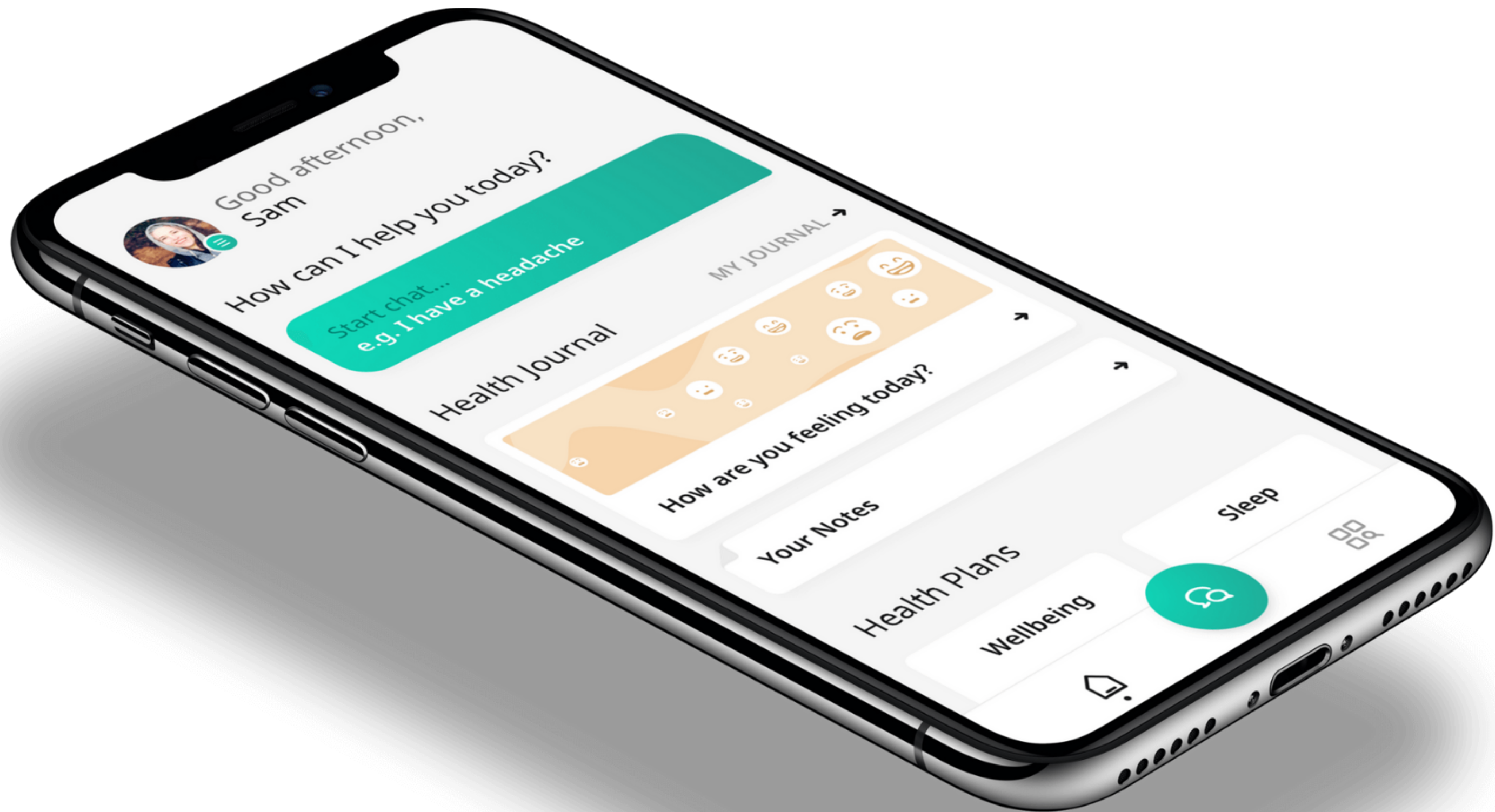




Your.MD



About

Health is the single most important part of everybody's life. It defines the quality of our existence and that of our loved ones. Good

health is what we strive for, while loss of independence due to ill-health is often what we fear the most.


The status of our health sets the mood for our day. When we feel great we are unstoppable, but when we don't, it can feel like the world is closing in around us.

Health is everything

And yet health has never been more difficult to find. Search engines give us three million responses rather than one, doctors are under increasing pressure, waiting lists are getting longer, and our expectations grow by the day.

But the answer is simple: self-care.

This is where Your.MD comes in, by helping anyone, anywhere find safe and personalised information, guidance and support for their health.



About

Pre-Primary Care

For years we've understood emergency care for urgent matters, primary care for routine appointments, and secondary care for specialist treatment and support. Technology has created the need to add a fourth pillar to the healthcare sector: pre-primary care.

Pre-primary care is what happens before you make a decision to access primary care. It's the time you spend searching Google for information and reassurance about a symptom or issue which may be troubling you.

It's about giving people the confidence to self-care long enough to recover or seek help when they really need to. It's not about catching an early diagnosis - it's about checking your symptoms and receiving best next steps advice based on those symptoms.

Your.MD operates at the Pre-primary care stage. We give safe, personalised guidance to anyone who wants to find out more about their health.

[About](#)

Our Values

People come first

[Show more >](#)

Information is the
key

[Show more >](#)

A right to health
information

[Show more >](#)

Nothing works
without trust


[Show more >](#)

The App

Key Features



Self Assessment Tool

See More 




Health A-Z

See More 



OneStop Health™

See More 



Health Journal

See More 

Whatever your health goal, whether it's losing weight, sleeping better or finding out if you should see a doctor, Your.MD has you covered.

We can help you find information about a variety of self-care conditions, including:

- Common cold
- Laryngitis
- Restless legs syndrome
- Allergic rhinitis
- Throat irritation
- Influenza / Flu
- Prickly heat
- Plantar fasciitis
- Sprains and strains
- Sinusitis
- Hay fever
- Conjunctivitis
- Thrush
- Food poisoning
- Headaches
- Bronchitis
- Teeth grinding
- Constipation
- Chilblains



Thanks Jonas, We will analyse the information you have given us, and show you a summary of the suggested next steps. Please note, this is not a diagnosis. Always visit a doctor if you are in doubt, or if your symptoms get worse or don't improve. If your situation is serious, always call the emergency services. Your.MD is not liable for any decisions, acts or omissions you make. Please see how to use Your.MD safely:

<https://www.your.md/safe-use/>