



SYMPTOMS TRACKER

Symptoms Tracker

Our Medical Symptom Checker can direct you to the right healthcare for your symptoms. Foot pain? Headache? Sore throat? Skin rash? Use the Symptom Checker to find out what's causing your symptom.

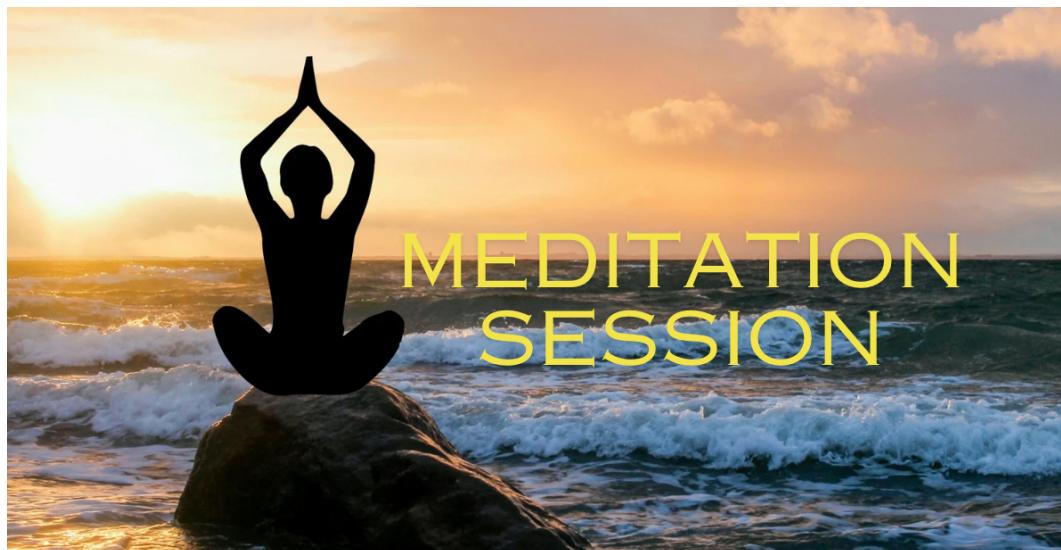
Enter Symptoms(comma-separated)

Track
Symptoms

Results:

Meditation Session

Immerse yourself in tranquility with our pre-recorded meditation sessions on YouTube.



Open
playlist



MedicationReminder

Medication Remainder

Medication Name

Dosage(e.g., 1 tablet)

Schedule(e.g, daily)

Add Medication

Medications:

[Back](#)

Search Doctor

Select Speciality

Select Location

Search

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Book Lab Tests Online

50% OFF



To schedule your appointment

web: www.mediwheel.in
Call: 011-41195959



Welcome to Lab Test Booking

Choose from a variety of lab test packages below:



Basic Blood Test

\$50



Full Body Checkup

\$150



Cholesterol Panel

\$80



Diabetes Screening

\$60



Thyroid Function Test

\$70



Liver Function Test

\$90



Kidney Function Test

\$85



Cardiac Checkup

\$120

Total Price :

Book Appointment

Health Resources:

Explore various healthresources to improve your well-being.

How to Take Care of Your Health this winter

use Ollies' cold & flu homeopathy kit
prioritize morning sun exposure
support your gut health
practice some form of self-care
exercise daily
stay hydrated
supplement with zinc & vitamin C
limit screen time

SIMPLE BREAKFAST IDEAS

@confessionofadietitian

Toast (carb) + Egg (protein)
Oatmeal (carb + fiber) + Berries (fiber)
Greek yogurt (protein) + Granola (carb + fiber)
Oranges (carb + fiber) + Cottage cheese (protein)
Bagel (carb) + Cream cheese (fat + protein)
Toast (carb) + Avocado (fat + fiber)
Protein pancakes (carb + protein) + PB (fat)
Chia seed pudding (fiber + fat + protein) + Kiwi (fiber)

Daily habits that will change your life

1 hour exercise
2 liters of water
3 cups of tea
4 colors on the plate
7 minutes of laughter
8 hours of sleep
5 minutes of meditation
9 pages of a book
6 songs that motivate you

10 FOODS TO EAT WHEN YOU ARE STRESSED

@FitnessFT

MATCHA
DARK CHOCOLATE
HUMMUS
PEANUT BUTTER
CHICKEN BREAST
GRAPES
ORANGES
EDAMAME
ALMOND NUTS
POPCORN

Top 7 foods for cardiovascular health

Tomatoes
High in lycopene
May improve endothelial function, blood lipids, and blood pressure

Spinach
Contains nitrates that convert to nitric oxide
Nitric oxide may improve arterial function and lower blood pressure

Berries
Rich in fiber and antioxidants
May reduce low-density lipoprotein oxidation and total antioxidant capacity

Extra-virgin olive oil
Contains heart-healthy monounsaturated fatty acids and antioxidants
May reduce inflammation that can lead to the development of cardiovascular disease

Seafood
Excellent source of omega-3 fatty acids
Increases high-density lipoprotein levels and decreases triglyceride levels

Flaxseeds
Rich in fiber, omega-3 fatty acids, and alpha-linolenic acid (ALA)
Helps regulate cholesterol levels and reduce arterial inflammation

Garlic
Rich in sulfur-containing compounds
May reduce blood pressure, lipid levels, and glucose concentration

FOOD FOR THE HEART

AVOCADO
BERRIES
FISH
GARLIC
TOMATOES

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Appointment Booking

Patient Name

Patient Email

Select Gender

Appointment Date

Appointment Time

Select Time

Select Mode

Select Doctor

Book Appointment