Well Being Hub 2024

Q 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.

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Q What is WEII 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







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Q 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



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Q Main page



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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 affers a one-stop platform for all employee wellness needs, including physical health, mental well-being, and work-life balance resources.

Contact Us

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Q 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 Advicer. When you feel the pain. He can help you throught the vide call

Facebook

LinkedIn



Tatiana Zelensky

Mental health

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

Facebook

LinkedIn

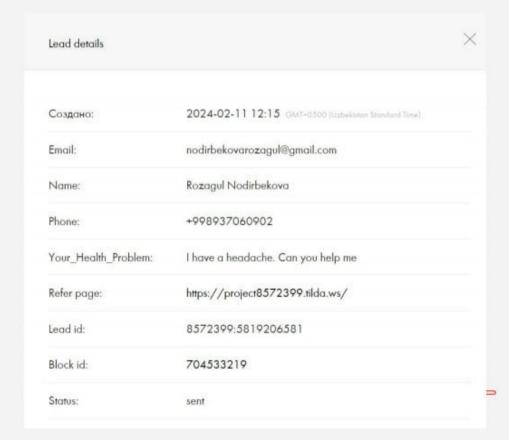
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Q Doctors Schedule

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

Q Notification to Doctors







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4. Adding google sheets



email
nodirbekovarozagul@gmail.com
nodirbekovarozagul@gmail.com
nodirbekovarozagul@gmail.com

me	phone		comments
		947789856	I can not sleep well. What is your advice
ozagul		937060902	I have a headache and what medicine should I tak
zagul Nodirbekova		911502115	At night I can't walk and feel pain

your_health_problem		
NOt efficient sleep		
I have a headache. Can you help me		
I have problem with leg pain. How could y	ou help	me?



