<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>HealthConnect - Comprehensive Medical Support</title>

    <!-- Load Tailwind CSS -->

    <script src="https://cdn.tailwindcss.com"></script>

    <!-- Configure Tailwind to use Inter font and primary colors -->

    <script>

        tailwind.config = {

            theme: {

                extend: {

                    colors: {

                        'primary': '#1E40AF', // Dark Blue

                        'secondary': '#6EE7B7', // Light Green/Teal

                        'accent': '#F59E0B', // Amber

                    },

                    fontFamily: {

                        sans: ['Inter', 'sans-serif'],

                    },

                }

            }

        }

    </script>

    <style>

        /\* Custom styles for smooth scrolling and clean text selection \*/

        html {

            scroll-behavior: smooth;

        }

        /\* Style for the simulated success message \*/

        #success-message

        {

            transition: opacity 0.5s ease-in-out;

        }

    </style>

</head>

<body class="bg-gray-50 font-sans text-gray-800">

    <!-- Header & Navigation -->

    <header class="sticky top-0 z-50 bg-white shadow-md">

        <div class="max-w-7xl mx-auto px-4 sm:px-6 lg:px-8">

            <div class="flex justify-between items-center py-4 md:justify-start md:space-x-10">

                <!-- Logo -->

                <div class="flex justify-start lg:w-0 lg:flex-1">

                    <a href="#" class="flex items-center space-x-2">

                        <!-- Icon (Simple SVG cross/heart) -->

                        <svg class="h-8 w-8 text-primary" fill="none" viewBox="0 0 24 24" stroke="currentColor">

                            <path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M4.318 6.318a4.5 4.5 0 000 6.364L12 20.364l7.682-7.682a4.5 4.5 0 00-6.364-6.364L12 7.636l-1.318-1.318a4.5 4.5 0 00-6.364 0z" />

                        </svg>

                        <span class="text-xl font-bold text-primary">HealthConnect</span>

                    </a>

                </div>

                <!-- Desktop Navigation -->

                <nav class="hidden md:flex space-x-10">

                    <a href="#hero" class="text-base font-medium text-gray-500 hover:text-primary transition duration-150">Home</a>

                    <a href="#services" class="text-base font-medium text-gray-500 hover:text-primary transition duration-150">Services</a>

                    <a href="#contact" class="text-base font-medium text-gray-500 hover:text-primary transition duration-150">Contact</a>

                </nav>

                <!-- Mobile Menu Button -->

                <div class="-mr-2 -my-2 md:hidden">

                    <button type="button" id="mobile-menu-toggle" class="bg-white rounded-md p-2 inline-flex items-center justify-center text-gray-400 hover:text-gray-500 hover:bg-gray-100 focus:outline-none focus:ring-2 focus:ring-inset focus:ring-primary" aria-expanded="false">

                        <span class="sr-only">Open main menu</span>

                        <svg class="h-6 w-6" xmlns="http://www.w3.org/2000/svg" fill="none" viewBox="0 0 24 24" stroke="currentColor" aria-hidden="true">

                            <path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M4 6h16M4 12h16M4 18h16" />

                        </svg>

                    </button>

                </div>

            </div>

        </div>

        <!-- Mobile Menu Panel -->

        <div id="mobile-menu" class="absolute top-0 inset-x-0 p-2 transition transform origin-top-right md:hidden hidden">

            <div class="rounded-lg shadow-lg ring-1 ring-black ring-opacity-5 bg-white divide-y-2 divide-gray-50">

                <div class="pt-5 pb-6 px-5">

                    <div class="flex items-center justify-between">

                        <div>

                            <span class="text-xl font-bold text-primary">HealthConnect</span>

                        </div>

                        <div class="-mr-2">

                            <button type="button" id="mobile-menu-close" class="bg-white rounded-md p-2 inline-flex items-center justify-center text-gray-400 hover:text-gray-500 hover:bg-gray-100 focus:outline-none focus:ring-2 focus:ring-inset focus:ring-primary">

                                <span class="sr-only">Close menu</span>

                                <svg class="h-6 w-6" xmlns="http://www.w3.org/2000/svg" fill="none" viewBox="0 0 24 24" stroke="currentColor" aria-hidden="true">

                                    <path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M6 18L18 6M6 6l12 12" />

                                </svg>

                            </button>

                        </div>

                    </div>

                    <div class="mt-6">

                        <nav class="grid gap-y-8">

                            <a href="#hero" class="text-base font-medium text-gray-900 hover:text-primary transition duration-150 mobile-nav-link">Home</a>

                            <a href="#services" class="text-base font-medium text-gray-900 hover:text-primary transition duration-150 mobile-nav-link">Services</a>

                            <a href="#contact" class="text-base font-medium text-gray-900 hover:text-primary transition duration-150 mobile-nav-link">Contact</a>

                        </nav>

                    </div>

                </div>

            </div>

        </div>

    </header>

    <main>

        <!-- Hero Section -->

        <section id="hero" class="pt-16 pb-20 bg-primary/95 text-white">

            <div class="max-w-7xl mx-auto px-4 sm:px-6 lg:px-8 text-center">

                <div class="max-w-3xl mx-auto">

                    <h1 class="text-5xl md:text-6xl font-extrabold tracking-tight mb-4 leading-tight">

                        Your Trusted Partner in <span class="text-secondary">Health and Wellness</span>

                    </h1>

                    <p class="mt-3 text-xl text-indigo-100 sm:mt-5 sm:text-2xl">

                        Providing compassionate medical guidance and support tailored to your unique needs, 24/7.

                    </p>

                    <div class="mt-10 max-w-sm mx-auto sm:max-w-none sm:flex sm:justify-center space-y-4 sm:space-y-0 sm:space-x-6">

                        <a href="#contact" class="w-full sm:w-auto flex items-center justify-center px-8 py-3 border border-transparent text-base font-medium rounded-xl shadow-xl text-primary bg-secondary hover:bg-secondary/80 md:py-4 md:text-lg md:px-10 transition duration-300 transform hover:scale-[1.02]">

                            Book an Appointment

                        </a>

                        <a href="#services" class="w-full sm:w-auto flex items-center justify-center px-8 py-3 border border-white text-base font-medium rounded-xl shadow-xl text-white hover:text-primary hover:bg-white md:py-4 md:text-lg md:px-10 transition duration-300 transform hover:scale-[1.02]">

                            Learn More

                        </a>

                    </div>

                </div>

            </div>

        </section>

        <!-- Services Section -->

        <section id="services" class="py-20 bg-white">

            <div class="max-w-7xl mx-auto px-4 sm:px-6 lg:px-8">

                <div class="text-center">

                    <h2 class="text-base text-primary font-semibold tracking-wide uppercase">Our Commitment</h2>

                    <p class="mt-2 text-3xl leading-8 font-extrabold tracking-tight text-gray-900 sm:text-4xl">

                        Expert Support, When You Need It Most

                    </p>

                    <p class="mt-4 max-w-2xl text-xl text-gray-500 lg:mx-auto">

                        We offer a range of specialized services designed to simplify your healthcare journey and ensure optimal well-being.

                    </p>

                </div>

                <div class="mt-16 grid grid-cols-1 gap-12 sm:grid-cols-2 lg:grid-cols-3">

                    <!-- Service 1: Telemedicine - Now a clickable link -->

                    <a href="https://www.medibuddy.in/doctors/online-consultation" target="\_blank" class="block rounded-xl shadow-lg hover:shadow-2xl hover:shadow-primary/30 transition duration-300 p-6 bg-white border border-gray-100">

                        <div class="inline-flex p-3 rounded-xl bg-secondary text-primary">

                            <svg class="h-6 w-6" fill="none" viewBox="0 0 24 24" stroke="currentColor">

                                <path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M3 5a2 2 0 012-2h3.28a1 1 0 01.948.684l1.498 4.493a1 1 0 01-.502 1.21l-2.257 1.13a11.042 11.042 0 005.516 5.516l1.13-2.257a1 1 0 011.21-.502l4.493 1.498a1 1 0 01.684.949V19a2 2 0 01-2 2h-1C9.716 21 3 14.284 3 6V5z" />

                            </svg>

                        </div>

                        <h3 class="mt-4 text-xl font-semibold text-gray-900 hover:text-primary transition duration-150">Virtual Consultations</h3>

                        <p class="mt-2 text-base text-gray-500">

                            Connect with certified doctors and specialists from the comfort of your home via secure video calls.

                        </p>

                    </a>

                    <!-- Service 2: Prescription Management - Now a clickable link -->

                    <a href="https://youtu.be/OWp35j8ytNs" target="\_blank" class="block rounded-xl shadow-lg hover:shadow-2xl hover:shadow-primary/30 transition duration-300 p-6 bg-white border border-gray-100">

                        <div class="inline-flex p-3 rounded-xl bg-secondary text-primary">

                            <svg class="h-6 w-6" fill="none" viewBox="0 0 24 24" stroke="currentColor">

                                <path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M9 12h6m-6 4h6m2 5H7a2 2 0 01-2-2V5a2 2 0 012-2h5.586a1 1 0 01.707.293l5.414 5.414a1 1 0 01.293.707V19a2 2 0 01-2 2z" />

                            </svg>

                        </div>

                        <h3 class="mt-4 text-xl font-semibold text-gray-900 hover:text-primary transition duration-150">Medication Refills & Advice</h3>

                        <p class="mt-2 text-base text-gray-500">

                            Hassle-free management of chronic medications, including renewals and dosage guidance.

                        </p>

                    </a>

                    <!-- Service 3: Mental Health Support - Now a clickable link -->

                    <a href="https://coachsangeeta.com/service/emotional-wellness-coaching/" target="\_blank" class="block rounded-xl shadow-lg hover:shadow-2xl hover:shadow-primary/30 transition duration-300 p-6 bg-white border border-gray-100">

                        <div class="inline-flex p-3 rounded-xl bg-secondary text-primary">

                            <svg class="h-6 w-6" fill="none" viewBox="0 0 24 24" stroke="currentColor">

                                <path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M4.318 6.318a4.5 4.5 0 000 6.364L12 20.364l7.682-7.682a4.5 4.5 0 00-6.364-6.364L12 7.636l-1.318-1.318a4.5 4.5 0 00-6.364 0z" />

                            </svg>

                        </div>

                        <h3 class="mt-4 text-xl font-semibold text-gray-900 hover:text-primary transition duration-150">Emotional Wellness Coaching</h3>

                        <p class="mt-2 text-base text-gray-500">

                            Access to licensed therapists and wellness coaches for stress and anxiety management.

                        </p>

                    </a>

                </div>

            </div>

        </section>

        <!-- Appointment/Contact Section -->

        <section id="contact" class="py-20 bg-primary/5">

            <div class="max-w-7xl mx-auto px-4 sm:px-6 lg:px-8">

                <div class="lg:grid lg:grid-cols-3 lg:gap-12">

                    <div class="lg:col-span-1">

                        <h2 class="text-3xl font-extrabold text-primary sm:text-4xl">

                            Ready to Connect?

                        </h2>

                        <p class="mt-4 text-lg text-gray-600">

                            Book your virtual appointment today. Fill out the form, and a care coordinator will contact you within 1 business hour.

                        </p>

                        <ul class="mt-6 space-y-3 text-gray-600">

                            <li class="flex items-start">

                                <svg class="flex-shrink-0 h-6 w-6 text-primary mt-1" fill="none" viewBox="0 0 24 24" stroke="currentColor"><path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M3 8l7.89 5.26a2 2 0 002.22 0L21 8M5 19h14a2 2 0 002-2V7a2 2 0 00-2-2H5a2 2 0 00-2 2v10a2 2 0 002 2z"></path></svg>

                                <span class="ml-3">namrashah@gmail.com</span>

                            </li>

                            <li class="flex items-start">

                                <svg class="flex-shrink-0 h-6 w-6 text-primary mt-1" fill="none" viewBox="0 0 24 24" stroke="currentColor"><path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M12 18h.01M8 21h8a2 2 0 002-2V5a2 2 0 00-2-2H8a2 2 0 00-2 2v14a2 2 0 002 2z"></path></svg>

                                <span class="ml-3">9428374543</span>

                            </li>

                            <li class="flex items-start">

                                <svg class="flex-shrink-0 h-6 w-6 text-primary mt-1" fill="none" viewBox="0 0 24 24" stroke="currentColor"><path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M17.657 16.657L13.414 20.9a1.998 1.998 0 01-2.827 0l-4.244-4.243a8 8 0 1111.314 0z"></path><path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M15 11a3 3 0 11-6 0 3 3 0 016 0z"></path></svg>

                                <span class="ml-3">Virtual Clinic, Global Access</span>

                            </li>

                        </ul>

                    </div>

                    <div class="mt-10 lg:mt-0 lg:col-span-2">

                        <form id="appointment-form" class="bg-white p-8 rounded-xl shadow-2xl space-y-6">

                            <div>

                                <label for="name" class="block text-sm font-medium text-gray-700">Full Name</label>

                                <input type="text" name="name" id="name" required class="mt-1 block w-full border border-gray-300 rounded-lg shadow-sm p-3 focus:ring-primary focus:border-primary">

                            </div>

                            <div>

                                <label for="email" class="block text-sm font-medium text-gray-700">Email Address</label>

                                <input type="email" name="email" id="email" required class="mt-1 block w-full border border-gray-300 rounded-lg shadow-sm p-3 focus:ring-primary focus:border-primary">

                            </div>

                            <div>

                                <label for="reason" class="block text-sm font-medium text-gray-700">Reason for Consultation</label>

                                <select id="reason" name="reason" required class="mt-1 block w-full border border-gray-300 rounded-lg shadow-sm p-3 focus:ring-primary focus:border-primary">

                                    <option value="">-- Select a reason --</option>

                                    <option value="General Checkup">General Checkup</option>

                                    <option value="Prescription Refill">Prescription Refill</option>

                                    <option value="Mental Health Support">Mental Health Support</option>

                                    <option value="Medical Question">General Medical Question</option>

                                    <option value="Other">Other</option>

                                </select>

                            </div>

                            <div>

                                <label for="message" class="block text-sm font-medium text-gray-700">Brief Message</label>

                                <textarea id="message" name="message" rows="4" class="mt-1 block w-full border border-gray-300 rounded-lg shadow-sm p-3 focus:ring-primary focus:border-primary"></textarea>

                            </div>

                            <!-- Success Message Box (Hidden by default) -->

                            <div id="success-message" class="bg-secondary/20 border border-secondary text-primary px-4 py-3 rounded-lg relative hidden opacity-0" role="alert">

                                <strong class="font-bold">Success!</strong>

                                <span class="block sm:inline"> Your appointment request has been sent. We will contact you soon.</span>

                            </div>

                            <button type="submit" id="submit-button" class="w-full flex justify-center py-3 px-4 border border-transparent rounded-xl shadow-lg text-lg font-medium text-white bg-primary hover:bg-primary/90 focus:outline-none focus:ring-2 focus:ring-offset-2 focus:ring-primary transition duration-200">

                                Send Request

                            </button>

                        </form>

                    </div>

                </div>

            </div>

        </section>

    </main>

    <!-- Footer -->

    <footer class="bg-gray-800 text-white">

        <div class="max-w-7xl mx-auto py-12 px-4 overflow-hidden sm:px-6 lg:px-8">

            <nav class="flex flex-wrap justify-center -m-5">

                <div class="px-5 py-2">

                    <a href="#hero" class="text-base text-gray-300 hover:text-white transition duration-150">Home</a>

                </div>

                <div class="px-5 py-2">

                    <a href="#services" class="text-base text-gray-300 hover:text-white transition duration-150">Services</a>

                </div>

                <!-- Privacy Policy and Terms of Service links removed -->

            </nav>

            <p class="mt-8 text-center text-base text-gray-400">

                &copy; 2024 HealthConnect. All rights reserved. For educational and informational purposes only.

            </p>

        </div>

    </footer>

    <script>

        // --- JAVASCRIPT FOR INTERACTIVITY ---

        document.addEventListener('DOMContentLoaded', () => {

            const mobileMenu = document.getElementById('mobile-menu');

            const mobileMenuToggle = document.getElementById('mobile-menu-toggle');

            const mobileMenuClose = document.getElementById('mobile-menu-close');

            const mobileNavLinks = document.querySelectorAll('.mobile-nav-link');

            const appointmentForm = document.getElementById('appointment-form');

            const successMessage = document.getElementById('success-message');

            const submitButton = document.getElementById('submit-button');

            // 1. Mobile Menu Toggle

            mobileMenuToggle.addEventListener('click', () => {

                mobileMenu.classList.remove('hidden');

                setTimeout(() => mobileMenu.style.opacity = '1', 10);

            });

            mobileMenuClose.addEventListener('click', () => {

                mobileMenu.style.opacity = '0';

                setTimeout(() => mobileMenu.classList.add('hidden'), 500);

            });

            // Close mobile menu when a link is clicked

            mobileNavLinks.forEach(link => {

                link.addEventListener('click', () => {

                    mobileMenu.style.opacity = '0';

                    setTimeout(() => mobileMenu.classList.add('hidden'), 500);

                });

            });

            // 2. Simulated Form Submission

            appointmentForm.addEventListener('submit', (event) => {

                event.preventDefault();

                // Clear previous message

                successMessage.classList.add('hidden');

                successMessage.style.opacity = '0';

                // Simulate loading state

                submitButton.textContent = 'Sending...';

                submitButton.disabled = true;

                submitButton.classList.add('opacity-70');

                // Simulate network request delay

                setTimeout(() => {

                    // Reset button state

                    submitButton.textContent = 'Send Request';

                    submitButton.disabled = false;

                    submitButton.classList.remove('opacity-70');

                    // Show success message

                    successMessage.classList.remove('hidden');

                    // Use a slight delay to trigger the CSS transition

                    setTimeout(() => successMessage.style.opacity = '1', 50);

                    // Clear the form

                    appointmentForm.reset();

                }, 1500); // 1.5 second delay

            });

        });

    </script>

</body>

</html>