

# Mom-Village

## 1. Project Proposal

### 1. Project Title:

**Pregnancy and Postpartum Woman System**

### 2. Project Description: Comprehensive Maternal and Child Health Support Platform

The proposed project aims to design a software platform that supports women throughout their pregnancy and postpartum journey, focusing on health, well-being, and informed decision-making regarding both mother and child.

The system will act as a centralized, secure digital health hub that connects mothers with reliable medical information, personalized guidance, and professional consultation services, thereby bridging the gap between general maternal health advice and individualized care.

The platform will enable mothers to create and manage detailed Mother and Baby Profiles, track critical data points such as pregnancy progress, postpartum recovery, and the baby's growth and vaccination schedule (specifically adhering to the Egyptian National Vaccination Schedule). It will provide automated, timely reminders for medications, vitamins, and appointments, ensuring proactive health management.

In addition, the system will serve as a specialized knowledge base, recommending safe nutrition plans, exercises, and medications, while providing necessary warnings on forbidden foods, cosmetics, and drugs. A core feature is the Doctor Consultation Service, which allows mothers to book online appointments, engage in secure chat, and receive professional advice from certified physicians. The platform will also provide crucial mental health support through depression awareness and self-assessment tools.

**System Features:** The system will include Mother and Baby Profiles, Doctor Profile Management, an Egyptian Vaccination Tracker, a Growth Chart Module, Personalized Dashboards and Reminders, a Medication & Safety Warning database, and a Secure Doctor Consultation Service.

**Boundaries and Constraints:** The system will primarily serve pregnant and postpartum mothers and licensed partner doctors. It will rely on stable internet connectivity for real-time consultation and automated data synchronization. Key constraints include ensuring data privacy and security (especially medical history), adherence to official national health protocols (e.g., the Egyptian vaccination schedule), and scalability to handle a large volume of concurrent user interactions and data logging.

### 3. Team Members

ID	Name	Email	Role
23102384	Mennatullah Abdelaziz	Mennatallah.abdelaziz.2024@aiu.ed.eg	Project Manager
23100209	Hany Ziad Abdelaal Mohamed	hany.mohamad.2024@aiu.edu.eg	UI&UX
23101471	Mohamed Mossad Ghonam	mohamed.ghonam.2024@aiu.edu.eg	Frontend Developer
23101498	Hoda Mahmoud Saad Abdelhalim	hoda.abdelhalim.2024@aiu.edu.eg	Backend Developer

#### 4. Initial Identified Customer Requirements.

##### R1- User Authentication and Access Control

**R1.1** The system shall allow users (mothers and doctors) to register (Sign Up) and log in (Login).

**R1.1.1** Users can select their account type (Mother \_Female Doctor, Male Doctors).

**R1.1.2** The system shall make this securely using encrypted passwords and Gmail.

##### R2- Mother Profile Management

**R2.1** The mother user can enter and update her personal information (name, age, current pregnancy week, last menstrual period date, previous delivery type).

**R2.2** Add her medical history **for following her health.**

##### R3- Baby Profile Management

**R3.1** The mother can create and manage a profile for her baby.

**R3.1.1** The mother shall add information about her baby like name, gender, date of birth, birth weight, and length. **Supports multiple children.**

##### R4- Doctor Profile Management

**R4.1** Doctors can create and update their profiles with details such as specialization, experience, and available working hours for consultation.

##### R5- Pregnancy Month Information

**R5.1** The system shall be able to follows up the pregnancy state.

**R5.1.1** The for each of the nine pregnancy months would show: Common symptoms, physical and emotional changes, and required medical tests.

##### R6- Dietary guidance.

**R6.1** The system shall inform mothers about forbidden items with the need to guide on recommended nutrition.

**R6.1.1** The system will dynamically display a **clear, filterable list** of foods and drinks that are unsafe or prohibited for the user's current stage of pregnancy. **Each item will be accompanied by a brief explanation of why** it is forbidden (e.g., "High Mercury Content," "Risk of Listeria").

**R6.1.2** The system will display **daily and weekly nutrition advice**, including key nutrients to focus on

(e.g., iron, folate, Omega-3s) for the current stage. This will be presented as a recommended, balanced **diet plan** or meal suggestion guide.

**R6.1.3** The content will be organized into two main sections within a dedicated "Nutrition" feature: "**What to Avoid**" (the forbidden list) and "**What to Eat**" (the recommended guidance).

#### **R7- Cosmetic Product Warnings**

**R7.1** The system shall inform what is the cosmetics and skin products that she can't use.

**R7.1.1** Lists unsafe cosmetic and skincare products during pregnancy (e.g., hair dyes, whitening creams, perfumes with alcohol) and why she can't use them.

**R7.1.2** The system shall recommend safe products or alternatives.

#### **R8- Medication Follow-up**

**R8.1** The system shall inform mothers about forbidden and allowed medications and recommend alternatives.

**R8.1.1** The system shall display a list of medications that are **safe, questionable, or unsafe** for the mother's current month of pregnancy, based on established medical guidelines.

**R8.1.2** The system shall recommend safe medicines or natural alternatives for each pregnancy month.

**R8.1.3** The system shall allow searching by drug name.

#### **R9- Doctor Consultation Service**

**R9.1** Allows mothers to book an appointment online with a doctor or to ask questions to doctors.

**R9.1.1** The system shall allow mothers to choose the doctor's gender.

**R9.1.2** The system shall provide a channel where mother and doctor can have conversations.

#### **R10- Depression Awareness**

**R10.1** The system shall allow user to have a depression Self-Assessment test.

**R10.1.1** The system will provide educational information about prenatal and postnatal depression, including symptoms, prevention tips, and psychological support methods.

#### **R11- Exercise Recommendations**

**R11.1** The System shall suggest safe exercises for each pregnancy stage (e.g., prenatal yoga, walking, breathing exercises), facilitate childbirth and restore the body's nature.

**R11.1.1** The System shall suggest safe exercises to facilitate childbirth.

**R11.1.2** The System shall suggest safe exercises to restore the body to its natural state after pregnancy and hide stretch marks.

#### **R12- Labor Type Comparison (Natural vs. Cesarean)**

**R12.1** The system shall help to raise awareness about labor Types (advantages and disadvantages of each one of them).

**R12.1.1** The System shall display a detailed comparison between natural and cesarean delivery, including the process, advantages/disadvantages, recovery time, possible complications, and pain levels.

#### **R13- Emergency Contact Feature**

**R13.1** Allows mothers to quickly contact their doctor or hospital during emergencies.

**R13.1.1** The system via one-click calling or messaging can call emergency.

**R13.1.2** The System shall insure doctor availability by sending alarm to hospitals and doctors assistants.

**R14- Data Privacy and Security**

**R14.1** All user data shall be securely encrypted and not shared.

**R14.1.1**

**R15-Feedback and Rating System**

**R15.1** Users can rate doctors, consultations, and the overall app experience, and submit improvement suggestions.

**R16- Performance and Scalability**

**R16.1** The system shall maintain fast response times and handle a large number of concurrent users efficiently.

**R17- Personalized Dashboard**

**R17.1** System shall display an interactive dashboard showing pregnancy progress, current week, expected symptoms, and reminders.

**R18- Chat & Message System**

**R18.1** System shall allow mothers to ask doctors.

**R18.1.1** System shall secure chat features between mothers and doctors during consultations or continuous follow-up.

**R19-Baby vaccination Management**

**R19.1** The system shall track the baby's vaccination schedule, sends reminders before each dose.

**R19.2** The system shall allow mothers to record completed vaccinations.

**R18- Breastfeeding Management**

**R18.1** The mother can track and manage breastfeeding sessions.

**R18.1.1** The system shall track duration, frequency, and side used (left/right).

**R18.1.2** The system can also provide reminders and helpful breastfeeding tips.

**R19- Family Planning Management**

**R19.1** The system allows the mother to learn about and manage family planning methods.

**R19.1.1** The system will provide information on different contraceptive options, their effectiveness, possible side effects, and reminders for appointments.

**R20-Mother Vaccination Follow-up**

**R20.1** The system allows the mother to record, track, and receive reminders about her prescribed medications and vaccination schedule.

**R20.1.1** The system will also provide dosage instructions and alerts for upcoming or missed doses.

**R21-Search Functionality**

**R21.1** The system shall allow users to search for: Doctors, Medications, Exercises, Foods or cosmetics.

**R22-AI Chatbot for Instant Support**

**R22.1** The system shall provide an AI-powered chatbot for instant, user support and information

retrieval.

**R22.1.1** The chatbot must be trained on all app content, including foods, cosmetics, medications, symptoms, and exercises.

#### **R23-Tandem Nursing and Pregnancy Breastfeeding Support**

**R23.1** The system shall provide specialized guidance and tools for managing Tandem Nursing and breastfeeding during pregnancy.

**R23.1.1** The system must display detailed, evidence-based guidelines on the safety of breastfeeding while pregnant, clearly outlining warning signs (e.g., uterine contractions, bleeding) that require immediate medical consultation.

**R23.1.2** The system shall provide customized nutritional advice for mothers who are pregnant and breastfeeding, focusing on increased caloric and nutrient requirements.

**R23.1.3** The system must include information on the **changes to breast milk** during pregnancy (e.g., shift back to colostrum) and tips for managing potential aversion or the older child's refusal due to taste changes.

#### **R24-Chronic and Gestational Health Management**

**R24.1** The system shall provide dedicated tools for managing and monitoring chronic and gestational health conditions (e.g., Gestational Diabetes and hypertension).

**R24.1.1** The system must allow the mother to regularly log **blood sugar readings** (pre- and post-meals) and **blood pressure levels**.

**R24.1.2** The system shall analyze the logged data () and issue **immediate alerts** if readings exceed recommended safe thresholds, instructing the mother to contact her doctor.

#### **R25-Alerts and notification to ensure successful tracking**

**R25.1** The system shall implement a comprehensive, personalized notification system to prompt necessary user actions and ensure successful health tracking.

**R25.1.1** The system shall send **proactive, context-aware reminders** for mothers.

#### **R26-Payment and subscription methods**

**R26.1** The system shall implement secure, reliable, and user-friendly payment and subscription mechanisms to facilitate financial transactions.

**R26.1.1** The system must integrate with at least two major, certified payment gateways (e.g., Stripe, PayPal, or local providers) to process transactions securely.

## 5. Initial Identified Subsystems

Subsystem Name	Subsystem Function	Subsystem Interface
1. User Authentication & Access Control	<p><b>1.1 registerUser:</b> Allows mothers and doctors to sign up with encrypted credentials. <b>1.2 loginUser:</b> Authenticates users securely using username and password. <b>1.3 logoutUser:</b> Ends active session and clears tokens. <b>1.4 resetPassword:</b> Enables users to reset forgotten passwords securely. <b>1.5 R14.1 ensureDataSecurity:</b> Implements secure data encryption for all user information.</p>	<pre>interface AuthSystem { void registerUser(UserData data); boolean loginUser(String email, String password); void logoutUser(String userId); void resetPassword(String email); }</pre>
2. Mother Profile Management	<p><b>2.1 createMotherProfile:</b> Allows mothers to input personal and pregnancy-related information. <b>2.2 updateMotherProfile:</b> Enables editing profile details and medical history. <b>2.3 deleteMotherProfile:</b> Deletes the profile and related data. <b>2.4 viewMotherProfile:</b> Displays the complete mother profile.</p>	<pre>interface IMotherProfile { void createMotherProfile(); void updateMotherProfile(ProfileData data); void deleteMotherProfile(); Mother viewMotherProfile(String motherId); }</pre>
3. Baby Profile Management	<p><b>3.1 createBabyProfile:</b> Adds a new baby profile with essential information. <b>3.2 updateBabyProfile:</b> Updates baby details and vaccination info. <b>3.3 deleteBabyProfile:</b> Removes baby profile. <b>3.4 viewBabyProfile:</b> Displays baby's details and growth data.</p>	<pre>interface IBabyProfile { void createBabyProfile(); void updateBabyProfile(BabyData data); void deleteBabyProfile(); Baby viewBabyProfile(String babyId); }</pre>

<b>4. Doctor Profile Management</b>	<b>4.1 createDoctorProfile:</b> Registers new doctors with specialization details. <b>4.2 updateDoctorProfile:</b> Allows updates to schedules and info. <b>4.3 deleteDoctorProfile:</b> Deletes doctor profile. <b>4.4 viewDoctorProfile:</b> Shows doctor details for patient selection.	<pre>interface IDoctorProfile { void createDoctorProfile(); void updateDoctorProfile(DoctorData data); void deleteDoctorProfile(); Doctor viewDoctorProfile(String doctorId); }</pre>
<b>5. Nutrition &amp; Diet Management</b>	<b>5.1 getNutritionPlan:</b> Provides personalized meal plans by pregnancy stage. <b>5.2 viewDailyTips:</b> Displays healthy diet tips and vitamin suggestions. <b>5.3 trackWaterIntake:</b> Allows daily hydration tracking. <b>5.4 ForbiddenFoods:</b> Lists foods/drinks to avoid each month. <b>5.6 GetDietaryGuidance:</b> Recommend nutrition advice.	<pre>interface INutritionSystem { NutritionPlan getNutritionPlan(int month); List&lt;String&gt; viewDailyTips(); } interface IWaterIntake { void trackWaterIntake(String motherId, double amount); } Interface IDietaryGuidance {displayForbiddenFoods(int month); }interface IGetDietaryGuidance { List&lt;Product&gt; getDietaryGuidance()}</pre>
<b>6. Cosmetics Awareness Module</b>	<b>6.1 getCosmeticWarnings:</b> Lists unsafe cosmetics. <b>6.2 getRecommendedCosm:</b> List recommended cosmetics.	<pre>Interface ICosmeticInfo {getCosmeticWarnings(); getRecommendedCosm();}</pre>
<b>7. Medication &amp; Safety Management</b>	<b>7.1 searchMedication:</b> Allows search for safe/unsafe drugs. <b>7.2 displaySafeMedications:</b> Shows approved drugs by trimester. <b>7.3 displayUnsafeMedications:</b> Lists harmful medications.	<pre>Interface ISearchMedication{ searchMedication(String name); List&lt;Medication&gt;} interface IMedicationSafety { List&lt;Medication&gt; displaySafeMedications(int month); List&lt;Medication&gt; displayUnsafeMedications(int month); }</pre>

<b>8. Consultation &amp; Chat System</b>	<p><b>8.1 bookConsultation:</b> Books online doctor appointments.</p> <p><b>8.2 startChat:</b> Opens secure chat between mother and doctor.</p> <p><b>8.3 viewConsultationHistory:</b> Displays previous consultations and messages.</p> <p><b>8.4 startChat:</b> Provides a secure channel for conversations between mother and doctor.</p>	<pre>interface IConsultationService { void bookConsultation(String motherId, String doctorId, Date time); }interface IChatSystem{void startChat(String motherId, String doctorId); }interface IConsultationHistory{List&lt;Consultation&gt; viewConsultationHistory(String motherId); }interface ICommunicationSystem { ChatSession startChat(String motherId, String doctorId); }</pre>
<b>9. Vaccination &amp; Growth Tracker</b>	<p><b>9.1 trackBabyVaccinations:</b> Tracks vaccinations based on Egyptian schedule.</p> <p><b>9.3 recordVaccination:</b> Records completed doses.</p> <p><b>9.4 trackGrowth:</b> Displays growth chart and stats.</p>	<pre>interface IVaccinationTracker { void trackBabyVaccinations(String babyId); void recordVaccination(String babyId, String vaccineName); GrowthData trackGrowth(String babyId); }interface ITrackGrowth{ GrowthData trackGrowth(); }</pre>
<b>10. Depression Awareness &amp; Mental Health</b>	<p><b>10.1 showDepressionInfo:</b> Provides awareness content on prenatal/postnatal depression.</p> <p><b>10.2 selfAssessment:</b> Enables mothers to take a depression self-test.</p> <p><b>10.3 showCopingTips:</b> Offers relaxation and counseling resources.</p>	<pre>interface IMentalHealthModule { void showDepressionInfo();List&lt;Tip&gt; showCopingTips(); }interface ISelfAssessment {selfAssessment(TestAnswers answers); }</pre>
<b>11. Exercise &amp; Physical Recovery Management</b>	<p><b>11.1 getPregnancyExercises:</b> Lists trimester-specific safe exercises.</p> <p><b>11.2 getPostpartumExercises:</b> Provides postpartum recovery exercises.</p> <p><b>11.3 logExerciseActivity:</b> Records daily exercise logs.</p>	<pre>interface IExerciseSystem { List&lt;Exercise&gt; getPregnancyExercises(int month); List&lt;Exercise&gt; getPostpartumExercises(int week); void logExerciseActivity(String motherId, ExerciseData data); }</pre>

<b>12. Breastfeeding &amp; Family Planning</b>	<b>12.1 manageBreastfeeding:</b> Tracks breastfeeding sessions and reminders. <b>12.2 getContraceptiveInfo:</b> Displays available contraceptive options and side effects. <b>12.3 getLaborComparison:</b> Displays detailed comparison of natural vs. C-section labor.	<pre> interface IFamilyPlanning { void List&lt;Contraceptive&gt; getContraceptiveInfo(); void }  interface IContraceptiveInfo { manageBreastfeeding(BreastfeedSession session);}  interface ILaborCompare{ getLaborComparison();     </pre>
<b>13. Emergency &amp; Alert System</b>	<b>13.1 emergencyContact:</b> One-click contact with doctor/hospital. <b>13.2 19.3 issueCriticalAlert:</b> Triggers immediate alerts when readings are unsafe, advising doctor contact.	<pre> interface IEmergencySystem { void emergencyContact(String motherId); }  interface IAlerts{ issueCriticalAlert(String motherId, ReadingData data);     </pre>
<b>14. Feedback &amp; Rating System</b>	<b>14.1 submitFeedback:</b> Allows mothers to submit feedback on doctors or the app. <b>14.2 viewRatings:</b> Displays average ratings for doctors.	<pre> interface IFeedbackSystem { void submitFeedback(String userId, FeedbackData feedback); List&lt;Feedback&gt; viewRatings(String doctorId); }     </pre>
<b>15. Data Privacy &amp; Security Management</b>	<b>15.1 encryptData:</b> Encrypts sensitive information before storage. <b>15.2 verifyAccess:</b> Ensures authorized access to data. <b>15.3 backupDatabase:</b> Performs regular encrypted backups.	<pre> interface ISecuritySystem { String encryptData(String data); boolean verifyAccess(String userId, String resource); void backupDatabase(); }     </pre>
<b>16. Search &amp; Recommendation Engine</b>	<b>16.1 searchContent:</b> Allows users to search doctors, exercises, or foods. <b>16.2 recommendNutrition:</b> Suggests nutrition plans based on profile. <b>16.3 recommendDoctor:</b> Recommends doctors based on specialization and location.	<pre> interface ISearch { List&lt;SearchResult&gt; searchContent(String keyword); } interface IrecommendNutrition {NutritionPlan recommendNutrition(String motherId); }interface IrecommendDoctor{List&lt;Doctor&gt; recommendDoctor(String location, String specialization); }     </pre>

<b>17. Mother Interface &amp; Personalization</b>	<b>17.1 displayDashboard:</b> Shows an interactive dashboard with progress, symptoms, and reminders.	interface IPersonalizationSystem { DashboardData displayDashboard(String userId);}
<b>18. System Management &amp; Payments</b>	<b>18.1 processPayment:</b> Integrates with certified payment gateways to securely handle transactions. <b>18.2 manageSubscription:</b> Handles subscription mechanisms (status, renewal, cancellation).	Interface PaymentResult{ processPayment(PaymentData data); void manageSubscription(SubscriptionAction action);}
<b>19. Specialized Health &amp; Tandem Care</b>	<b>19.1 logHealthReading:</b> Allows mothers to log health data (blood sugar, blood pressure). <b>19.2 analyzeHealthData:</b> Analyzes logged data against safe thresholds. <b>19.3 getTandemGuidelines:</b> Provides evidence-based safety guidance on breastfeeding while pregnant, including warning signs (contractions, bleeding). <b>19.4 getTandemNutritionAdvice:</b> Delivers customized nutritional advice for increased caloric and nutrient requirements. <b>19.5 getMilkChangeInfo:</b> Provides information on breast milk changes (e.g., shift to colostrum) and tips for managing aversion/refusal by the older child.	interface ISpecializedCare { void logHealthReading(HealthReading reading); AnalysisResult analyzeHealthData(String motherId);} interface ITandemGuidance{ getTandemGuidelines(); NutritionAdvice getTandemNutritionAdvice(); MilkChangeInfo getMilkChangeInfo(); }

## 6. Traceability Matrix

Requirement	1. User Auth & Access Control	2. Mother Profile Mgmt	3. Baby Profile Mgmt	4. Doctor Profile Mgmt	5. Pregnancy Info Module	6. Nutrition & Diet Mgmt	7. Medication & Safety Mgmt	8. Consultation & Chat System	9. Vaccination & Growth Tracker	10. Depression & Mental Health	11. Exercise & Recovery Mgmt	12. Breastfeeding & Family Planning	13. Emergency & Alert System	14. Feedback & Rating System	15. Data Privacy & Security Mgmt	16. Search & Recommendation Engine	17. Mother Interface & Personalization	18. System Management & Payments	19. Specialized Health & Tandem Care
R1	✓														✓				

Requirement	1. User Auth & Access Control	2. Mother Profile Mgmt	3. Baby Profile Mgmt	4. Doctor Profile Mgmt	5. Pregnancy Info Module	6. Nutrition & Diet Mgmt	7. Medication & Safety Mgmt	8. Consultation & Chat System	9. Vaccination & Growth Tracker	10. Depression & Mental Health	11. Exercise & Recovery Mgmt	12. Breastfeeding & Family Planning	13. Emergency & Alert System	14. Feedback & Rating System	15. Data Privacy & Security Mgmt	16. Search & Recommendation Engine	17. Mother Interface & Personalization	18. System Management & Payments	19. Specialized Health & Tandem Care
R2		✓															✓		
R3			✓						✓								✓		
R4				✓					✓								✓		
R5		✓			✓						✓					✓	✓		✓
R6					✓											✓	✓		
R7						✓										✓			
R8							✓									✓	✓		
R9					✓										✓	✓	✓		

Requirement	1. User Auth & Access Control	2. Mother Profile Mgmt	3. Baby Profile Mgmt	4. Doctor Profile Mgmt	5. Pregnancy Info Module	6. Nutrition & Diet Mgmt	7. Medication & Safety Mgmt	8. Consultation & Chat System	9. Vaccination & Growth Tracker	10. Depression & Mental Health	11. Exercise & Recovery Mgmt	12. Breastfeeding & Family Planning	13. Emergency & Alert System	14. Feedback & Rating System	15. Data Privacy & Security Mgmt	16. Search & Recommendation Engine	17. Mother Interface & Personalization	18. System Management & Payments	19. Specialized Health & Tandem Care
R10										✓	✓					✓			
R11											✓					✓	✓		
R12											✓	✓							
R13													✓						
R14	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
R15								✓							✓				
R16	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
R17		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓				✓		✓
R18								✓							✓				

Requirement	1. User Auth & Access Control	2. Mother Profile Mgmt	3. Baby Profile Mgmt	4. Doctor Profile Mgmt	5. Pregnancy Info Module	6. Nutrition & Diet Mgmt	7. Medication & Safety Mgmt	8. Consultation & Chat System	9. Vaccination & Growth Tracker	10. Depression & Mental Health	11. Exercise & Recovery Mgmt	12. Breastfeeding & Family Planning	13. Emergency & Alert System	14. Feedback & Rating System	15. Data Privacy & Security Mgmt	16. Search & Recommendation Engine	17. Mother Interface & Personalization	18. System Management & Payments	19. Specialized Health & Tandem Care
R19			✓						✓								✓		
R20		✓					✓										✓		
R21				✓	✓	✓	✓	✓	✓	✓	✓	✓				✓			✓
R22					✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓		✓	
R23						✓							✓						✓
R24							✓				✓		✓						✓
R25	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
R26																		✓	

## 7. Initial GUI Sketches

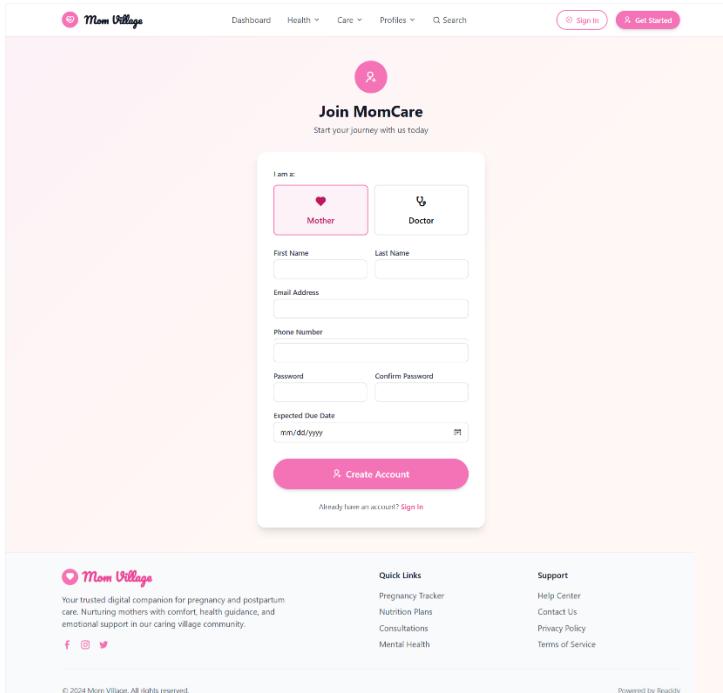
Below are some wireframe sketches that demonstrate the expected user interface for the Byte-Jobs System.

## Home Page:

The screenshot displays the Mom Village platform's home page, designed to support pregnant and postpartum mothers. Key features include:

- Header:** Shows the ALU. ALAMEIN logo, navigation links (Dashboard, Health, Care, Profiles, Q Search), and buttons for Sign In, Get Started, Start Your Journey, and Watch Demo.
- Hero Section:** Headline "Your Journey to Motherhood Starts Here". Subtext: "A trusted digital companion providing personalized care, expert guidance, and emotional support throughout your pregnancy and postpartum journey in our caring village community." Includes "Start Your Journey" and "Watch Demo" buttons.
- Today's Message for You:** "Week 24: Your baby is about the size of a cantaloupe! Their hearing is developing, so feel free to talk, sing, or play music. You're doing amazing, mama!" (with a heart icon). Includes "Week 24" and "2nd Trimester" labels.
- Everything You Need in One Place:** Subtext: "Comprehensive tools and resources designed to support you through every stage of your motherhood journey." Includes six cards:
  - Pregnancy Tracker:** Track your baby's growth week by week with personalized insights and milestones.
  - Nutrition Plans:** Get customized meal plans and nutrition guidance for a healthy pregnancy.
  - Online Consultations:** Connect with certified doctors and specialists from the comfort of your home.
  - Mental Health Support:** Access resources and support for emotional wellbeing during pregnancy and postpartum.
  - Medication Safety:** Check medication safety and get alerts about what's safe during pregnancy.
  - Vaccination Tracker:** Keep track of important vaccinations for you and your baby.
- Quick Access:** Buttons for Pregnancy Tracker, Nutrition Plans, Consultations, and Emergency services.
- Trusted by Thousands of Mothers:** Testimonials from Sarah Johnson, Dr. Emily Chen, and Maria Rodriguez.
- Ready to Start Your Journey?** Call to action: "Join thousands of mothers who trust Mom Village for their pregnancy and postpartum care." Includes "Create Account" and "Learn More" buttons.
- Footer:** Shows the Mom Village logo, quick links (Pregnancy Tracker, Consultations, Mental Health, Help Center, Privacy Policy, Terms of Service), and copyright information: "© 2014 Mom Village. All rights reserved." and "Powered by Ready4."

## Sign up:

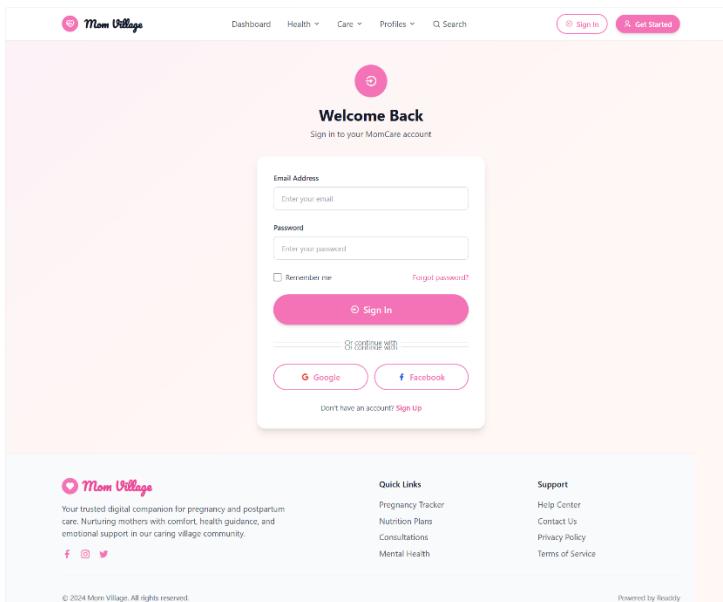


The screenshot shows the sign-up process for the MomCare platform. At the top, there's a navigation bar with links for Dashboard, Health, Care, Profiles, and Search, along with Sign In and Get Started buttons.

The main form is titled "Join MomCare" with the sub-instruction "Start your journey with us today." It asks for the user's role ("I am a:"), which has two options: "Mother" (selected) and "Doctor". Below this are fields for First Name, Last Name, Email Address, Phone Number, Password, Confirm Password, and Expected Due Date (mm/dd/yyyy). A large pink "Create Account" button is at the bottom, and a "Sign In" link is at the very bottom.

At the bottom of the page, there's a footer section for "Mom Village" with social media links (Facebook, Instagram, Twitter), Quick Links (Pregnancy Tracker, Nutrition Plans, Consultations, Mental Health), and Support links (Help Center, Contact Us, Privacy Policy, Terms of Service). The footer also includes a copyright notice ("© 2024 Mom Village. All rights reserved.") and a "Powered by Readyfy" link.

## Sign in:



The screenshot shows the sign-in process for the MomCare platform. At the top, there's a navigation bar with links for Dashboard, Health, Care, Profiles, and Search, along with Sign In and Get Started buttons.

The main form is titled "Welcome Back" with the sub-instruction "Sign in to your MomCare account." It has fields for Email Address and Password, with a "Remember me" checkbox and a "Forgot password?" link. Below these are "Sign in" and "Don't have an account? Sign Up" buttons. There are also "Or continue with" links for Google and Facebook.

At the bottom of the page, there's a footer section for "Mom Village" with social media links (Facebook, Instagram, Twitter), Quick Links (Pregnancy Tracker, Nutrition Plans, Consultations, Mental Health), and Support links (Help Center, Contact Us, Privacy Policy, Terms of Service). The footer also includes a copyright notice ("© 2024 Mom Village. All rights reserved.") and a "Powered by Readyfy" link.

## Mother profile:

Welcome back, Sarah Johnson! 🌟

Here's your pregnancy journey overview.

### Pregnancy Progress

**Week 24**  
Trimester 2 Due Date 2024-08-15

60% complete

Baby Size	Weight Gain
About the size of a mango	12 lbs Within healthy range

### Upcoming Reminders

- Prenatal Checkup: 2024-03-29 at 10:00 AM
- Prenatal Vitamin: Daily at 2:00 AM
- Tdap Vaccine: 2024-02-28 at 2:00 PM
- Prenatal Yoga: Today at 6:00 PM

[View all reminders →](#)

### Quick Actions

**Pregnancy Progress**

**Week 24**  
Trimester 2 Due Date 2024-08-15

60% complete

Baby Size	Weight Gain
About the size of a mango	12 lbs Within healthy range

### Upcoming Reminders

- Prenatal Checkup: 2024-03-29 at 10:00 AM
- Prenatal Vitamin: Daily at 2:00 AM
- Tdap Vaccine: 2024-02-28 at 2:00 PM
- Prenatal Yoga: Today at 6:00 PM

[View all reminders →](#)

 Pregnancy Info    Nutrition    Exercises    Consultations

### Emergency Contact

 Call Emergency  
24/7 Support Available

### Today's Tip

 Stay hydrated: Drink at least 8-10 glasses of water daily to support your baby's development and prevent dehydration.

[Learn more about nutrition →](#)

### Today's Tip

 Stay hydrated: Drink at least 8-10 glasses of water daily to support your baby's development and prevent dehydration.

[Learn more about nutrition →](#)

## Baby profile:

The screenshot shows the Mom Village Baby Profiles dashboard. At the top, there is a navigation bar with links for Dashboard, Health, Care, Profiles, Search, sign in, and Get Started. Below the navigation is a section titled "Baby Profiles" with a subtitle "Track your baby's growth, milestones, and health records". A button "+ Add Baby" and a link "Edit Profile" are also present. The main content area displays a baby profile for "Emma Johnson", a 1-year-old girl born on 3/15/2024. The profile includes sections for Basic Information, Physical Stats, and a Notes area. There are also tabs for Growth Chart, Milestones, and Vaccinations. At the bottom of the page, there is a footer with the Mom Village logo, a brief description of the service, social media links, quick links, support links, and a note about being powered by Readdy.

**Baby Profiles**  
Track your baby's growth, milestones, and health records

**Emma Johnson**  
1 year 6 months old  
Born on 3/15/2024

**Basic Information**

Name: Emma Johnson  
Gender: Girl  
Date of Birth: 03/15/2024

**Physical Stats**

Birth Weight	Birth Length
7 lbs 2 oz	20 inches
Current Weight	Current Length
12 lbs 8 oz	23 inches

**Notes**  
Healthy baby girl, breastfeeding well, sleeping through the night

**Mom Village**  
Your trusted digital companion for pregnancy and postpartum care. Nurturing mothers with comfort, health guidance, and emotional support in our caring village community.

[Pregnancy Tracker](#) [Nutrition Plans](#) [Consultations](#) [Mental Health](#)

[Help Center](#) [Contact Us](#) [Privacy Policy](#) [Terms of Service](#)

© 2024 Mom Village. All rights reserved.

Powered by Readdy

## Doctor Profile:

Dashboard
Health
Care
Profiles
Search
Sign In
Get Started

### Doctor Profile

Manage your professional information and practice details

**Dr. Emily Rodriguez**  
**Obstetrics & Gynecology**

12 years of experience

★★★★★ 4.7 (3 reviews) • License: MD-12345-NY

**0**  
Today's Appointments

**4.7**  
Average Rating

**1**  
Patients Treated

**12**  
Years Experience

Profile
Schedule
Appointments
Reviews

**Personal Information**

Full Name: Dr. Emily Rodriguez

Email: dr.rodriguez@momcare.com

Phone: +1 (555) 234-5678

Specialization: Obstetrics & Gynecology

License Number: MD-12345-NY

Years of Experience: 12

**Professional Details**

Education: MD from Johns Hopkins University, Residency at Mayo Clinic

Consultation Fee: \$200

Bio: Dr. Emily Rodriguez is a board-certified obstetrician-gynecologist with over 12 years of experience in women's health. She specializes in high-risk pregnancies, prenatal care, and minimally invasive gynecologic surgery. Dr. Rodriguez is passionate about providing comprehensive, compassionate care.

Telemedicine Available

Emergency Consultations

Accepts Insurance

**Certifications**

Board Certified in Obstetrics & Gynecology

Maternal-Fetal Medicine Subspecialty

Advanced Life Support in Obstetrics (ALSO)

Fetal Echocardiography Certification

**Languages & Affiliations**

Languages: English, Spanish, Portuguese

Hospital Affiliations: St. Mary's Medical Center, Women's Health Institute, Metropolitan General Hospital

Your trusted digital companion for pregnancy and postpartum care. Nurturing mothers with comfort, health guidance, and emotional support in our caring village community.

[Facebook](#) [Instagram](#) [Twitter](#)

**Quick Links**

Pregnancy Tracker  
Nutrition Plans  
Consultations  
Mental Health

**Support**

Help Center  
Contact Us  
Privacy Policy  
Terms of Service

© 2024 Mom Village. All rights reserved.

Powered by Readdy

## Pregnancy Tracking:

Mom Village Dashboard Health Care Profiles Q Search Sign In Get Started

### Pregnancy Month by Month

Track your pregnancy journey with detailed monthly information

Select Month

Month 1 Month 2 Month 3 Month 4 Month 5 Month 6 Month 7 Month 8 Month 9

**Baby Development - Sixth Month**



**Size of a Corn**  
Your baby is growing rapidly!

**Medical Care & Tests**

- Recommended Tests
  - Glucose screening
  - Blood count check
  - Urine protein test

Select Month

Month 1 Month 2 Month 3 Month 4 Month 5 Month 6 Month 7 Month 8 Month 9

**Baby Development - Sixth Month**



**Size of a Corn**  
Your baby is growing rapidly!

- Common Symptoms**
  - Stronger baby kicks
  - Shortness of breath
  - Swollen feet
  - Braxton Hicks
- Body Changes**
  - Belly button may pop out
  - Weight gain accelerates
  - Joint loosening

**Medical Care & Tests**

- Recommended Tests**
  - Glucose screening
  - Blood count check

**Tips & Recommendations**

- Elevate feet when resting**
- Wear compression socks**
- Practice breathing exercises**

← Previous Month Month 6 of 9 Next Month →

← Previous Month Month 6 of 9 Next Month →

## Dietary guidance:

Mom Village Dashboard Health Care Profiles Q Search Sign In Get Started

### Nutrition Guide

Complete nutrition guidance for a healthy pregnancy

Meal Plans Food Safety Vitamins

Select Trimester

Trimester 1 Trimester 2 Trimester 3

**Breakfast**

- Oatmeal with banana
- Scrambled eggs
- Whole grain toast
- Calcium-fortified juice

**Key Nutrients**

Fiber Protein Carbs Fats

**Lunch**

- Turkey and cheese sandwich
- Grilled salad
- Yogurt
- Water

**Key Nutrients**

Fiber Protein Carbs Fats

**Dinner**

- Beef and broccoli
- Brown rice
- Mixed vegetables
- Milk

**Key Nutrients**

Fiber Protein Carbs Fats

**Snacks**

- Trail mix
- Dried cheese
- Fruit smoothie
- Whole grain crackers

**Key Nutrients**

Fiber Protein Carbs Fats

**Mom Village**  
Your trusted digital companion for pregnancy and postpartum care. Nurturing mothers with comfort, health guidance, and emotional support in our caring village community.

[Facebook](#) [Twitter](#) [Instagram](#)

Quick Links

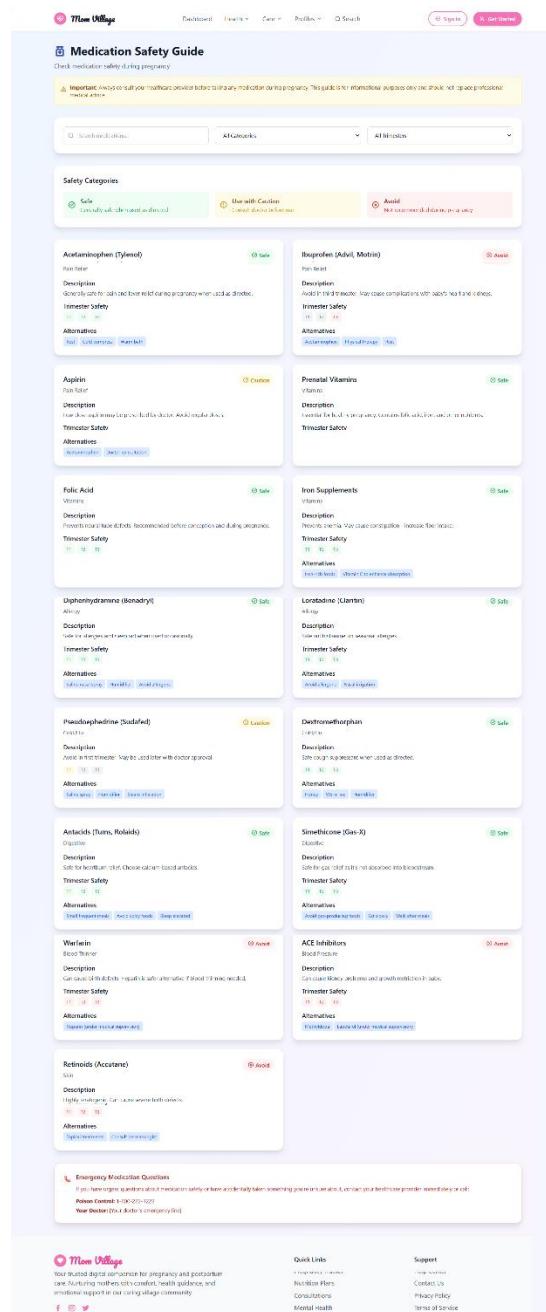
Pregnancy Tracker Nutrition Plans Consultations Mental Health

Support

Help Center Contact Us Privacy Policy Terms of Service

© 2024 Mom Village. All rights reserved. Powered by Headly

## Medication Guide:



The screenshot shows a grid of medication cards. Each card includes the drug name, safety category (Safe, Use with Caution, Avoid), description, trimester safety (T1-T3-T4), and alternatives.

- Acetaminophen (Tylenol)**: Safe. Description: Used to relieve pain and fever. Trimester Safety: T1-T2-T3.
- Ibuprofen (Advil, Motrin)**: Avoid. Description: Used to relieve fever and pain. Trimester Safety: T1-T2-T3.
- Prenatal Vitamins**: Safe. Description: Contains folic acid, calcium, and vitamins. Trimester Safety: T1-T2-T3.
- Folic Acid**: Safe. Description: Prevents neural tube defects. Trimester Safety: T1-T2-T3.
- Iron Supplements**: Safe. Description: Prevents iron deficiency. Trimester Safety: T1-T2-T3.
- Loratadine (Claritin)**: Safe. Description: Used to relieve allergies. Trimester Safety: T1-T2-T3.
- Dextromethorphan**: Safe. Description: Used to relieve cough. Trimester Safety: T1-T2-T3.
- Simethicone (Gas-X)**: Safe. Description: Reduces gas. Trimester Safety: T1-T2-T3.
- ACE Inhibitors**: Safe. Description: Used to treat hypertension. Trimester Safety: T1-T2-T3.
- Retinoids (Accutane)**: Avoid. Description: Highly teratogenic. Trimester Safety: T1-T2-T3.

**Emergency Medication Questions:**  
 If you have urgent questions about medication safety or have accidentally taken something you shouldn't, contact your healthcare provider immediately or call:  
 Police Control 110-201-1222  
 Your Doctor (Dr. A. A. Aboelata's emergency line)

© 2024 Home Village, All rights reserved.  
[Powered by Healthline](#)

## Exercise Guide:

## 🏃‍♀️ Exercise & Mental Health

Safe exercises and mental health support for pregnancy

[Exercise Guide](#)
[Mental Health](#)
[Self Assessment](#)

Trimester

[Trimester 1](#)
[Trimester 2](#)
[Trimester 3](#)

Category

[All Categories](#)


### Prenatal Yoga Flow

Yoga • 20-30 minutes

#### Benefits

[Improves flexibility](#) [Reduces stress](#) [Better sleep](#)
[View Details](#)


### Walking Program

Cardio • 30-45 minutes

#### Benefits

[Cardiovascular health](#) [Weight management](#)  
[Mood improvement](#)
[View Details](#)


### Swimming & Water Aerobics

Water Exercise • 30-40 minutes

#### Benefits

[Low impact exercise](#) [Reduces swelling](#)  
[Supports body weight](#)
[View Details](#)


### Pelvic Floor Exercises

Strength • 10-15 minutes

#### Benefits

[Prevents incontinence](#) [Supports pelvic organs](#)  
[Aids in delivery](#)
[View Details](#)


### Prenatal Pilates

Pilates • 25-35 minutes

#### Benefits

[Core strength](#) [Better posture](#) [Balance improvement](#)
[View Details](#)


### Breathing Exercises

Relaxation • 10-20 minutes

#### Benefits

[Stress reduction](#) [Better oxygen flow](#) [Labor preparation](#)
[View Details](#)
 Mom Village

Your trusted digital companion for pregnancy and postpartum care. Nurturing mothers with comfort, health guidance, and support throughout their journey.



## Quick Links

[Pregnancy Tracker](#)  
[Nutrition Plans](#)  
[Consultations](#)  
[Mental Health](#)

## Support

[Help Center](#)  
[Contact Us](#)  
[Privacy Policy](#)  
[Terms of Service](#)

## Mental Health Support:

 Mom Village

Dashboard    Health ▼    Care ▼    Profiles ▼    Q Search

👤 Sign In    🔍 Get Started

### Mental Health Support

Resources for emotional wellbeing during pregnancy and postpartum

ⓘ Information    自我评估 Self-Assessment    💡 Coping Tips    🔗 Resources

 **Prenatal Depression**

Prenatal depression affects 10-20% of pregnant women. It's a serious condition that can impact both mother and baby.

**Common Symptoms:**

- Persistent sadness or anxiety
- Loss of interest in activities
- Fatigue and sleep problems
- Difficulty concentrating
- Changes in appetite

 **Postpartum Depression**

Postpartum depression affects 10-15% of new mothers and can occur up to a year after delivery.

**Warning Signs:**

- Severe mood swings
- Difficulty bonding with baby
- Overwhelming fatigue
- Feelings of inadequacy
- Thoughts of harming self or baby

 **Risk Factors & Prevention**

**Risk Factors:**

- Previous history of depression
- Hormonal changes
- Lack of support system
- Stressful life events
- Unplanned pregnancy
- Relationship problems

**Prevention Strategies:**

- Build strong support network
- Practice stress management
- Maintain healthy lifestyle
- Regular prenatal care
- Open communication with partner
- Seek help early if needed

 **Important Notice**

If you are experiencing thoughts of self-harm or harming your baby, please seek immediate help. Contact emergency services (911), your healthcare provider, or a crisis hotline. This information is for educational purposes and does not replace professional medical advice.

 **Mom Village**

Your trusted digital companion for pregnancy and postpartum care. Nurturing mothers with comfort, health guidance, and emotional support in our caring village community.

[f](#) [i](#) [t](#)

Quick Links

- [Pregnancy Tracker](#)
- [Nutrition Plans](#)
- [Consultations](#)
- [Mental Health](#)

Support

- [Help Center](#)
- [Contact Us](#)
- [Privacy Policy](#)
- [Terms of Service](#)

Powered by Readyd

## Doctor Consultation:

Mom Village

- Dashboard
- Health
- Care
- Profiles
- Search

[Sign in](#)

[Get Started](#)

### Doctor Consultations

Connect with qualified healthcare professionals

[Find Doctors](#) | [My Appointments](#) | [Consultation History](#)

Search doctors... All Specializations All Genders

  
**Dr. Sarah Ahmed**  
 Obstetrics & Gynecology

12 years experience  
4.9 rating  
Cairo Medical Center  
500 EGP

Available: Mon, Wed, Fri

[Book](#) [Chat](#)

  
**Dr. Mohamed Hassan**  
 Maternal Fetal Medicine

15 years experience  
4.8 rating  
Alexandria Hospital  
600 EGP

Available: Tue, Thu, Sat

[Book](#) [Chat](#)

  
**Dr. Fatima El-Sayed**  
 High-Risk Pregnancy

18 years experience  
4.9 rating  
Giza Women's Hospital  
700 EGP

Available: Mon, Tue, Thu

[Book](#) [Chat](#)

  
**Dr. Ahmed Mansour**  
 Reproductive Endocrinology

10 years experience  
4.7 rating  
Mehran Hospital, Cairo  
Available: Wed, Fri, Sun

[Book](#) [Chat](#)

  
**Dr. Nadia Farouk**  
 Prenatal Care

14 years experience  
4.8 rating  
Al-Azhar University Hospital

Available: Mon, Wed, Sat

[Book](#) [Chat](#)

  
**Dr. Khaled Ibrahim**  
 Ultrasound Specialist

8 years experience  
4.6 rating  
Adlyya Hospital, Cairo

Available: Tue, Thu, Fri

[Book](#) [Chat](#)



Your trusted digital companion for pregnancy and postpartum care. Nurturing mothers with comfort, health guidance, and emotional support in our caring village community.

[Facebook](#) [Instagram](#) [Twitter](#)

**Quick Links**

- [Pregnancy Tracker](#)
- [Nutrition Plans](#)
- [Consultations](#)
- [Mental Health](#)

**Support**

- [Help Center](#)
- [Contact Us](#)
- [Privacy Policy](#)
- [Terms of Service](#)

© 2024 Mom Village. All rights reserved.

Powered by Ready

## Vaccination Tracking:

 **Mom Village** Dashboard Health Care Profiles Search Sign In Get Started

### Vaccination Tracker

Track vaccinations for mother and baby

-  **Vaccination schedule**
-  **My Records**
-  **Reminders**

Filter by:   

**Tdap (Tetanus, Diphtheria, Pertussis)**  

**Description**  
Protects mother and baby from whooping cough, tetanus, and diphtheria

**Schedule (1 doses)**  
Due 1: Between 27-36 weeks of pregnancy

**Next Due**  
N/A

**Why It's Important**  
Reduces risk of whooping cough in first months

**Common Side Effects**  
  

**Influenza (Flu Shot)**  

**Description**  
Protects against seasonal influenza viruses

**Schedule (1 doses)**  
Due 1: Annually during flu season

**Next Due**  
October 2024

**Why It's Important**  
Reduces risk of complications during pregnancy

**Common Side Effects**  
 

**COVID-19 Vaccine**  

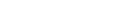
**Description**  
Protects against COVID-19 infection

**Schedule (2 doses)**  
Due 1: Initial series  
Due 2: Boosters as recommended

**Next Due**  
March 25, 2024

**Why It's Important**  
Reduces severe illness risk and passes antibodies to baby

**Common Side Effects**  
  

**Hepatitis B**  

**Description**  
Protects against hepatitis B virus infection

**Schedule (3 doses)**  
Due 1: At birth  
Due 2: 1-2 months  
Due 3: 6-18 months

**Next Due**  
At birth

**Why It's Important**  
Prevents chronic liver disease

**Common Side Effects**  
 

**DTaP (Diphtheria, Tetanus, Pertussis)**  

**Description**  
Protects against diphtheria, tetanus, and whooping cough

**Schedule (5 doses)**  
Due 1: 2 months  
Due 2: 4 months  
Due 3: 6 months  
Due 4: 12-18 months  
Due 5: 4-6 years

**Next Due**  
2 months after birth

**Why It's Important**  
Prevents serious bacterial infections

**Common Side Effects**  
 

**Polio (IPV)**  

**Description**  
Protects against polio virus

**Schedule (4 doses)**  
Due 1: 2 months  
Due 2: 4 months  
Due 3: 6-18 months  
Due 4: 4-6 years

**Next Due**  
2 months after birth

**Why It's Important**  
Prevents paralytic polio

**Common Side Effects**  
 

**MMR (Measles, Mumps, Rubella)**  

**Description**  
Protects against measles, mumps, and rubella

**Schedule (2 doses)**  
Due 1: 12-15 months  
Due 2: 4-6 years

**Next Due**  
12 months after birth

**Why It's Important**  
Prevents serious viral infections

**Common Side Effects**  
 

**Varicella (Chickenpox)**  

**Description**  
Protects against chickenpox

**Schedule (2 doses)**  
Due 1: 12-15 months  
Due 2: 4-6 years

**Next Due**  
12 months after birth

**Why It's Important**  
Prevents chickenpox and complications

**Common Side Effects**  
 

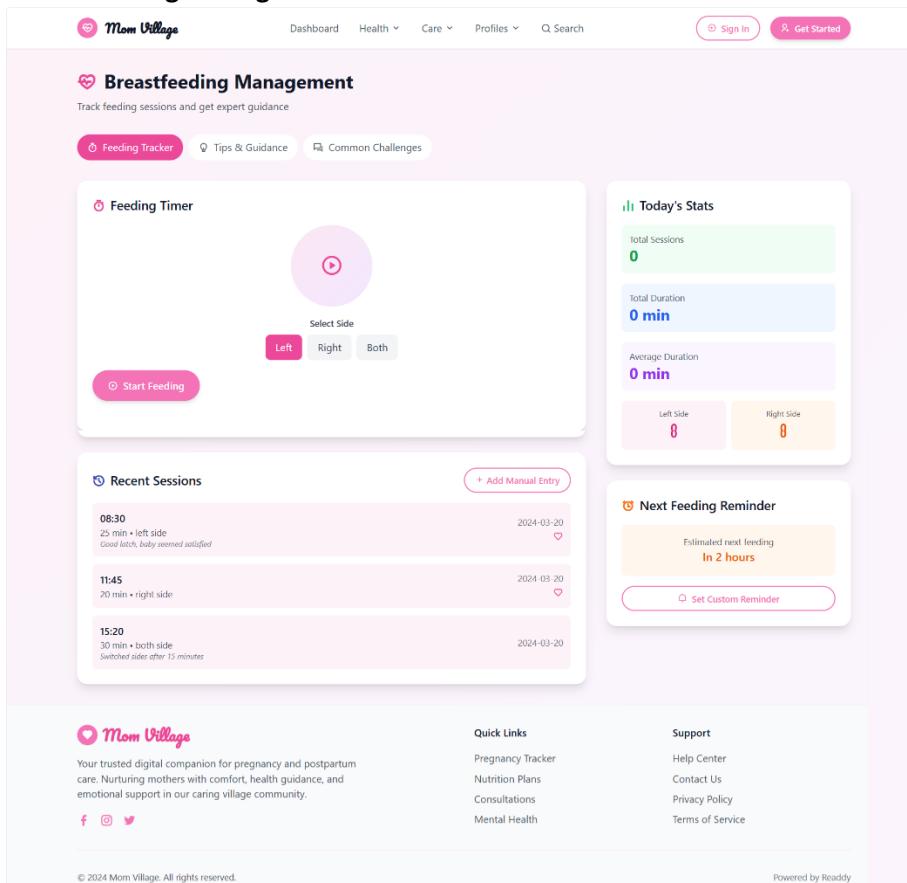
 

 **Mom Village**  
Your trusted digital companion for pregnancy and postpartum care. Nurturing mothers with comfort, health guidance, and emotional support in our caring village community.

© 2024 Mom Village. All rights reserved. Powered by Readyfy

## BreastFeeding Management:



**Feeding Timer**

Select Side: Left, Right, Both

**Today's Stats**

- Total Sessions: 0
- Total Duration: 0 min
- Average Duration: 0 min

**Recent Sessions**

Date	Duration	Notes
2024-03-20	25 min	left side Good latch, baby seemed satisfied
2024-03-20	11:45	right side 20 min
2024-03-20	15:20	both side Switched sides after 15 minutes

**Next Feeding Reminder**

Estimated next feeding: In 2 hours

**Mom Village**

Your trusted digital companion for pregnancy and postpartum care. Nurturing mothers with comfort, health guidance, and emotional support in our caring village community.

[+ Add Manual Entry](#)

**Quick Links**

- Pregnancy Tracker
- Nutrition Plans
- Consultations
- Mental Health

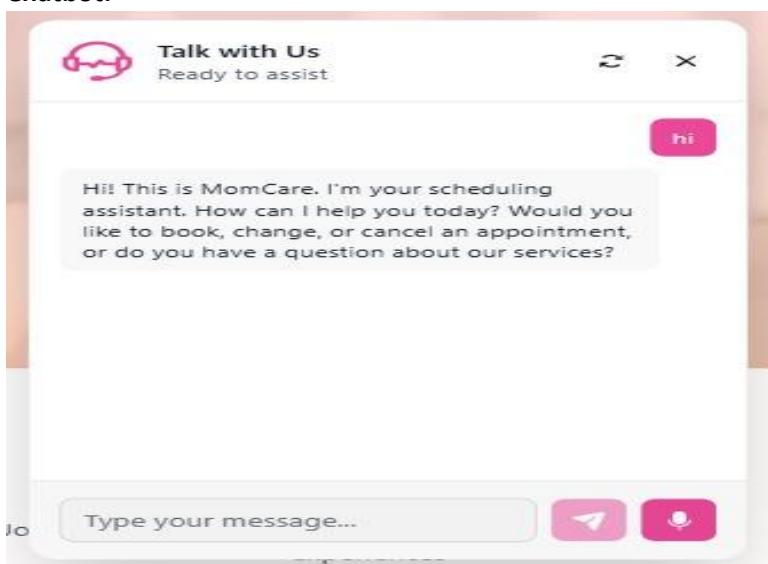
**Support**

- Help Center
- Contact Us
- Privacy Policy
- Terms of Service

© 2024 Mom Village. All rights reserved.

Powered by Readdy

## Chatbot:



**Talk with Us**  
Ready to assist

hi

Hi! This is MomCare. I'm your scheduling assistant. How can I help you today? Would you like to book, change, or cancel an appointment, or do you have a question about our services?

Type your message...

## Emergency Contact:

Mom Village Dashboard Health Care Profiles Search Sign In Get Started

### Emergency Contacts

Quick access to important contacts during pregnancy

**Emergency:** If you're experiencing a life threatening emergency, call 123 immediately. For pregnancy related concerns, contact your healthcare provider first.

Contact Type	Name / Description	Phone Number	Action Buttons
Emergency Services	Emergency 123	+20-12-345-6789	Call Share
Medical	Dr. Sarah Ahmed	+20-12-345-6789	Call Share
Family	Cairo Medical Center	+20-2-123-4567	Call Share
Family	Ahmed Hassan	+20-10-987-6543	Call Share
Family	Fatima Hassan	+20-11-234-5678	Call Share
Emergency Services	Poison Control Center	16123	Call Share

**When to Call Emergency Services**

- Severe bleeding that won't stop
- Signs of stroke (sudden weakness, confusion, severe headache)
- Difficulty breathing or chest pain
- Severe abdominal pain
- Loss of consciousness
- Signs of preeclampsia (severe headache, vision changes, upper abdominal pain)

**When to Call Your Doctor**

- Persistent nausea and vomiting
- Fever over 100.4°F (38°C)
- Decreased fetal movement
- Unusual vaginal discharge
- Severe morning sickness
- Concerns about medication safety

**What to Tell Emergency Responders**

- Your current pregnancy week
- Your due date
- Any pregnancy complications
- Current medications
- Your healthcare provider's contact information

**Quick Actions**

- Call Emergency (123)
- Poison Control (16123)
- Call My Doctor

**Location Services**

Share your location with emergency contacts for

Share My Location



Your trusted digital companion for pregnancy and postpartum care. Nurturing mothers with comfort, health guidance, and emotional support in our caring village community.



© 2024 Mom Village. All rights reserved.

#### Quick Links

Pregnancy Tracker  
Nutrition Plans  
Consultations  
Mental Health

#### Support

Help Center  
Contact Us  
Privacy Policy  
Terms of Service

Powered by Ready