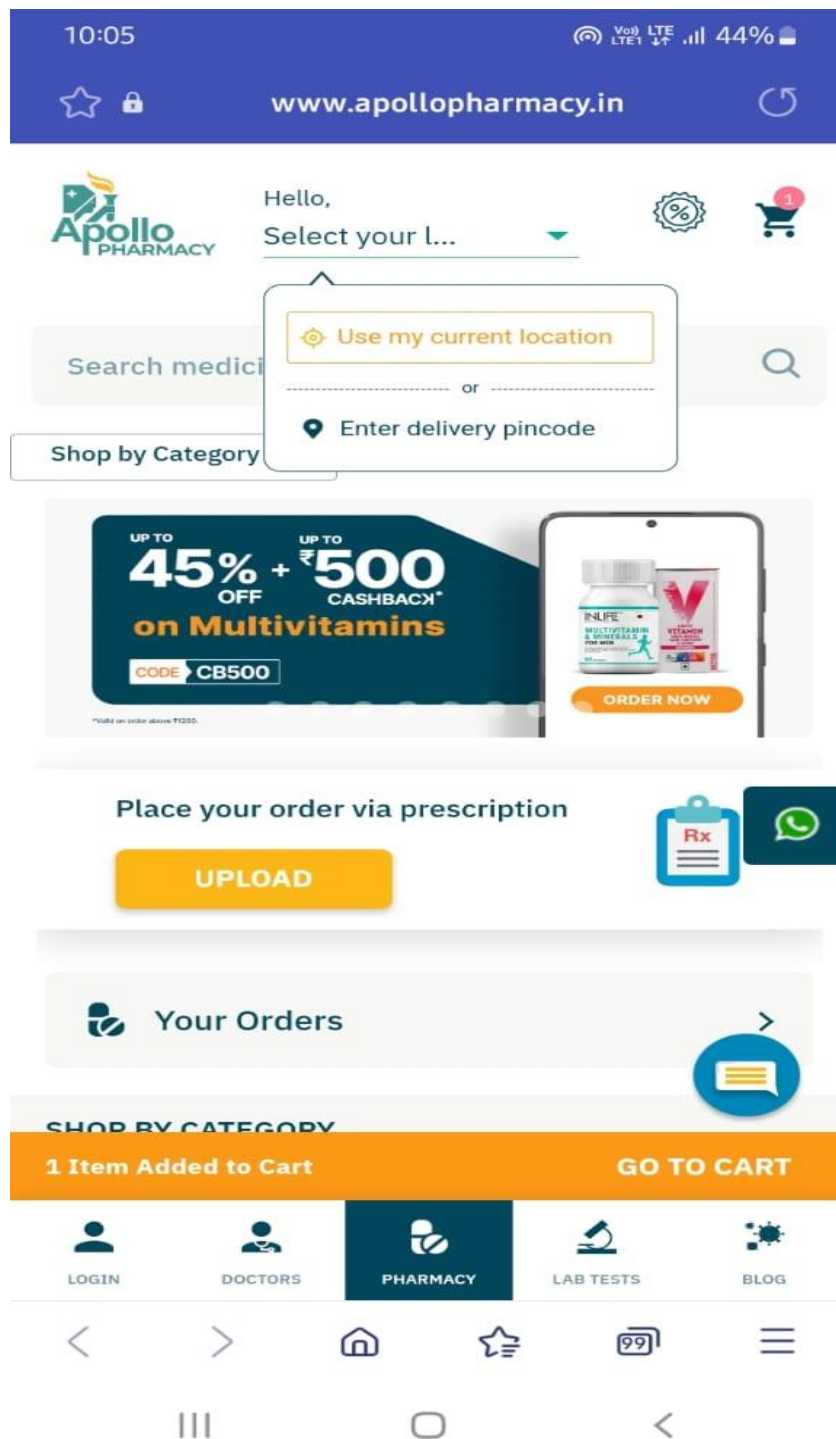
Click



Buy medicines:

This button redirects the page to the apollo pharmacy which is India's first and largest branded chemist chain, so you can order the required medicines here.





## Basic Health information:

The page that provides the basic healthy practises that should be followed by the senior citizens on daily basis

## BASIC HEALTH INFORMATION

### 1. Get active

Physical activity is an immune system booster. The more you move, the more your body is able to fight inflammation and infections. The activity you partake in doesn't have to be strenuous. Low impact exercises are effective, too.

### 2. Take supplements as necessary

Some supplements help support a healthy immune system. Before taking a supplement, always ask your doctor if it's safe, especially if you're taking a prescription medication. Some supplements they may recommend include calcium, vitamin D, vitamin B6, or vitamin

### 3. Eat a healthy diet

Diets rich in fruits, vegetables, and lean meats also give your immune system a boost and protect against harmful viruses and bacteria that cause illnesses. Fruits and vegetables are a good source of antioxidants. Antioxidants protect your cells from damage and keep your body healthy.

### 4. Wash your hands frequently

Washing your hands on a regular basis is another excellent way to stay healthy year-round. Viruses can live on surfaces for up to 24 hours. It's possible to become ill if you touch a virus-covered surface and contaminate your hands, and then touch your face. Wash your hands with warm soapy water often and for at

soapy water often, and for at least 20 seconds. Avoid touching your nose, face, and mouth with your hands.

### 5. Get plenty of rest

Not only can sleep reduce your stress level, but sleep is how your body repairs itself. For this reason, getting an adequate amount of sleep can result in a stronger immune system, making it easier for your body to fight off viruses. Sleep is also important as you get older because it can improve memory and concentration. Aim for at least seven and a half to nine hours of sleep per night.

### 6. Take steps to prevent infections

Getting annual vaccinations



## Health

is another way to stay healthy throughout the year. If you're age 65 and older, talk to your doctor about getting a high-dose or adjuvant flu vaccine. Flu season is between October and May in the United States. It takes about two weeks for the vaccine to be effective, and it reduces the risk of the flu by 40 to 60 percent<sup>Trusted Source</sup> when the vaccine strains match the circulating strains.

## 7. Schedule annual physicals

Scheduling a yearly checkup can also keep you healthy.

Always speak with your doctor if you have concerns about your health. Conditions like diabetes and high blood pressure can go undetected. Regular physical examinations will enable your doctor to diagnose any problems

early. Getting early treatment may prevent long-term complications. Also, if you have any cold or flu symptoms, see your doctor immediately. The flu virus can lead to complications in adults over the age of 65. The immune system weakens with age, making it harder to fight off the virus.

8. Avoid contact with people who are sick

Another way to protect yourself year-round is to avoid being close to people who are sick. This is easier said than done. But if there's a flu outbreak in your area, limit contact with people who aren't feeling well and avoid crowded areas until conditions improve. If you must go out, protect yourself by wearing a face mask. If you're



## Health

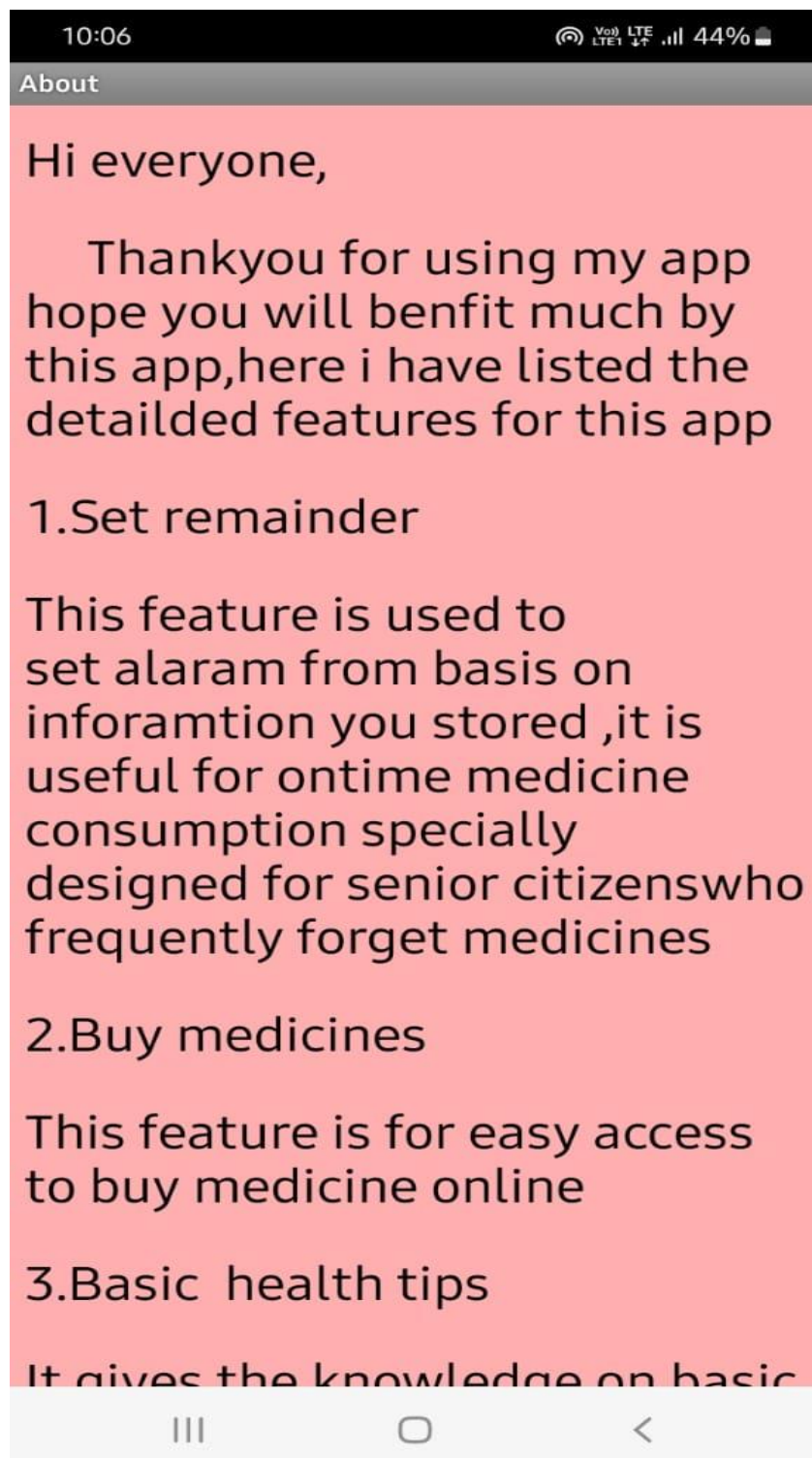
any cold or flu symptoms, see your doctor immediately. The flu virus can lead to complications in adults over the age of 65. The immune system weakens with age, making it harder to fight off the virus.

8. Avoid contact with people who are sick

Another way to protect yourself year-round is to avoid being close to people who are sick. This is easier said than done. But if there's a flu outbreak in your area, limit contact with people who aren't feeling well and avoid crowded areas until conditions improve. If you must go out, protect yourself by wearing a face mask. If you're caring for someone with the flu, wear a face mask and gloves, and wash your hands frequently.

## Description:

The page guides the user and tells the above mentioned Features





## About

This feature is used to set alarm from basis on information you stored, it is useful for ontime medicine consumption specially designed for senior citizens who frequently forget medicines

## 2. Buy medicines

This feature is for easy access to buy medicine online

## 3. Basic health tips

It gives the knowledge on basic health care with what to do and not to do

## 4. Personal Assistance

This feature help the user to convert there voice to text and text to voice for easy conveying and understanding