**Outline of the Riskometer Application:**

**1. User Dashboard**

**Personalized Greeting** (e.g., "Hello, [User's Name]! Here’s your health snapshot.")  
**Risk Score Display** (e.g., "Your risk level: Moderate 🔶 | 10-Year Stroke/Heart Attack Risk: 15%")  
 **Health Summary** – Key health indicators (BMI, blood pressure, cholesterol levels, etc.) **Progress Tracker** – Graphs showing health trends over time

**2. Data Input Forms**

**Personal Data Form** – Age, gender, height, weight, lifestyle factors  
 **Medical History Form** – Chronic conditions, family history, previous illnesses  
 **Lifestyle Assessment** – Smoking, alcohol intake, physical activity, diet preferences

**Comparison with Healthy Benchmark** – "Your cholesterol level is 220 mg/dL, ideal is <200 mg/dL"

**➡️ Feature:** Auto-save progress & allow users to update their info anytime

**3. Riskometer (Risk Assessment Page)**

**Interactive Risk Calculator** –   
 **Sliders & Checkboxes** for inputting health metrics (BP, cholesterol, etc.)  
**Live Risk Score Updates** – Risk percentage changes dynamically

**4. Advice & Recommendations Page**

**AI-Powered Personalized Health Tips**

* Diet recommendations
* Exercise suggestions
* Medical check-up reminders
* Stress management techniques

**5. Reports & Insights**

**Downloadable Health Report** (PDF format) – Risk score, health tips, graphs  
 **Charts & Trends** – Track BP, BMI, cholesterol over months/years

**6. Notifications & Alerts**

**Preventive Alerts** – "Your BP is high for 3 weeks! Consider a check-up."  
 **Reminders for Tests** – Blood pressure, cholesterol check, ECG, etc.

**7. User Account & Settings**

**Profile Section** – Edit personal details, medical history  
 **Privacy Settings** – Data sharing preferences, report export options

**8. Mobile-Friendly UI (Optional Mobile App)**

**Simple & Responsive Design** – Works well on mobile & tablets  
**Push Notifications** – Personalized health reminders

**SOS Button-** giving alerts to relatives and nearest hospitals in case of emergency.