

A white rounded square placeholder for a logo, containing the word "Logo" in a dark blue sans-serif font.

Logo

Welcome !

Username

Password

Log in

[Forgot Password](#)

Create

[Don't Have an Account?](#)



Wake up at 7AM



DO morning workout



Eat your breakfast



Catch your bus



Meeting with client



Online webinar



Meeting with client

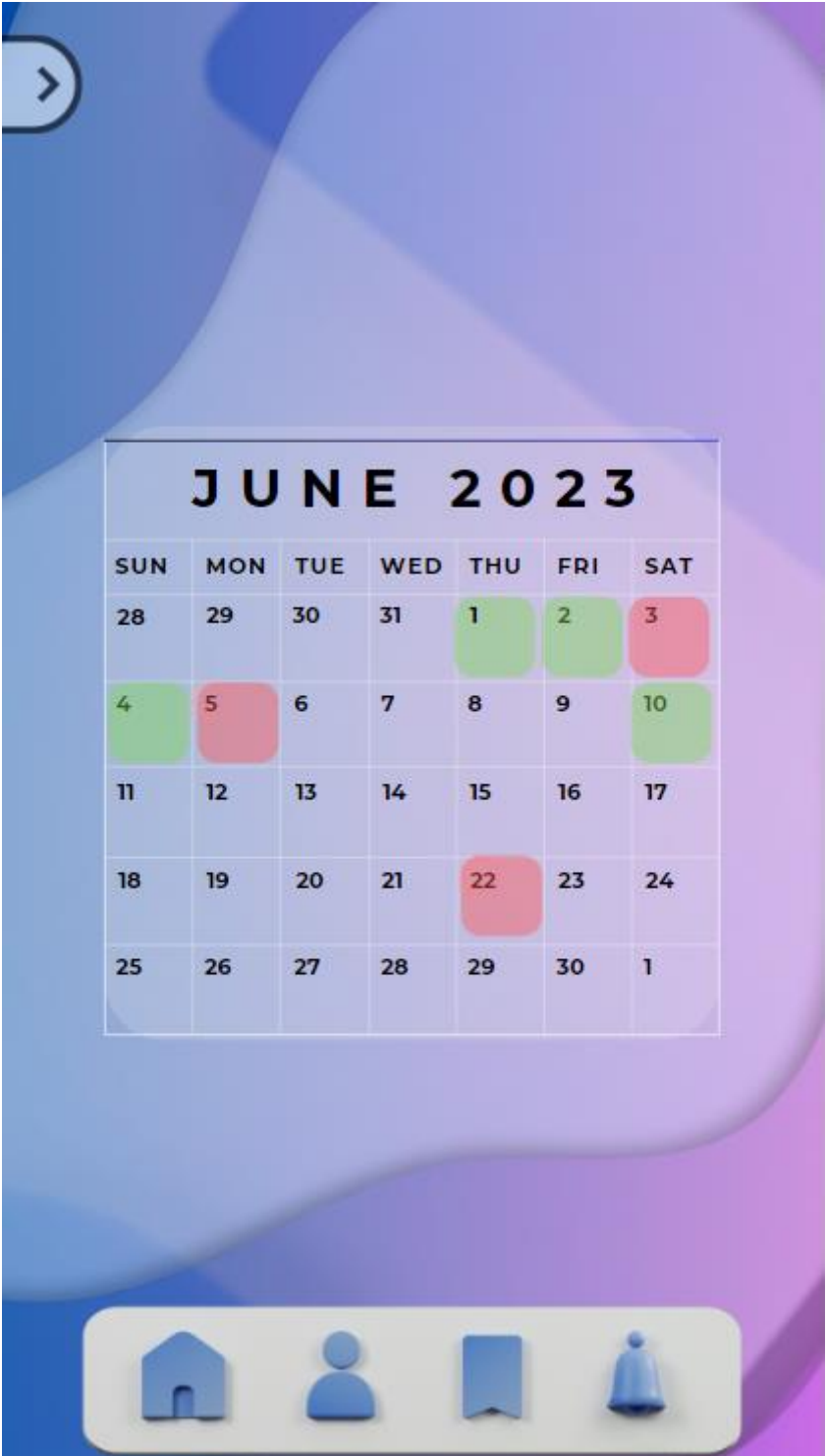


Lunch



Electricity Bill





JUNE 2023

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1





REMINDER



Get-up buddy
It's time to study





Set Up Medications



Track all your medications in one place.



Set a schedule and get reminders.



Your medication information is encrypted and cannot be read by anyone, including Apple, without your permission.

[Add a Medication](#)

About Medications





Medication Name

Paracetamol



Next

Done

is

and

for

q

w

e

r

t

y

u

i

o

p

a

s

d

f

g

h

j

k

l



z

x

c

v

b

n

m



123



space

return



Choose the Medication Type

Common Forms

Capsule



Tablet

Liquid

Topical

More Forms

Cream

Device

Drops

Next



Add the Medication Strength

Strength

1

Choose Unit

mg



mcg

g

ml

Next

Skip



When will you take this?

Frequency

Every Day

If you schedule a time, Health will send you a notification to take your medications.

Times



10:50 PM

1 tablet



Add a time

Next

Paracetamol

Tablet

Schedule

Every Day

10:50 PM

1 tablet

Optional Details

Display Name

Notes

Done