

What is care?

In today's fast-moving world, emergencies can happen anywhere and at any time. The CARE device, developed by Tammen Company, was created to make people feel safe, supported, and confident no matter where they are. It represents a new generation of smart medical technology that bridges the gap between everyday life and professional healthcare, giving users instant access to help when it's needed most.

At its core, the CARE device combines intelligent design with reliable medical functionality. It's small, portable, and built for ease of use, ensuring that anyone — regardless of age or background — can operate it within seconds. Whether someone is at home, on the road, or in a public place, the CARE device offers quick assistance and clear guidance, turning stressful moments into manageable ones. With just one touch, users can make emergency calls, alert family or caregivers, and receive step-by-step support until professional help arrives.

Beyond emergencies, the CARE device plays a vital role in everyday health monitoring. It allows users to check their blood pressure and blood sugar levels anytime and anywhere, providing accurate, instant readings. This helps people stay aware of their health trends and make informed decisions before small issues become serious. The integration of health tracking with emergency response is what truly sets the CARE device apart — it doesn't just react to problems, it helps prevent them.

The CARE device is more than just technology — it's peace of mind. It represents a promise that no one has to face emergencies alone, and that medical support can always be within reach. For families, it provides reassurance that their loved ones are safer, especially the elderly or those with chronic conditions.

In a world where seconds can save lives, the CARE device delivers not just speed — but understanding, reliability, and hope. Wherever you are, whatever the situation, CARE stands as your constant companion in safety and wellbeing — because everyone deserves to feel secure, connected, and safe enough to say: "I'm okay."

With Tammen's vision for the future, CARE is just the beginning. The company continues to explore new ways to merge technology with compassion — designing devices that don't just respond to emergencies, but truly care for people. It's a step toward a world where health, safety, and peace of mind are never out of reach — wherever you go, and wherever life takes you.

Why CARE?

Choosing CARE means choosing confidence, safety, and independence. In moments when every second matters, this smart medical device bridges the gap between uncertainty and quick action. CARE gives you the power to check your blood pressure and sugar levels instantly—accurately and effortlessly—no clinic required. It's built to make health monitoring simple for everyone, whether you're at home, at work, or on the go. The interface is intuitive, guiding users step by step, while the voice and visual instructions ensure that even first-time users feel supported. With multilingual options and accessibility-focused design, CARE ensures that no one is left behind when it comes to managing their health.

But CARE is more than a device—it's a promise of reassurance. It automatically connects you to emergency services when needed, pinpoints your location for a fast response, and offers essential first-aid guidance until help arrives. Beyond emergencies, CARE helps you build healthier habits through educational content,

How to use care?

The CARE device operates automatically once you insert your national ID card, displaying a welcoming message: "Welcome to CARE." You can then choose your preferred language—Arabic or English—and select a service: blood pressure measurement, blood sugar testing, emergency and information, or health awareness. For blood pressure, place your arm in the cuff, press "Start," and wait ~20-30 seconds for the results to appear. For blood sugar, use a sterile strip, prick your finger lightly, insert the strip, and your reading appears within seconds. Results are displayed numerically with a color indicator showing normal, slightly abnormal, or critical levels, and you can print or send them to your phone via SMS or QR code. In emergencies, CARE offers first-aid guidance, automatically alerts ambulance services, and shares your location in real time. The device provides hygiene tips, health videos, and personalized advice to encourage better daily habits. It ensures privacy, sanitizes itself after each use, stores your data securely, and resets automatically for the next user—always ready to help you stay informed, safe, and reassured anywhere you are.



CARE in Adly Mansour metro station



Prototype of CARE

wellness reminders, and personalized tips that adapt to your needs. Your privacy is protected with encrypted data and full control over your health records, ensuring complete security. Whether it's prevention, quick diagnosis, or peace of mind, CARE transforms technology into a trusted companion that keeps you safe and informed—anytime, anywhere. It's not just smart healthcare; it's everyday care made simple, reliable, and human—because your safety deserves innovation you can truly depend on.



CARE in front of a Supermarket

How CARE is Changing Everyday Health

The future of healthcare is no longer confined to hospitals or clinics—it's becoming personal, portable, and powered by intelligent technology.

The CARE device represents this transformation perfectly. Designed to bring medical precision into everyday life, CARE empowers people to take control of their health anywhere, anytime. Whether checking blood pressure, monitoring sugar levels, or responding to emergencies, the device blends accuracy with simplicity, turning what used to be a complex medical process into an effortless daily habit.

What sets CARE apart is how it bridges the gap between medical expertise and user-friendly technology. It doesn't just collect data—it helps people understand it. Clear on-screen results, color-coded indicators, and practical advice make every interaction intuitive and meaningful. In emergency situations, CARE automatically contacts nearby health services, shares your real-time location, and provides essential first-aid guidance until help arrives. It transforms moments of fear into moments of calm, giving users the confidence that they're never alone, even in critical situations.

Beyond emergencies, CARE contributes to long-term wellness. It encourages preventive care by tracking vital readings over time and sending reminders for regular checkups. Users can store and review their results through an app, helping them and their doctors monitor health patterns and detect issues early. This preventive approach not only reduces the burden on healthcare systems but also promotes healthier, more informed communities.

At its core, CARE represents a vision of healthcare that is smart, connected, and human-centered. It proves that innovation isn't just about technology—it's about understanding real human needs and building tools that respond to them. As we move into a future where health awareness and accessibility are more important than ever, CARE stands as a symbol of what modern healthcare can be: reliable, empowering, and always within reach.

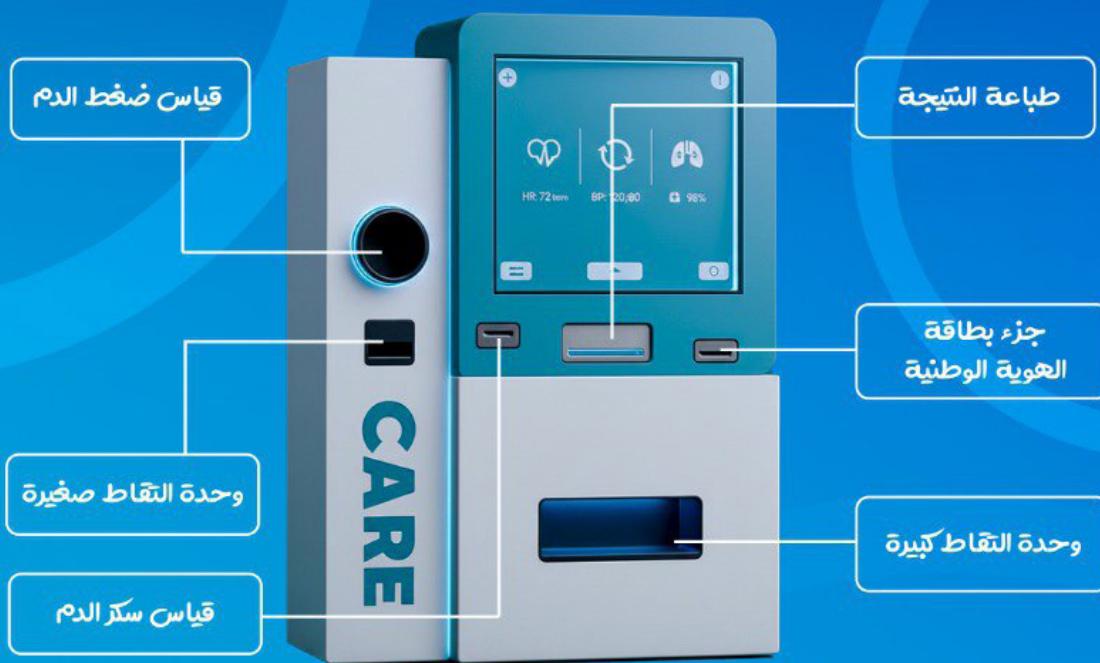
How to use CARE Device

طهّي

دليل استخدام جهاز ظمن

Clinical Assistant for Reading & Evaluation

جهاز CARE هو وحدة ذكية للفحص الذاتي والتقييف الصحي تُستخدم في الأماكن العامة. يساعد الأفراد على متابعة حالتهم الصحية الأولية بسرعة وأمان من خلال قياس ضغط الدم، سكر الدم، ودرجة الحرارة، مع عرض النتائج مباشرةً على الشاشة مصحوبة بنصائح صحية مبسطة.



How To Use

3. إدخال بياناتك (اختياري):

يمكن إدخال بيانات بسيطة مثل السن والجنس لتحسين دقة التحليل.

2. اختيار نوع الفحص:

من القائمة، اختر نوع الفحص المطلوب ضغط الدم سكر الدم درجة الحرارة

1. بدء التشغيل:

اضغط على زر "ابداً" في الشاشة الرئيسية.

6. المتابعة:

امسح رمز QR الظاهر على الشاشة باستخدام هاتفك للحصول على تقريرك الصحي ونصائح مخصصة لحالتك.

5. قراءة النتيجة:

تظهر النتيجة مباشرةً على الشاشة مع تحليل يوضح إذا كانت القيمة في المعدل الطبيعي أو تحتاج متابعة.

4. تنفيذ الفحص:

اتبع التعليمات المعروضة على الشاشة. ضع يدك أو صبعك في المكان المخصص حسب نوع الفحص وانتظر

Why the CARE Device Was Created

In a world where health emergencies can happen anytime, anywhere, one of the biggest challenges people face is access to immediate medical support. Whether it's checking blood pressure, monitoring blood sugar, or dealing with an emergency situation, not everyone has quick access to healthcare professionals or proper tools. This gap between need and accessibility was the driving force behind the creation of the CARE device, a smart medical solution designed to bring healthcare closer to everyone — safely, instantly, and effectively.

The idea for the CARE device was born out of a simple but powerful realization: time saves lives. In many situations, a few minutes can make the difference between safety and crisis. Yet, for millions around the world, healthcare facilities are either too far away or too crowded to respond in time. The founders of CARE envisioned a system that could empower people to take control of their health—not by replacing medical professionals, but by bridging the gap between the moment a problem is detected and the time help arrives.

One of the core motivations behind the CARE device's creation was health independence. Many individuals, especially those with chronic conditions like diabetes or hypertension, depend on regular monitoring. Unfortunately, traditional healthcare systems are not always equipped to provide frequent, convenient, or affordable access to testing. CARE was designed to change that. By offering a self-service medical station signs and connecting to allows users to monitor anywhere. It transforms you go to—into something

Technology played a key role in the vision of CARE. The device that was intelligent, friendly, one that could be tech-savvy youth to elderly with digital tools. The multilingual interface step by step, provides clear offers instant suggestions for health management. This level of sophistication stands out: it's advanced but simple enough to be

Another key reason behind data-driven healthcare is the focus on information, and the ease to that by securely storing users' health data. This supports personal health aids in preventive care — catching signs before they escalate

But beyond the technology, CARE reflects a philosophy of "CARE" itself embodies accessibility, reliability,

In essence, the CARE device is designed to transform the way people think about health. It represents a step forward into a responsive future — one that is no longer confined to hospitals and clinics, but integrated into everyday life. The focus on user empowerment, convenience, and accessibility is at the heart of a new era in healthcare, where control, awareness, and prevention are within reach of people's hands.

As the world continues to transform, solutions like CARE remind us that technology's greatest advance — but to care.



capable of measuring vital signs and connecting to emergency services, it allows users to monitor their health anywhere and anytime from a place that comes to you.

crucial role in shaping creators wanted a reliable, and user-friendly interface that guides users through readings, and even for basic first aid or combination of simplicity what makes CARE enough to be trusted, used without hesitation.

CARE's development was driven by a desire for Modern medicine thrives. CARE device contributes to health data and helping over time. This not only increases awareness but also identifying early warning signs of serious conditions.

the CARE project embodies compassion. The name reflects this vision: compassion, and empowerment.

device was created to interact with their users toward a smarter, more accessible future where medical care isn't limited to clinics, but integrated into everyday life. With its innovative design, integration, and focus on user empowerment, CARE stands as a symbol of hope — one that puts reassurance directly into users' hands.

to move toward digital health solutions like CARE remind us that the purpose is not just to

ADS



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Team members



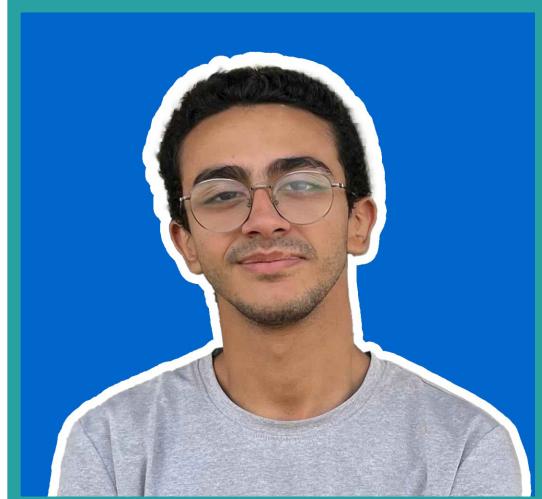
Mohammed Hany El-Bokhary

Team leader & matching the identity of all the files



Shorouk Osman Hassani

Presentation, social media, brochure, flyer and poster



Sameer Samah Sameeh

UI & UX shape of the device and making the final shape of the device with AI



Al-Shaimaa Anwar Ali Mohamed

Website, Mood board and Magazine cover



Ahmed Hussein Abdelkarim

Business card & Magazine

Risk Assessment & Mitigation Plan

1. Technical Risks

1.1 Sensor Malfunctions

- Sensors may degrade or produce inaccurate readings.
- Mitigation: Routine calibration, certified sensors, automated diagnostics, and replacement schedules.

1.2 Software Bugs or Crashes

- Errors may interrupt sessions or damage user trust.
- Mitigation: Full software testing, fail-safe recovery, regular updates, and remote monitoring.

1.3 Connectivity Issues

- Network outages may limit updates and data syncing.
- Mitigation: Offline functionality, multi-network options, and local data buffering.

2. Operational Risks

2.1 Consumable Depletion

- Fluids may run out during peak usage.
- Mitigation: Smart inventory sensors, refill alerts, and backup containers.

2.2 Hygiene Failures

- Poor sanitation may pose health risks.
- Mitigation: Self-cleaning cycles, daily surface cleaning, audits, and sealed consumables.

2.3 Unexpected Downtime

- Mechanical or software failures may stop operation.
- Mitigation: Predictive maintenance, remote diagnostics, spare parts, and trained technicians.

3. User-Related Risks

3.1 Misuse or Incorrect Operation

- Users may position incorrectly or misunderstand steps.
- Mitigation: Simple UI, voice/visual guidance, and placement warnings.

3.2 User Hesitation or Distrust

- Some users may not trust automated health devices.
- Mitigation: Clear signage, accuracy badges, and first-time trial support.

3.3 Overdependence

- Users may rely on the machine instead of medical visits.
- Mitigation: Clear disclaimers and prompts to seek professional care.

4. Regulatory & Compliance Risks

4.1 Certification Delays

- Delay in meeting medical device regulations.
- Mitigation: Early expert consultation, documentation, and third-party testing.

4.2 Data Privacy Concerns

- Health data may raise privacy issues.
- Mitigation: Encryption, minimal data storage, and transparent privacy notices.

5. Financial & Business Risks

5.1 High Production Cost

- Installation and maintenance may exceed budget.
- Mitigation: Bulk sourcing, modular hardware, and targeted pilot deployment.

5.2 Low Revenue in Some Locations

- Weak usage in poor-performing areas.
- Mitigation: Site surveys, relocation, and partnerships with clinics or malls.

6. Safety Risks

6.1 Electrical/Mechanical Hazards

- Risks of short circuits or mechanical failures.
- Mitigation: Certified components, safety protections, and routine inspections.

6.2 Allergic Reactions

- Users may be sensitive to certain fluids.
- Mitigation: Ingredient display and "Skip Drink" options.

7. Environmental Risks

7.1 Waste Disposal Issues

- Improper disposal can cause environmental harm.
- Mitigation: Eco-friendly materials and recycling support.

7.2 Power Outages

- Electricity instability may interrupt sessions.
- Mitigation: Solar panel support, backup battery, and auto-save functions.

Key Performance Indicators (KPIs)

1. System Performance Metrics

1.1 Response Time

- Measures how quickly the system responds, performs readings, and displays results.
- Target: 3-2 seconds for UI actions and under 10 seconds for measurement cycles.
- Ensures smooth use in high-traffic locations and for elderly users.

1.2 Machine Processing Efficiency

- Tracks speed and accuracy of blood pressure and glucose readings.
- Measures responsiveness of corrective-fluid dispensing.
- Includes session completion without errors or interruptions.

2. System Reliability & Availability Metrics

2.1 System Uptime

- Measures how consistently the machine stays operational.
- Target: %99 uptime to maintain public trust and accessibility.

2.2 Component Durability

- Evaluates sensor consistency and dispensing reliability.
- Tracks maintenance frequency and component performance over time.

3. User Experience & Engagement Metrics

3.1 User Adoption Rate

- Tracks daily/monthly users, return rates, and overall usage growth.

3.2 UI Accessibility Metrics

- Measures how easily first-time and elderly users complete sessions.
- Tracks session duration as an indicator of UI clarity.

3.3 Customer Satisfaction Index

- Includes user feedback ratings and reports of difficulties or confusion.

4. Health Impact & Quality Metrics

4.1 Measurement Accuracy

- Monitors compliance with medical accuracy standards and variance from manual readings.

4.2 Corrective Action Effectiveness

- Evaluates precision of fluid dispensing and improvement in user metrics after intervention.

5. Operational Efficiency Metrics

5.1 Cost Efficiency

- Tracks operating costs per session and overall resource usage.

5.2 Maintenance & Downtime Efficiency

- Measures repair speed (MTTR) and time between failures (MTBF).

5.3 Inventory Refill Metrics

- Tracks consumable usage and refill timeliness to maintain continuous service.

6. Financial & Business Growth Metrics

6.1 Revenue Metrics

- Tracks revenue per machine and the time needed to recover production costs.

6.2 Expansion Metrics

- Measures installation rate and compares performance across locations.

7. Safety, Compliance & Hygiene Metrics

7.1 Hygiene Compliance Rate

- Includes monitoring of cleaning cycles, surface sanitation, and nozzle safety.

7.2 Safety Incident Rate

- Tracks any user safety complaints or operational incidents.

7.3 Regulatory Compliance Score

- Ensures alignment with medical device regulations and quality certifications.

Functional & Non-Functional Requirements

User Interface & Interaction Requirements

- Simple, intuitive interface suitable for all age groups, including elderly and low-literacy users.

- Large icons, clear labels, and minimal text for easy navigation.

- Supports multiple languages selected at the start of each session.

- Visual and optional audio guidance for step-by-step instructions.

- Responsive touchscreen that functions reliably in public environments.

- Adjustable text size, brightness, and accessibility features for users with visual or motor impairments.

Health Measurement Requirements

- Medical-grade sensors for accurate blood pressure and blood glucose readings.

- Clear results displayed with categories such as normal, high, or low.

- Automatic detection of improper placement or measurement errors.

- Internal calibration checks before and after each session.

- Machine stops readings if accuracy thresholds are not met.

Corrective Action & Dispensing Requirements

- System analyzes readings and dispenses the appropriate corrective drink: salty water, sugary water, or natural juice.

- Hygienic, sealed containers for all fluids and precise automated dispensing.

- Users may opt out of drinks and receive on-screen recommendations instead.

- Real-time monitoring of fluid levels with alerts and automatic disabling when supplies run low.

Session Management & Data Handling

- Guided user flow: welcome → measurements → results → corrective action → completion.

- Full session completed within 2-1 minutes for high-traffic areas.

- Error detection for incorrect positioning or movement, with clear prompts.

- Color-coded results, simple explanations, and optional QR code export.

- No personal data stored unless legally permitted; encrypted transmission when needed.

Operational & Maintenance Requirements

- Remote monitoring for uptime, fluid levels, sensor status, and performance alerts.

- Over-the-Air (OTA) updates for software improvements without interrupting sessions.

- Maintenance mode with operator authentication and logged activities.

- Modular hardware to simplify repairs and reduce downtime.

Performance & Reliability Requirements

- UI responds within 3-2 seconds; full health check within 2-1 minutes.

- High throughput for 200-150 users daily with stable performance.

- Accurate medical readings aligned with international standards; $\pm 5\%$ dispensing precision.

- Minimum 99% uptime, automatic recovery from minor faults, and clear "Out of Service" alerts for major issues.

- Backup power via solar-assisted battery for safe operation during outages.

- High MTBF through durable public-use components.

Security & Privacy Requirements

- Full encryption (AES, TLS) for data transmission and optional storage.

- No personal identifiers kept unless required and explicitly allowed.

- Secure administrative access via authentication and tamper protection.
- Reinforced housing to prevent vandalism or unauthorized access.

Scalability & Future Expansion Requirements

- Modular software supporting additional sensors, new drink options, and integrations.
- Expandable hardware ports for heart rate, SpO₂, temperature, and oxygen devices.
- Cloud-ready architecture for analytics dashboards depending on privacy laws.
- Designed for large-scale deployment across malls, transport hubs, and remote regions.

Safety, Hygiene & Environmental Requirements

- Safe electrical design with overvoltage and short-circuit protection.
- Hygienic dispensing paths with automatic internal sanitization cycles.
- UV sterilization options and easy-to-clean exterior surfaces.
- Emergency shutdown for critical failures or contamination risks.
- Operates within standard indoor temperatures; dust- and humidity-resistant materials.
- Low-noise operation and energy-efficient idle mode.

Real life scenario & audience personas

In 2023, a 52-year-old woman from a remote Nile Delta village died from a severe stroke caused by long-standing, undiagnosed hypertension. She had experienced headaches, dizziness, and occasional

breathlessness for months, but her family considered them normal. On the day of the stroke, she developed slurred speech and weakness on one side, yet no one recognized these as emergency signs. Living far from medical services and lacking routine check-ups led to a dangerous delay of several hours before reaching a clinic. By then, treatment was no longer effective. Her case reflects how limited awareness and slow access to care can turn preventable conditions into fatal outcomes.

The CARE system is designed to serve all members of society, with particular emphasis on individuals at higher risk due to limited access to health services or chronic health needs, including:

- People living with hypertension, diabetes, and cardiovascular diseases
- Residents of remote or underserved areas where medical centers are scarce
- Individuals who lack regular medical follow-up or health education resources
- Elderly individuals who face mobility challenges and struggle to reach healthcare facilities
- Workers in high-stress or high-risk environments who require frequent health monitoring

Cardiovascular

- Undiagnosed high blood pressure for years.
- Recurrent headaches ignored as "normal."
- Gradual vascular damage leading to stroke.

Personal info

- 52-year-old homemaker with no regular check-ups.
- Family unaware of chronic disease warning signs.

Respiratory

- Occasional shortness of breath during daily activities.
- Breathing became irregular during the stroke but wasn't recognized as serious.

Neurological

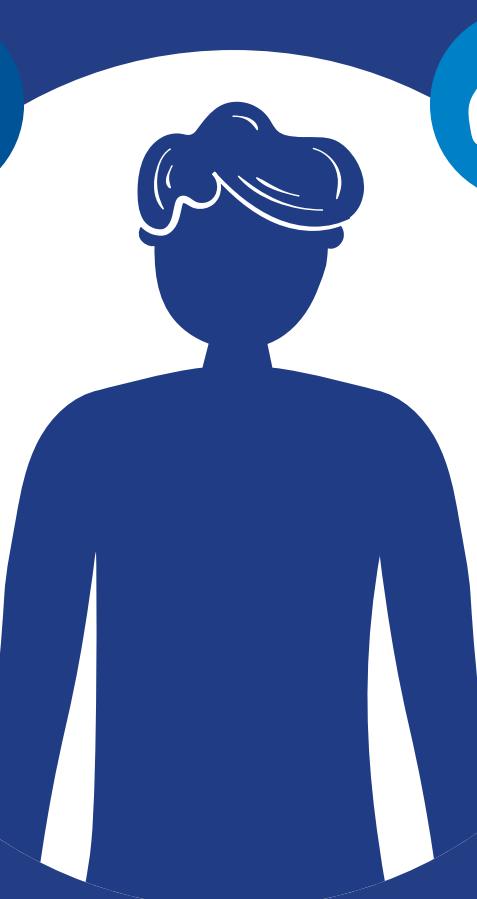
- Early signs: dizziness and blurred vision months before.
- Sudden symptoms: slurred speech & right-sided weakness.

Location

- Lives in a remote Nile Delta village.
- Nearest medical center several kilometers away.

Time

- Symptoms worsened over months.
- Critical delay of several hours before seeking help.



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