

Well Being Hub 2024



Health doctors for Google employees



Q What is the main Problem In health?

Google and a lot of companies faces challenges in maintaining work-life balance, reducing stress, and fostering mental and physical wellness among its employees, exacerbated by the demanding tech industry.



Solution WELL being Hub Platform < >

- 1. Medical Advise
- 2. Mental health
- 3. Work-life balance
- 4. Conclusion

1

2

3

4

What is WELL being Hub?

The Well-Being Hub is a comprehensive platform designed to support and promote holistic health and wellness among individuals. It serves as a central online destination where users can access a wide range of resources, tools, and services to enhance their physical, mental, and emotional well-being





How our system works

There are two people in our project. The first is Doctor who will share with his medical advices, and the second is a special employee who can call the doctor in order to get advices



Q Main page

Empower Your Health Journey "Well-Being Hub"

[Start Exploring](#)

Q Target

UN Sustainable Development Goals (SDGs): We chose SDG 3:



Medical Advice



Mental health



Work-life balance

Q Inspiration:



How can we help you?

The Well-Being Hub aims to provide a comprehensive solution to promote good health and well-being among Google employees. The Well-Being Hub offers a one-stop platform for all employee wellness needs, including physical health, mental well-being, and work-life balance resources.

[Contact Us](#)



Doctors and Platforms:

Meet our Doctors

The smartest people work every day to provide the best service and to make our clients happy



Frederic Stanley

Medical Adviser. When you feel the pain. He can help you through the video call

Facebook
LinkedIn



Tatiana Zelensky

Mental health
She can help you get rid of stress. You can call her any time.

Facebook
LinkedIn

Doctors Schedule

Features	Daily	Monthly	Annually
10-hour training	✓	✓	✓
Medical Advise	✓	✓	✓
Stress management	✓	✓	✓
Individual consulting	✓	✓	✓
	Learn more	Learn more	Learn more



Notification to Doctors

Lead details



Создано: 2024-02-11 12:15 GMT+0300 (Uzbekistan Standard Time)

Email: nodirbekovarozagul@gmail.com

Name: Rozagul Nodirbekova

Phone: +998937060902

Your_Health_Problem: I have a headache. Can you help me

Refer page: <https://project8572399.tilda.ws/>

Lead id: 8572399:5819206581

Block id: 704533219

Status: sent

4. Adding google sheets



4. Adding google sheets



Google Sheets

email	name	phone	comments	your_health_problem
nodirbekovaroza@gmail.com	R	947789856	I can not sleep well. What is your advice	NOT efficient sleep
nodirbekovaroza@gmail.com	Rozagul	937060902	I have a headache and what medicine should I take?	I have a headache. Can you help me
nodirbekovaroza@gmail.com	Rozagul Nodirbekova	911502115	At night I can't walk and feel pain	I have problem with leg pain. How could you help me?

5. Giving advices for employees





THANK YOU FOR Attention!