

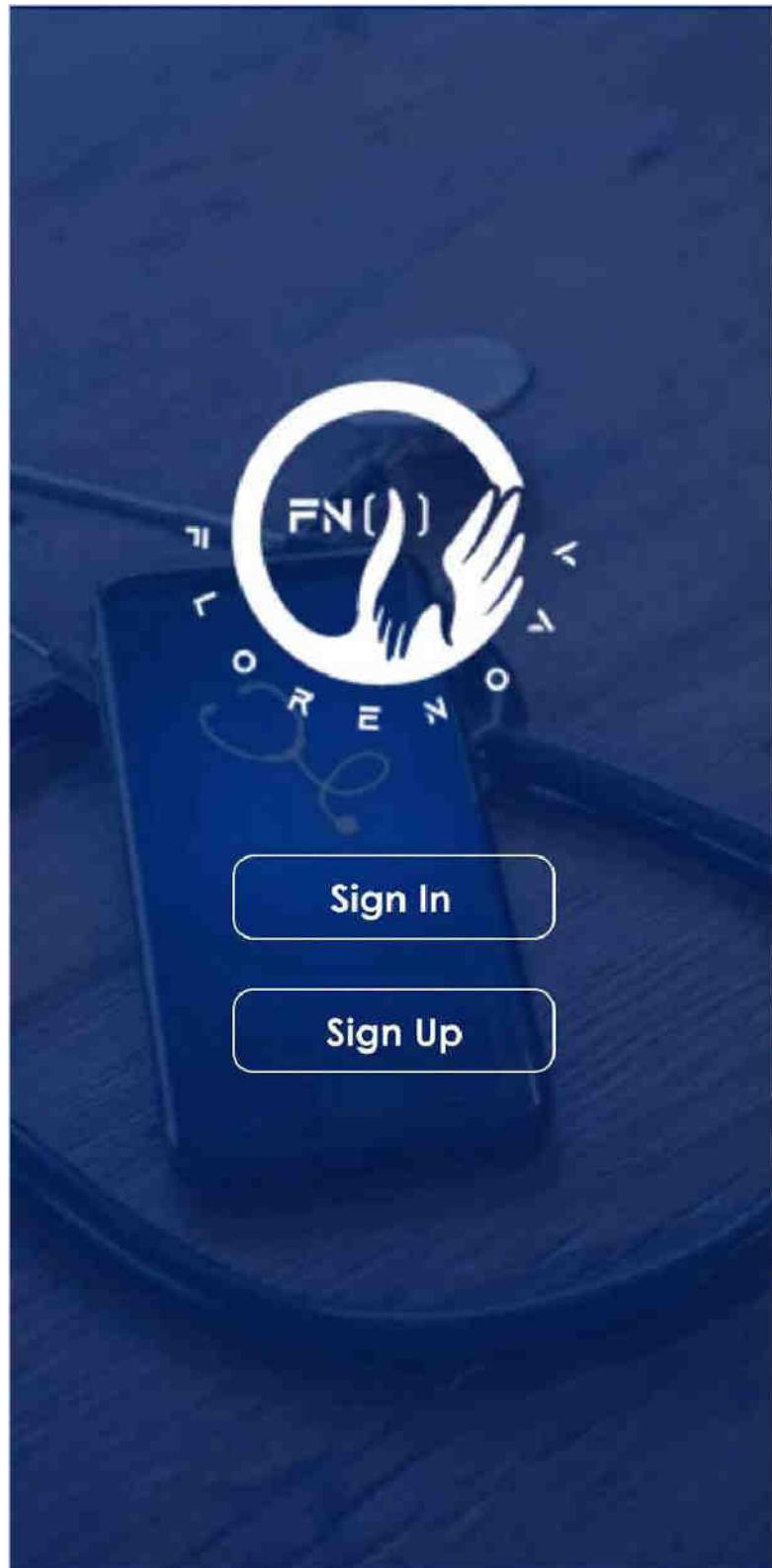
Florenova - 2021-01-29

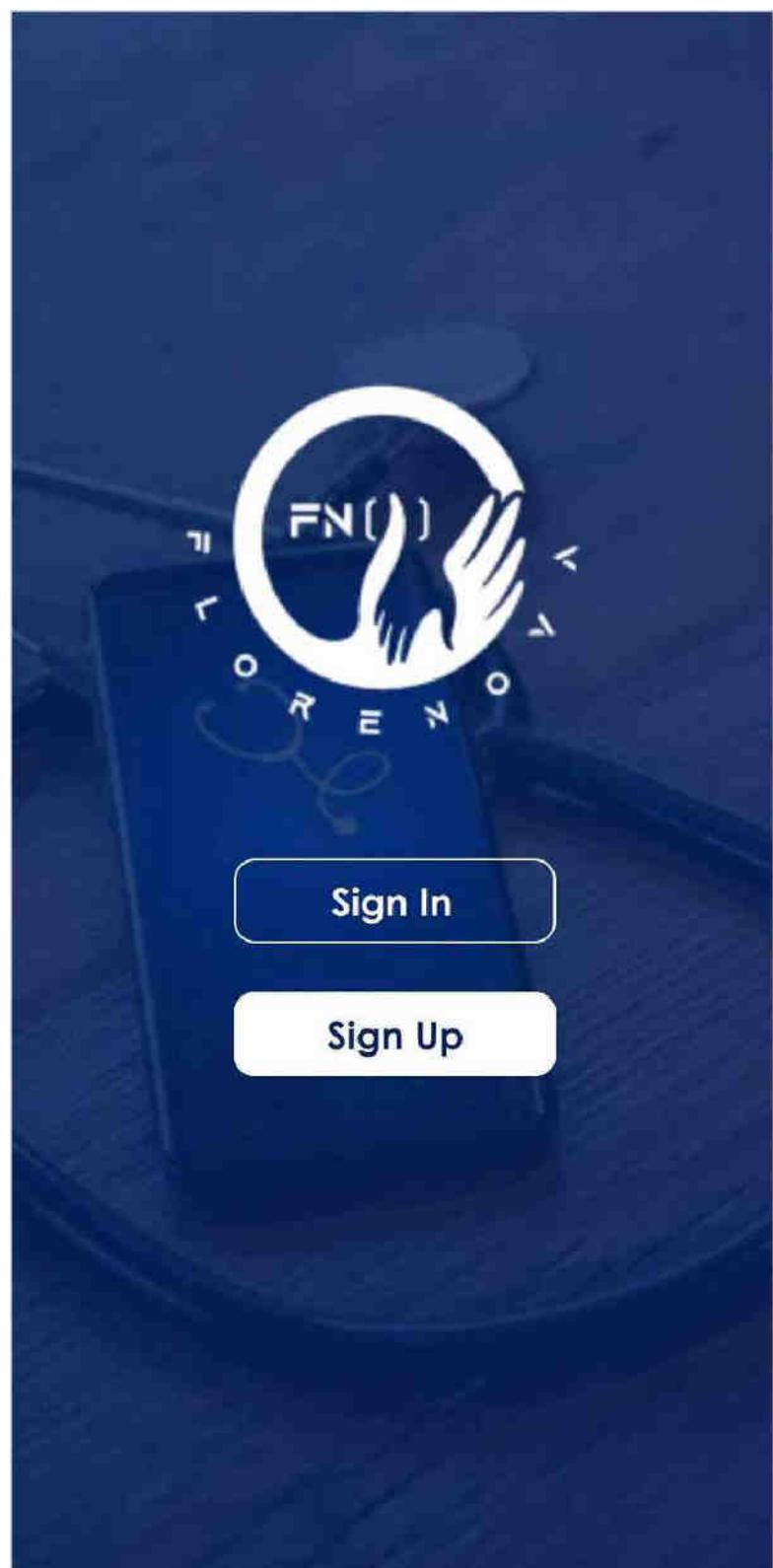
[Click the link to view the prototype](#)



Collaborators

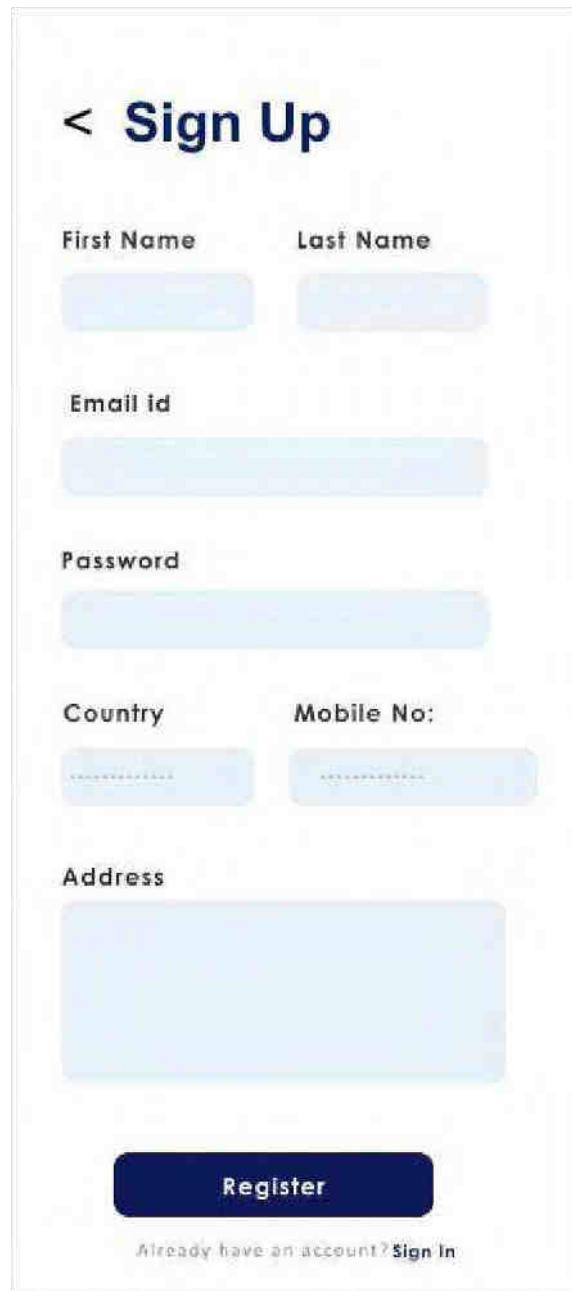








signUp 1



The image shows a mobile application's sign-up screen. At the top, there is a back arrow icon and the text "Sign Up". Below this, there are fields for "First Name" and "Last Name", each with a light blue placeholder bar. Underneath is a field for "Email id" with a similar placeholder bar. A "Password" field follows, also with a placeholder bar. Below these are fields for "Country" and "Mobile No:", each with a light blue placeholder bar. An "Address" field is present with a large light blue placeholder bar. At the bottom of the screen is a dark blue button labeled "Register" in white text. Below the "Register" button, there is a link in small text that says "Already have an account? [Sign In](#)".

< Sign Up

First Name Last Name

Email id

Password

Country Mobile No:

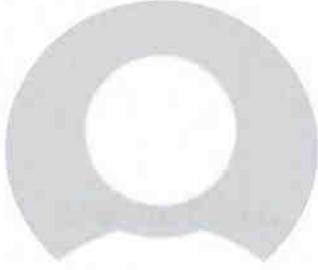
Address

Register

Already have an account? [Sign In](#)

signUp 2

<



Profile Photo

Height Weight

Blood Group Gender

Complete

Already have an account? [Sign In](#)

login



LOGIN

EMAIL

swatisureshnair@gmail.com

PASSWORD

Submit

Artboard 4(HOME)



Artboard 4(HOME) 1



Artboard 4(HOME)9



Artboard 4(HOME)



Artboard 4(HOME)5



Artboard 4(HOME)6



Artboard 4(HOME) 2



notification (2)

< 

Notifications

Dr. Abraham confirmed your Appointment  10 am

You have cancelled the schedule with **Dr. Anjali Menon**  9 am

Lab test scheduled in **Al-Shifa Medical Labortary**  Yesterday

Medicines succesfully delivered from **WallMart Pharmacy**  Tuesday

Payment is successfull for **Full Leg Workout**  Wednesday

You have cancelled the schedule with **Dr. Gopi Krishnan**  Friday

Lab test scheduled in **Al-Shifa Medical Labortary**  Yesterday

Medicines succesfully delivered from **WallMart Pharmacy**  Tuesday

Payment is successfull for **Full Leg Workout**  Wednesday

symptoms 1



symptoms 2

Home > Consultations

Choose health symptom

| | | |
|---|---|---|
|  |  |  |
| Pregnancy | Infant unwell | Cough,cold/fever |
|  |  |  |
| Acne,rashes/ skin issues | Severe headache | Body Pain |
|  |  |  |
| Tooth ache/ Gum Problems | Cardiac | Nerve Weakening |
|  |  |  |
| Gastro/ Stomach pain | Weight Loss/ Gain | Menstrual |
|  |  |  |
| Troubles in conceiving | Muscle/Joint Pain | Hair loss/ Scalp issues |
|  |  | |
| Nausea/ Vomiting | Don't Know | |

NEXT ->

choose the doctor

Home | Consultation | Choose the doctor

Choose a doctor

Speciality

See All

Available doctors

Dr. Abraham Varghese
Apollo Hospital
★★★★★ Rs. 540

Dr. Anjali Menon
Meditrina Hospital
★★★★ Rs. 450

Dr. Ajay Sreekumar
Medicity Hospital
★★★★ Rs. 440

Sort by ^ Filter ^

◀ Available doctors 

Dr. Ajay Sreekumar
Medicity Hospital

★★★★★ Rs. 440

Dr. Jothika Nair
Meditrina Hospital

★★★★★ Rs. 340

Dr. Jagan Mohan
Fortis Hospital

★★★★★ Rs. 540

Dr. Raichal Daniel
Tata Memorial Hospital

★★★★★ Rs. 420

Dr. Raghu Nathan
Fortis Hospital

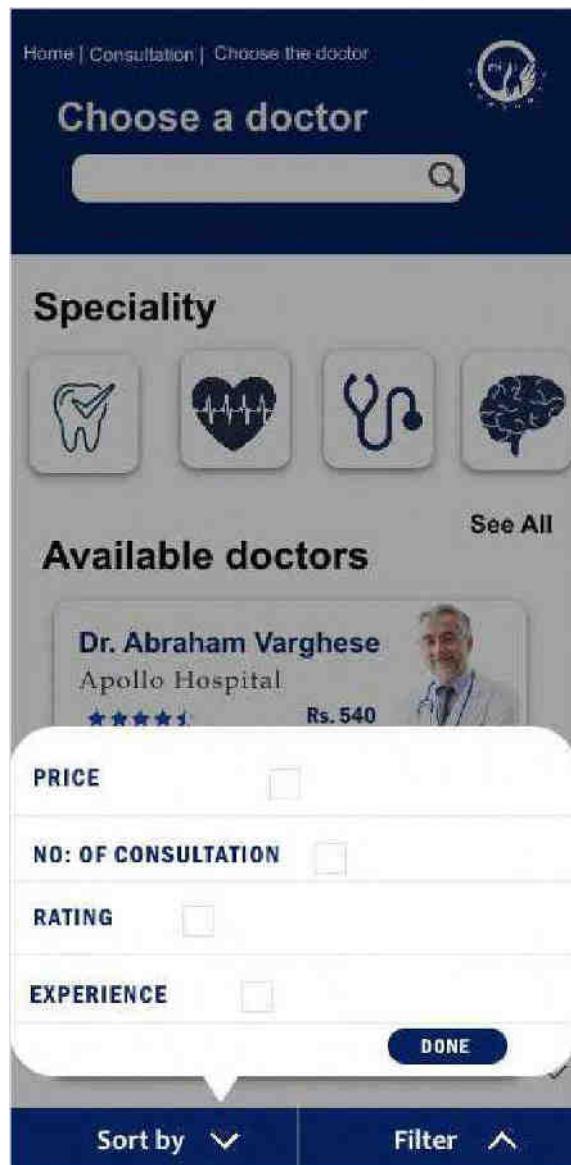
★★★★★ Rs. 450

▲ Sort by ▲ Filter ▲

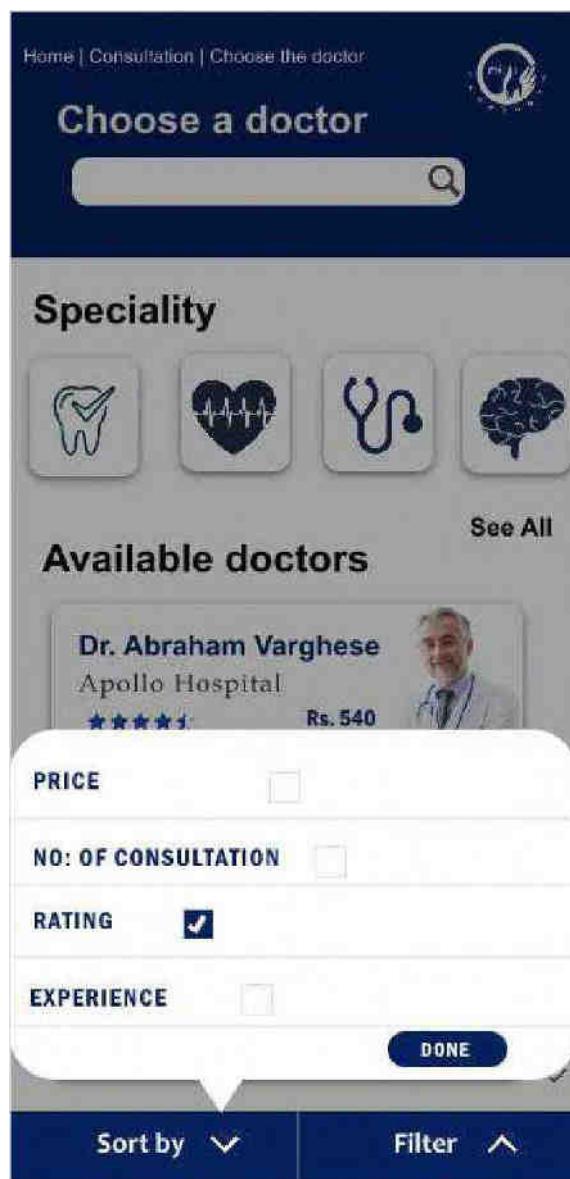
specailtues



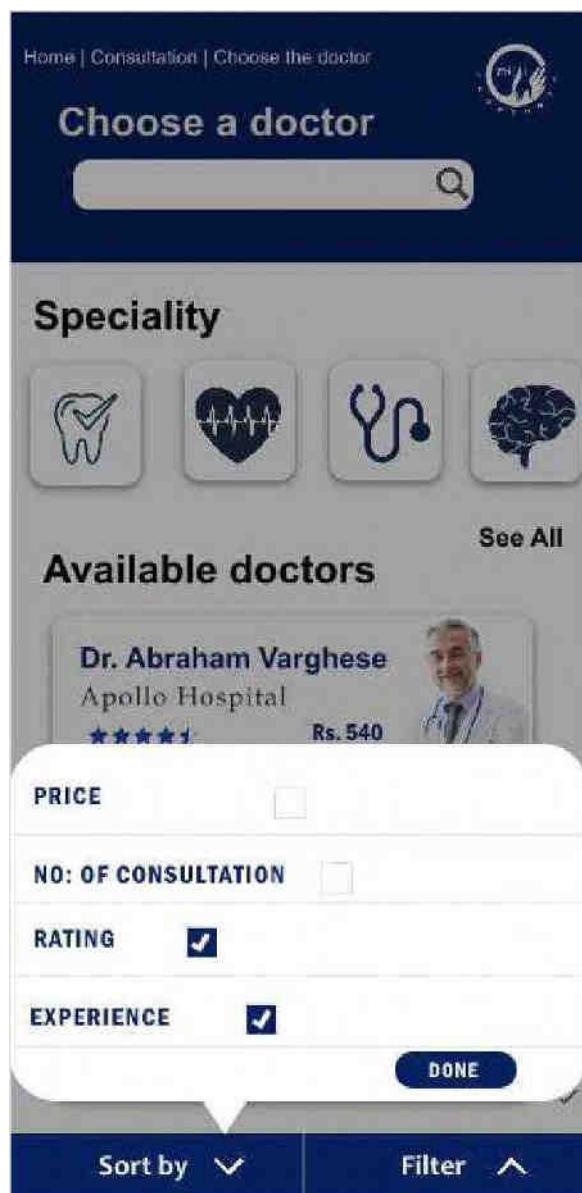
sort



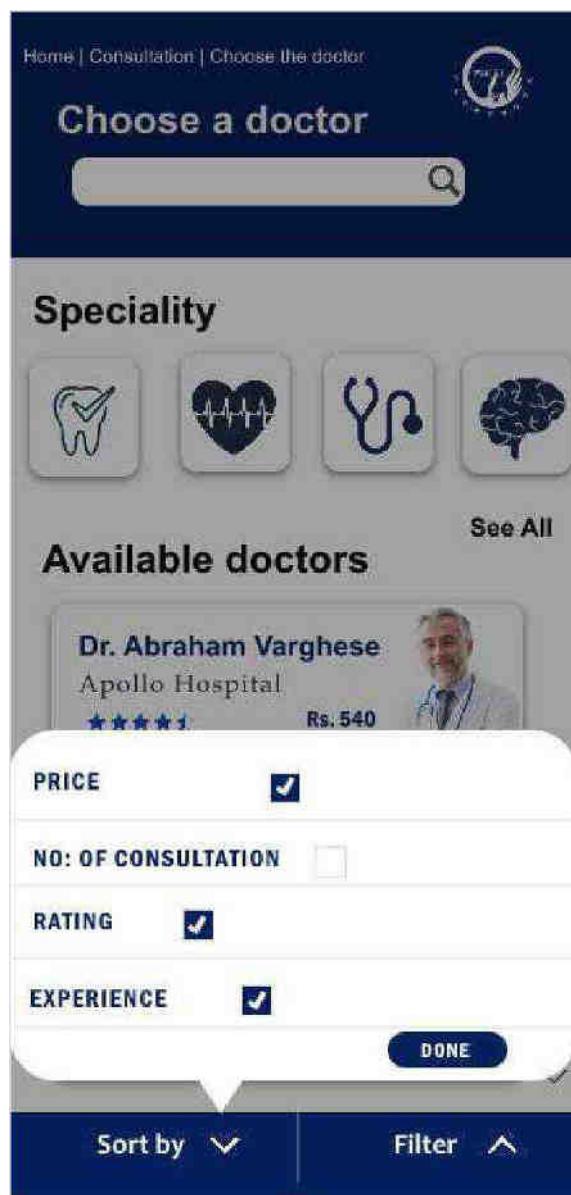
Sort 1

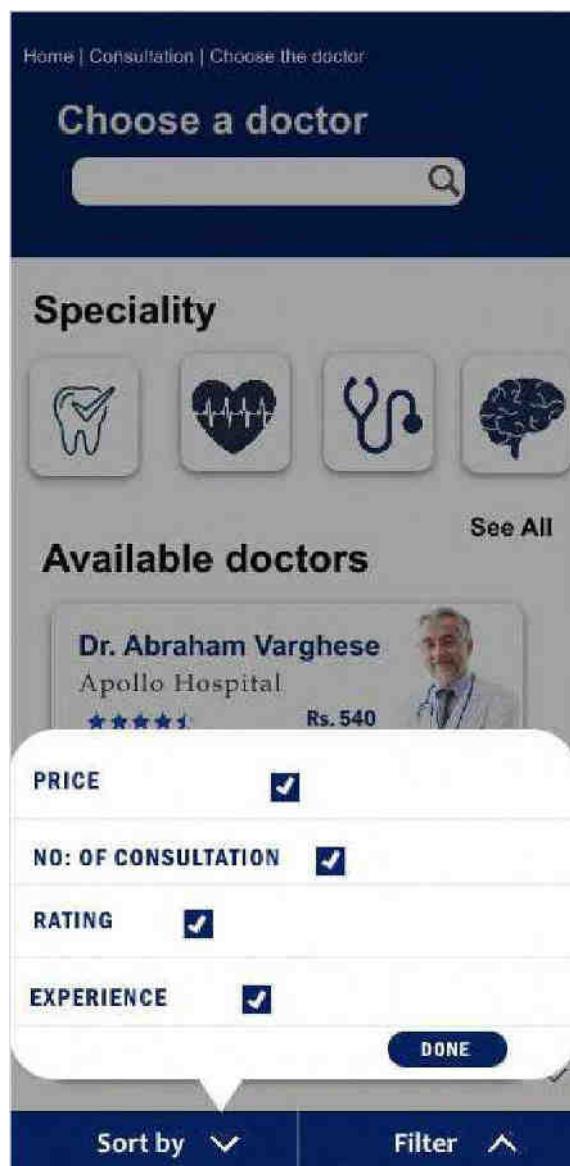


sort 2



sort3





filter 1

| Filters | CLEAR ALL | |
|---------------------|-----------|------|
| Qualification | MBBS | 5087 |
| Location | BMBS | 463 |
| Availability | MBChB | 890 |
| Price Range | MBBCh | 932 |
| Language Preference | MD | 7986 |
| | DCM | 3555 |
| | DS | 2813 |
| | DMSc | 1006 |

CLOSE | APPLY

filter 6

| Filters | | CLEAR ALL |
|---------------------|----------|-----------|
| Qualification | in state | 5087 |
| Location | 6-10km | 463 |
| Availability | 11-25km | 890 |
| Price Range | 26-50km | 932 |
| Language Preference | | |

[CLOSE](#) | [APPLY](#)

filter 3

| Filters | | CLEAR ALL | |
|---------------------|-----------------------------------|-----------|--|
| Qualification | Available now | 5567 | |
| Location | Available in less than 10 minutes | 3587 | |
| Availability | | | |
| Price Range | Available in 1-2 hrs | 1588 | |
| Language Preference | Available tomorrow | 2200 | |
| | Available in 2 days | 1000 | |
| | Available in 3 days | 1120 | |
| | Available in 4 days | 2222 | |
| | Available in 5 days | 3212 | |
| CLOSE | | APPLY | |

filter 4

| Filters | | CLEAR ALL |
|---------------|-----------|-----------|
| Qualification | Below 500 | 8856 |
| Location | 500-750 | 6890 |
| Availability | 750-1000 | 1567 |

Price Range

| Language Preference |
|---------------------|
| |

CLOSE | APPLY

filter 5

| Filters | | CLEAR ALL | |
|---------------------|-----------|-----------|--|
| Qualification | English | 8888 | |
| Location | Hindi | 7654 | |
| Availability | Malayalam | 5678 | |
| Price Range | Tamil | 4323 | |
| Language Preference | Telugu | 2456 | |
| | Kannada | 1378 | |
| | Urdu | 543 | |
| | Konkani | 221 | |
| | Gujarati | 379 | |
| | Punjabi | 156 | |

[CLOSE](#) | [APPLY](#)

filter Quali

| Filters | | CLEAR ALL |
|---------------------|--|-----------|
| Qualification | MBBS | 5087 |
| Location | BMBS | 463 |
| Availability | MBChB | 890 |
| Price Range | MBBCh | 932 |
| Language Preference | MD <input checked="" type="checkbox"/> | 7986 |
| | DCM | 3555 |
| | DS | 2813 |
| | DMSc | 1006 |

CLOSE | APPLY

filter Loc

Filters CLEAR ALL

| | | |
|---------------------|--|------|
| Qualification | in state <input checked="" type="checkbox"/> | 5087 |
| Location | 6-10km | 463 |
| Availability | 11-25km | 890 |
| Price Range | 26-50km | 932 |
| Language Preference | | |

CLOSE | APPLY

filter 8

| Filters | | CLEAR ALL | |
|---------------------|-----------------------------------|--|--|
| Qualification | Available now | 5567 | |
| Location | Available in less than 10 minutes | 3587 | |
| Availability | | | |
| Price Range | Available in 1-2 hrs | 1588 | |
| Language Preference | Available tomorrow | 2200 | |
| | Available in 2 days | 1000 | |
| | Available in 3 days | 1120 | |
| | Available in 4 days | 2222 | |
| | Available in 5 days | 3212 <input checked="" type="checkbox"/> | |
| CLOSE | | APPLY | |

filter 7

Filters CLEAR ALL

| | | |
|---------------|--|------|
| Qualification | Below 500 | 8856 |
| Location | 500-750 | 6890 |
| Availability | 750-1000 <input checked="" type="checkbox"/> | 1567 |

Price Range

Language Preference

[CLOSE](#) | [APPLY](#)

filter Lang

| Filters | | CLEAR ALL | |
|---------------------|---|-----------|--|
| Qualification | English | 8888 | |
| Location | Hindi | 7654 | |
| Availability | Malayalam <input checked="" type="checkbox"/> | 5678 | |
| Price Range | Tamil | 4323 | |
| Language Preference | Telugu | 2456 | |
| | Kannada | 1378 | |
| | Urdu | 543 | |
| | Konkani | 221 | |
| | Gujarati | 379 | |
| | Punjabi | 156 | |

CLOSE | **APPLY**

Abraham varghese



Dr. Abraham Varghese
Orthopedic Rs 540

GOOD REVIEWS 95 %

RATING 4.5

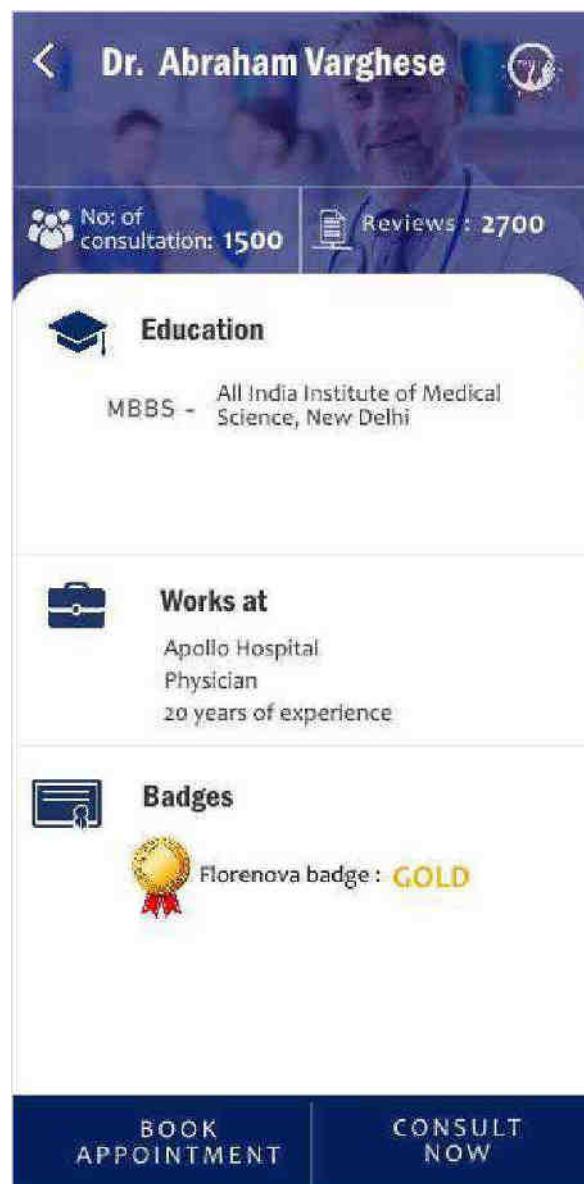
 Flat No. 100
Triveni Apartments
Pitam Pura
NEW DELHI 110034
INDIA

 9847059890

[More →](#)

[BOOK APPOINTMENT](#) [CONSULT NOW](#)

Abraham varghese 1



Dr. Abraham Varghese

No. of consultation: 1500 | Reviews: 2700

Education

MBBS - All India Institute of Medical Science, New Delhi

Works at

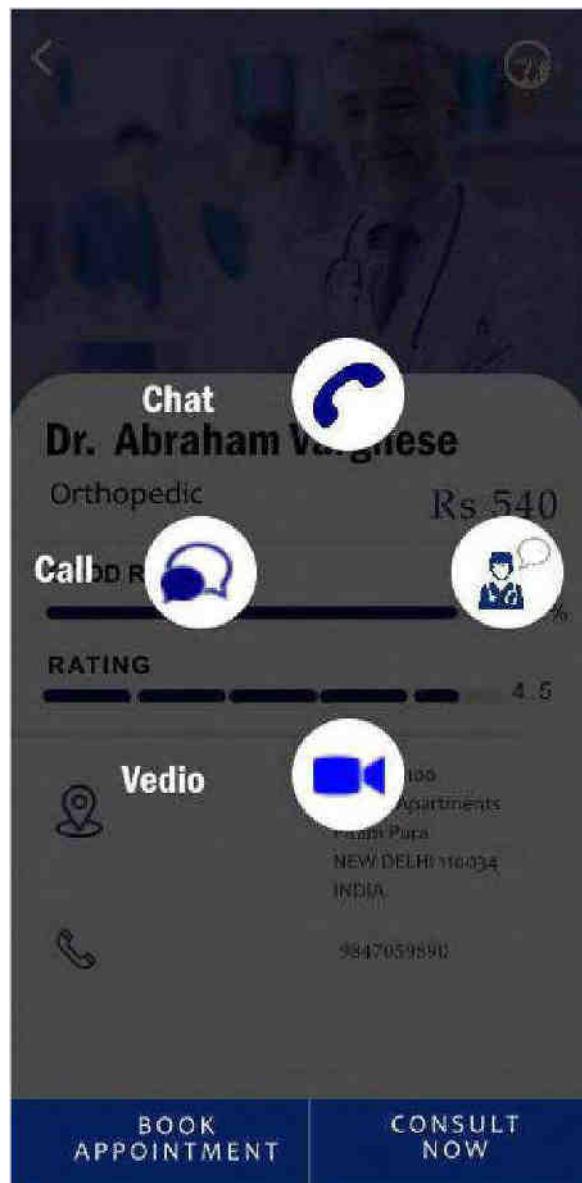
Apollo Hospital
Physician
20 years of experience

Badges

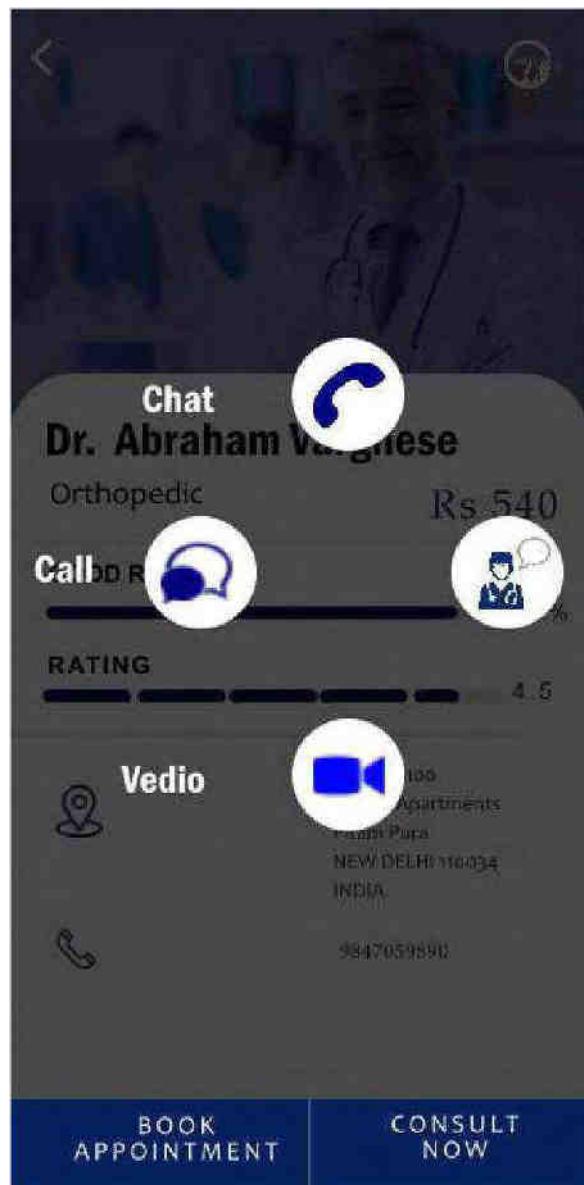
Florenova badge: GOLD

BOOK APPOINTMENT | CONSULT NOW

Abraham varghese 2



Abraham varghese 2(Copy 1)



Date Select

◀ BACK



Dr. Abraham Varghese
Orthopedic

December 2020

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

NEXT

Date Select (Copy 2)

◀ BACK



Dr. Abraham Varghese
Orthopedic

December 2020

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

NEXT

Date Select 1

◀ BACK



Dr. Abraham Varghese
Orthopedic

December 2020

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

NEXT

Date Select 1 (Copy 1)

◀ BACK



Dr. Abraham Varghese
Orthopedic

December 2020

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

NEXT

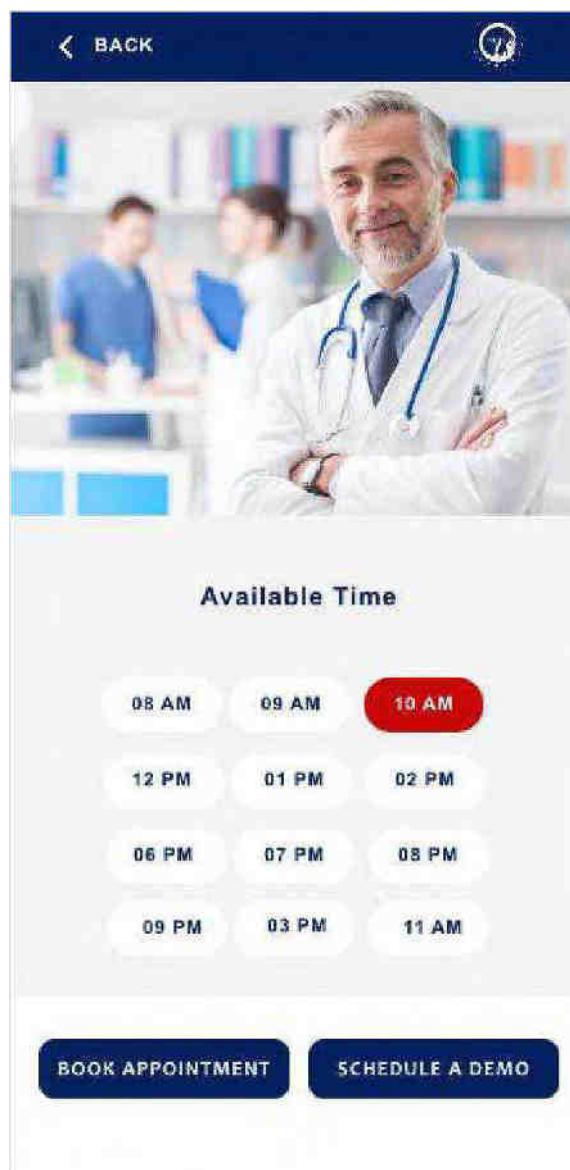
time Select



time Select (Copy 1)



time Select4



schedule A Demo 1

The image shows a mobile application screen titled "SCHEDULE A DEMO". At the top left is a "BACK" button, and at the top right is a circular logo with the text "PHU" and "FORES". The main title "SCHEDULE A DEMO" is centered above a descriptive text: "Want a demo to know how your new medical expert is? Book a demo with us through the scheduler below." Below this is a section titled "What is schedule a demo?" with a calendar icon, followed by text explaining it's a free demo before a paid appointment. Another section titled "How long can it be ?" with a clock icon, explains it's about ten minutes. A third section titled "When is it applicable ?" with a clipboard icon, explains it's before a first consultation. At the bottom is a large blue "PROCEED" button.

< BACK

SCHEDULE A DEMO

Want a demo to know how your new medical expert is? Book a demo with us through the scheduler below.

What is schedule a demo?

You can have a free demo with your new consultee before proceeding with the scheduled paid appointment.

How long can it be ?

You can have almost ten minutes of the consultee's time before confirming your appointment .

When is it applicable ?

You can have this free demo with any of your new consultee before their first consultation.

PROCEED

Schedule A Demo 2

SCHEDULE A DEMO

Want a demo to know how your new medical expert is ? Book a demo with us through the scheduler below.

CHOOSE YOUR MEDIUM

With a click of a button you can book a demo with your medical expert.

How long can it be ?

You can have almost ten minutes of the consultee's time before confirming your appointment .



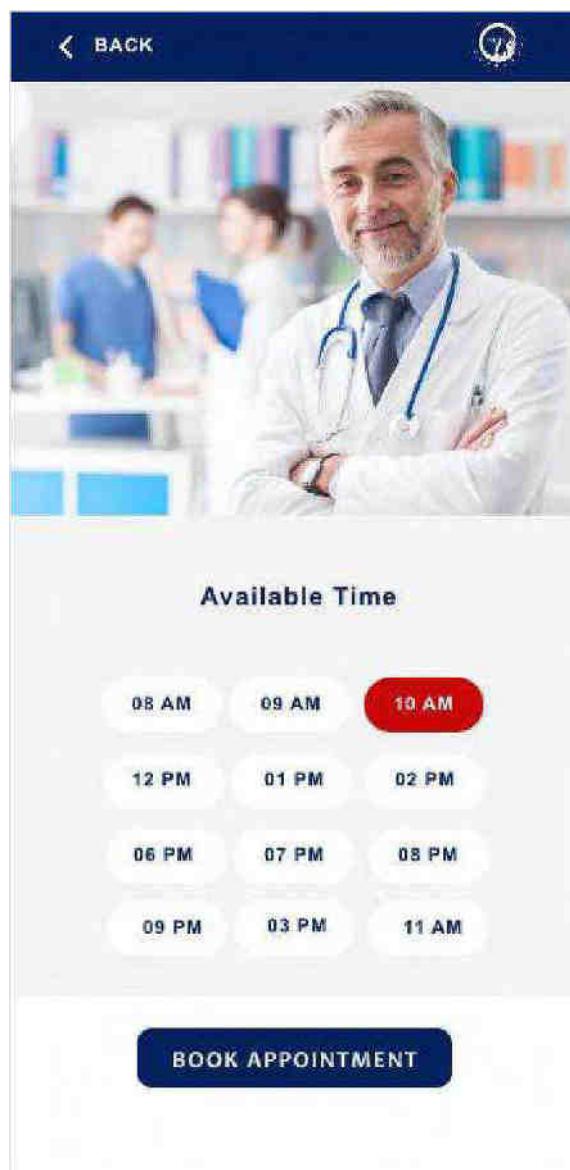
When is it applicable ?

You can have this free demo with any of your new consultee before their first consultation.



PROCEED

schedule A Demo 3

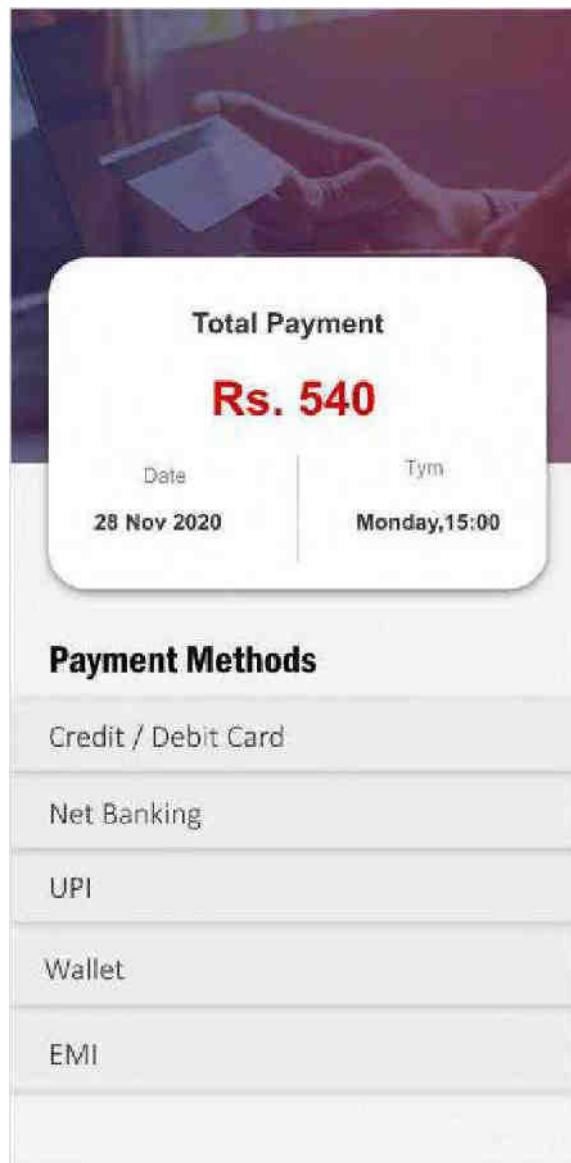


The image shows a mobile application interface titled "Confirm appointment". At the top, there is a blue header bar with a back arrow and the title "Confirm appointment". Below the header, there is a background image of a stethoscope on a dark surface. The main content area is white and contains three sections: "Choose the doctors", "Consultation details", and "Amount".

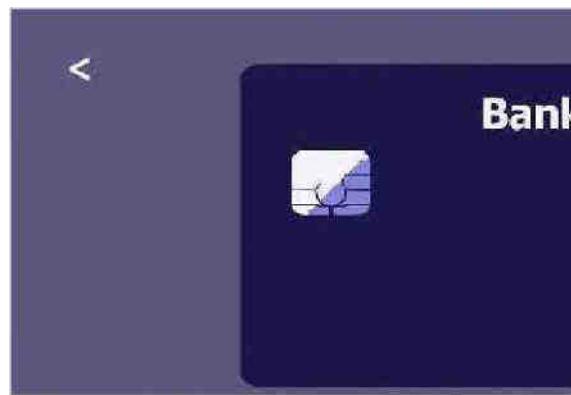
- Choose the doctors:** Dr. Abraham Varghese, Orthopediac. There is an "Edit" link next to the name.
- Consultation details:** Mode of consultation: Call. Date: 3rd December 2020. Time: 10 AM. There is an "Edit" link next to the time.
- Amount:** Rs. 540.

At the bottom of the screen are two buttons: "CONFIRM" (green) and "CANCEL" (red).

payment



payment 2



<

Bank

Payment Details

CARD HOLDER

 Joshuva Peter

CARD NUMBER

 4256 7890 5678 4532

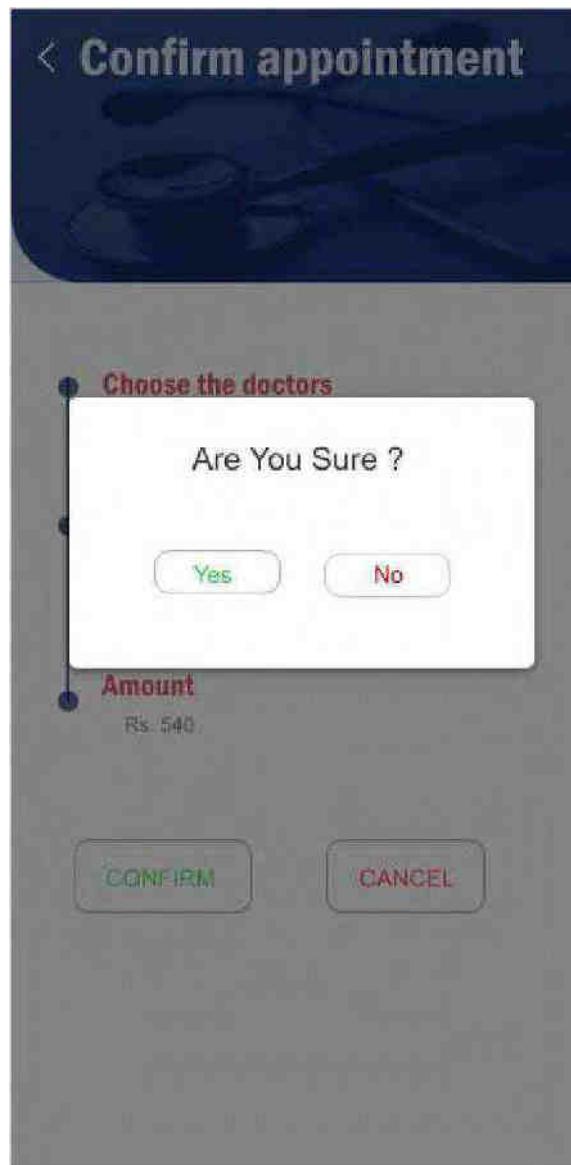
EXPIRY MONTH EXPIRY YEAR CVV

 09  20 143

Payment Amount: 490

PAY

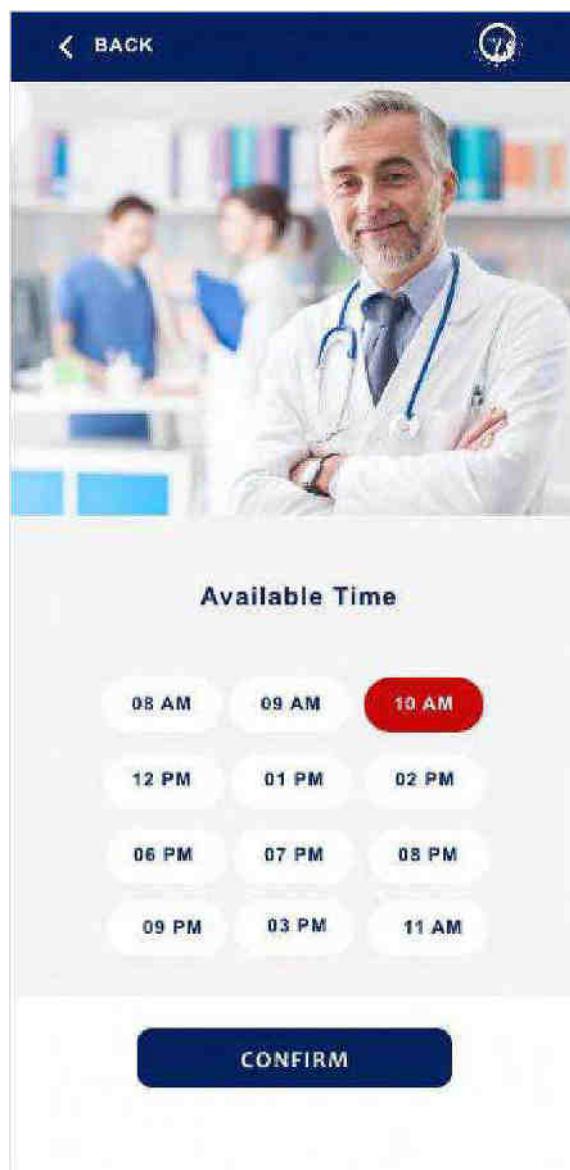
cancel



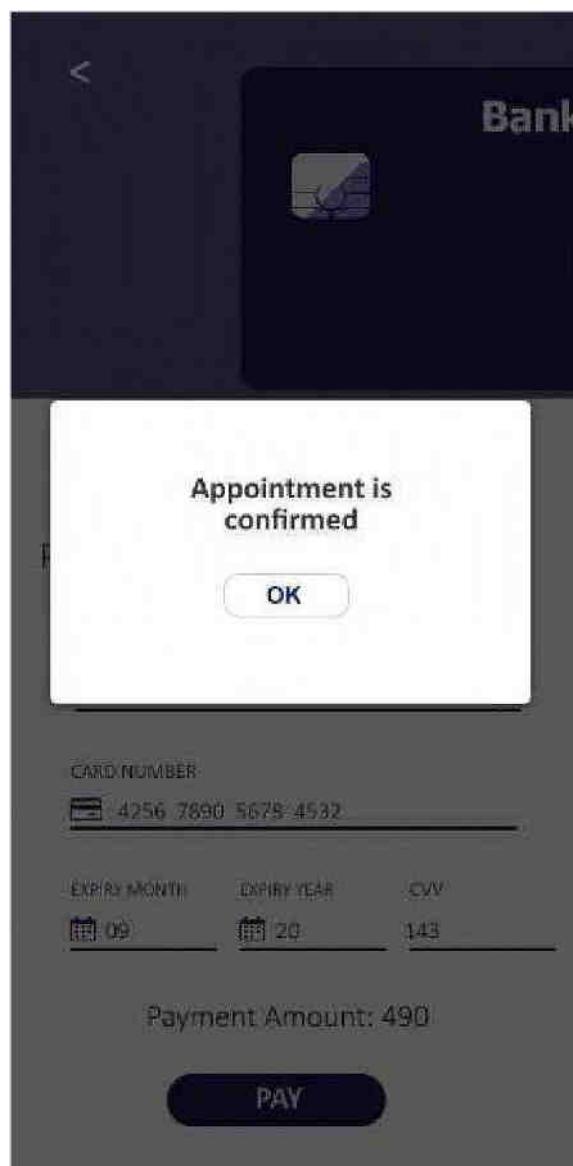
time Select6



time Select5



confirmation Msg



HOME

Medicines and Essentials

HOME My Orders Order Now

Top Companies

Square Incepta Aventis Orion

Top Pharmacies

Walmart Pharmacy
24x7 ★★★

Savon Pharmacy
24x7 ★★★★

HOME

Medicines and Essentials

HOME My Orders Order Now

Arriving today
On way

RX Pharmacy

Tab: 40 Capsule: 20

View the pdf

Cancel Track

Delivered
On Mon, 11 Jan

Wall Mart Pharmacy

Capsule: 20

View the pdf

Repeat Purchase

Delivered
on Dec, 25

RX Pharmacy

Tab: 40

View the pdf

Repeat Purchase

< Arriving today



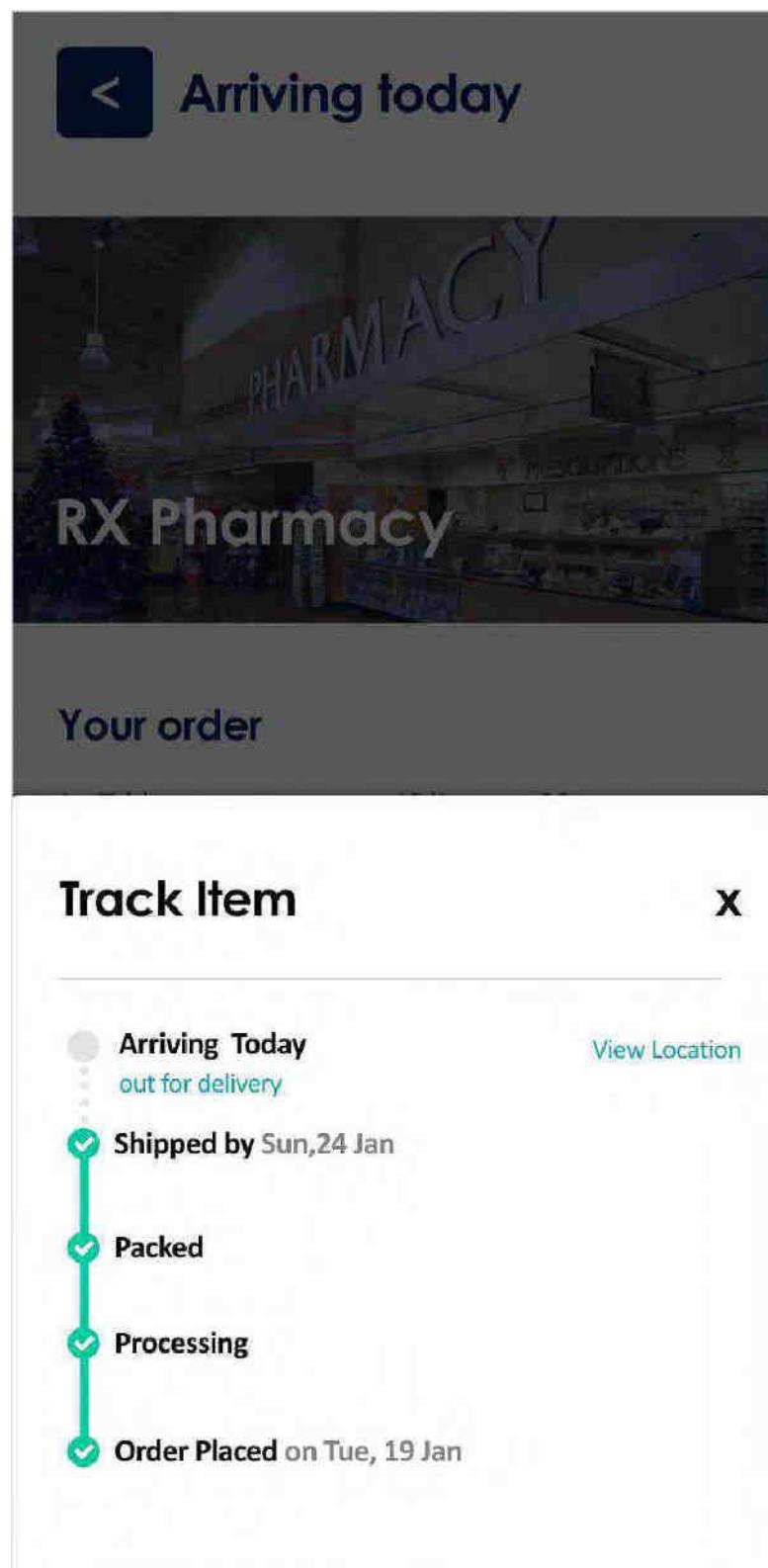
Your order

| | | |
|--------------|-------------|----|
| 1. Tablet | 10/1 | 20 |
| 2. Capsule | 20/1 | 20 |
| 3. Tablet | 25/1 | 20 |
| Total | 1100 | |

[View the pdf](#)

 Joshua
Joshua Dale,
Kakkanad P.O,
Kochi=682307 Change

Cancel **Track**



Payment Bill

Dr. Onkar Bhave
M.B.B.S., M.D., M.S. | Reg. No: 270980 |
Mob. No: 8983390126



Care Clinic
Near Axis Bank, Kothrud, Pune - 411038.
Ph: 094233 80390, Timing: 09:00 AM - 02:00 PM | Closed: Thursday



Date: 27-Apr-2020, 04:37 PM

ID: 266 - DEMO PATIENT (M)
Address: PUNE
Temp (deg): 36, BP: 120/80 mmHg

| Medicine Name | Dosage | Duration |
|-------------------------|--|-------------------------|
| 1) TAB. DEMO MEDICINE 1 | 1 Morning, 1 Night (Before Food) | 10 Days (Tot:20 Tab) |
| 2) CAP. DEMO MEDICINE 2 | 1 Morning, 1 Night (Before Food) | 10 Days (Tot:20 Cap) |
| 3) TAB. DEMO MEDICINE 3 | 1 Morning, 1 Aft, 1 Eve, 1 Night (After Food) | 10 Days (Tot:40 Tab) |
| 4) TAB. DEMO MEDICINE 4 | 1/2 Morning, 1/2 Night (After Food) | 10 Days (Tot:10 Tab) |

Advice Given:
* AVOID OILY AND SPICY FOOD

Follow Up: 12-05-2020

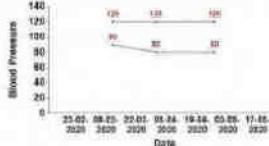
Charts



Temperature (Deg C)

23-04 26-04 23-05 06-05 13-05 20-05 27-05 03-06 10-06 17-06
2020 2020 2020 2020 2020 2020 2020 2020 2020 2020

Date



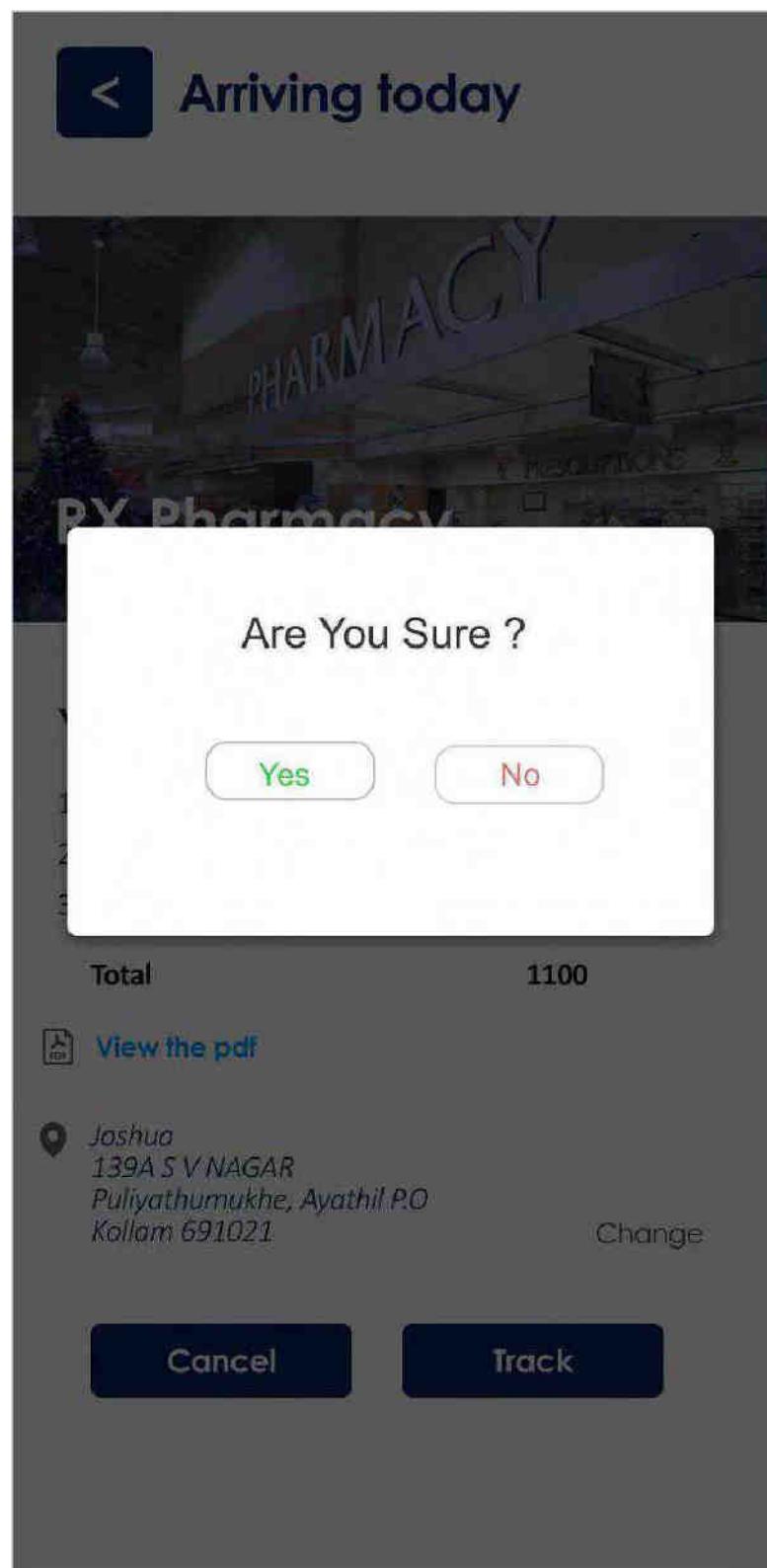
Blood Pressure

23-05 26-05 23-06 06-06 13-06 20-06 27-06 03-07 10-07 17-07
2020 2020 2020 2020 2020 2020 2020 2020 2020 2020

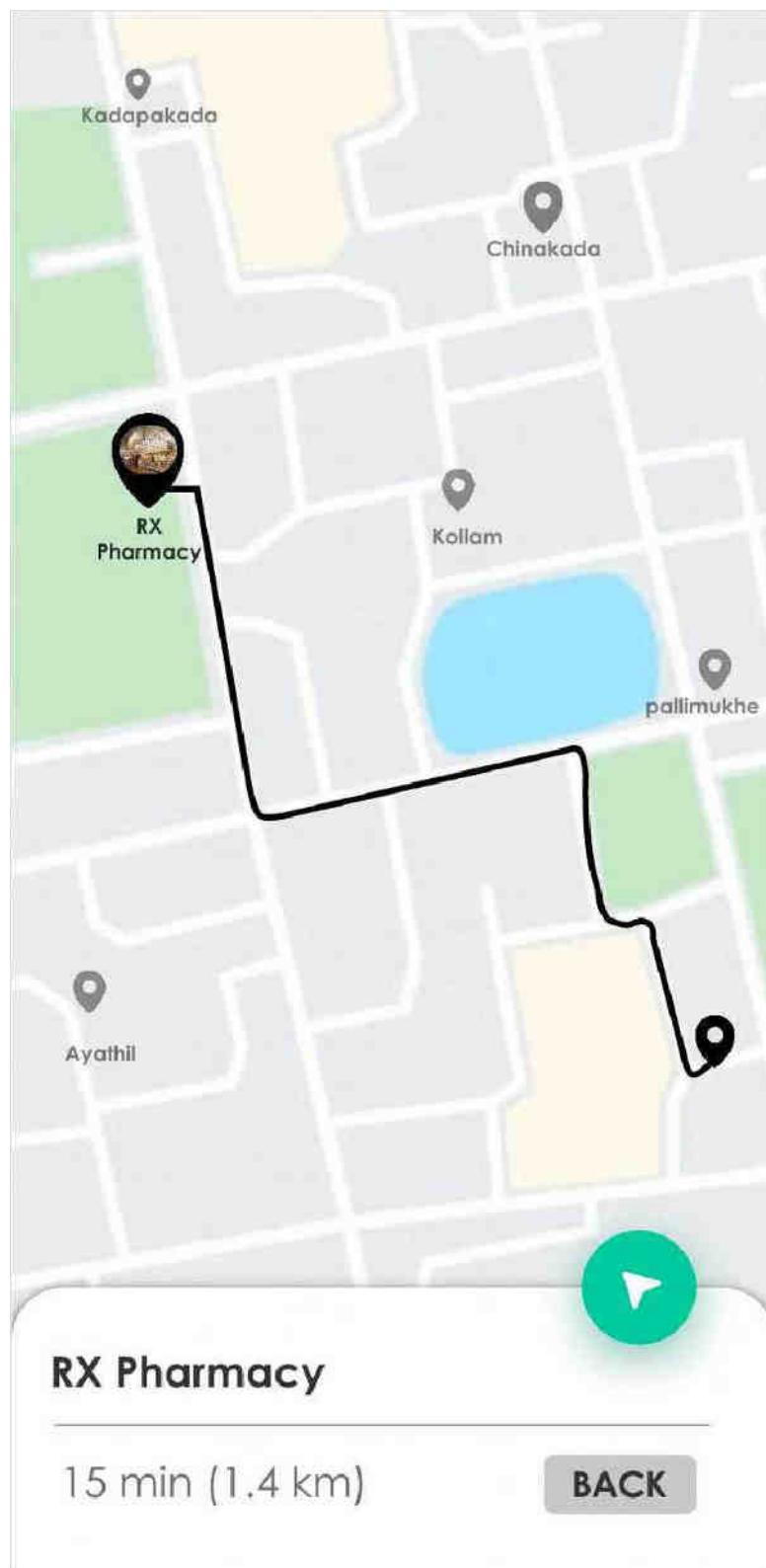
Date

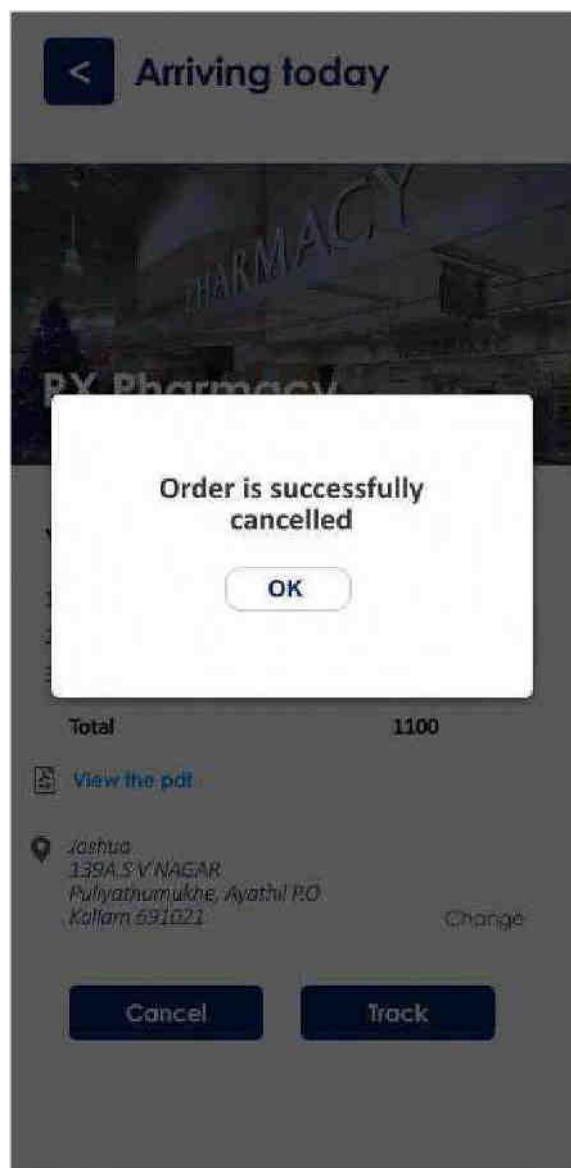
Signature
Dr. Onkar Bhave
M.B.B.S., M.D., M.S.

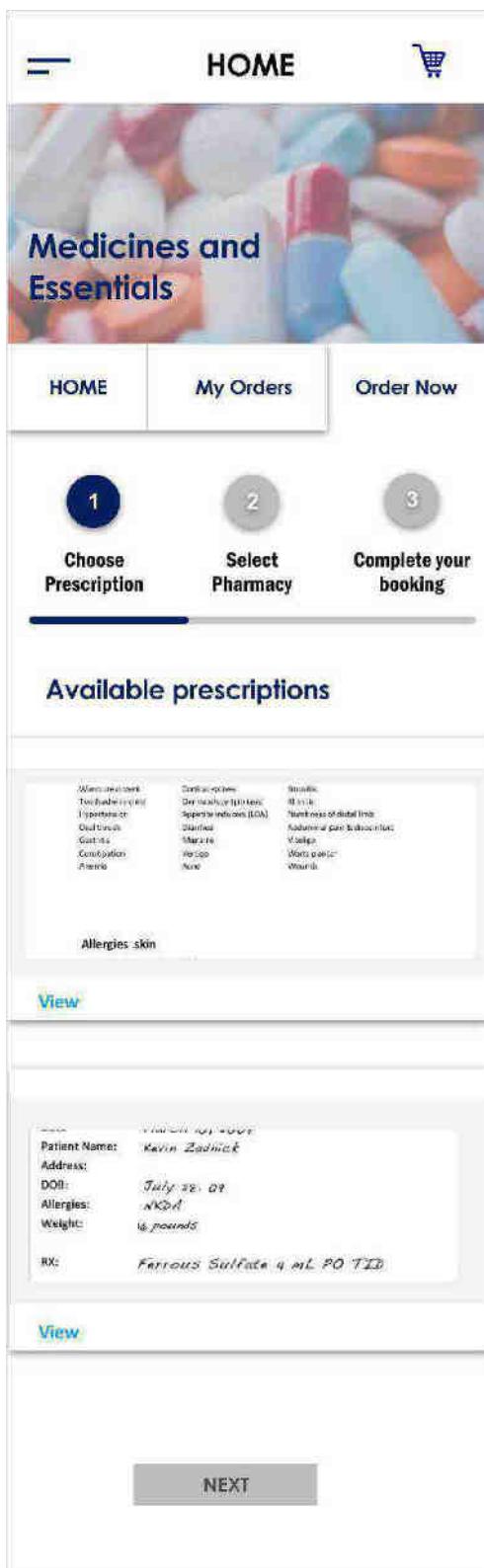
Download

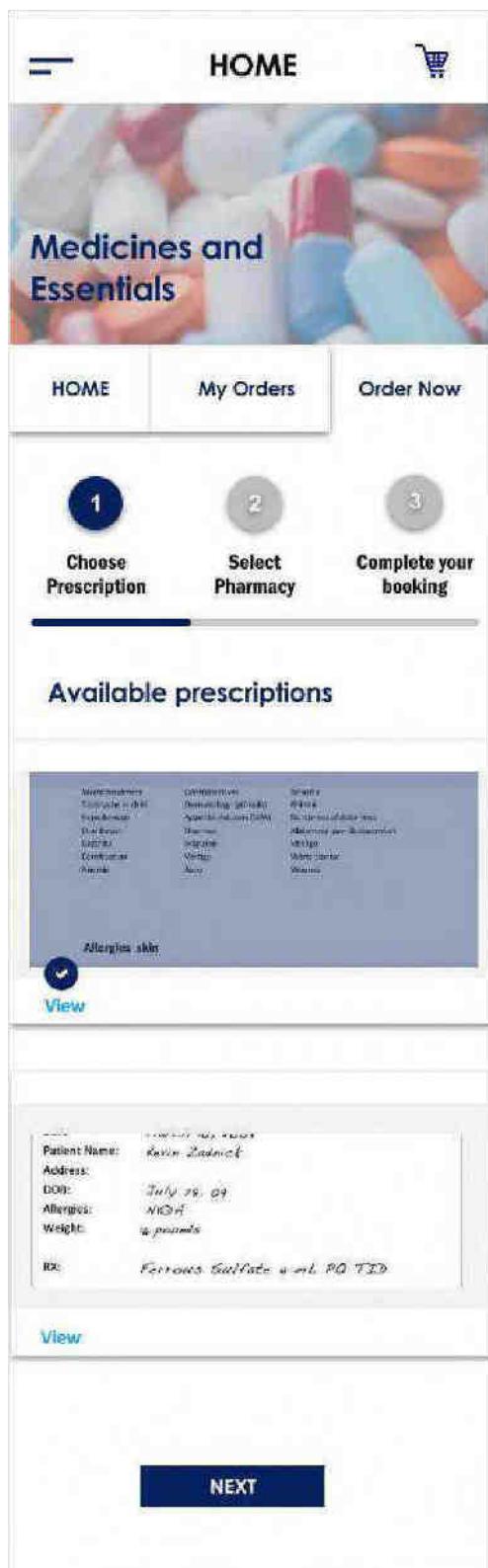


m7









| <u>Guide to private practice- note 1</u> | | |
|---|-------------------------|-----------------------------|
| <u>Simple way of private practice</u> | | |
| There are several illnesses that can be easily treated and cured, but most cases resolve spontaneously. About 30 cases can identify and can be treated. | | |
| Allergies | Ear infection | Cough and cold |
| UTI | Eye & Ear drops | Asthma |
| Vaginal discharge | Painful menstruation | Motion sickness |
| Worm treatment | Contraceptives | Sinusitis |
| Toothache in child | Dermatology (pruritis) | Rhinitis |
| Hypertension | Appetite inducers (LOA) | Nummular of distal limb |
| Diarrhoea | Diarrhoea | Abdominal pain & discomfort |
| Gastritis | Migraine | Vitiligo |
| Constipation | Vertigo | Warts/plaques |
| Anemia | Acne | Wounds |

HOME 

1 Choose Prescription 2 Select Pharmacy 3 Complete your booking

Select Pharmacy


Walmart Pharmacy [View more](#)  ★★★


Savon Pharmacy [View more](#)  ★★★★★


R X Pharmacy [View more](#)  ★★★★★

NEXT

HOME 

1 Choose Prescription 2 Select Pharmacy 3 Complete your booking

Select Pharmacy


Walmart Pharmacy [View more](#)  ★★★


Savon Pharmacy [View more](#)  ★★★★★


R X Pharmacy [View more](#)  ★★★★★

NEXT

HOME

1 Choose Prescription

2 Select Pharmacy

3 Complete your booking

| Item | Quantity | Price |
|----------------------|----------|------------|
| 1. Prednisole(10 mg) | 1 | Rs. 250 |
| 2. Promethazine HCL | 1 | Rs. 150 |
| Taxes | | Rs. 90 |
| Net Price: | | 490 |

Download

Confirm

HOME

1 Choose Prescription

2 Select Pharmacy

3 Complete your booking

Address Details

Address Line 1

House No./Street No:

Town/City

Pincode

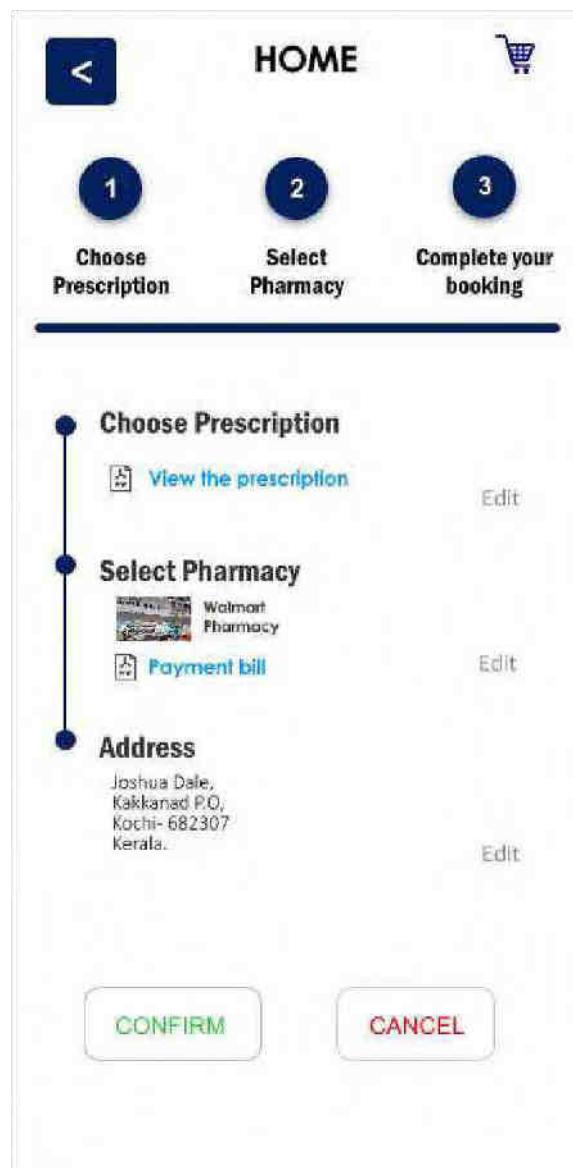
State

District

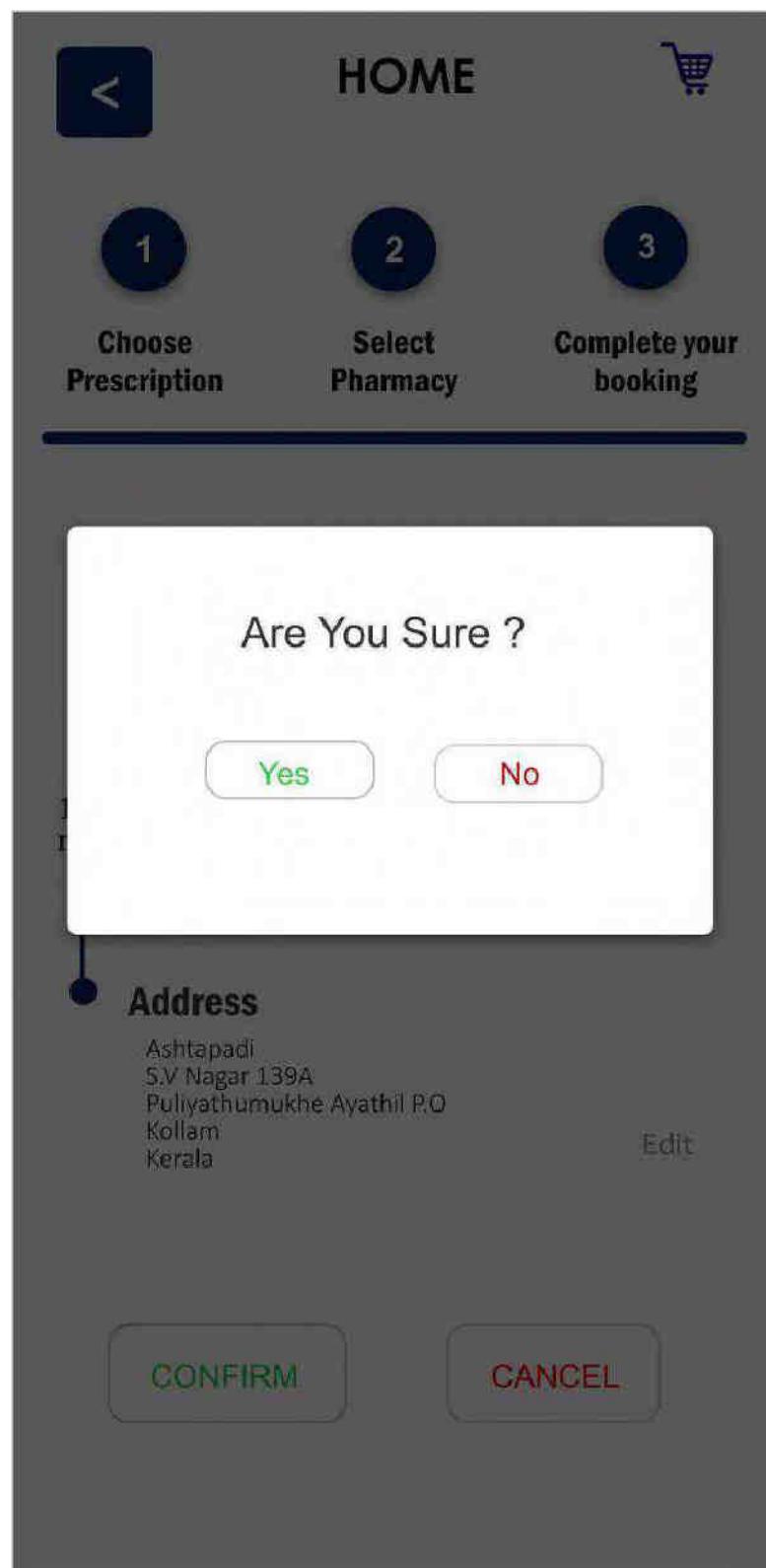
Contact Number

Email-id

Confirm



| <u>Guide to private practice- note 1</u> | | |
|---|-------------------------|-----------------------------|
| <u>Simple way of private practice</u> | | |
| There are several illnesses that can be easily treated and cured. But most cases resolve spontaneously. About 30 cases can identify and can be treated. | | |
| Allergies | Cat infection | Cough and cold |
| UTI | Eye & Ear drops | Asthma |
| Vaginal discharge | Painful menstruation | Motion sickness |
| Warm treatment | Contraceptives | Sinusitis |
| Toothache in child | Dermatology (pruritis) | Rhinitis |
| Hypertension | Appetite inducers (DCA) | Numbness of distal limb |
| Diarrhoea | Diarrhoea | Abdominal pain & discomfort |
| Gastritis | Migraine | Vitiligo |
| Constipation | Vertigo | Warts plantar |
| Anemia | Acne | Wounds |



Total Payment

Rs. 490

| Date | Tym |
|-------------|--------------|
| 19 Jan 2020 | Monday,15:00 |

Payment Method

- Debit / Credit card >
- Net Banking >
- UPI >
- Wallet >
- EMI >



<

Payment Details

CARD HOLDER

 Joshua Peter

CARD NUMBER

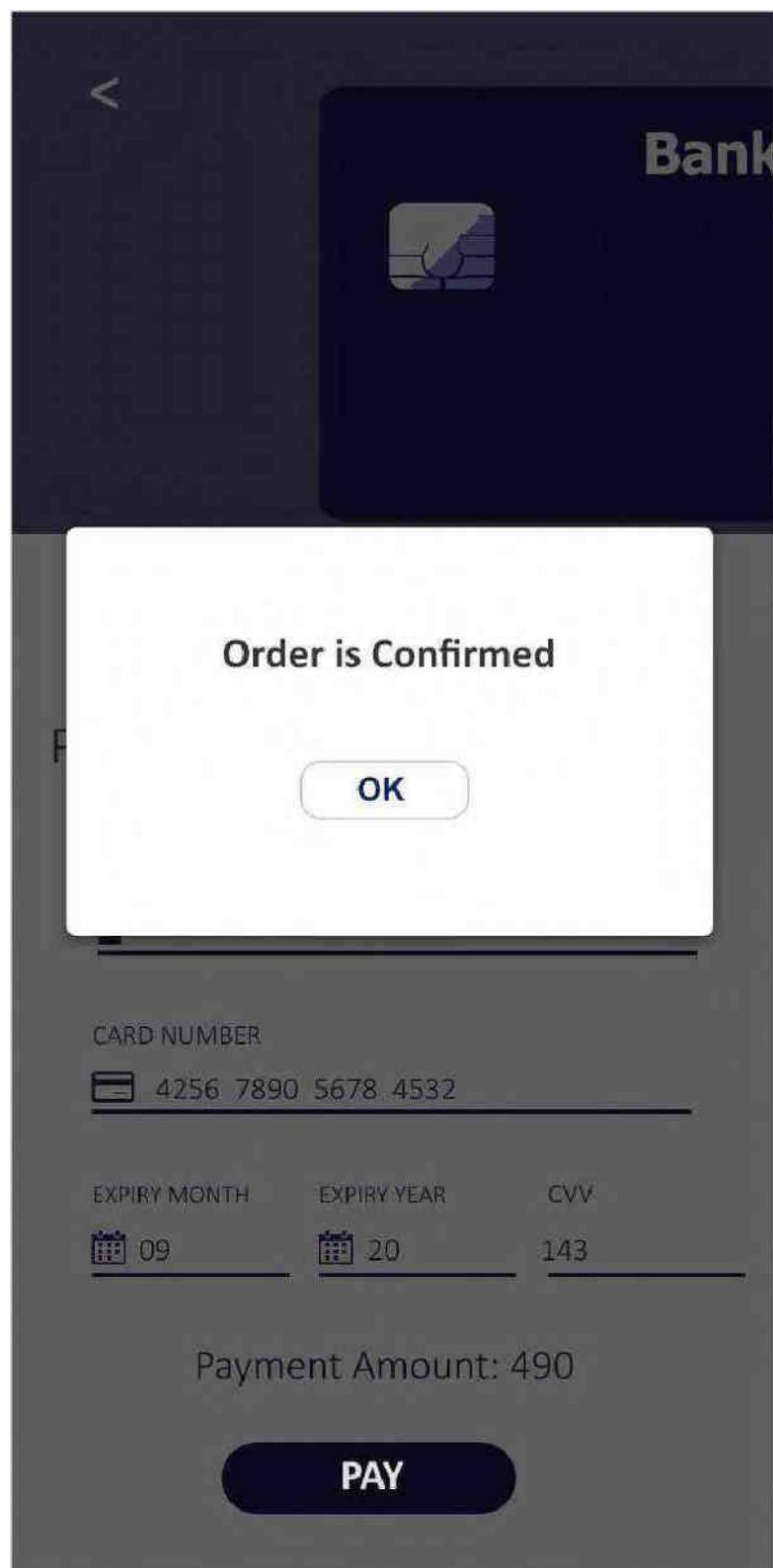
 4256 7890 5678 4532

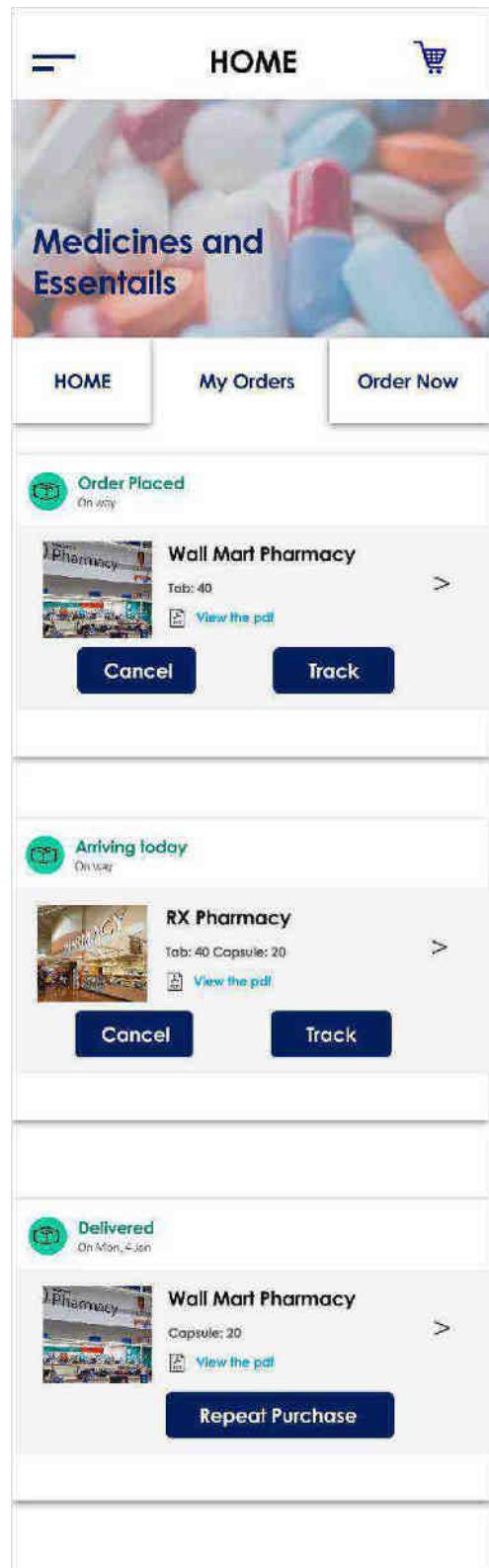
EXPIRY MONTH EXPIRY YEAR CVV

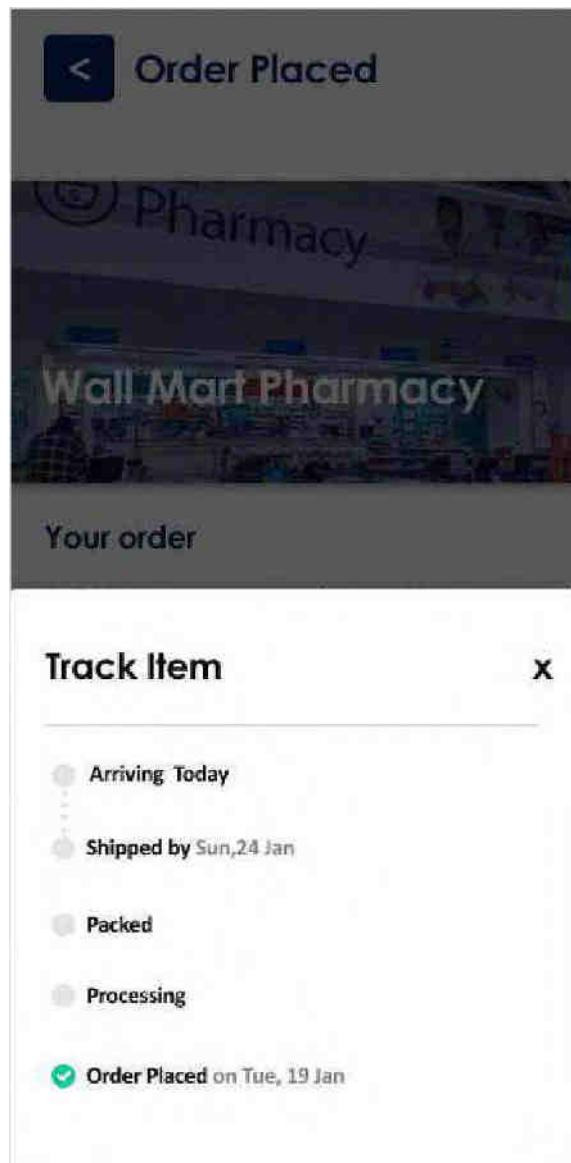
 09  20  143

Payment Amount: 490

PAY







HOME 

Lab Test



HOME Schedule Test My Lab Tests

Top Laboratory test



Blood Test Sugar Test Virus Test Urine Test

Top Laboratories

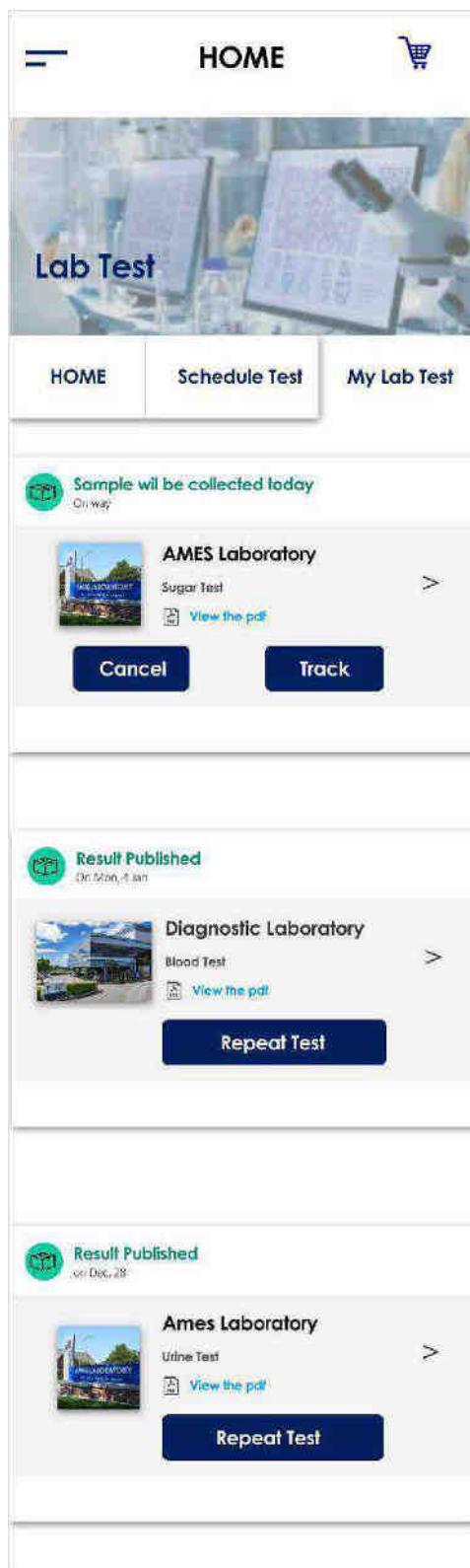


Diagnostic Labortory  



AMES Labortory  





Prescription

| TEST REPORT | |
|--------------------|----------------|
| Specimen ID: | Specimen Date: |
| PRASAD, SAVI | 2023-09-25 |
| Specimen Type: | Specimen ID: |
| Adult | SD2093 |
| Specimen Category: | Specimen Date: |
| Adult | 2023-09-25 |

Angiotensin Converting Enzyme (ACE)

| TEST DESCRIPTION | VALUES OBTAINED | REFERENCE RANGE |
|-------------------------------------|-----------------|-----------------|
| Angiotensin Converting Enzyme (ACE) | 20 | 5 - 82 U/L |

Angiotensin converting enzyme (ACE) is an enzyme catalyzing the conversion of angiotensin I (inactive peptide) to angiotensin II (active peptide). It is found in all endothelial cells and plays a role in maintaining vascular tone and arterial pressure, as part of the renin-angiotensin system.

Normal (physiologic):

Print

Download

 
Dr. [Signature] M.D., FRCR
Patient [Signature]



HOME 

1 Choose Prescription 2 Select Laboratory 3 Complete your booking

Select Laboratory



Diagnostic Laboratory
● 24x7 



AMES Laboratory
● 24x7 



NEC Laboratory
● 24x7 

NEXT

HOME 

1 Choose Prescription 2 Select Laboratory 3 Complete your booking

Select Laboratory


Diagnostic Laboratory
 24x7 


AMES Laboratory
 24x7 


NEC Laboratory
 24x7 

NEXT

HOME

🛒

123

Choose PrescriptionSelect LaboratoryComplete your booking

| Item | Quantity | Price |
|-------------------|----------|------------|
| 1. Blood Test | | Rs. 250 |
| 2. Vitamin Test | | Rs. 150 |
| Taxes | | Rs. 90 |
| Net Price: | | 490 |

Download

Mode Of Lab Test


Specimen collected


Onsite

Confirm

<HOME🛒

123

Choose PrescriptionSelect LaboratoryComplete your booking

| Item | Quantity | Price |
|-------------------|------------|---------|
| 1. Blood Test | | Rs. 250 |
| 2. Vitamin Test | | Rs. 150 |
| Taxes | | Rs. 90 |
| Net Price: | 490 | |

[Download](#)

Mode Of Lab Test



Specimen collected



Onsite

Confirm

[!\[\]\(0e26656e56c1dfbadd420d91b43e01be_img.jpg\)](#) **HOME** [!\[\]\(de65b5d5018e4eef4f19497f1811bcaa_img.jpg\)](#)

1 2 3

Choose Prescription

 [View the prescription](#) [Edit](#)

Select Laboratory

 Diagnostic Laboratory
 [Payment bill](#) [Edit](#)

Net Amount

Rs. 490 [Edit](#)

[CONFIRM](#) [CANCEL](#)

HOME

1 Choose Prescription 2 Select Laboratory 3 Complete your booking

| Item | Quantity | Price |
|-------------------|----------|------------|
| 1. Blood Test | | Rs. 250 |
| 2. Vitamin Test | | Rs. 150 |
| Taxes | | Rs. 90 |
| Net Price: | | 490 |

Download

Mode Of Lab Test

 Specimen collected

 On sight

Confirm

Choose Location

1 2 3

Choose Prescription Select Laboratory Complete your booking

Address Details

Address Line 1:

House No./Street No.:

Town/City: Pincode:

State: District:

Contact Number:

EmailId:

Confirm

[!\[\]\(6f4e546755ec87a9a5c857495155c534_img.jpg\)](#) **HOME** [!\[\]\(c6d88157b936e1ffb6e6f6b1705446c1_img.jpg\)](#)

1 2 3

Choose Prescription

 [View the prescription](#) [Edit](#)

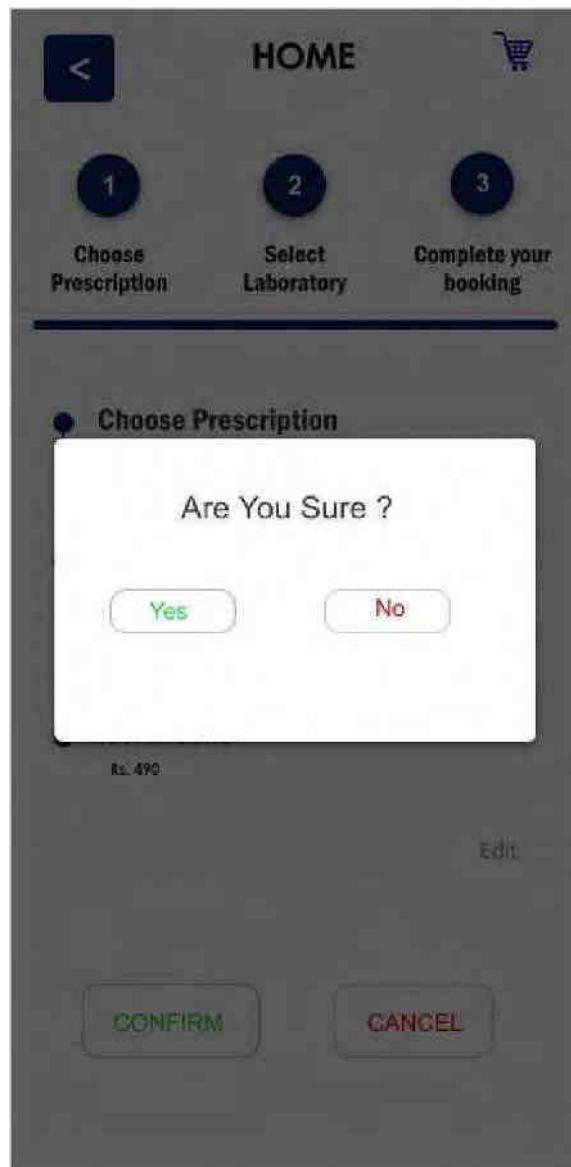
Select Laboratory

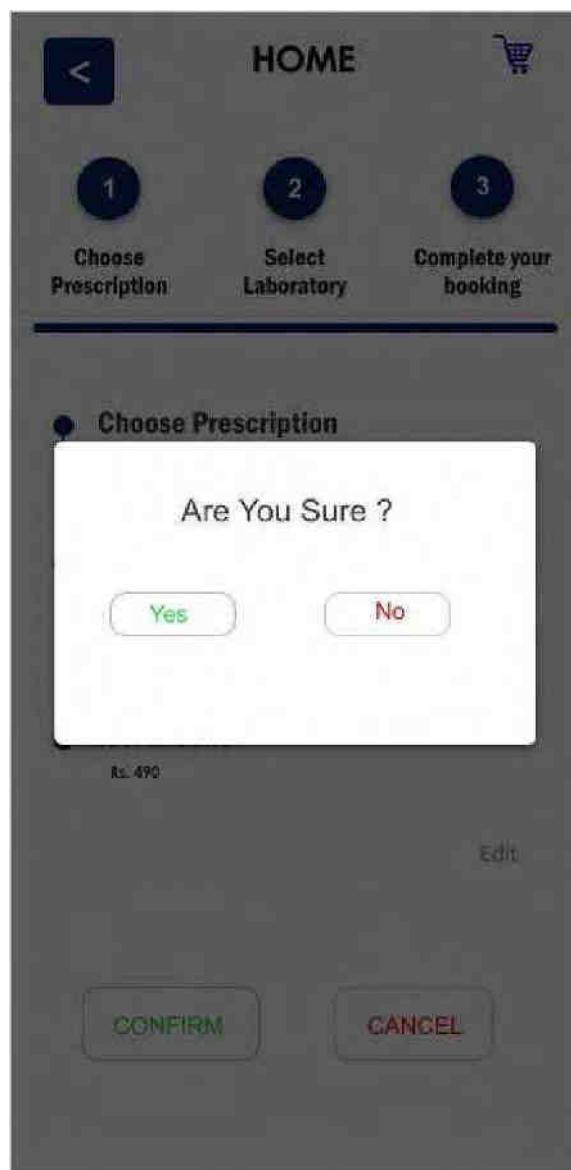
 Diagnostic Laboratory
 [Payment bill](#) [Edit](#)

Address

Joshua Dale,
Kakkanad P.O,
Kochi- 682037
Kerala [Edit](#)

[CONFIRM](#) [CANCEL](#)





Total Payment
Rs. 490

| Date | Tym |
|-------------|--------------|
| 19 Jan 2020 | Monday,15:00 |

Payment Method

- Debit / Credit card >
- Net Banking >
- UPI >
- Wallet >
- EMI >

Total Payment

Rs. 490

| Date | Tym |
|-------------|---------------|
| 19 Jan 2020 | Monday, 15:00 |

Payment Method

- Debit / Credit card >
- Net Banking >
- UPI >
- Wallet >
- EMI >

<

Bank

Payment Details

CARD HOLDER

Joshua Peter

CARD NUMBER

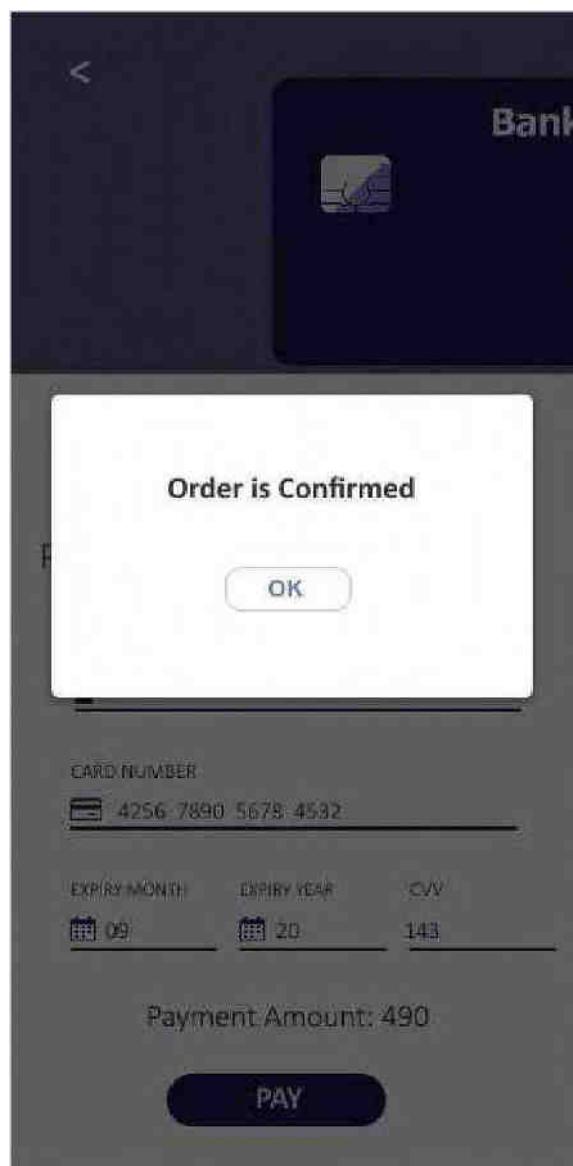
4256 7890 5678 4532

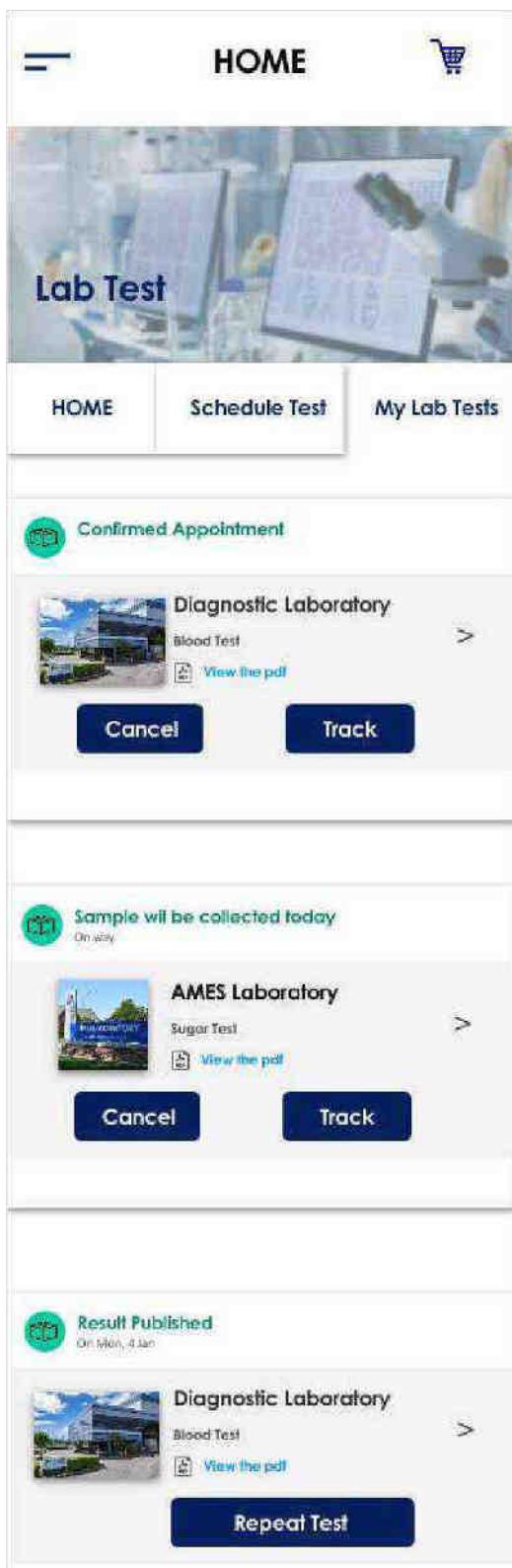
EXPIRY MONTH EXPIRY YEAR CVV

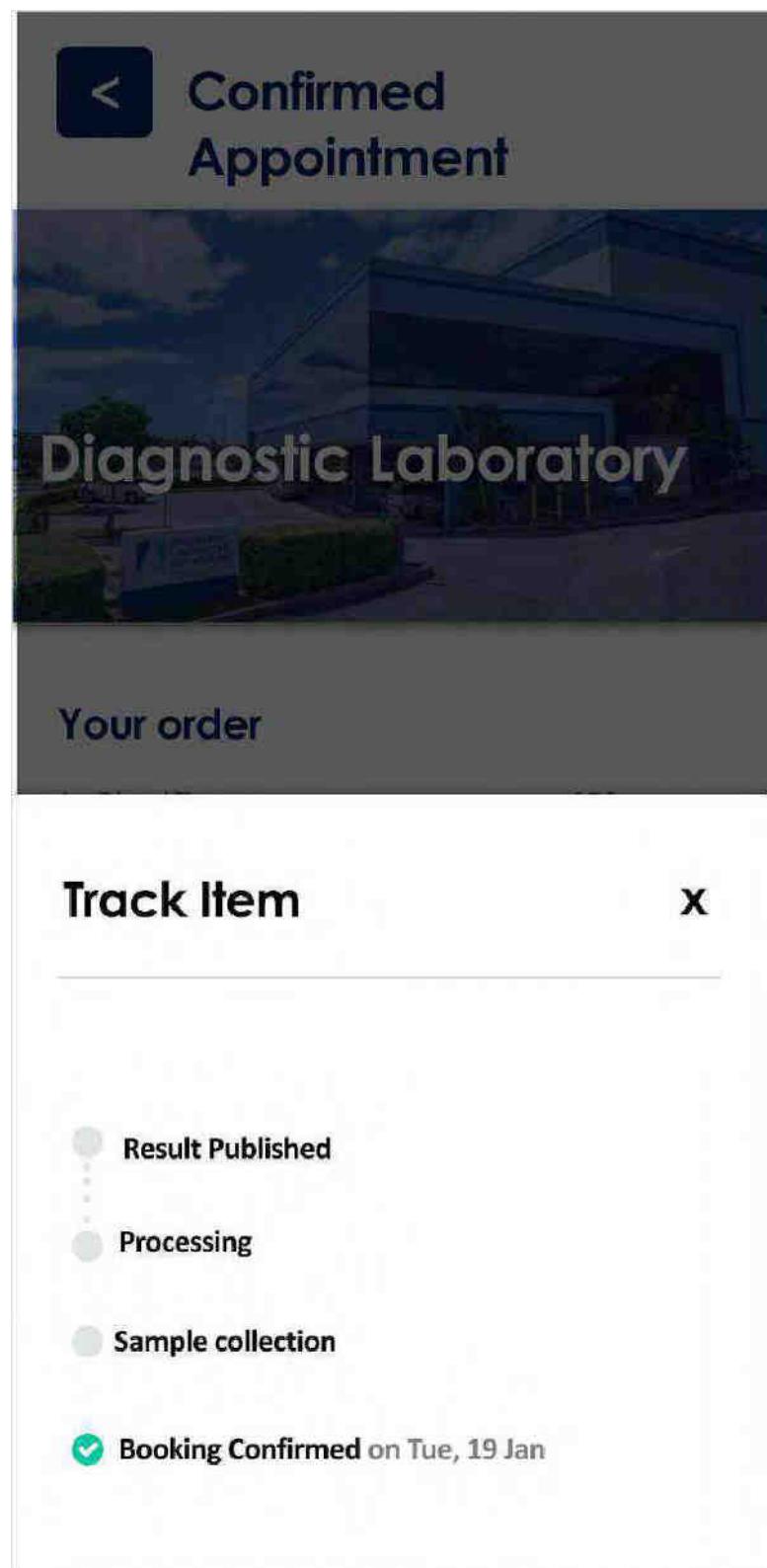
09 20 143

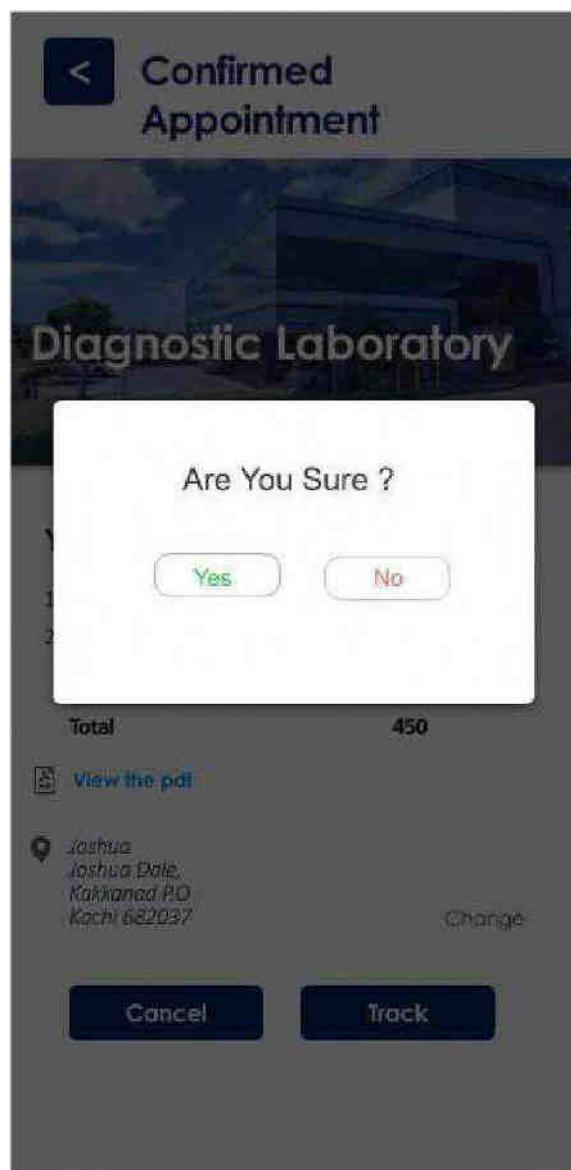
Payment Amount: 490

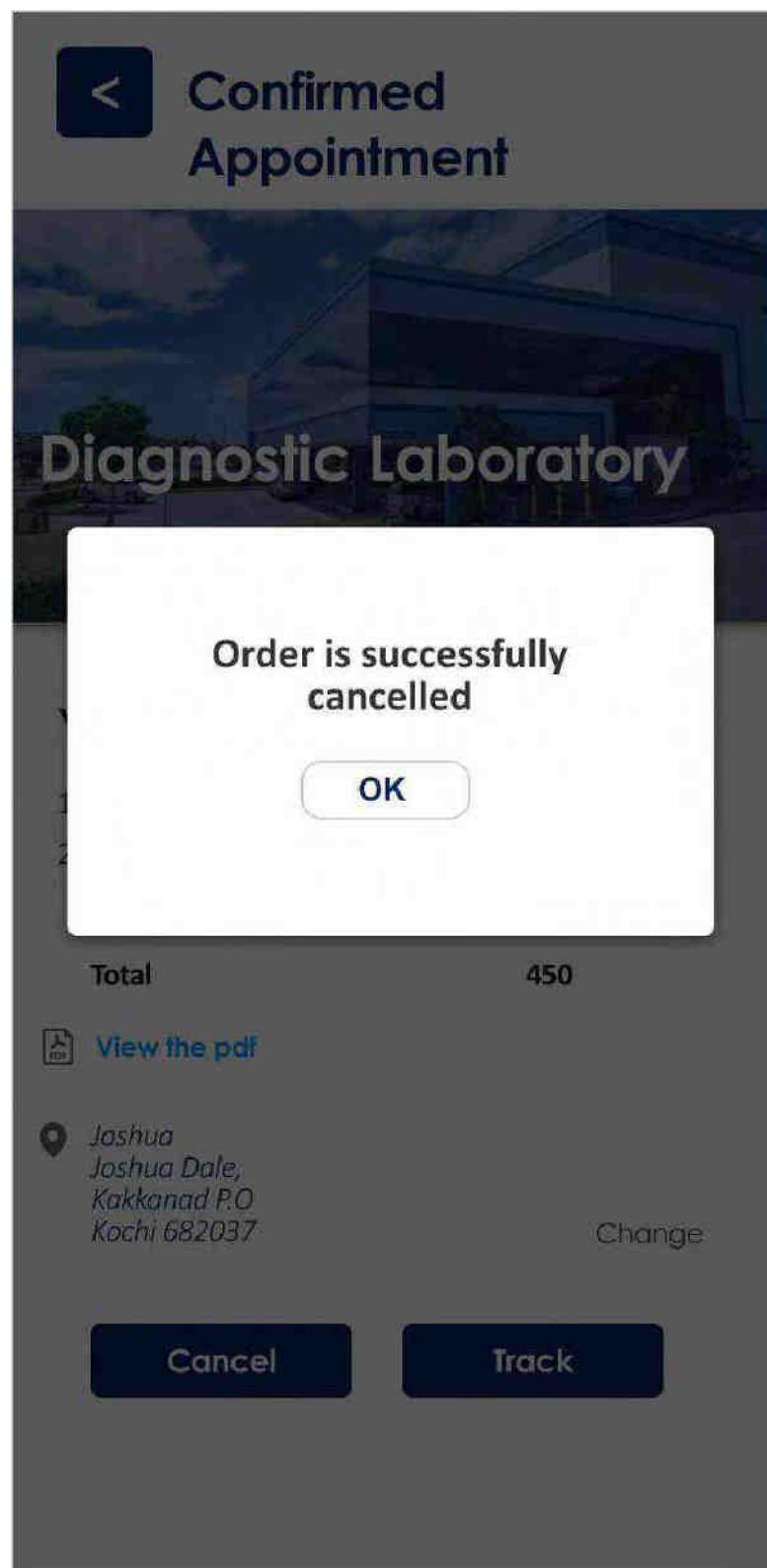
PAY



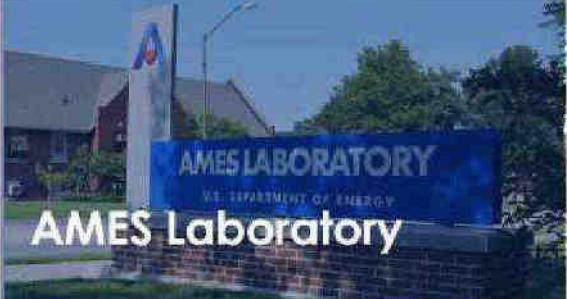








Sample will be collected today



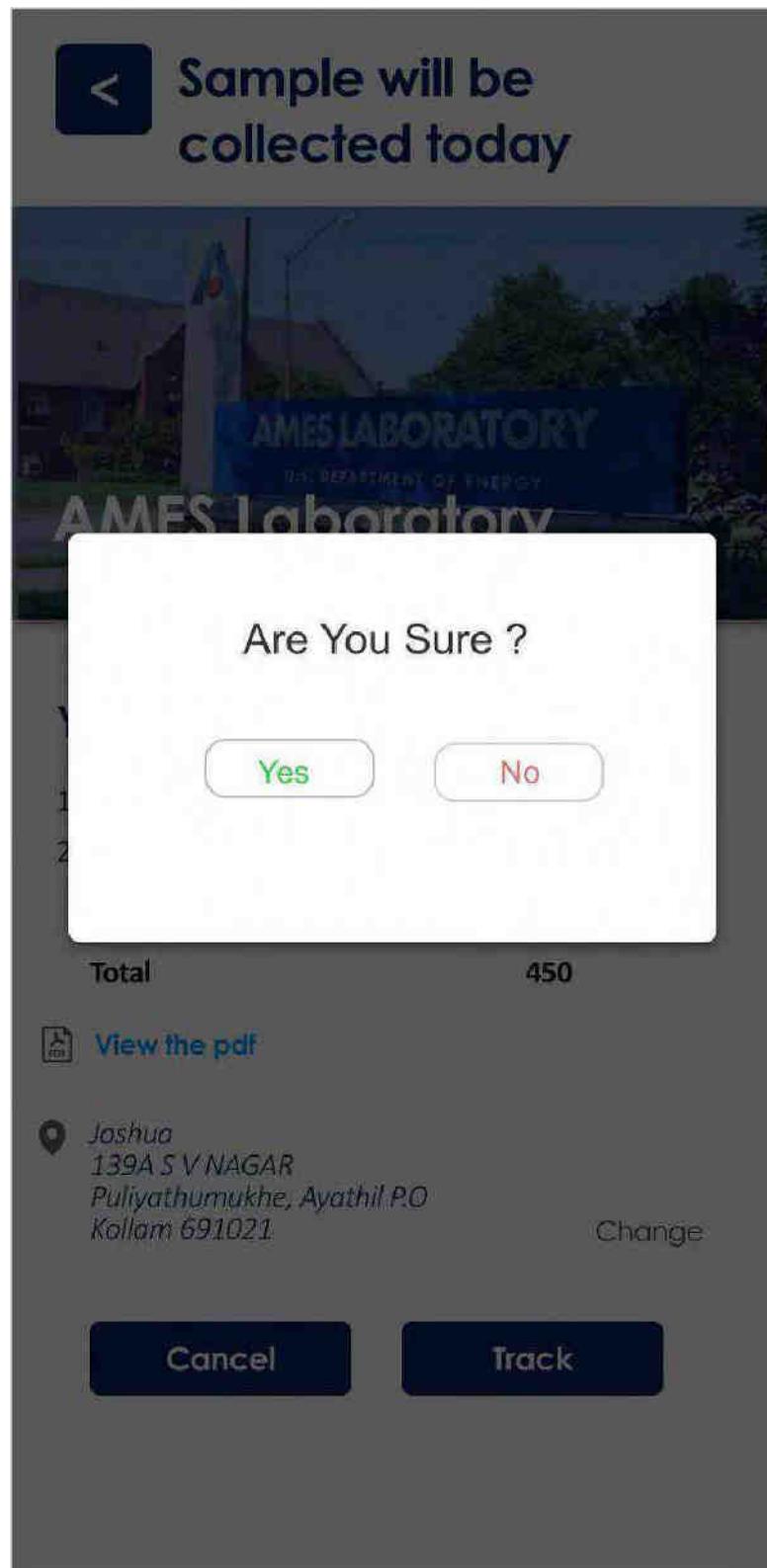
Your order

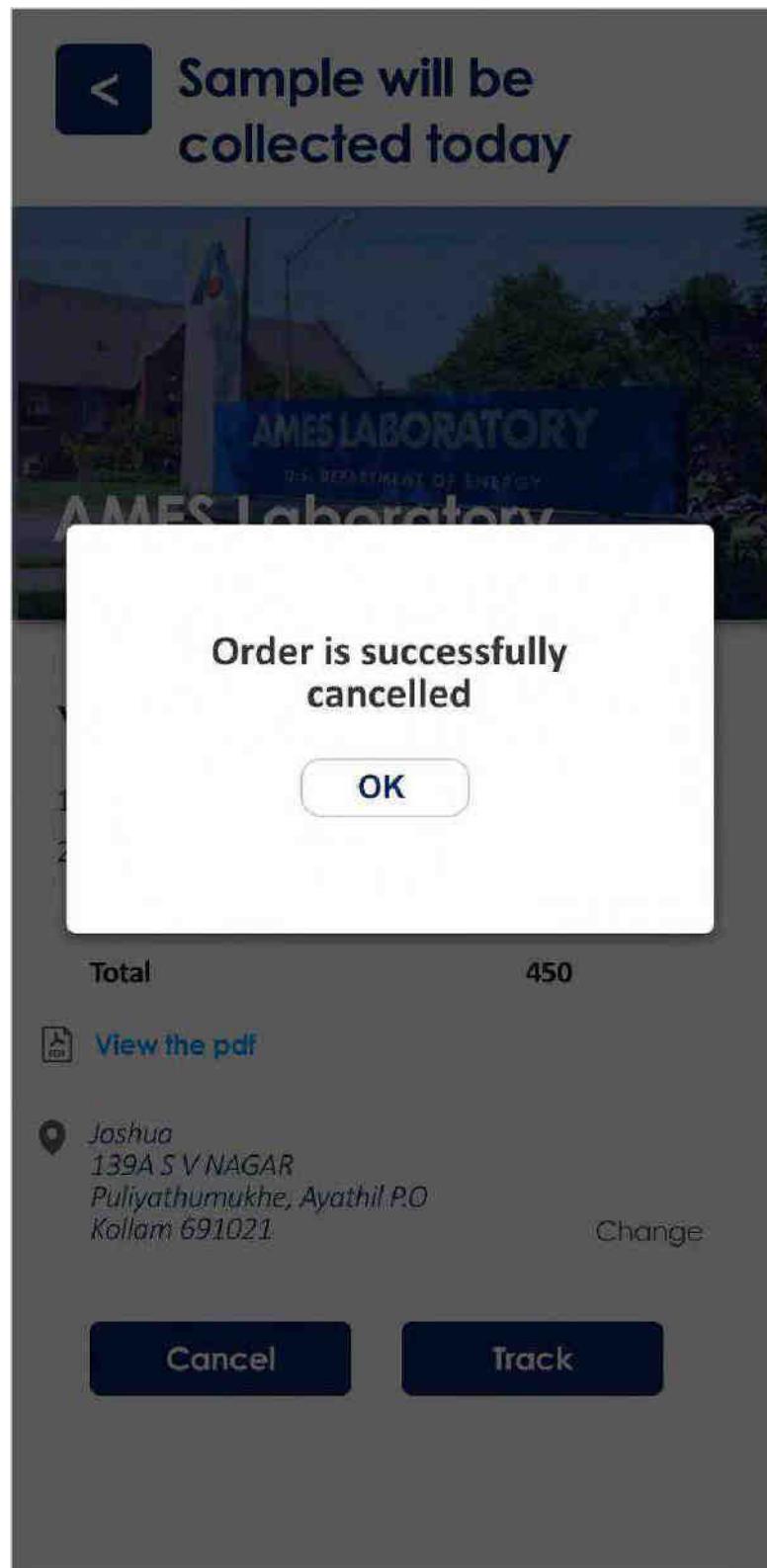
| | |
|-----------------|------------|
| 1. Blood Test | 250 |
| 2. Vitamin Test | 200 |
| Tax | 20 |
| Total | 450 |

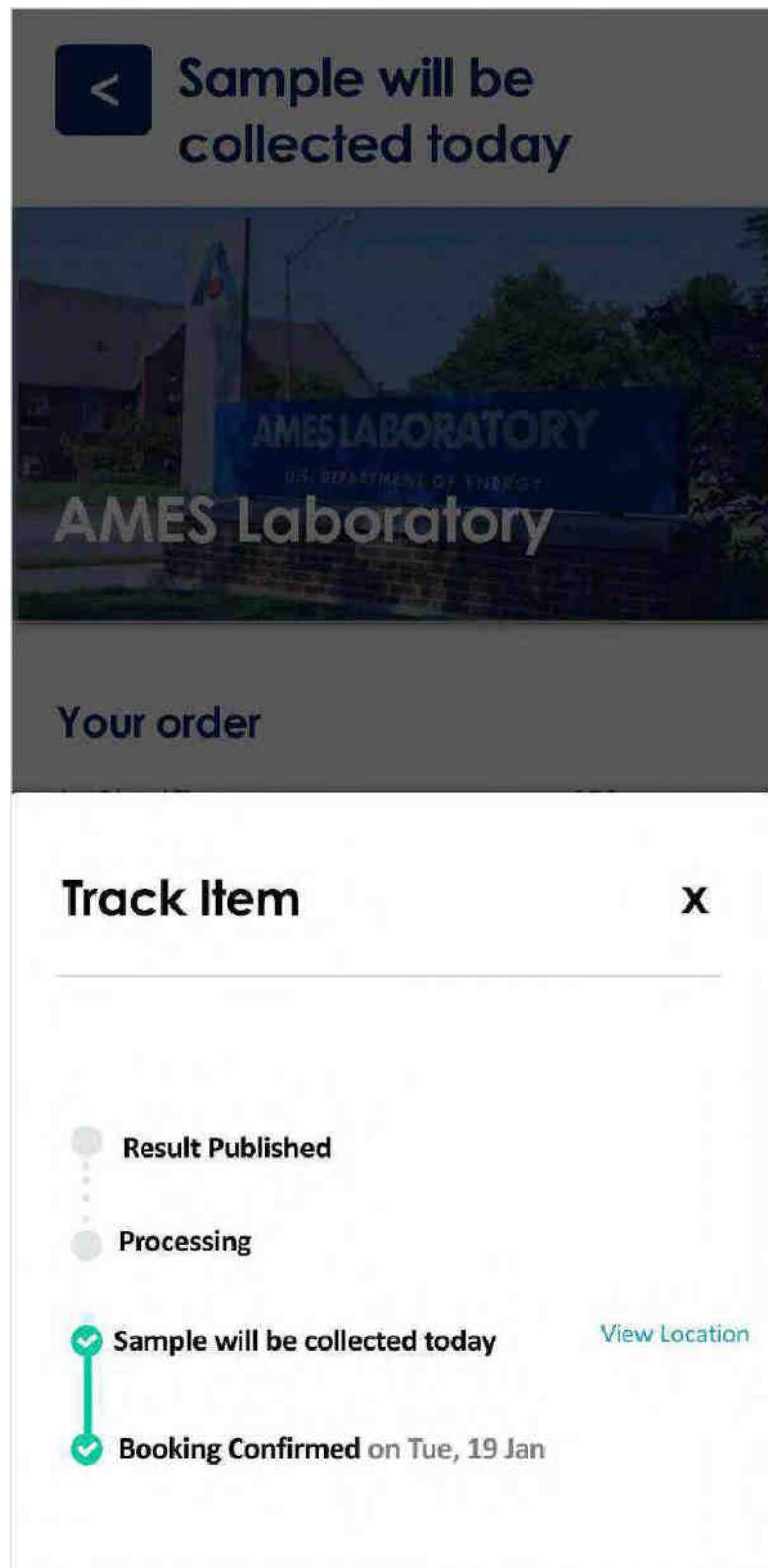
[View the pdf](#)

*Joshua
Joshua Dale,
Kakkanad P.O
Kochi 682037* [Change](#)

Cancel Track







Lab Test Result

| Symptoms and laboratory test | Control (119 subj) | Number of subjects |
|--|--------------------|--------------------|
| Blood pressure | | |
| Prehypertension (systolic, >120 and ≤140 mm Hg) | 4 | |
| Hypertension (systolic, >140 mm Hg)** | 0 | |
| Abdominal ultrasonography | | |
| Fatty liver | 9 | |
| Hepatomegaly** | 6 | |
| Gallstones in the bile duct* | 3 | |
| Kidney stones** | 7 | |
| Splenomegaly | 2 | |
| Renal cyst | 1 | |
| Electrocardiography | | |
| Abnormal ECG ** | 3 | |
| Blood count | | |
| Low white blood cell count (<4×10 ⁹ /l) | 8 | |
| High white blood cell count (>10×10 ⁹ /l) | 2 | |
| Low red blood cell count (male <4×10 ¹² /l, female <3.5×10 ¹² /l) | 0 | |
| High red blood cell count (male >5.9×10 ¹² /l, female >5.5×10 ¹² /l) | 9 | |
| Low haemoglobin count (male <130 g/l, female <120 g/l)*** | 2 | |
| High haemoglobin count (male >162 g/l, female >152 g/l) | 9 | |
| Liver function | | |
| Alanine aminotransferase (>40 U/l) | 6 | |
| Aspartate aminotransferase (>41 U/l) ** | 5 | |
| Urinalysis | | |
| Urine occult blood* | 2 | |
| Protein | 3 | |
| Ketone bodies | 0 | |

* p<0.05, ** p<0.01 and *** p<0.001.

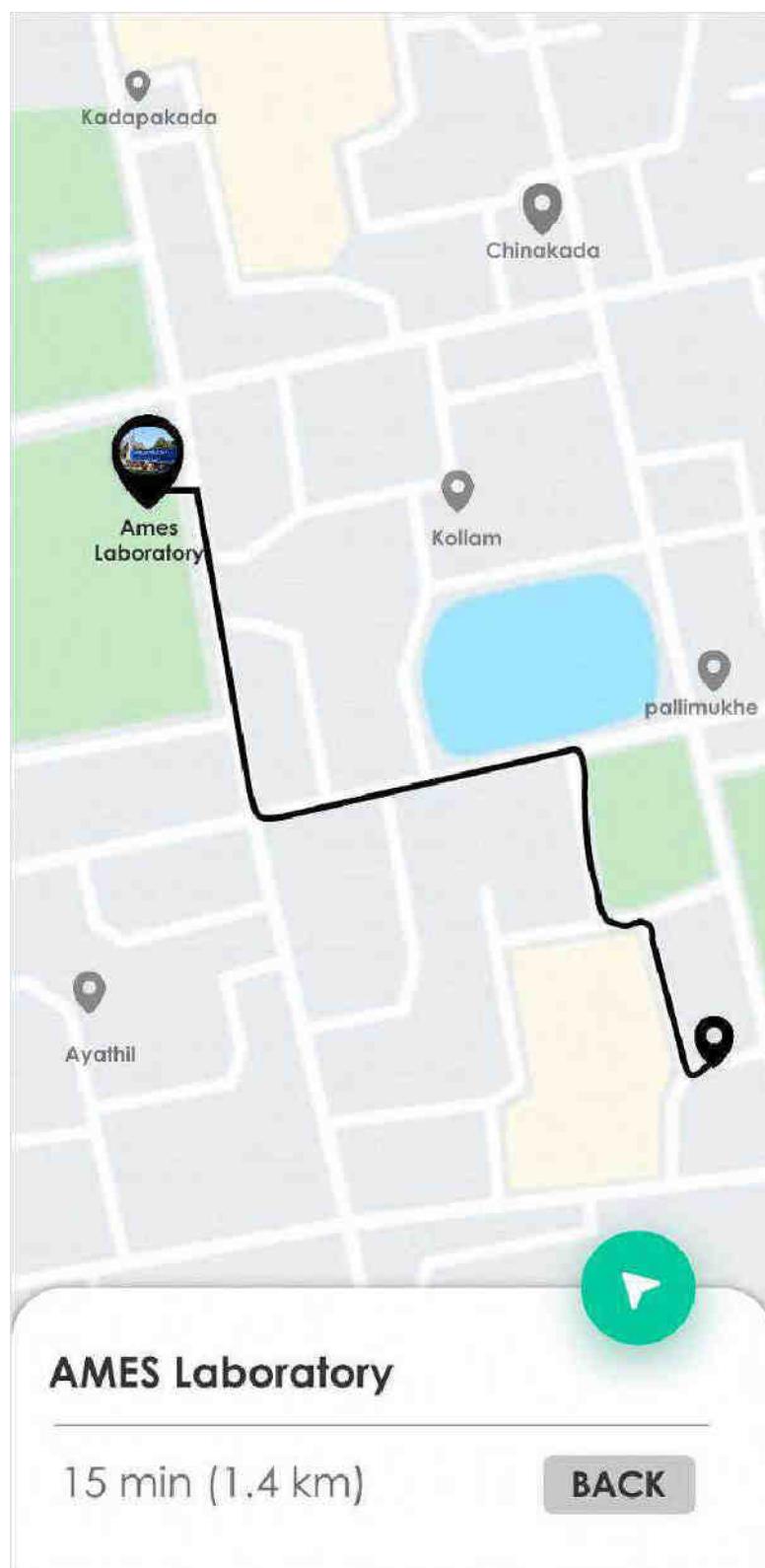
[Download](#)

[!\[\]\(3313a47fa6d4e4136e6189056badb416_img.jpg\) Lab Test Result](#)

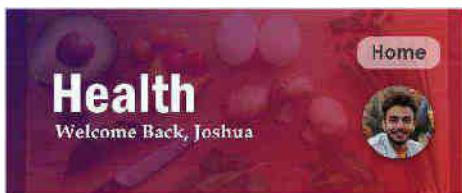
| Symptoms and laboratory test | Control (119 subj) |
|--|--------------------|
| | Number of subjects |
| Blood pressure | |
| Prehypertension (systolic, >120 and ≤140 mm Hg) | 4 |
| Hypertension (systolic, >140 mm Hg)** | 0 |
| Abdominal ultrasonography | |
| Fatty liver | 9 |
| Hepatomegaly** | 6 |
| Gallstones in the bile duct* | 3 |
| Kidney stones** | 7 |
| Splenomegaly | 2 |
| Renal cyst | 1 |
| Electrocardiography | |
| Abnormal ECG ** | 3 |
| Blood count | |
| Low white blood cell count (<4×10 ⁹ /l) | 8 |
| High white blood cell count (>10×10 ⁹ /l) | 2 |
| Low red blood cell count (male <4×10 ¹² /l, female <3.5×10 ¹² /l) | 0 |
| High red blood cell count (male >5.9×10 ¹² /l, female >5.5×10 ¹² /l) | 9 |
| Low haemoglobin count (male <130 g/l, female <120 g/l)*** | 2 |
| High haemoglobin count (male >162 g/l, female >152 g/l) | 9 |
| Liver function | |
| Alanine aminotransferase (>40 U/l) | 6 |
| Aspartate aminotransferase (>41 U/l) ** | 5 |
| Urinalysis | |
| Urine occult blood* | 2 |
| Protein | 3 |
| Ketone bodies | 0 |

* p<0.05, ** p<0.01 and *** p<0.001.

[Download](#)



H1



Health Tips



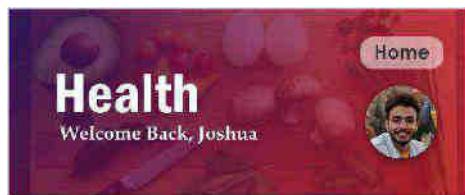
Todays Meal



Progress Last week



H2



Health Tips



Todays Meal



Progress Last week



The image shows a smartphone screen displaying a fitness application. At the top, there is a navigation bar with a back arrow, the word "Home", and a user profile picture. Below this is a section titled "Featured Workout" featuring a "Full Legs Workout" which is free, takes 51 minutes, and has a rating of three stars. The next section is titled "Workout Plans" and includes two options: "Yoga" (free, 45 min, three stars) and "Talk to a trainer" (Rs 180, three stars). The final section shown is a "Meditation" session (free, 45 min, three stars).

Home

Featured Workout

Free

Full Legs Workout

★★★

51min

Workout Plans

Yoga

★★★

Talk to a trainer

Rs 180

Free

45 min

Meditation

★★★

H4

The image shows a smartphone screen displaying a fitness application. At the top, there is a dark blue header with a back arrow icon on the left and a menu icon with three dots on the right. The main title "Full Legs Workout" is centered in white text. Below the title, there are three performance metrics: "Duration 51min", "Works 8", and "Levels". The "Levels" section shows three circular icons with red, orange, and green colors.

Round 1

-  20X Warmup ⋮
-  20X Leg Lunge ⋮
-  20X Squats ⋮
-  20X Arm Stretch ⋮
-  20X Leg Stretch ⋮

START



What is Sujok Therapy?

Sujok Therapy helps to heal certain physical problems such as headache, migraine, vertigo, hypertension, bronchitis, gastric problems, acidity, constipation, irritable bowel syndrome, back, and spinal cord problems.



Thumb

It represents the head and the neck. It has only two sections. The tip represents the head and the lower section represents the neck.

Index and Little finger

They represent the left and right arms respectively. Starting from the bottom of these fingers, its three divisions represent the upper arm, lower arm, and palm.

Middle and Ring finger

They represent the right and left legs respectively. Starting from the bottom of these fingers, its three divisions represent the thigh, calf, and foot.

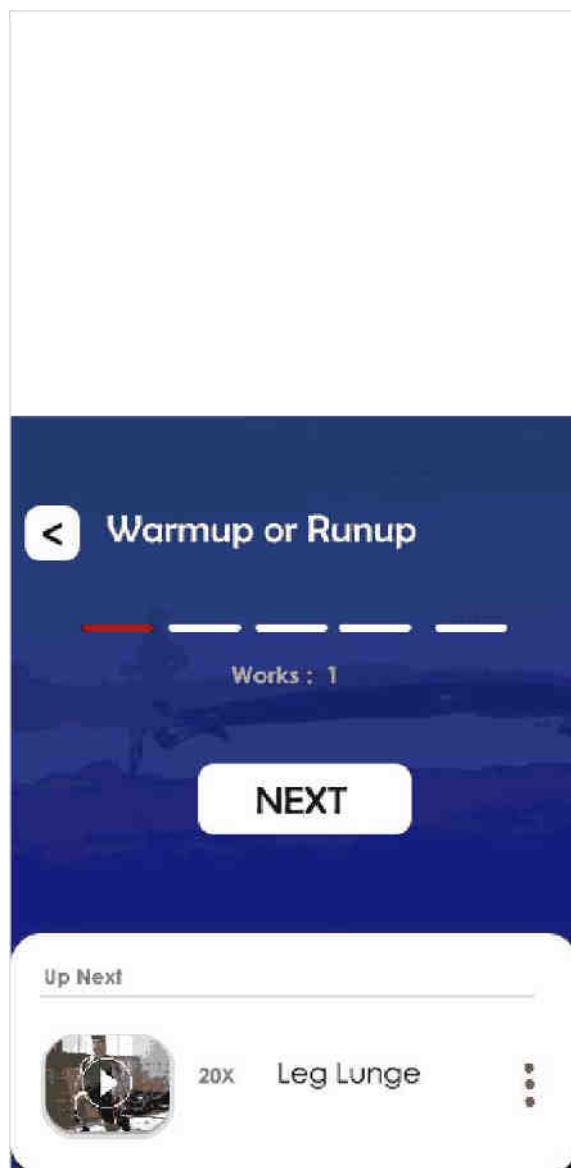
Bulgy part of palm

It represents the diaphragm, to the left of which lies the heart and lungs.

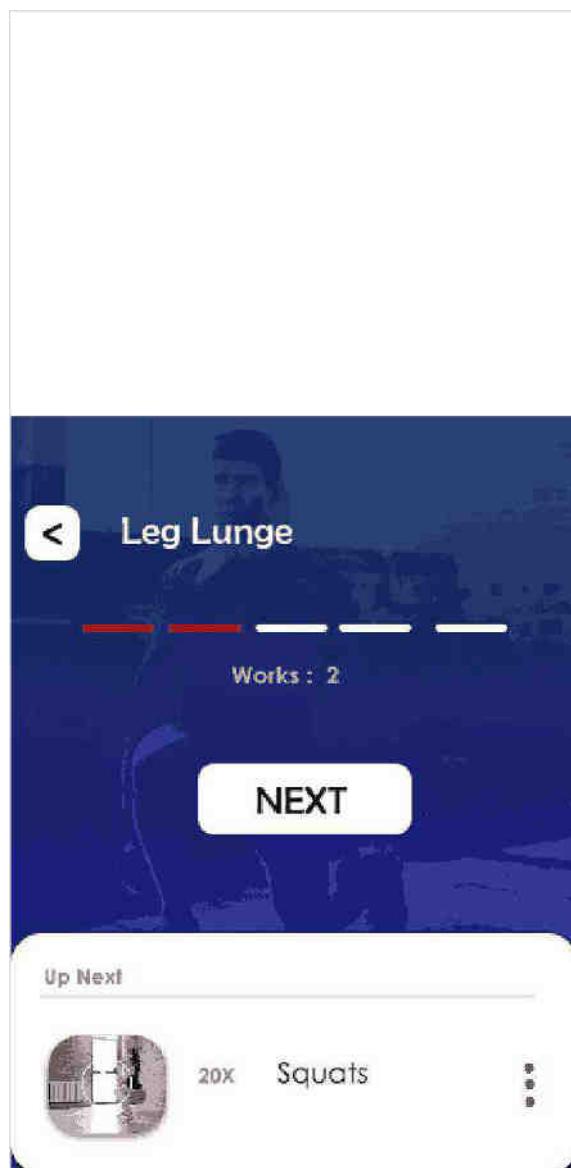
Palm:

It represents the torso, while the backside of the hand corresponds to the back. Similarly, the feet also contain all the body parts as well.

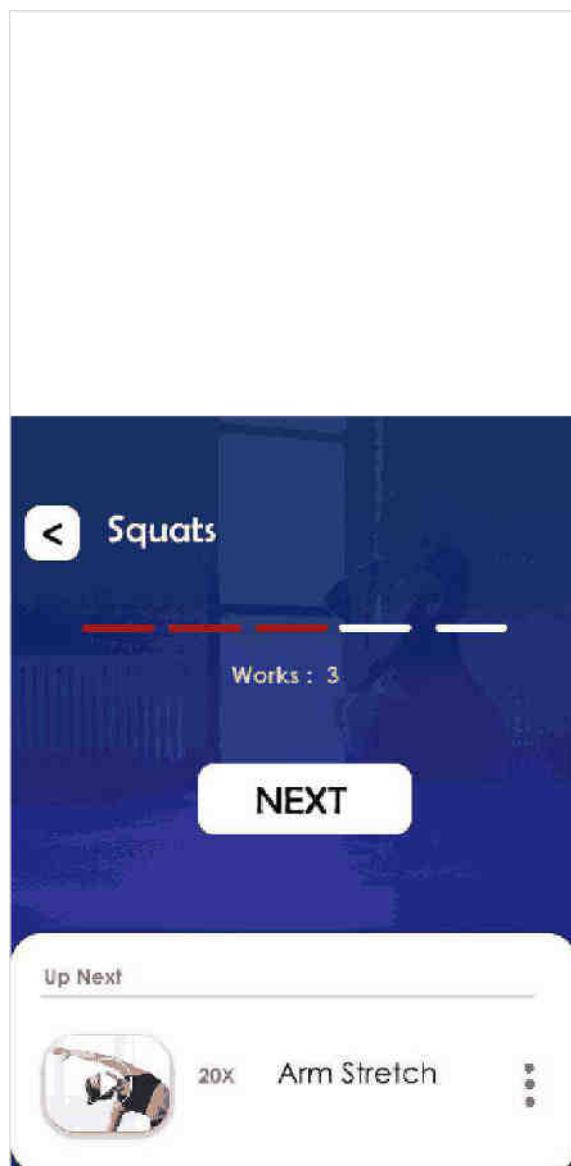
WARM UP



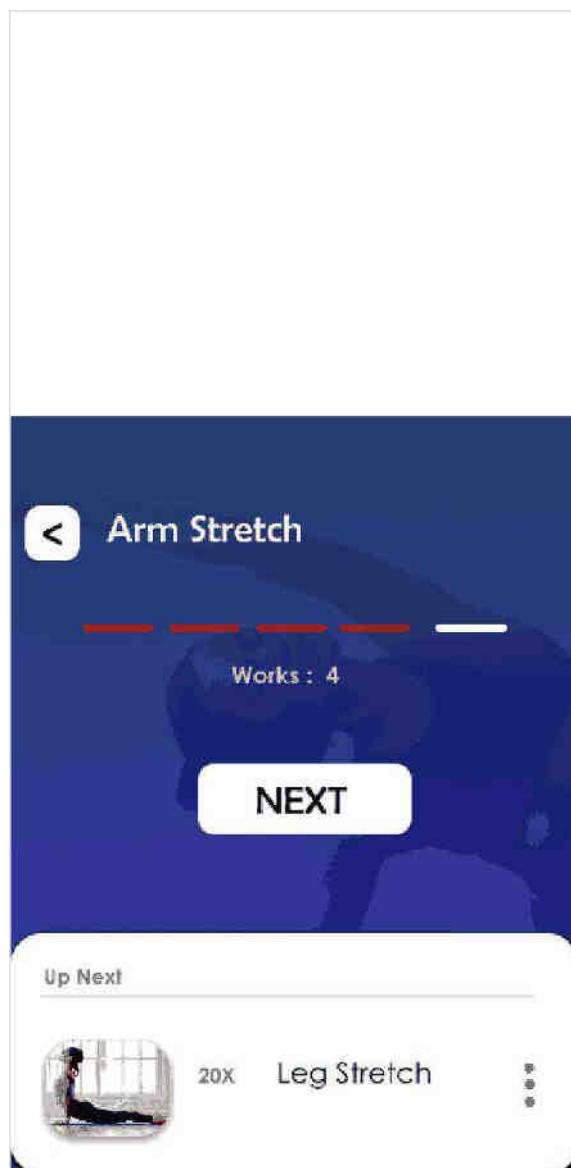
LEG LUNG



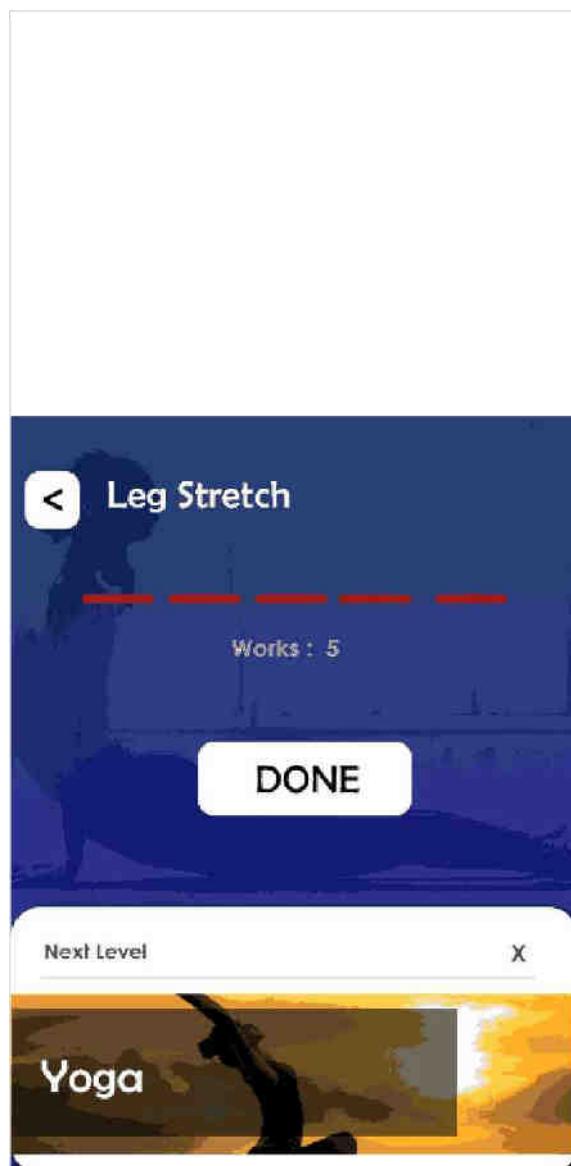
SQUATS



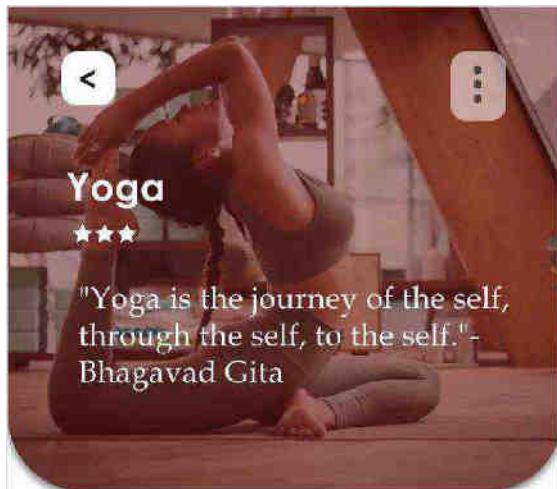
ARM STRETCH



LEG STRETCH



yoga 1



How to start a Yoga Practice

New to Yoga? You've come to the right place!



Yoga for Health

How to improve the Health ?



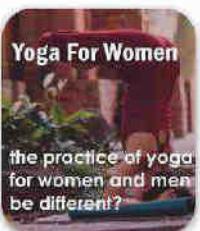
Yoga For Peace

Well, you can put your quest to ease and take charge!



Yoga For Kids

what types of yoga should they practice?



Yoga For Women

the practice of yoga for women and men be different?

 <

How to start a Yoga Practice

New to Yoga? You've come to the right place! Here are five practical tips that can enhance your new Yoga regimen.

- 1** **Make sure your stomach and bowels are empty.**
Make sure to do your yoga practice before you eat and after emptying the bowels.
- 2** **Take a shower or bath.**
Bathing is not just about cleaning your skin.
- 3** **Wear loose-fitting, comfortable clothes**
As we looked at, yoga works on one's energy system.
- 4** **Consume neem and turmeric before the yoga practice.**
The consumption of neem and turmeric with tepid.

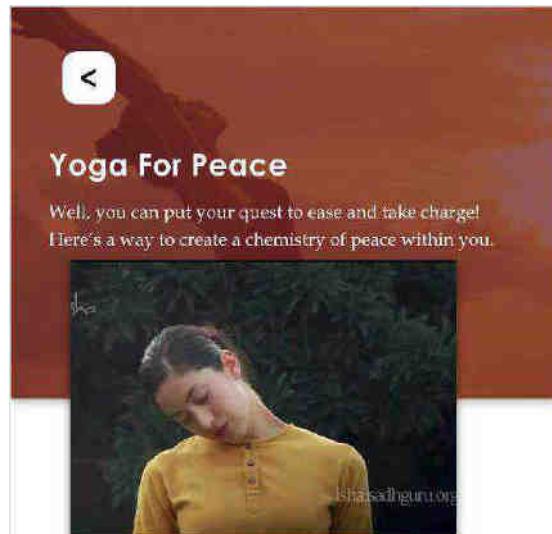
 < **Yoga For Health**
In a world of hectic lifestyles, desk-jobs and pollution, health seems a faraway thing.

1 Improves your flexibility
you probably won't be able to touch your toes, never mind do a backbend.

Builds muscle strength **2**
Strong muscles do more than look good.

3 Perfects your posture
Your head is like a bowling ball—big, round, and heavy.

Prevents cartilage and joint breakdown **4**
Each time you practice yoga, you take your joints through their full range of motion



4 Yoga For Peace:



Uttanasana



Sukhasana



Prasarita Padottanasana



Sasangasana

START

Uttanasana

It pays to spend a little extra time in your first few forward bends since your body releases more deeply over a longer hold time.

Step

From Raised Hands Pose with the arms reaching overhead, sweep your arms down on either side of your body to come into a forward fold from your hips.

Bring your fingertips in line with the toes. Press your palms flat to the mat if you can.

Microbend the knees so that they are not locked.

Engage your quadriceps muscles and draw them up.

Bring your weight a little bit forward into the balls of your feet so that your hips stay over your ankles.

To come up, inhale and place your hands onto your hips.

Next

<

Sukhasana

Sukhasana is the name for any comfortable, cross-legged, seated position, and one of the most basic poses used in yoga practice and meditation.



Step

Arrange supportive padding under your sit bones so that your hips will be higher than your knees when you come into the pose.

Come to sit on your padding in a comfortable, cross-legged position.

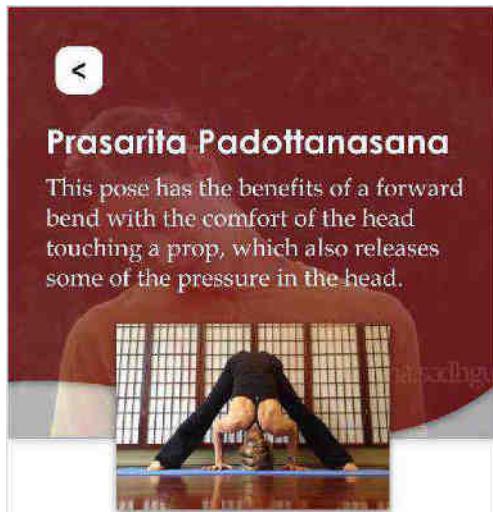
Lean back and forth and side to side with your torso a few times to make sure that your shoulders are aligned directly over your hips.

Slide the shoulder blades down your back so that your shoulders move away from your ears.

Your hands can rest in your lap or on the tops of your thighs.

On your inhalations, feel your spine grow long. On your exhalations, root down through your seat.

Next



Prasarita Padottanasana

This pose has the benefits of a forward bend with the comfort of the head touching a prop, which also releases some of the pressure in the head.



Steps:

From Tadasana, step the feet wide apart, feet as close to parallel as feels comfortable.

You are looking for stability and grounding. Lift your inner arches by drawing the inner ankles up.

Firm the outer edges of your feet and big toes into the floor.

Engage your thighs by drawing them up. Lengthen your spine and open your chest as you inhale.

Go half-way down with a straight back and place your hands underneath your shoulders onto the floor, or on blocks. Take a few breaths here.

Next

Home

Sasangasana

I find this to be one of the best poses when I'm stressed, exhausted, and bordering on panic. It is safe.



Steps:

From Child pose, hold onto the heels with the hands and pull the forehead in towards the knees with the top of the head on the floor.

Holding tightly onto the heels, inhale and lift the hips up towards the ceiling. Roll onto the crown of the head and press the forehead as close to the knees as possible.

Breathe and hold for 4-8 breaths.

To release: slowly exhale and lower the hips to the heels and slide the forehead back to the floor into child pose.

Yoga 9

 **Yoga For Kids**
At what age should children learn yoga



Yoga offers a unique possibility for every child to experience a joyful blossoming of their natural potential. Yoga celebrates the natural gifts within every child, including wonder and a sense of oneness with life.

Yogs :

 **Setu Bandha Sarvangasana**

 **Bhujangasana**

 **Vrikasana**

START

Setu Bandha Sarvangasana

Bridge Pose rejuvenates backbend to give a good stretch to your thighs and spine. This is one of the best yoga poses for children that will strengthen the muscles and bones of your body.

Steps:

Lie straight on your back.

Bend your knees and keep your feet flat on the floor with your hips apart.

Place your arms in a resting position beside your body with the palms downward.

Take a deep breath and lift the lower, middle and upper back off the floor.

Balance your body with your arms and shoulders by supporting your feet with your body weight.

Try to keep your buttocks tight.

Interlace your fingers and push your hands towards the ground to lift your torso higher.

Now let your kid hold the posture and breathe slowly with the pose.

Next



Steps:

Lie down with your feet flat on the floor, and keep your palms on the sides of your body.

Pull down the shoulders slightly back towards your spine.

Engage your abdomen and protect your lower back.

Lift your body into cobra pose by keeping your chin up.

Use your hands to support your body without putting much pressure.

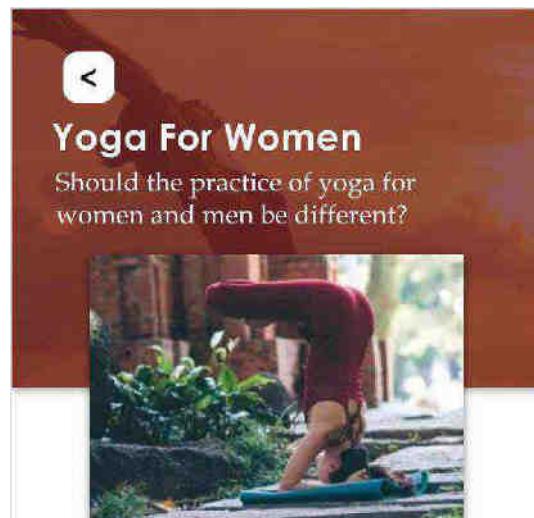
Hold your posture for 15-30 seconds and gently release your body to the floor.

Next

The screenshot shows a mobile application interface for a yoga class. At the top, there is a navigation bar with a back arrow on the left and a "Home" button on the right. The main title is "Vrikasana". Below the title, a descriptive text reads: "Vrikasana conditions and strengthens the muscles of calves, thigh and ankles with stretching of legs and chest." A small thumbnail image in the center shows a person performing the Vrikasana pose. The background of the screen is a dark red color.

Steps:

- Stand in a mountain pose and keep your leg straight and hands at the sides.
- Keep your back straight and muscles of the thigh firm.
- Lift your right foot with the knee out.
- Now place your right foot on the inner part of your left thigh in a comfortable position.
- Press your hands together above your head.
- Hold the position for 20-30 seconds.
- Return to the normal position.
- Now repeat the same with another leg and exhale.



Yoga For Women
Should the practice of yoga for women and men be different?



Women, according to the yogic philosophy are the manifestation of Goddess Durga, are the source of life on the planet and the union of all kinds of energy. A woman advances through multiple phases of life, from childhood to puberty and from motherhood to menopause.

Round 1

 Adho mukha svanasana

 Shishuasana

 Navasana

START

Adho mukha svanasana

Adho Mukha Svanasana, is a forward bending asana. This asana is a boon to a growing body as it stretches the muscles and ligament to help the bones achieve maximum growth.



Steps:

Kneel on the floor, keeping hip-width distance between your knees.

Press the hands into the ground. Keep the knees and elbows bent for a while.

Straighten both the elbow and knees, heels touching the floor, ears touching the inner arms. Look at the navel.

To come back lift the head, bend the knees and gently sit on the floor/mat. Take slow and long breaths.

Next

<

Shishuasana

Shishuasana throws away all those unwanted thoughts from your mind to help you concentrate on things that matter.



Steps:

- Sit down on your knees with your hips touching your heels.
- Bend forward to bring your forehead forward to touch the floor.
- If you are unable to touch the floor, you have the option to bend as far as you comfortably can.
- Place your arms along the sides of your body with your palms facing up towards the ceiling.
- If this feels a little uncomfortable, place one fist on top of the other and place your forehead on your fists.
- Hold this position for a few seconds and focus on your breath.
- Slowly rise up and sit back on your heels to return to the starting position.

Next

< Home

Navasana

the beauty of Navasana to tone your abs and thighs muscles instantly.



Steps:

Lying down on your back.
Straight your legs and brings your arms towards your knee.

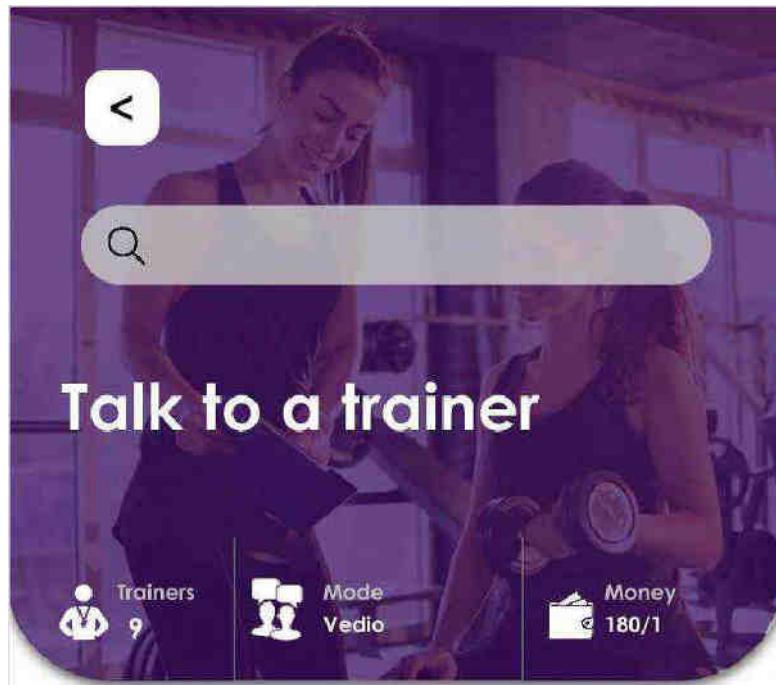
Now inhale and raise both your legs and upper parts of the body at 30 degrees.

Maintain the pose as long as one canDo inhaling and exhaling normally.
Exhale, and brings yourself to the original position.

This is one round.

One may do 3 to 5 rounds or as per one's convenience.

talk 1



Featured Trainers



Vikram



Bob



John



Jessie



Antria

A mobile application interface showing a fitness instructor's profile. At the top right is a purple "Home" button. Below it is a large photo of a smiling man, identified as Bob John, with the text "Fitness - 7 yrs experience". Below the photo are three statistics: "53 Rating", "92 Reviews", and "28 Yrs old".

Specialties

- Loss weight and get toned
- Gain Flexibility
- Build muscles and Boost stamina

Watch Videos >>



Schedules >>

7:30 AM 8:30 AM 10:30 AM

BOOK

A mobile application interface showing a fitness instructor's profile. At the top right is a purple "Home" button. Below it is a large photo of a smiling man with short hair, identified as Bob John. Text below the photo reads "Fitness - 7 yrs experience". Below the photo are three performance metrics: "53 Rating", "92 Reviews", and "28 Yrs old".

Specialties

- Loss weight and get toned
- Gain Flexibility
- Build muscles and Boost stamina

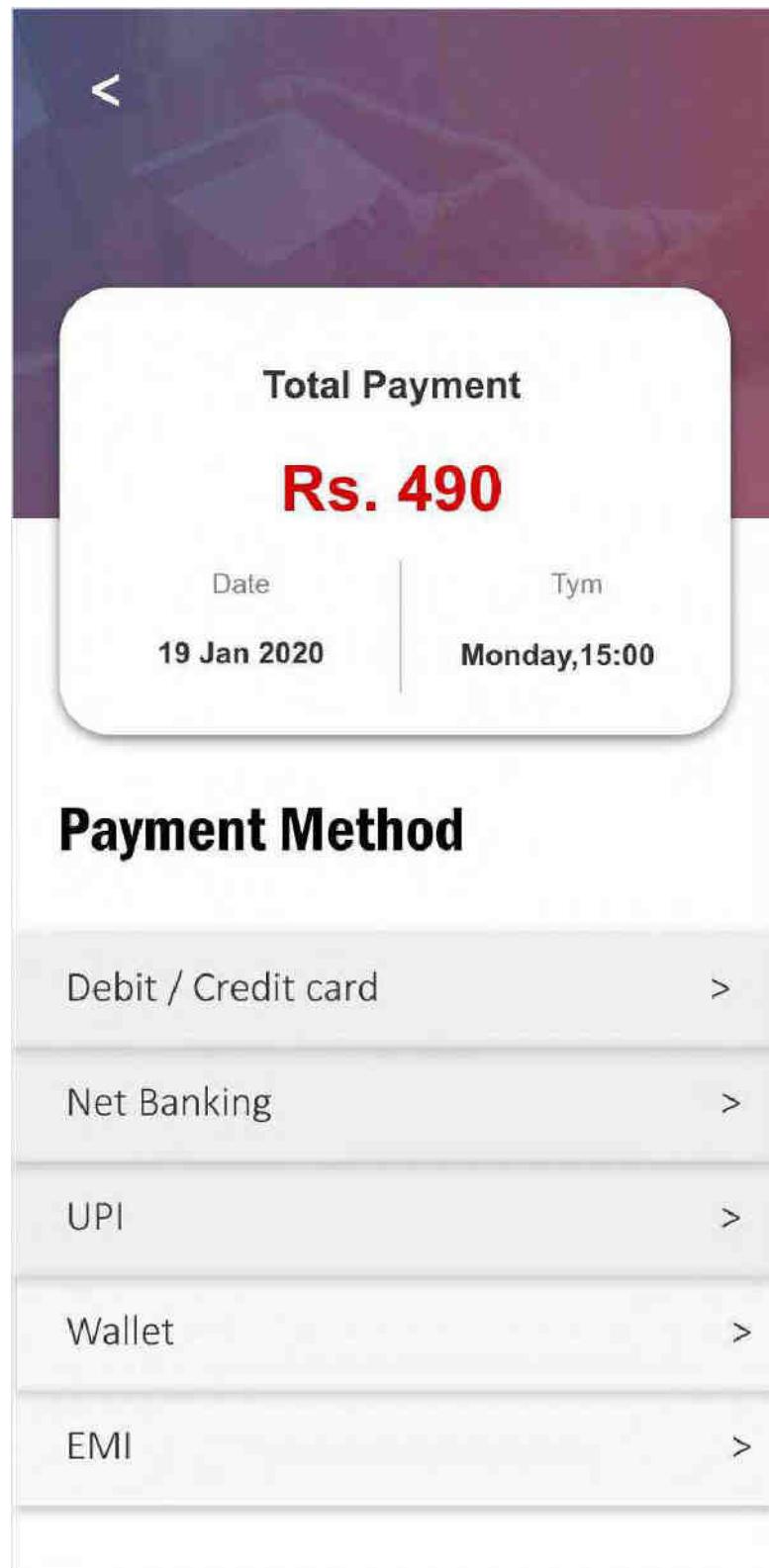
Watch Videos >>



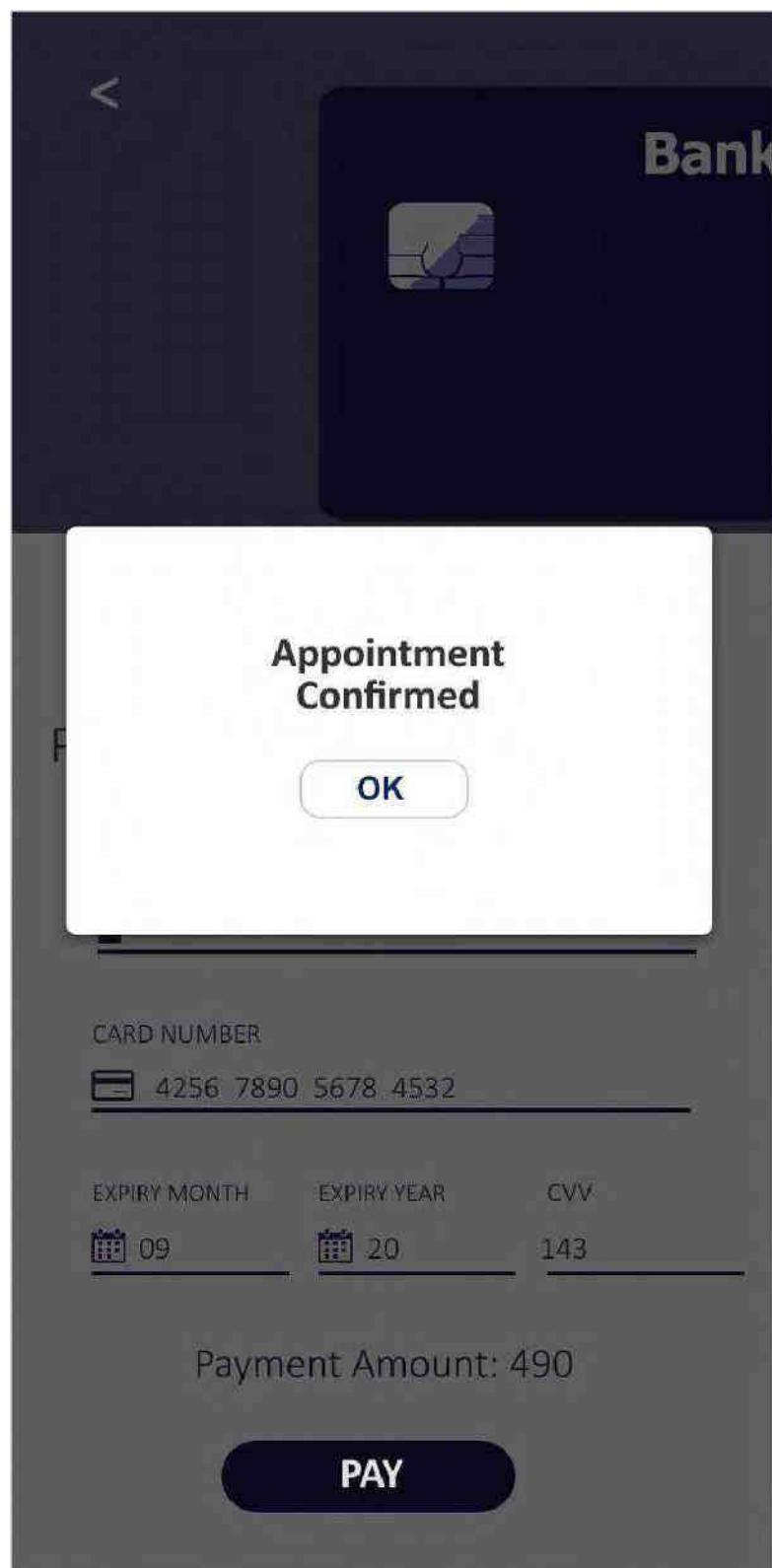
Schedules >>

7:30 AM 8:30 AM 10:30 AM

BOOK





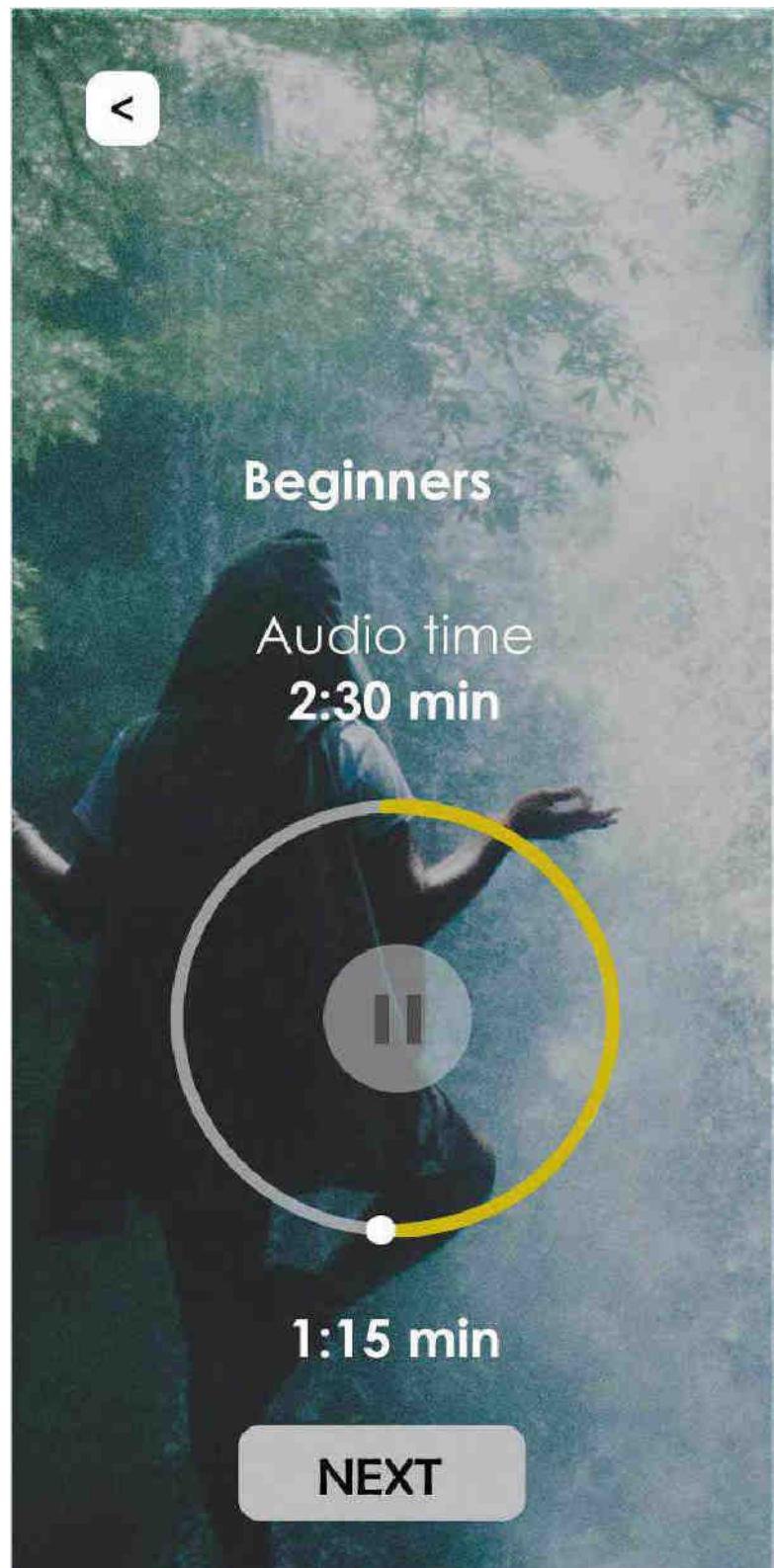


meditation 1

The screenshot shows a mobile application interface for a meditation session. At the top, there is a navigation bar with a back arrow, the word "Home", and a circular profile picture of a man. Below the navigation bar is a large image of a woman with long dark hair, looking down and to her right, set against a blurred green background. To the left of the image, the word "Meditation" is displayed in white, along with a three-star rating icon. On the right side of the image, the word "Lessons" is visible. Below the image, four numbered meditation sessions are listed:

- 01** 2:30 min **Beginners**
- 02** 2:30 min **Practice for mental health**
- 03** 2:30 min **Seven Secrets for Success**
- 04** 2:30 min **Peace**

At the bottom of the screen is a large yellow button with the word "START" in black capital letters.



The screenshot shows a mobile application interface for "DE-ADDICTION". At the top, there is a navigation bar with a logo and the text "Home > De-Addiction Treatments". Below this, the main title "DE-ADDICTION" is displayed in large white letters against a background image of various items related to addiction.

The application lists five treatment options:

- ALCOHOL**: Price Rs. 450, Rating 5★, icon showing a glass and bottle.
- NICOTINE**: Price Rs. 560, Rating 4★, icon showing a cigarette and lighter.
- DRUG AND SUBSTANCES**: Price Free, Rating 5★, icon showing a syringe and pills.
- PAIN KILLERS**: Price Rs. 400, Rating 4.5★, icon showing various pills.
- GAMING/PHONE**: Price Rs. 575, Rating 4★, icon showing a smartphone.

Home>De-Addiction Treatments>Alcohol

ALCOHOL ADDICTION TREATMENTS

[Consult Now](#) [Take a survey](#)

Available Specialists

Dr. Pete Wilson
MBBS,MD,DNB
Sacred Heart De-Addiction Centre, Chennai.


Dr. Sanjana Pillai
MBBS,DCU Certified
Pranah Peace Centre, Hyderabad.


Dr. Abdul Shah
MBBS,MD,DNB
Ignite Motivational Centre, Kerala.


Dr. Niti Sharma
MBBS,DCU Certified
The Haven, Bangalore.


[View More](#)

[SORT BY](#) [FILTER](#)

general Extra Doctors

Available Specialists

Dr. Niti Sharma
MBBS,DCU Certified
The Haven, Bangalore.
★★★★★

Dr. Jennifer Joe
MD,DNB
Mitrah De-Addiction Centre, Kerala.
★★★★★

Dr. Fathima S
MBBS,DCU Certified
The Globe Rehab Centre, Mumbai.
★★★★★

Dr. Sakariah Jose
MD,DNB
Mitrah De-Addiction Centre, Kerala.
★★★★★

Dr. Ravi Krishna
MD,DCU Certified
Pranah Peace Centre, Hyderabad.
★★★★★

[View Less ^](#)

SORT BY | **FILTER**

nicotin Drs List

Home>De-Addiction Treatments>Nicotin

NICOTIN ADDICTION TREATMENTS

[Consult Now](#) [Take a survey](#)

Available Specialists

Dr. Pete Wilson
MBBS,MD,DNB
Sacred Heart De-Addiction Centre, Chennai.



Dr. Sanjana Pillai
MBBS,DCU Certified
Pranah Peace Centre, Hyderabad.



Dr. Abdul Shah
MBBS,MD,DNB
Ignite Motivational Centre, Kerala.



Dr. Niti Sharma
MBBS,DCU Certified
The Haven, Bangalore.


[View More](#)

[SORT BY](#) [FILTER](#)

extra Doctors

Available Specialists

Dr. Niti Sharma
MBBS,DCU Certified
The Haven, Bangalore.
★★★★★

Dr. Jennifer Joe
MD,DNB
Mitrah De-Addiction Centre, Kerala.
★★★★★

Dr. Fathima S
MBBS,DCU Certified
The Globe Rehab Centre, Mumbai.
★★★★★

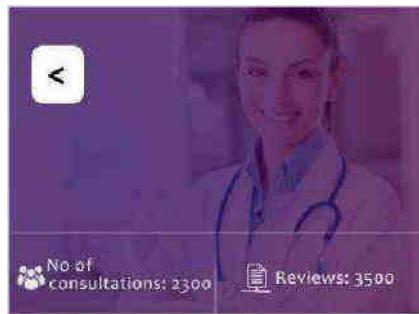
Dr. Sakariah Jose
MD,DNB
Mitrah De-Addiction Centre, Kerala.
★★★★★

Dr. Ravi Krishna
MD,DCU Certified
Pranah Peace Centre, Hyderabad.
★★★★★

[View Less ^](#)

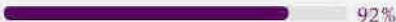
SORT BY | **FILTER**

jennifer Joe



No. of consultations: 2300 Reviews: 3500

Dr. Jennifer Joe
De - Addiction Specialist Rs. 450
Mode of consultation: Video Call

GOOD REVIEWS
 92%

RATING
 4

ADDRESS
House no 110,
Jennifer Dale,
Kozhikode,
Kerala.

CONTACT
9961230095

EDUCATION
MD,DNB
MD - All India Institute of Medical Science, Bhuvaneshwar
DNB - Govt Medical College, Thrissur

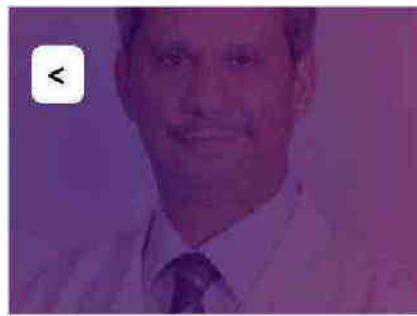
WORKS AT
Mitrah De - Addiction Centre, Kozhikode, Kerala

BADGES
Florenova Badge - BRONZE
BOD Badge

Confirm Consultation



abdul Shah



Dr. Abdul Shah

De - Addiction Specialist Rs. 560
Mode of consultation: Call

GOOD REVIEWS

94%

RATING

5



ADDRESS

House no 10,
Farzana Manzil,
Kasorgod,
Kerala.



CONTACT

8921448332



EDUCATION

MD,DNB

MD - All India Institute of Medical
Science, Delhi

DNB - Govt Medical College, Thrissur



WORKS AT

Ignite Motivational Centre, Kannur



BADGES

Florenova Badge - GOLD

DNB Badge

[Confirm Consultation](#)



al Survey1



< Take a survey

SCREEN TEST

1. During the last 12 months, how often did you usually have any kind of drink containing alcohol?

- Every day
- 5 to 6 times a week
- 3 to 4 times a week
- once a week
- once a month

2. During the last 12 months, how many alcoholic drinks did you have on a typical day when you drank alcohol?

- 25 or more drinks
- 16-18 drinks
- 9-11 drinks
- 5-6 drinks
- 2 drinks

3. During the last 12 months, what is the largest number of drinks containing alcohol that you drank within a 24-hour period?

- 24 to 35 drinks
- 12 to 17 drinks
- 5 to 7 drinks
- 4 drinks
- 2 drinks

4. Does drinking or the after effects of drinking keep you from your responsibilities?

- Yes
- No
- Sometimes

5. Is your drinking causing health problems, and do u keep doing it anyway?

- Yes
- No

PROCEED

al Survey2



< Take a survey

SCREEN TEST

1. During the last 12 months, how often did you usually have any kind of drink containing alcohol?
 Every day
 5 to 6 times a week
 3 to 4 times a week
 once a week
 once a month
2. During the last 12 months, how many alcoholic drinks did you have on a typical day when you drank alcohol?
 25 or more drinks
 16-18 drinks
 9-11 drinks
 5-8 drinks
 2 drinks
3. During the last 12 months, what is the largest number of drinks containing alcohol that you drank within a 24-hour period?
 24 to 35 drinks
 12 to 17 drinks
 5 to 7 drinks
 4 drinks
 2 drinks
4. Does drinking or the after effects of drinking keep you from your responsibilities?
 Yes
 No
 Sometimes
5. Is your drinking causing health problems, and do u keep doing it anyway?
 Yes
 No

PROCEED

al Survey3



< Take a survey

SCREEN TEST

1. During the last 12 months, how often did you usually have any kind of drink containing alcohol?

- Every day
- 5 to 6 times a week
- 3 to 4 times a week
- once a week
- once a month

2. During the last 12 months, how many alcoholic drinks did you have on a typical day when you drank alcohol?

- 25 or more drinks
- 16-18 drinks
- 9-11 drinks
- 5-8 drinks
- 2 drinks

3. During the last 12 months, what is the largest number of drinks containing alcohol that you drank within a 24-hour period?

- 24 to 35 drinks
- 12 to 17 drinks
- 5 to 7 drinks
- 4 drinks
- 2 drinks

4. Does drinking or the after effects of drinking keep you from your responsibilities?

- Yes
- No
- Sometimes

5. Is your drinking causing health problems, and do u keep doing it anyway?

- Yes
- No

PROCEED

al Survey4



< Take a survey

SCREEN TEST

1. During the last 12 months, how often did you usually have any kind of drink containing alcohol?

- Every day
- 5 to 6 times a week
- 3 to 4 times a week
- once a week
- once a month

2. During the last 12 months, how many alcoholic drinks did you have on a typical day when you drank alcohol?

- 25 or more drinks
- 16-18 drinks
- 9-11 drinks
- 5-8 drinks
- 2 drinks

3. During the last 12 months, what is the largest number of drinks containing alcohol that you drank within a 24-hour period?

- 24 to 35 drinks
- 12 to 17 drinks
- 5 to 7 drinks
- 4 drinks
- 2 drinks

4. Does drinking or the after effects of drinking keep you from your responsibilities?

- Yes
- No
- Sometimes

5. Is your drinking causing health problems, and do u keep doing it anyway?

- Yes
- No

PROCEED

al Survey5



< Take a survey

SCREEN TEST

1. During the last 12 months, how often did you usually have any kind of drink containing alcohol?

- Every day
- 5 to 6 times a week
- 3 to 4 times a week
- once a week
- once a month

2. During the last 12 months, how many alcoholic drinks did you have on a typical day when you drank alcohol?

- 25 or more drinks
- 16-18 drinks
- 9-11 drinks
- 5-8 drinks
- 2 drinks

3. During the last 12 months, what is the largest number of drinks containing alcohol that you drank within a 24-hour period?

- 24 to 35 drinks
- 12 to 17 drinks
- 5 to 7 drinks
- 4 drinks
- 2 drinks

4. Does drinking or the after effects of drinking keep you from your responsibilities?

- Yes
- No
- Sometimes

5. Is your drinking causing health problems, and do u keep doing it anyway?

- Yes
- No

PROCEED

al Survey6



< Take a survey

SCREEN TEST

1. During the last 12 months, how often did you usually have any kind of drink containing alcohol?

- Every day
- 5 to 6 times a week
- 3 to 4 times a week
- once a week
- once a month

2. During the last 12 months, how many alcoholic drinks did you have on a typical day when you drank alcohol?

- 25 or more drinks
- 16-18 drinks
- 9-11 drinks
- 5-8 drinks
- 2 drinks

3. During the last 12 months, what is the largest number of drinks containing alcohol that you drank within a 24-hour period?

- 24 to 35 drinks
- 12 to 17 drinks
- 5 to 7 drinks
- 4 drinks
- 2 drinks

4. Does drinking or the after effects of drinking keep you from your responsibilities?

- Yes
- No
- Sometimes

5. Is your drinking causing health problems, and do u keep doing it anyway?

- Yes
- No

PROCEED



1. Had times when you ended up drinking more, or longer than you intended?

- Yes
 No

2. More than once wanted to cut down or stop drinking, or tried to, but couldn't?

- Yes
 No

3. Experienced craving — a strong need, or urge, to drink?

- Yes
 No

4. Found that drinking interfered with taking care of your home or family?

- Yes
 No

5. Given up or cut back on activities that gave you pleasure, in order to drink?

- Yes
 No

6. Continued to drink even though it was making you feel depressed or anxious? Or after having had a memory blackout?

- Yes
 No

7. Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?

- Yes
 No

PROCEED



PRESCRIBED QUESTIONS

1. Had times when you ended up drinking more, or longer than you intended?
 Yes
 No
2. More than once wanted to cut down or stop drinking, or tried to, but couldn't?
 Yes
 No
3. Experienced craving — a strong need, or urge, to drink?
 Yes
 No
4. Found that drinking interfered with taking care of your home or family?
 Yes
 No
5. Given up or cut back on activities that gave you pleasure, in order to drink?
 Yes
 No
6. Continued to drink even though it was making you feel depressed or anxious? Or after having had a memory blackout?
 Yes
 No
7. Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?
 Yes
 No

PROCEED



PRESCRIBED QUESTIONS

1. Had times when you ended up drinking more, or longer than you intended?
 Yes
 No
2. More than once wanted to cut down or stop drinking, or tried to, but couldn't?
 Yes
 No
3. Experienced craving — a strong need, or urge, to drink?
 Yes
 No
4. Found that drinking interfered with taking care of your home or family?
 Yes
 No
5. Given up or cut back on activities that gave you pleasure, in order to drink?
 Yes
 No
6. Continued to drink even though it was making you feel depressed or anxious? Or after having had a memory blackout?
 Yes
 No
7. Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?
 Yes
 No

PROCEED



PRESCRIBED QUESTIONS

1. Had times when you ended up drinking more, or longer than you intended?
 Yes
 No
2. More than once wanted to cut down or stop drinking, or tried to, but couldn't?
 Yes
 No
3. Experienced craving — a strong need, or urge, to drink?
 Yes
 No
4. Found that drinking interfered with taking care of your home or family?
 Yes
 No
5. Given up or cut back on activities that gave you pleasure, in order to drink?
 Yes
 No
6. Continued to drink even though it was making you feel depressed or anxious? Or after having had a memory blackout?
 Yes
 No
7. Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?
 Yes
 No

PROCEED



PRESCRIBED QUESTIONS

1. Had times when you ended up drinking more, or longer than you intended?
 Yes
 No
2. More than once wanted to cut down or stop drinking, or tried to, but couldn't?
 Yes
 No
3. Experienced craving — a strong need, or urge, to drink?
 Yes
 No
4. Found that drinking interfered with taking care of your home or family?
 Yes
 No
5. Given up or cut back on activities that gave you pleasure, in order to drink?
 Yes
 No
6. Continued to drink even though it was making you feel depressed or anxious? Or after having had a memory blackout?
 Yes
 No
7. Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?
 Yes
 No

PROCEED



PRESCRIBED QUESTIONS

1. Had times when you ended up drinking more, or longer than you intended?
 Yes
 No
2. More than once wanted to cut down or stop drinking, or tried to, but couldn't?
 Yes
 No
3. Experienced craving — a strong need, or urge, to drink?
 Yes
 No
4. Found that drinking interfered with taking care of your home or family?
 Yes
 No
5. Given up or cut back on activities that gave you pleasure, in order to drink?
 Yes
 No
6. Continued to drink even though it was making you feel depressed or anxious? Or after having had a memory blackout?
 Yes
 No
7. Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?
 Yes
 No

PROCEED



PRESCRIBED QUESTIONS

1. Had times when you ended up drinking more, or longer than you intended?
 Yes
 No
2. More than once wanted to cut down or stop drinking, or tried to, but couldn't?
 Yes
 No
3. Experienced craving — a strong need, or urge, to drink?
 Yes
 No
4. Found that drinking interfered with taking care of your home or family?
 Yes
 No
5. Given up or cut back on activities that gave you pleasure, in order to drink?
 Yes
 No
6. Continued to drink even though it was making you feel depressed or anxious? Or after having had a memory blackout?
 Yes
 No
7. Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?
 Yes
 No

PROCEED



PRESCRIBED QUESTIONS

1. Had times when you ended up drinking more, or longer than you intended?
 Yes
 No
2. More than once wanted to cut down or stop drinking, or tried to, but couldn't?
 Yes
 No
3. Experienced craving — a strong need, or urge, to drink?
 Yes
 No
4. Found that drinking interfered with taking care of your home or family?
 Yes
 No
5. Given up or cut back on activities that gave you pleasure, in order to drink?
 Yes
 No
6. Continued to drink even though it was making you feel depressed or anxious? Or after having had a memory blackout?
 Yes
 No
7. Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?
 Yes
 No

PROCEED

alcohol Recommended



RECOMMENDED FOR YOU



How to
Overcome the
Urge



Recovery - Step
by Step



Need of
Communication
to fight against
addiction



Addiction?
We can help!



Health and
family problems
of an alcoholic

nic Survey1



SCREEN TEST

1. How soon after you wake up do you smoke your first cigarette?

- Within 5 minutes
- 5 to 30 minutes
- 31 to 60 minutes
- After 60 minutes

2. Do you find it difficult not to smoke in places where you shouldn't, such as in church, on the bus, in school, or at the library?

- Yes
- No

3. Which cigarette would you most hate to give up?

- The first one in the morning
- Any other one

4. How many cigarettes do you smoke each day?

- 10 or fewer
- 11 to 20 per day
- 21 to 30 per day
- 31 or more per day

5. Do you smoke more frequently during the first hours after waking up than during the rest of the day?

- Yes
- No

6. Do you still smoke if you are so sick that you are in bed most of the day?

- Yes
- No

PROCEED

nic Survey2



< Take a survey

SCREEN TEST

1. How soon after you wake up do you smoke your first cigarette?
 Within 5 minutes
 5 to 30 minutes
 31 to 60 minutes
 After 60 minutes

2. Do you find it difficult not to smoke in places where you shouldn't, such as in church, on the bus, in school, or at the library?
 Yes
 No

3. Which cigarette would you most hate to give up?
 The first one in the morning
 Any other one

4. How many cigarettes do you smoke each day?
 10 or fewer
 11 to 20 per day
 21 to 30 per day
 31 or more per day

5. Do you smoke more frequently during the first hours after waking up than during the rest of the day?
 Yes
 No

6. Do you still smoke if you are so sick that you are in bed most of the day?
 Yes
 No

PROCEED

nic Survey3



SCREEN TEST

1. How soon after you wake up do you smoke your first cigarette?

- Within 5 minutes
- 5 to 30 minutes
- 31 to 60 minutes
- After 60 minutes

2. Do you find it difficult not to smoke in places where you shouldn't, such as in church, on the bus, in school, or at the library?

- Yes
- No

3. Which cigarette would you most hate to give up?

- The first one in the morning
- Any other one

4. How many cigarettes do you smoke each day?

- 10 or fewer
- 11 to 20 per day
- 21 to 30 per day
- 31 or more per day

5. Do you smoke more frequently during the first hours after waking up than during the rest of the day?

- Yes
- No

6. Do you still smoke if you are so sick that you are in bed most of the day?

- Yes
- No

PROCEED

nic Survey4



< Take a survey

SCREEN TEST

1. How soon after you wake up do you smoke your first cigarette?
 Within 5 minutes
 5 to 30 minutes
 31 to 60 minutes
 After 60 minutes
2. Do you find it difficult not to smoke in places where you shouldn't, such as in church, on the bus, in school, or at the library?
 Yes
 No
3. Which cigarette would you most hate to give up?
 The first one in the morning
 Any other one
4. How many cigarettes do you smoke each day?
 10 or fewer
 11 to 20 per day
 21 to 30 per day
 31 or more per day
5. Do you smoke more frequently during the first hours after waking up than during the rest of the day?
 Yes
 No
6. Do you still smoke if you are so sick that you are in bed most of the day?
 Yes
 No

PROCEED

nic Survey5



< Take a survey

SCREEN TEST

1. How soon after you wake up do you smoke your first cigarette?
 Within 5 minutes
 5 to 30 minutes
 31 to 60 minutes
 After 60 minutes

2. Do you find it difficult not to smoke in places where you shouldn't, such as in church, on the bus, in school, or at the library?
 Yes
 No

3. Which cigarette would you most hate to give up?
 The first one in the morning
 Any other one

4. How many cigarettes do you smoke each day?
 10 or fewer
 11 to 20 per day
 21 to 30 per day
 31 or more per day

5. Do you smoke more frequently during the first hours after waking up than during the rest of the day?
 Yes
 No

6. Do you still smoke if you are so sick that you are in bed most of the day?
 Yes
 No

PROCEED

nic Survey6



< Take a survey

SCREEN TEST

1. How soon after you wake up do you smoke your first cigarette?
 Within 5 minutes
 5 to 30 minutes
 31 to 60 minutes
 After 60 minutes
2. Do you find it difficult not to smoke in places where you shouldn't, such as in church, on the bus, in school, or at the library?
 Yes
 No
3. Which cigarette would you most hate to give up?
 The first one in the morning
 Any other one
4. How many cigarettes do you smoke each day?
 10 or fewer
 11 to 20 per day
 21 to 30 per day
 31 or more per day
5. Do you smoke more frequently during the first hours after waking up than during the rest of the day?
 Yes
 No
6. Do you still smoke if you are so sick that you are in bed most of the day?
 Yes
 No

PROCEED

nic Survey7

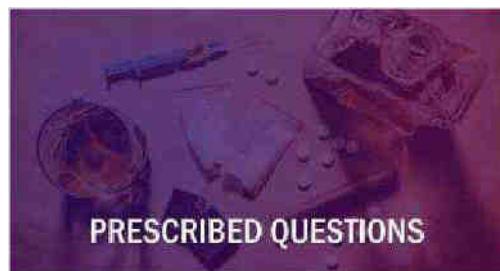


< Take a survey

SCREEN TEST

1. How soon after you wake up do you smoke your first cigarette?
 Within 5 minutes
 5 to 30 minutes
 31 to 60 minutes
 After 60 minutes
2. Do you find it difficult not to smoke in places where you shouldn't, such as in church, on the bus, in school, or at the library?
 Yes
 No
3. Which cigarette would you most hate to give up?
 The first one in the morning
 Any other one
4. How many cigarettes do you smoke each day?
 10 or fewer
 11 to 20 per day
 21 to 30 per day
 31 or more per day
5. Do you smoke more frequently during the first hours after waking up than during the rest of the day?
 Yes
 No
6. Do you still smoke if you are so sick that you are in bed most of the day?
 Yes
 No

PROCEED



1. Please mark the button beside the statement that best matches your current goals:

- I have quit within the past 6 months
- I am planning to quit in the next month
- I am planning to quit in the next 6 months
- I am planning to quit in the next 12 months
- I am not planning to quit
- I would like to cut back

2. How old were you when you became a daily smoker?

22 yrs

3. How many years have you used tobacco regularly?

5 yrs

4. What form of tobacco do you currently use

- Cigarettes
- Cigars
- Pipe
- Chew

5. Do other people smoke inside your home?

- Yes
- No

6. Among your friends, family, and co-workers what percentage would you say smoke?

- Almost none
- About half
- Most

PROCEED



PRESCRIBED QUESTIONS

1. Please mark the button beside the statement that best matches your current goals:

- I have quit within the past 6 months
- I am planning to quit in the next month
- I am planning to quit in the next 6 months
- I am planning to quit in the next 12 months
- I am not planning to quit
- I would like to cut back

2. How old were you when you became a daily smoker?

22 yrs

3. How many years have you used tobacco regularly?

5 yrs

4. What form of tobacco do you currently use

- Cigarettes
- Cigars
- Pipe
- Chew

5. Do other people smoke inside your home?

- Yes
- No

6. Among your friends, family, and co-workers what percentage would you say smoke?

- Almost none
- About half
- Most

PROCEED



1. Please mark the button beside the statement that best matches your current goals:

- I have quit within the past 6 months
- I am planning to quit in the next month
- I am planning to quit in the next 6 months
- I am planning to quit in the next 12 months
- I am not planning to quit
- I would like to cut back

2. How old were you when you became a daily smoker?

22 yrs

3. How many years have you used tobacco regularly?

5 yrs

4. What form of tobacco do you currently use

- Cigarettes
- Cigars
- Pipe
- Chew

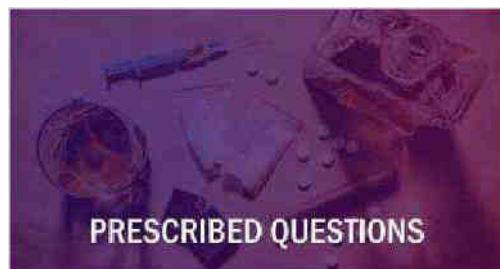
5. Do other people smoke inside your home?

- Yes
- No

6. Among your friends, family, and co-workers what percentage would you say smoke?

- Almost none
- About half
- Most

PROCEED



PRESCRIBED QUESTIONS

1. Please mark the button beside the statement that best matches your current goals:

- I have quit within the past 6 months
- I am planning to quit in the next month
- I am planning to quit in the next 6 months
- I am planning to quit in the next 12 months
- I am not planning to quit
- I would like to cut back

2. How old were you when you became a daily smoker?

22 yrs

3. How many years have you used tobacco regularly?

5 yrs

4. What form of tobacco do you currently use

- Cigarettes
- Cigars
- Pipe
- Chew

5. Do you or other people smoke inside your home?

- Yes
- No

6. Among your friends, family, and co-workers what percentage would you say smoke?

- Almost none
- About half
- Most

PROCEED



PRESCRIBED QUESTIONS

1. Please mark the button beside the statement that best matches your current goals:

- I have quit within the past 6 months
- I am planning to quit in the next month
- I am planning to quit in the next 6 months
- I am planning to quit in the next 12 months
- I am not planning to quit
- I would like to cut back

2. How old were you when you became a daily smoker?

yrs

3. How many years have you used tobacco regularly?

yrs

4. What form of tobacco do you currently use

- Cigarettes
- Cigars
- Pipe
- Chew

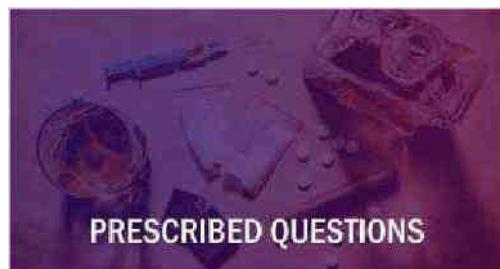
5. Do you or other people smoke inside your home?

- Yes
- No

6. Among your friends, family, and co-workers what percentage would you say smoke?

- Almost none
- About half
- Most

PROCEED



PRESCRIBED QUESTIONS

1. Please mark the button beside the statement that best matches your current goals:

- I have quit within the past 6 months
- I am planning to quit in the next month
- I am planning to quit in the next 6 months
- I am planning to quit in the next 12 months
- I am not planning to quit
- I would like to cut back

2. How old were you when you became a daily smoker?

yrs

3. How many years have you used tobacco regularly?

yrs

4. What form of tobacco do you currently use

- Cigarettes
- Cigars
- Pipe
- Chew

5. Do you or other people smoke inside your home?

- Yes
- No

6. Among your friends, family, and co-workers what percentage would you say smoke?

- Almost none
- About half
- Most

PROCEED



PRESCRIBED QUESTIONS

1. Please mark the button beside the statement that best matches your current goals:

- I have quit within the past 6 months
- I am planning to quit in the next month
- I am planning to quit in the next 6 months
- I am planning to quit in the next 12 months
- I am not planning to quit
- I would like to cut back

2. How old were you when you became a daily smoker?

22 yrs

3. How many years have you used tobacco regularly?

yrs

4. What form of tobacco do you currently use

- Cigarettes
- Cigars
- Pipe
- Chew

5. Do you or other people smoke inside your home?

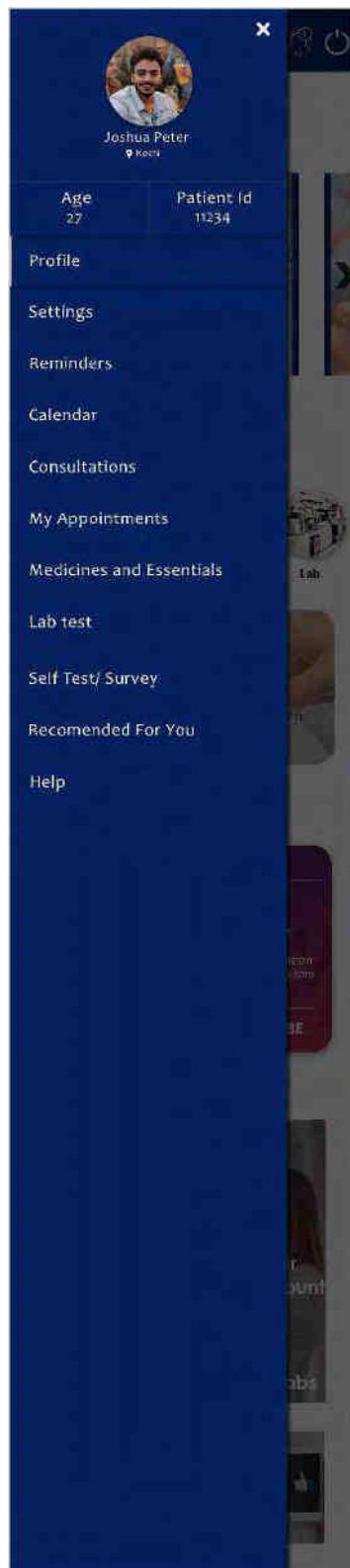
- Yes
- No

6. Among your friends, family, and co-workers what percentage would you say smoke?

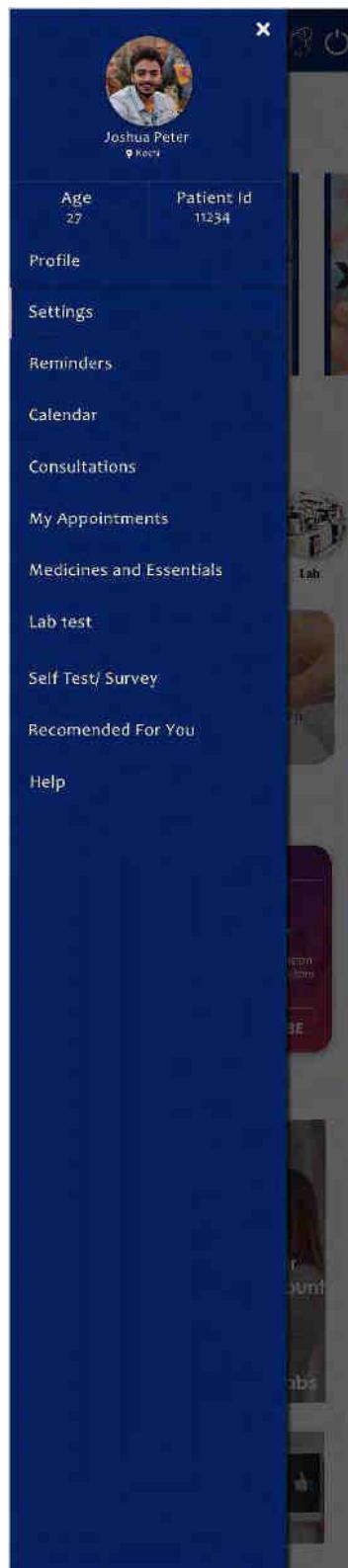
- Almost none
- About half
- Most

PROCEED

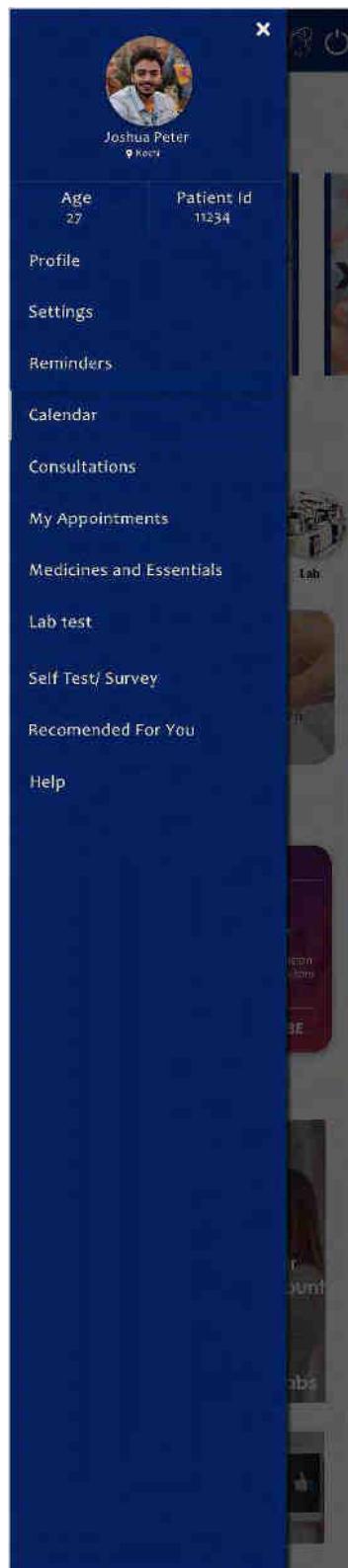
drop 1



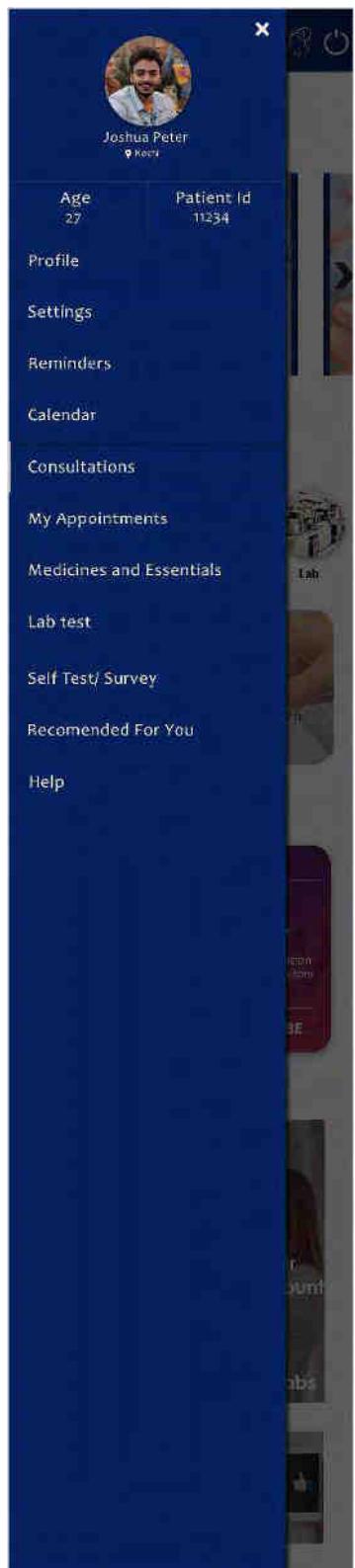
drop2



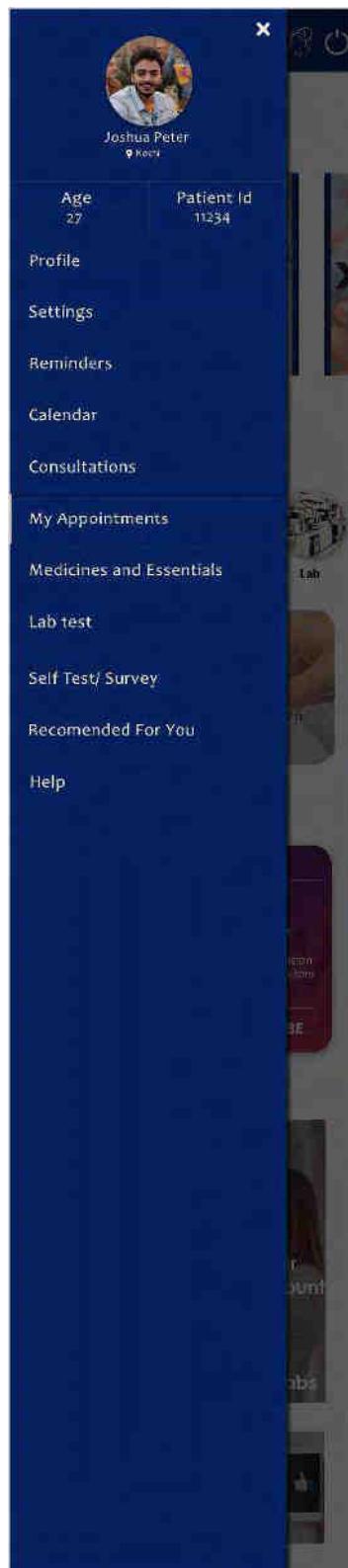
drop3



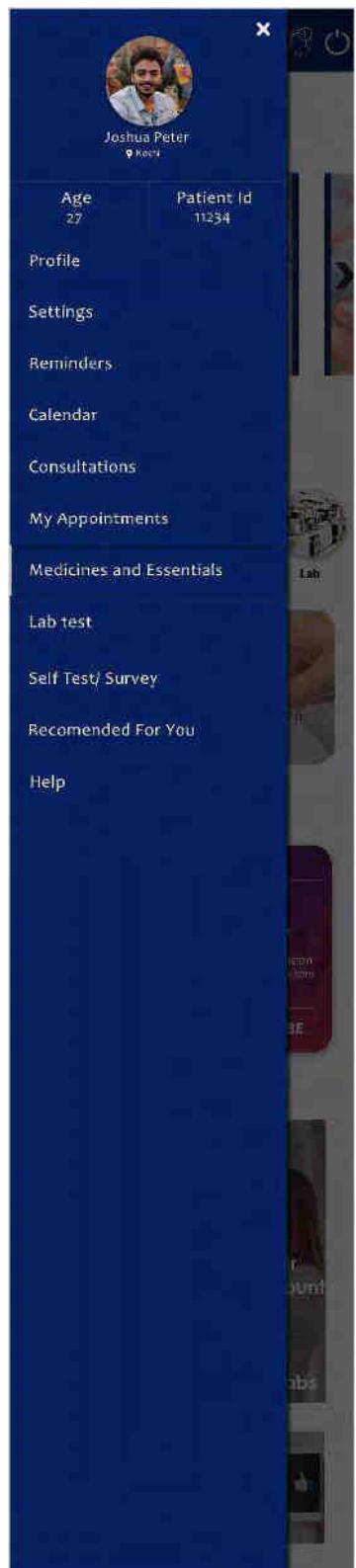
drop4



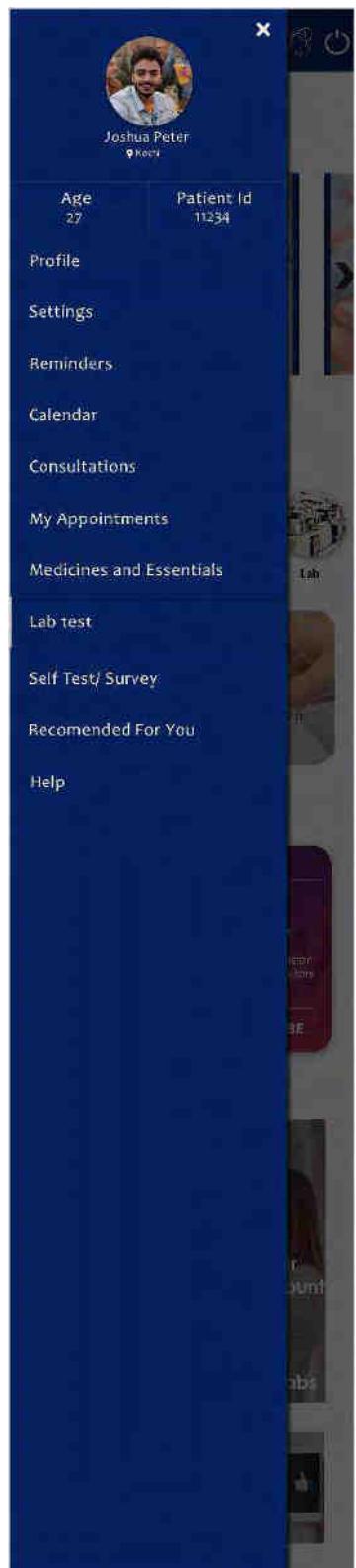
drop5



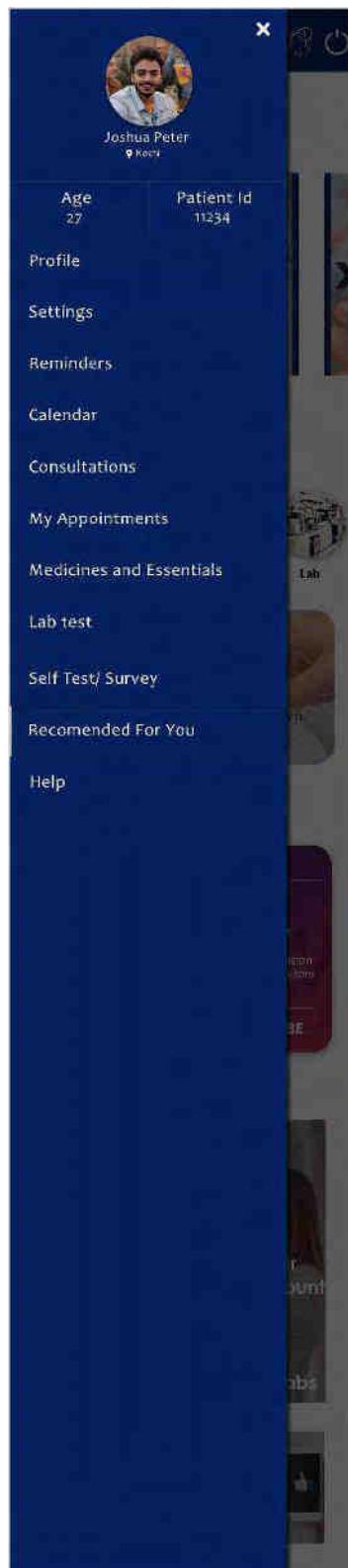
drop6



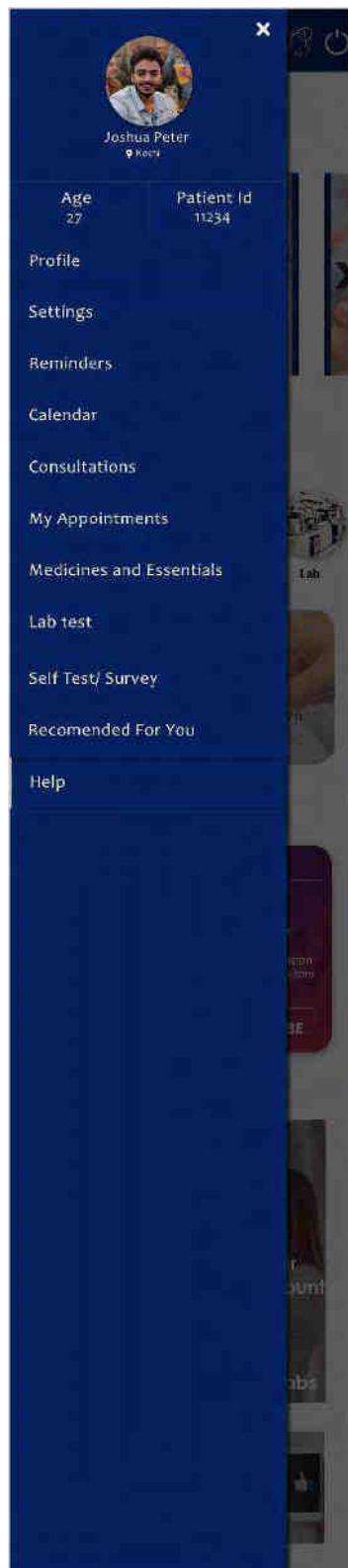
drop 7



drop8



drop9



profile 1



Joshua Peter
Joshua Dale Kochi
Kerala

| | | |
|---|--|---|
|  Height 175cm |  Blood A +ve |  Weight 75 kg |
| Home | Activity | Medical Records |

Patient Id
11234

Address
Joshua Dale,Kakkanad,Kochi

Phone no
9961230095

Occupation
Engineer

Work Address
Ketra Solutions, Leela Tower,
Infopark, Kochi

Email
joshuapeters00@gmail.com



profile 2



Joshua Peter
Joshua Dale Kochi
Kerala

Height: 175cm | Blood: A +ve | Weight: 75 kg

Home Activity **Medical Records**

Lab Tests: 52%

Consultations: 75%

Health Blog: 78%

Mental Health: 54%

Home **Gear**

profile 3

The image shows a mobile application interface for a user profile. At the top, there is a photo of a man with a beard, identified as Joshua Peter from Joshua Dale Kochi, Kerala. Below the photo, there are three main statistics: Height (175cm), Blood (A +ve), and Weight (75 kg). Below these stats are three tabs: Home (selected), Activity, and Medical Records. Under the Medical Records tab, there are three icons: MEDICAL HISTORY, LAB TESTS & REPORTS, and PRESCRIPTIONS. A section titled "Quick Access" displays a thumbnail of a medical report from "Maastricht Diagnostics Hong Kong". Below this thumbnail, the text "You opened 2 days ago" is displayed. Another thumbnail below it shows a lab test result table with columns for Test Name, Result, Unit, and Reference Range. The text "You opened a days ago" is displayed below this thumbnail. At the bottom of the screen are two large blue navigation icons: a house icon on the left and a gear icon on the right.

Joshua Peter
Joshua Dale Kochi
Kerala

Height: 175cm | Blood: A +ve | Weight: 75 kg

Home | Activity | Medical Records

MEDICAL HISTORY | LAB TESTS & REPORTS | PRESCRIPTIONS

Quick Access

You opened 2 days ago

| TEST NAME | RESULT | UNIT | REFERENCE RANGE |
|---------------------------|--------|-------|-----------------|
| CHOL TOTAL | 57 | mg/dL | 80 - 120 |
| LDL CHOL | 36 | mg/dL | 70 - 130 |
| HDL CHOL | 4.8 | mg/dL | 40 - 55 |
| CHOL/HDL | 11.8 | mg/dL | 10 - 19 |
| URIC ACID (TOTAL) | 4.0 | mg/dL | 3.0 - 7.0 |
| BUN (BLOOD UREA NITROGEN) | 6 | mg/dL | 8 - 21 |
| CREATININE | 0.2 | mg/dL | 0.7 - 1.2 |
| URIC ACID (URINE) | 16.5 | mg/dL | 10 - 20 |
| LIPID PROFILE | 6.0 | mg/dL | 80 - 180 |
| PREGNENOLONE | 2.0 | ng/mL | 2.0 - 11.4 |

You opened a days ago

in 192 of 219

profile 4

The image shows a mobile application interface for a medical history profile. At the top, a navigation bar indicates the path: Home > Profile > Medical Records > Medical History. Below this, a large title "MEDICAL HISTORY" is displayed. To the left of the main content area, there is a vertical decorative element consisting of two red circles connected by a vertical line.

The main content area displays two entries in a table format:

| 26 Dec'19 | Treatment | Doctor |
|--------------|-----------|---------------|
| 9.00-10.00am | Cold Cure | Dr. Preethi S |

| 17 Nov'19 | Treatment | Doctor |
|-------------|-----------------|--------------|
| 3.00-3.30pm | Tooth Pain Cure | Dr. Samuel S |

Below these entries is a "View more" button.

A section titled "Uploaded medical data" is shown in red text. It lists three PDF files:

- Check up result.pdf (19 Jan'20)
- Medical Prescriptions.pdf (19 Jan'20)
- Lab Test.pdf (19 Jan'20)

At the bottom right of the "Uploaded medical data" section is a "New +" button with a plus sign.

profile 5



The image shows a mobile application interface for managing medical records. At the top, a dark blue header bar displays the navigation path: Home > Profile > Medical Records > Medical History. Below this, the main content area has a white background and features a red header section with the text "Uploaded medical data". Underneath this, there is a list of nine medical documents, each represented by a card. Each card contains the document name, its upload date, and a small icon for viewing or deleting the file. The documents listed are:

- Checkup result.pdf** - 17 Dec'19
- Checkup result .pdf** - 15 Dec'19
- Lab Test result.pdf** - 15 Dec'19
- Prescription.pdf** - 15 Dec'19
- Checkup result.pdf** - 1 Dec'19
- Lab report.pdf** - 20 Nov'19
- Checkup result.pdf** - 7 Nov'19
- Checkup result.pdf** - 25 Sep'19

At the bottom of the screen, there is a large, solid dark blue rectangular button.

The screenshot shows a mobile application interface for managing medical records. At the top, a navigation bar displays the path: Home > Profile > Medical Records > Lab Tests & Reports. Below this, a large section header reads "LAB TESTS & REPORTS". Two summary statistics are presented in rounded rectangles: "8 recent lab tests" (with a red "8" and a blue test tube icon) and "7 lab reports published" (with a red "7" and a blue test tube icon). A list of eight documents is displayed, each with a file name, a date, and a small document icon. The documents are:

- Blood Routine.pdf (23 Dec'19)
- TSH&Hb.pdf (19 Dec'19)
- Endoscopy.pdf (12 Dec'19)
- Bronchoscopy.pdf (5 Dec'19)
- RTPCR.pdf (2 Dec'19)
- Blood routine.pdf (20 Nov'19)
- Urine test.pdf (7 Nov'19)

Medical History

Home>Profile>Medical Records>Prescriptions

PRESCRIPTIONS

9 recent consultations

7 prescriptions published

| | |
|--------------------------|--|
| Fever Presc.pdf | |
| 2 Jan '20 | |
| Teeth Whitening.pdf | |
| 27 Dec '19 | |
| Ear Infection.pdf | |
| 8 Dec '19 | |
| Hair Loss Presc.pdf | |
| 7 Dec '19 | |
| COVID.pdf | |
| 1 Dec '19 | |
| General Consultation.pdf | |
| 28 Nov '19 | |
| Headache.pdf | |
| 10 Nov '19 | |

Settings



Settings

Account

-  Change Password >
-  Notifications >
-  Privacy Settings >
-  Sign Out

More Option

| | |
|----------------|-------------------------------------|
| Phone Call | <input type="checkbox"/> |
| Text Messages | <input checked="" type="checkbox"/> |
| Languages | English |
| Linked Account | Telegram |

Calender

< Calender

Joshuva Peter



January, 2021

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |

February, 2021

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | | | | |

Calender Select

< January, 2021

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |

3rd Tuesday, January

1 PM



Doctor Abraham's
Appointment - Confirm

[Re-Schedule](#)

2 PM



Medicine Intake

4 PM

Calender Select 1

< January, 2021

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |

11th Wednesday, January

7:30 AM

 Full legs workout

[Cancel](#)

8:30 AM

 Medicine delivary

[Cancel](#)

help 1

The screenshot shows the Florenova website's Frequently Asked Questions (FAQ) section. At the top, there is a navigation bar with links for HOME, FAQ (which is highlighted), ABOUT US, and BLOG. Below the navigation is a search bar with a placeholder "Search..." and a magnifying glass icon. A banner image of a doctor in blue scrubs holding a stethoscope is visible. The main content area is titled "Frequently Asked Questions". It contains five expandable questions:

- What does Florenova do?
- What measures does Florenova have in place for the protection of user data security and privacy?
- Does Florenova have a verification process for doctors who sign up on the platform?
- How many clinics and hospitals has Practo partnered with?
- What are the products offered by Practo for consumers?

Below the FAQ section is an "ABOUT US" footer with links for patients, more information, and social media links.

ABOUT US

| | | |
|---|--|--|
| For patients | More | Social |
| Free health questions Search for clinics Read health articles Infer medicines Consult a doctor Order medicines | Help Developers Privacy Policy Subscribers Sitemap | Facebook Twitter Instagram LinkedIn |

English ▾ f t i n

© 2021 Florenova, Inc. All rights reserved.

help 2

The screenshot shows a mobile version of the Florenova website's Frequently Asked Questions (FAQ) section. At the top, there is a navigation bar with icons for a magnifying glass, a person, and a heart, followed by links for HOME, FAQ (which is highlighted in blue), ABOUT US, and BLOG. Below the navigation is a search bar with the placeholder "Search...". A banner image of two healthcare professionals in blue scrubs is visible. The main content area contains several expandable questions:

- What does Florenova do?**

Our vision is to simplify healthcare by making quality healthcare more accessible, affordable and convenient. Florenova connects the entire health ecosystem together - patients, doctors, pharmacy, diagnostics, clinics, hospitals and other partners. We integrate different parts of the healthcare journey and put them together end-to-end on our platform, so that patients can have one seamless experience, irrespective of their need.
- What measures does Florenova have in place for the protection of user data security and privacy?**
- Does Florenova have a verification process for doctors who sign up on the platform?**
- How many clinics and hospitals has Practo partnered with?**
- What are the products offered by Practo for consumers?**

At the bottom of the page, there is an "ABOUT US" section with links for "For patients", "More", and "Social". The "For patients" section includes links for Free health questions, Search for clinics, Read health articles, Inter medicines, Consult a doctor, and Order medicines. The "More" section includes links for Help, Developers, Privacy Policy, Subscribers, and Sitemap. The "Social" section includes links for Facebook, Twitter, Instagram, and LinkedIn. There is also a language selection dropdown set to "English" and social media sharing icons for Facebook, Twitter, Instagram, and LinkedIn. The footer contains the copyright notice "© 2021 Florenova , Inc. All rights reserved."

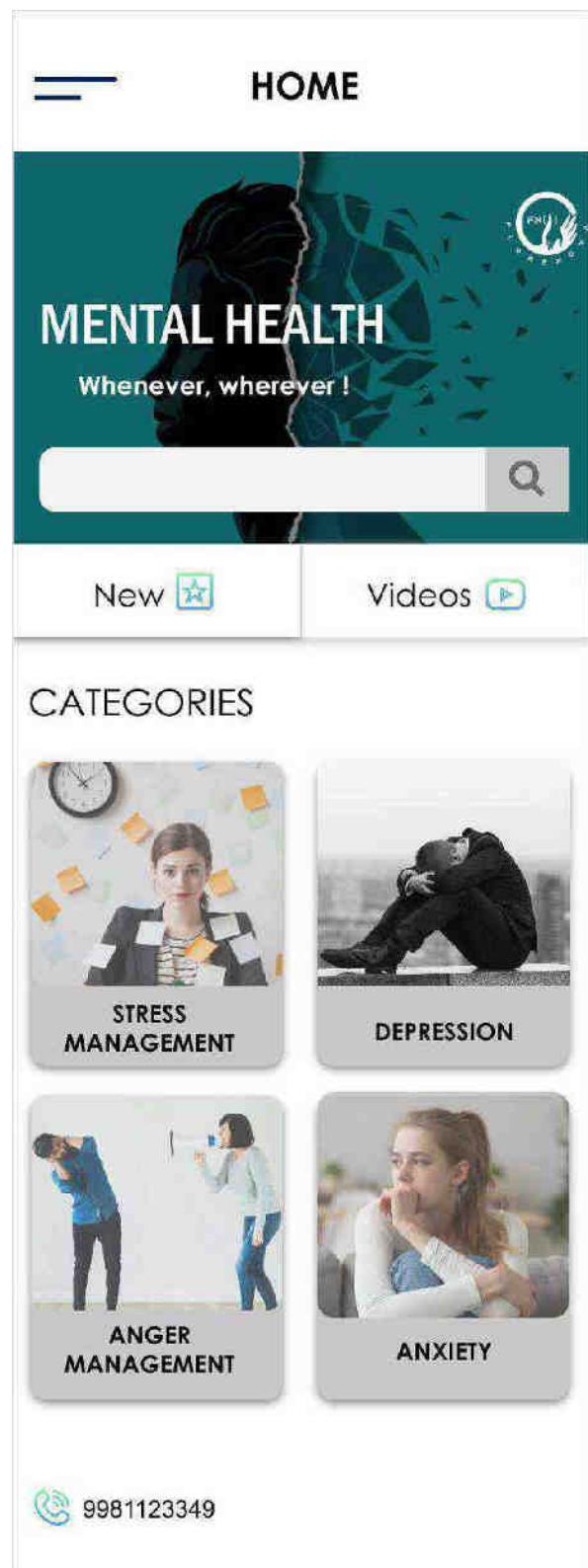
help 3

The screenshot shows a mobile-optimized version of the Florenova website. At the top, there is a navigation bar with a logo, a search bar, and links for "HOME" and "FAQ". A sidebar on the right contains links for "Help", "Support", "Contact Us", "Home", and "Privacy Policy". Below the sidebar, a large image of two medical professionals in blue scrubs is displayed. Overlaid on this image is the text "Frequently Asked Questions". The main content area lists several questions, each with a dropdown arrow:

- What does Florenova do?
- What measures does Florenova have in place for the protection of user data security and privacy?
- Does Florenova have a verification process for doctors who sign up on the platform?
- How many clinics and hospitals has Practo partnered with?
- What are the products offered by Practo for consumers?

At the bottom of the page, there is an "ABOUT US" section with three columns: "For patients", "More", and "Social". The "For patients" column includes links for "Free health questions", "Search for clinics", "Read health articles", "Infer medicines", "Consult a doctor", and "Order medicines". The "More" column includes links for "Help", "Developers", "Privacy Policy", "Subscribers", and "Sitemap". The "Social" column includes links for "Facebook", "Twitter", "Instagram", and "LinkedIn". There is also a language selection dropdown set to "English" and social media icons for Facebook, Twitter, Instagram, and LinkedIn.

HOME



The image shows the home screen of a mobile application for mental health. At the top, there is a banner with the text "MENTAL HEALTH" and "Whenever, wherever!" Below the banner is a search bar with a magnifying glass icon. Underneath the search bar are two buttons: "New" with a star icon and "Videos" with a play icon. The main area is titled "CATEGORIES" and contains four cards: "STRESS MANAGEMENT" (image of a woman at a desk), "DEPRESSION" (image of a person sitting alone), "ANGER MANAGEMENT" (image of two people in a争执), and "ANXIETY" (image of a person hugging their knees). At the bottom left is a phone icon followed by the number "9981123349".

MENTAL HEALTH
Whenever, wherever!

New 

Videos 

CATEGORIES

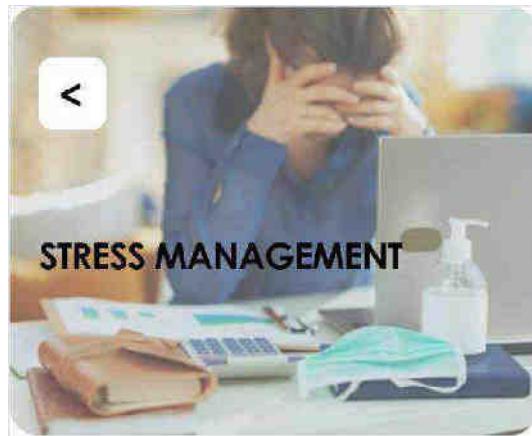
STRESS MANAGEMENT

DEPRESSION

ANGER MANAGEMENT

ANXIETY

 9981123349



Wide spectrum of techniques aimed at controlling a person's level of stress with the motive of improving everyday functioning.

Recommended For You

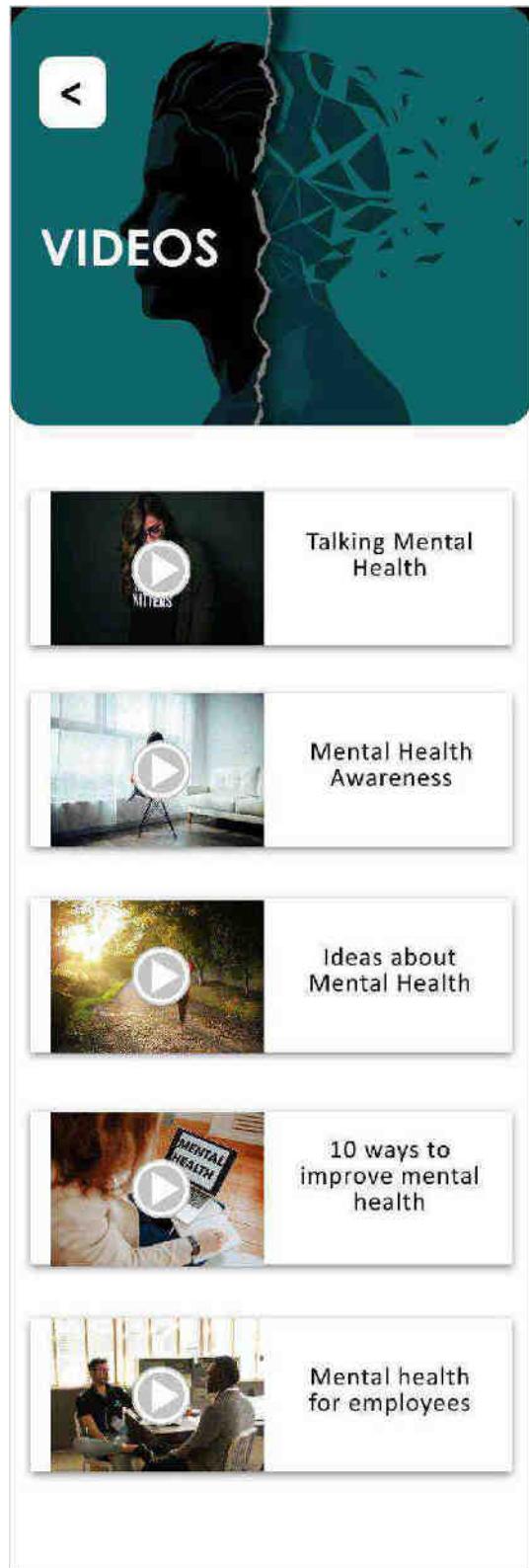
>>



Tips

1. Exercise
2. Relax Your Muscles
3. Deep Breathing
4. Eat Well
5. Slow Down
6. Take a Break
7. Make Time for Hobbies
8. Talk About Your Problems
9. Go easy on yourself
10. Eliminate your triggers

mh 3



VIDEOS

-  Talking Mental Health
-  Mental Health Awareness
-  Ideas about Mental Health
-  10 ways to improve mental health
-  Mental health for employees

Section

The image shows a smartphone screen displaying a news application's "Recommended for you" section. The background of the app has a dark blue header with a circular logo containing a stylized flame or torch, and the text "FNH" above it. Below the header, the text "Recommended for you" is displayed in white.

Is a low-carb or keto diet right for your body ?

Dietary changes can affect other aspects of your life besides health

DDRC SRL Diagnostic Services
Aluva- 99642630 Kochi- 76607961

DOWNLOAD
DDRC SRL App

COVID-19 vaccine discovery?
Those who wish to get the vaccine .

5 Basic Exercise Moves Everyone Needs To Know
Get these moves down pat now, and strengthening, bod.

Banana Oatmeal Pancakes

Dr Lily D'Cruz
15th Jan 2021

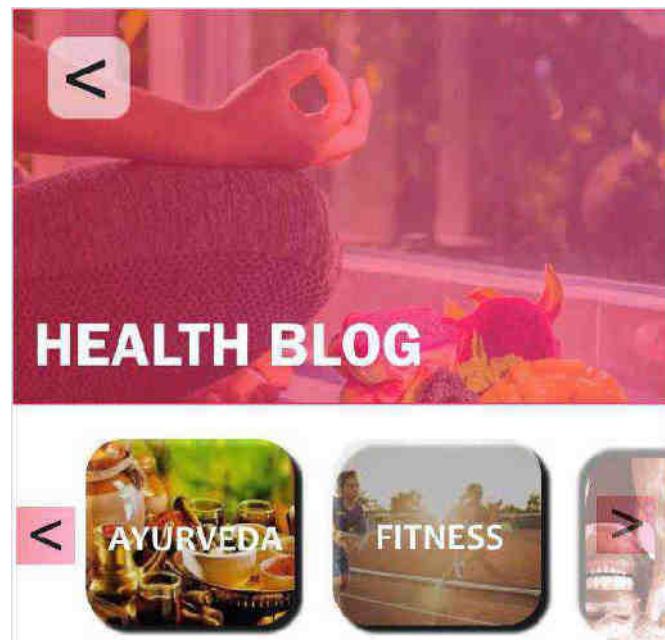
When we were looking for a house to buy after moving from Texas back to Arizona, a huge prerequisite for me was to have a Fry's grocery store close by.

| Nutrition Facts | |
|-------------------------|---------------------|
| Banana Oatmeal Pancakes | |
| Amount Per Serving | Calories from Fat 5 |
| Calories 155 | Calories from Fat 5 |
| Total Fat 1g | % Daily Value* |
| Saturated Fat 0g | 2% |
| Cholesterol 32mg | 11% |
| Sodium 30mg | 2% |
| Potassium 153mg | 6% |
| Carbohydrates 14g | 5% |
| Dietary Fiber 1g | 4% |
| Sugar 4g | 4% |
| Protein 2g | 6% |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 0% |
| Cholesterol 32mg | 11% |
| Sodium 30mg | 2% |
| Potassium 153mg | 6% |
| Carbohydrates 14g | 5% |
| Dietary Fiber 1g | 4% |
| Sugar 4g | 4% |
| Protein 2g | 6% |
| Vitamin A 23IU | 1% |
| Vitamin C 1mg | 1% |
| Caffeine 0mg | 0% |
| Iron 0.6mg | 4% |



That may sound crazy but as much as I cook, I didn't want my favorite grocery store very far away.





FEATURED ARTICLES



Uterine Fibroids – How To Get Rid Of Them?

23rd December 2020

By Dr. Ashwini Talpe, Gynaecology, but in Uterine fibroids, also known as cardio - as leiomyomata, are non-cancerous growths



Western-Style Breakfast Casserole

15th December 2020

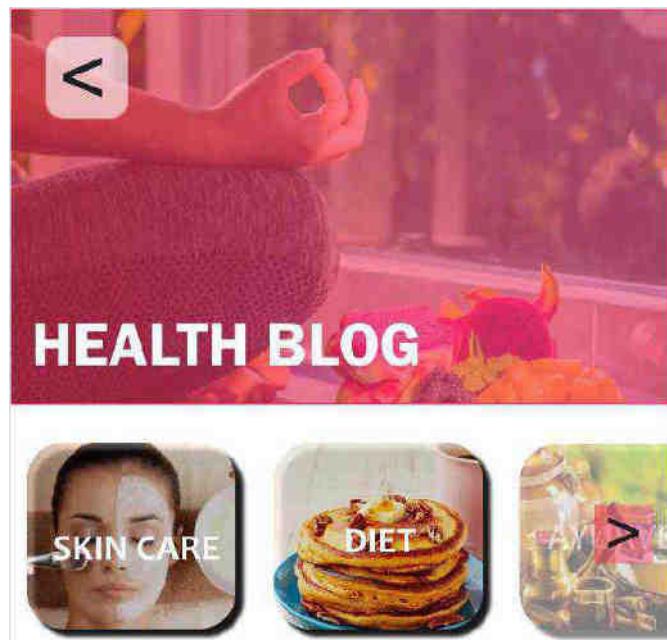
This Western-Style Breakfast Casserole is a hearty and impressive dish the entire family will love. Studded with peppers, ham, and cheese,



Sports Related Injuries Of Knee And Shoulder!

5th December 2020

By Dr. Chirag V. Thakkar, Orthopaedics Knee complex structure of your body made up of bones, ligaments, tendons, articular cartilage, muscles and meniscus.



FEATURED ARTICLES



Uterine Fibroids – How To Get Rid Of Them?

23rd December 2020

By Dr. Ashwini Talpe, Gynaecology, but in Uterine fibroids, also known as cardio - as leiomyomata, are non-cancerous growths



Western-Style Breakfast Casserole

15th December 2020

This Western-Style Breakfast Casserole is a hearty and impressive dish the entire family will love. Studded with peppers, ham, and cheese,



Sports Related Injuries Of Knee And Shoulder!

5th December 2020

By Dr. Chirag V. Thakkar, Orthopaedics Knee complex structure of your body made up of bones, ligaments, tendons, articular cartilage, muscles and meniscus.

otp

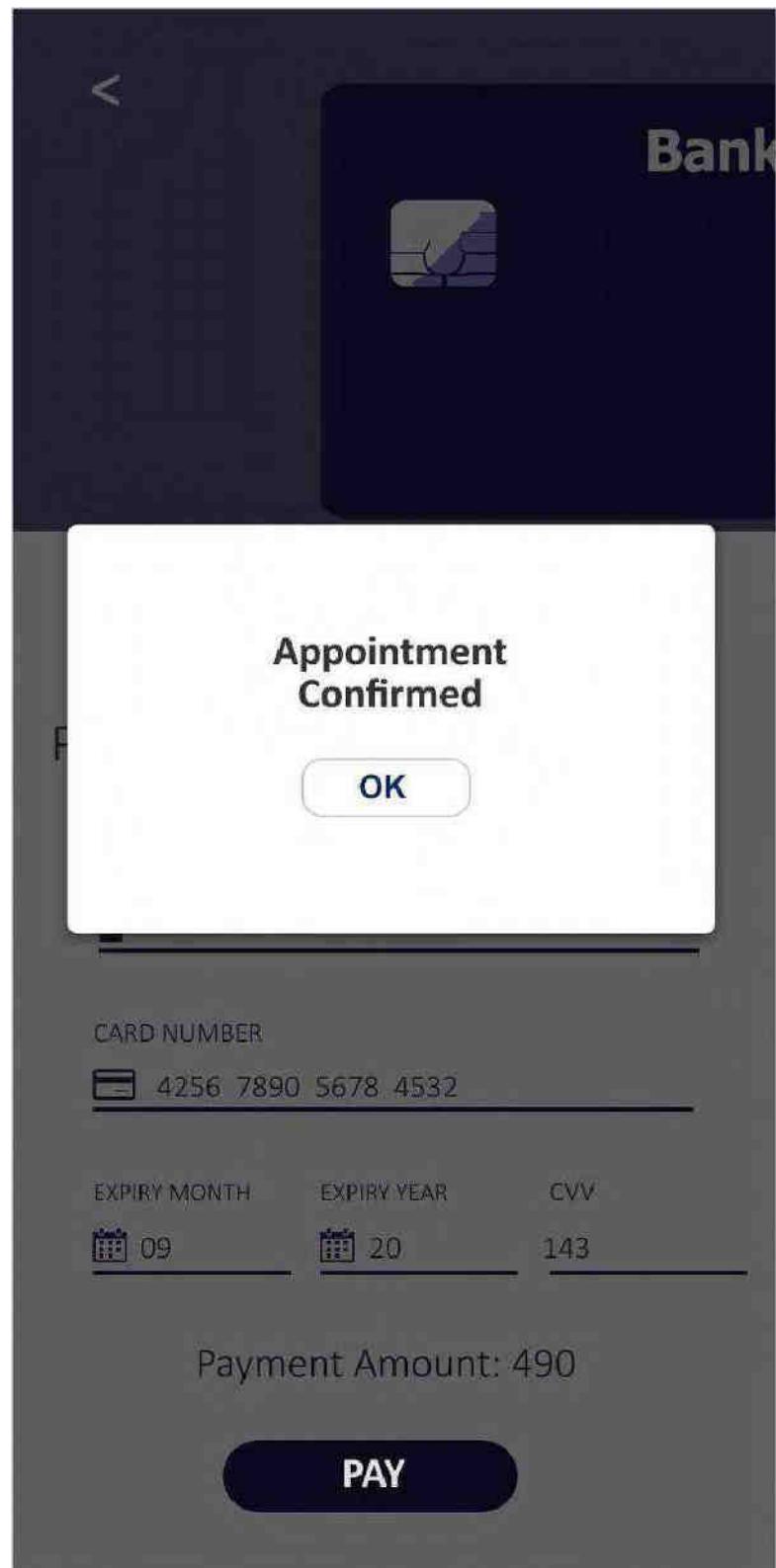


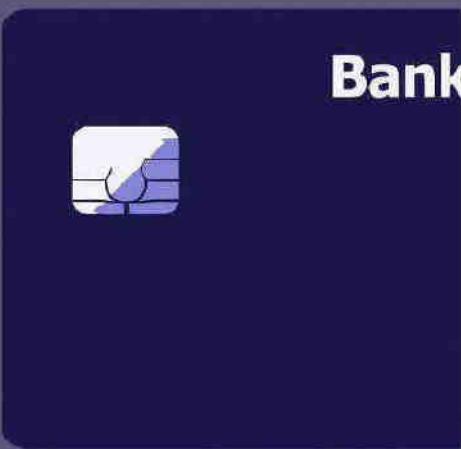
Total Payment
Rs. 450

| Date | Tym |
|-------------|---------------|
| 19 Jan 2020 | Monday, 15:00 |

Payment Method

- Debit / Credit card >
- Net Banking >
- UPI >
- Wallet >
- EMI >





<

Bank

Payment Details

CARD HOLDER

 Joshua Peter

CARD NUMBER

 4256 7890 5678 4532

EXPIRY MONTH EXPIRY YEAR CVV

 09  20 143

Payment Amount: 450

PAY



<

Payment Details

CARD HOLDER

 Joshua Peter

CARD NUMBER

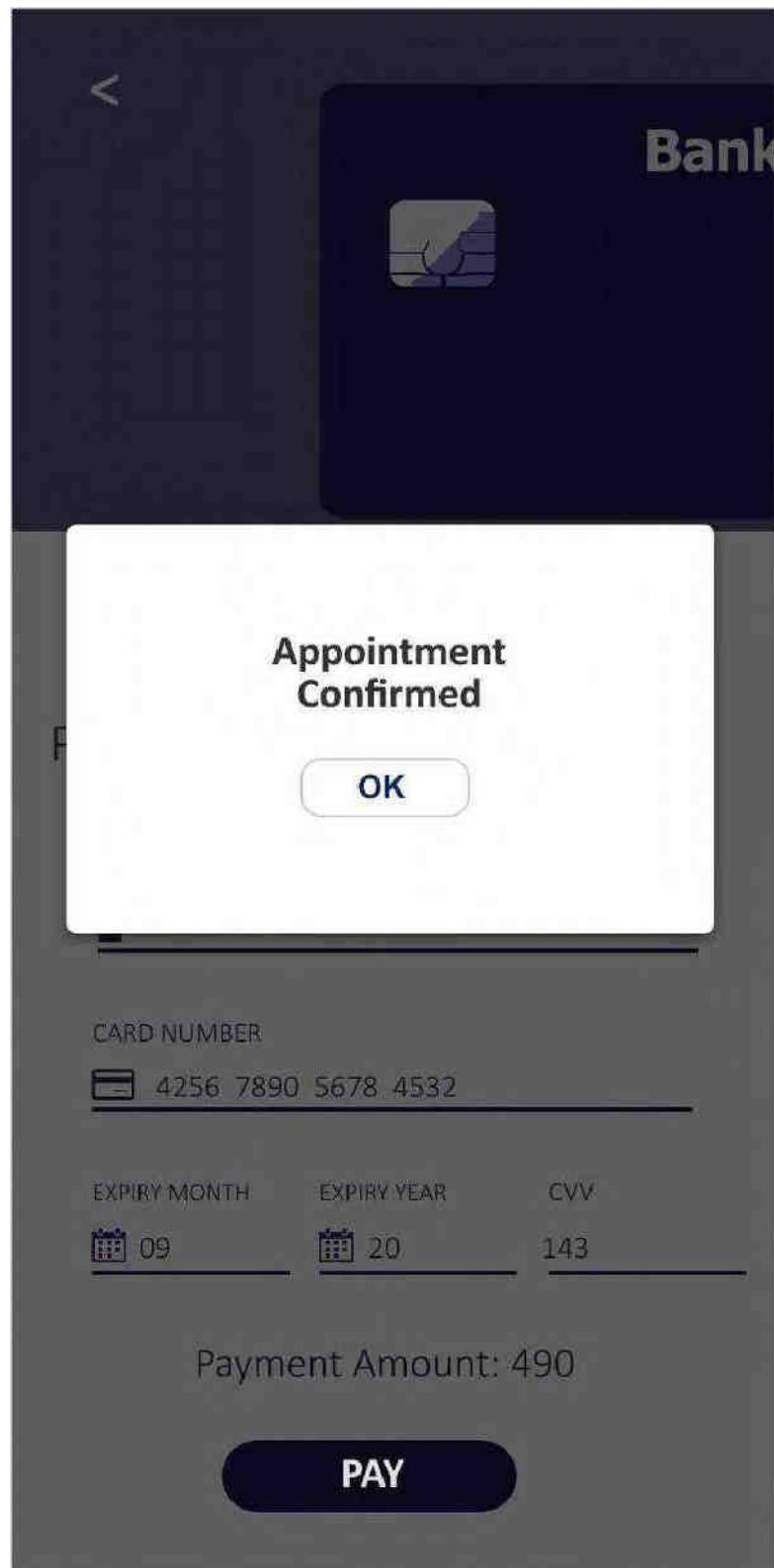
 4256 7890 5678 4532

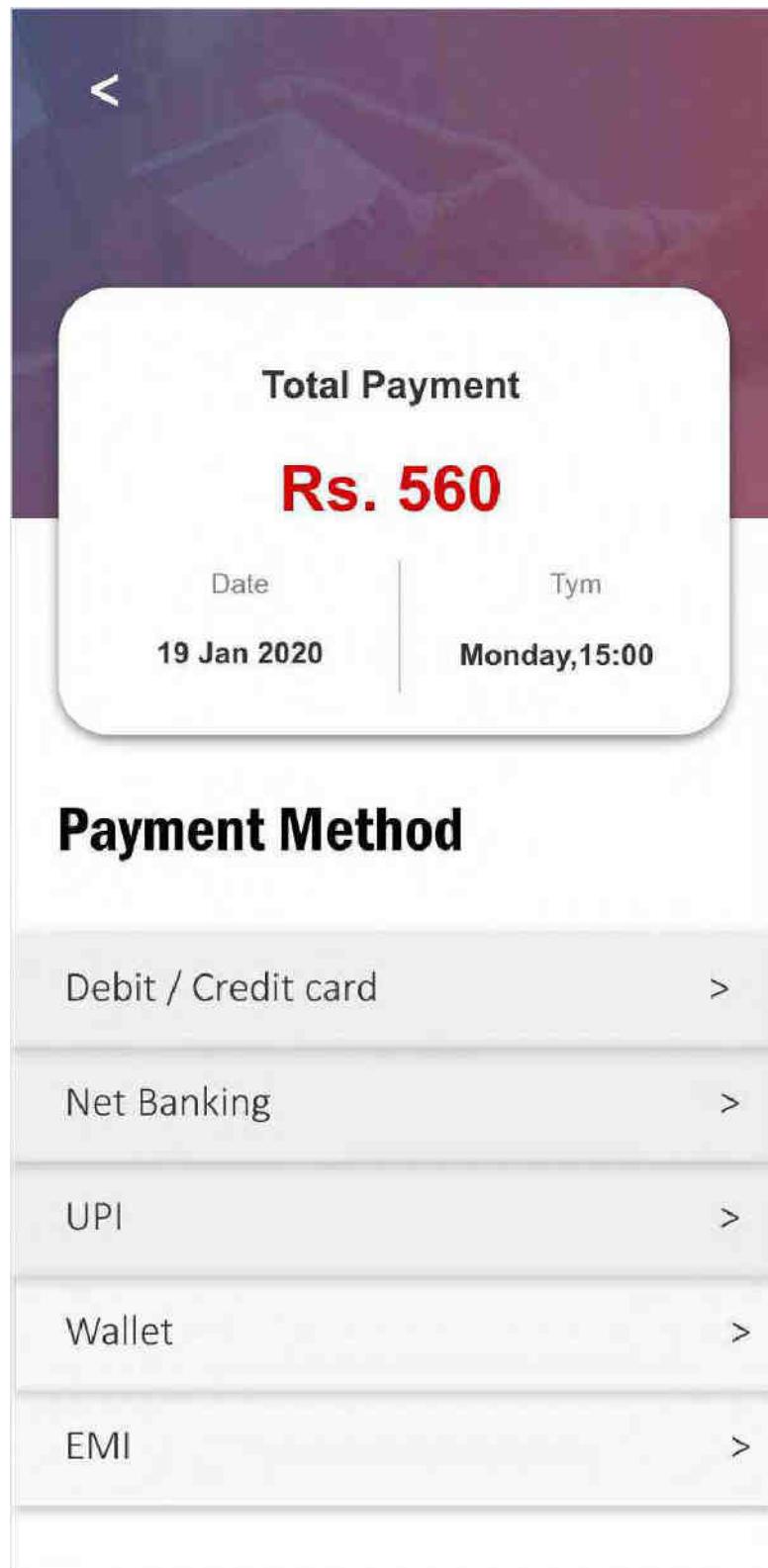
EXPIRY MONTH EXPIRY YEAR CVV

 09  20 143

Payment Amount: 560

PAY





my Appoint

The image shows a mobile application interface for managing medical appointments. At the top, there is a header bar with a search bar containing the placeholder "Search". Below the header, there is a breadcrumb navigation path: "Home > Consultation > My Appointments". On the right side of the header is a circular logo featuring a hand holding a stylized object.

The main content area displays four appointment cards, each with a doctor's profile picture, name, specialty, scheduled date and time, and two action buttons ("Cancel" and "Reschedule").

- Dr. Ajay Sreekumar**
Physician
Scheduled on : 15/12/2020
10:30 AM **Cancel** **Reschedule**
- Dr. Alexander John**
Orthopedic
Scheduled on : 19/12/2020
9:00 AM **Cancel** **Reschedule**
- Dr. Jothika Nair**
Cardiologist
Scheduled on : 23/12/2020
11:00 AM **Cancel** **Reschedule**
- Dr. Anjali Menon**
Pediatrician
Scheduled on : 28/12/2020
7:30 AM **Cancel** **Reschedule**

my Appoint