

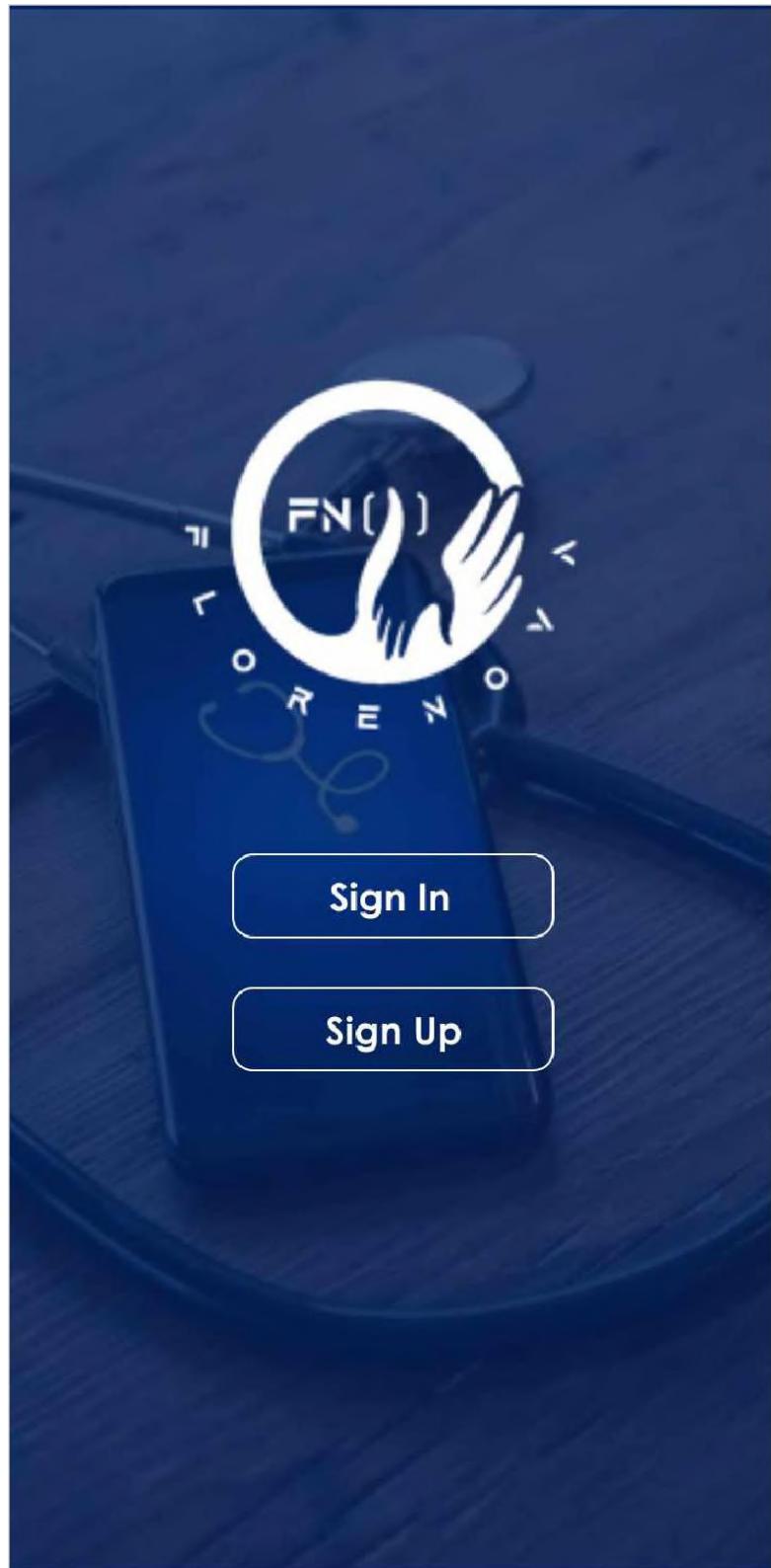
# Florenova - 2021-01-29

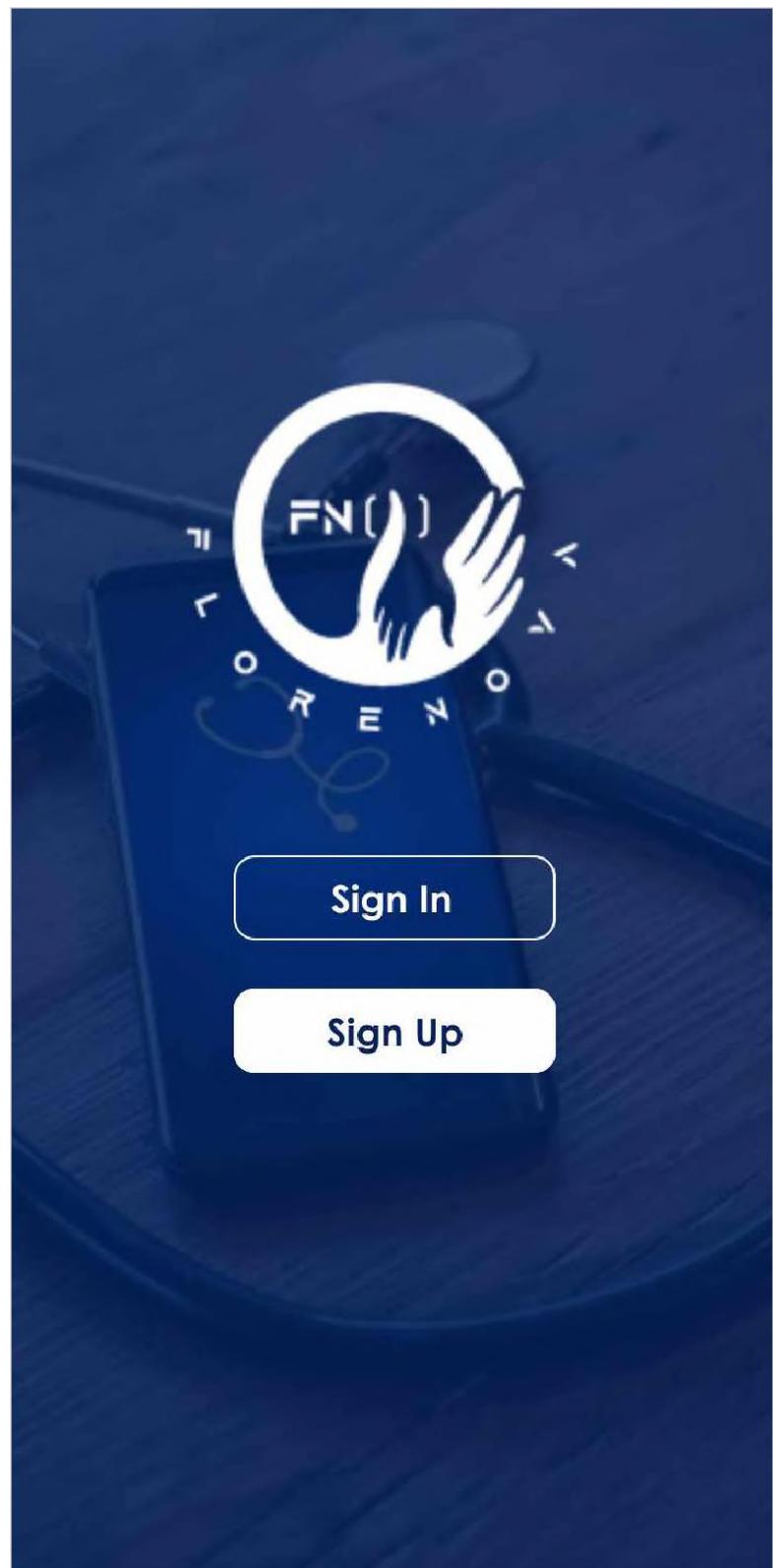
[Click the link to view the prototype](#)

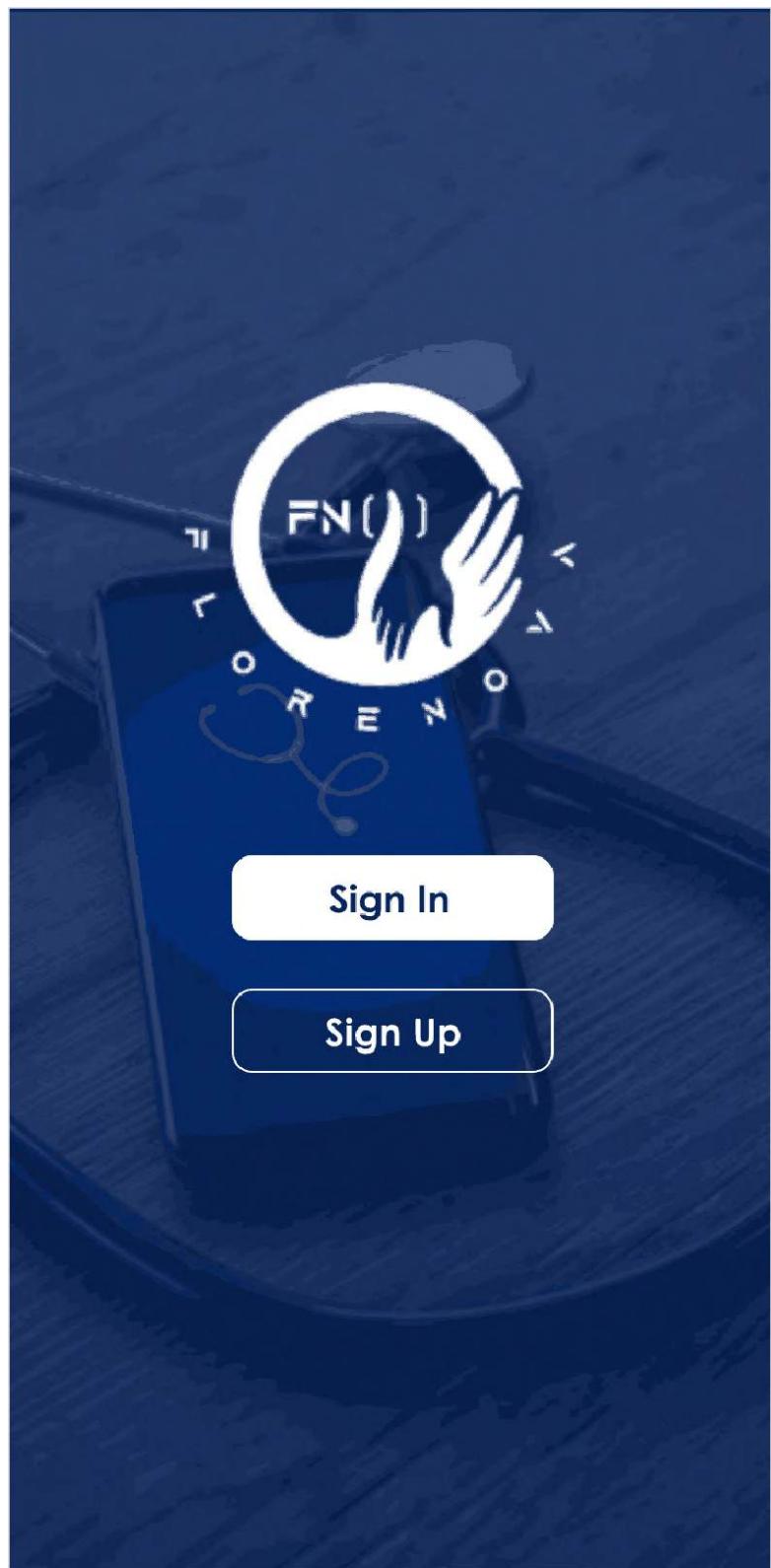


## Collaborators









< 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

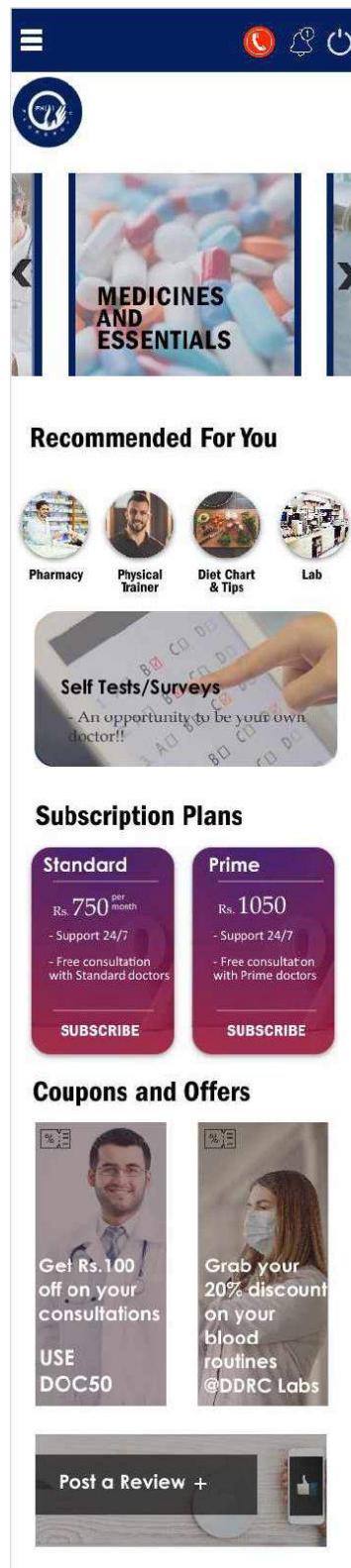
Submit

## Artboard 4(HOME)

The screenshot shows a mobile application interface with the following sections:

- CONSULTATION**: A large image showing a doctor and a patient. Below it is the text "Recommended For You".
- Recommended For You**: Four circular icons labeled "Pharmacy", "Physical Trainer", "Diet Chart & Tips", and "Lab".
- Self Tests/Surveys**: An image of a hand pointing at a blood test chart. Below it is the text "- An opportunity to be your own doctor!!"
- Subscription Plans**: Two plans:
  - Standard**: Rs. 750 per month. Benefits: - Support 24/7, - Free consultation with Standard doctors. **SUBSCRIBE** button.
  - Prime**: Rs. 1050. Benefits: - Support 24/7, - Free consultation with Prime doctors. **SUBSCRIBE** button.
- Coupons and Offers**: Two offers:
  - Get Rs.100 off on your consultations**. **USE DOC50**.
  - Grab your 20% discount on your blood routines @DDRC Labs**.
- Post a Review +**: A button with a thumbs-up icon.

# Artboard 4(HOME) 1



## Artboard 4(HOME)9

The image shows a smartphone screen displaying a mobile application interface. At the top, there is a navigation bar with icons for a menu, a call, a notification, and a power button. Below the navigation bar is a circular profile picture. The main content area features a banner with the text "LAB TESTS" and a photograph of laboratory equipment. Below the banner is a section titled "Recommended For You" featuring four circular icons labeled "Pharmacy", "Physical Trainer", "Diet Chart & Tips", and "Lab". Further down is a section titled "Self Tests/Surveys" with a sub-section titled "An opportunity to be your own doctor!!". The next section is "Subscription Plans" with two options: "Standard" (Rs. 750 per month) and "Prime" (Rs. 1050). Each plan includes a list of benefits and a "SUBSCRIBE" button. The final section is "Coupons and Offers" with two cards: one for "Get Rs.100 off on your consultations" with code "DOC50" and another for "Grab your 20% discount on your blood routines @DDRC Labs". At the bottom, there is a "Post a Review +" button with a thumbs-up icon.

**LAB TESTS**

**Recommended For You**

Pharmacy Physical Trainer Diet Chart & Tips Lab

**Self Tests/Surveys**

- An opportunity to be your own doctor!!

**Subscription Plans**

**Standard**  
Rs. 750 per month  
- Support 24/7  
- Free consultation with Standard doctors

**Prime**  
Rs. 1050  
- Support 24/7  
- Free consultation with Prime doctors

**Coupons and Offers**

Get Rs.100 off on your consultations  
USE DOC50

Grab your 20% discount on your blood routines @DDRC Labs

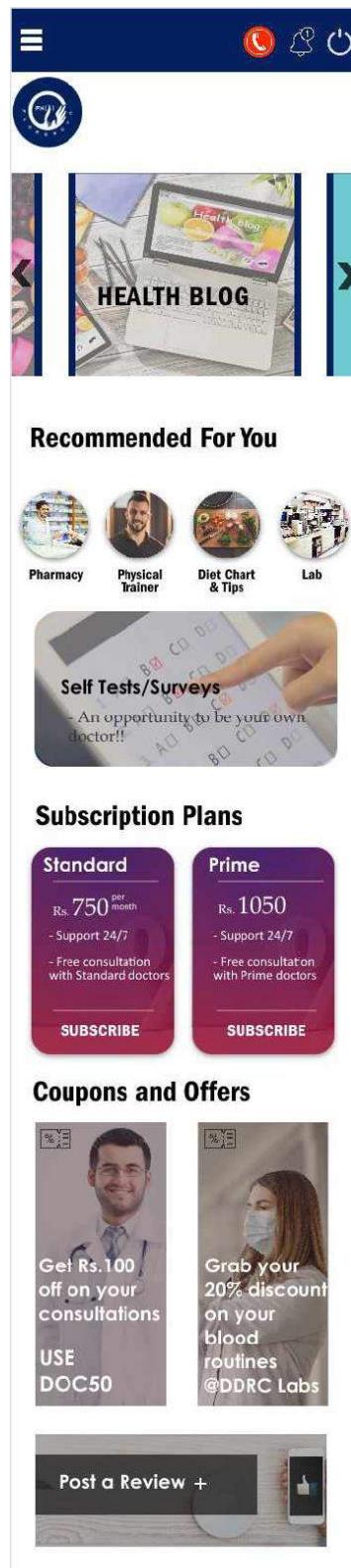
Post a Review +

## Artboard 4(HOME)

The image shows a smartphone screen displaying a mobile application interface. At the top, there is a navigation bar with icons for a menu, a call, a notification, and a power button. Below the navigation bar is a circular profile picture. The main content area features a banner with the text "DE-ADDICTION TREATMENTS" overlaid on a background image of medical supplies. Below the banner, a section titled "Recommended For You" displays four circular icons labeled "Pharmacy", "Physical Trainer", "Diet Chart & Tips", and "Lab". Further down, a section titled "Self Tests/Surveys" shows a hand pointing at a grid of test results. A promotional message below it says "- An opportunity to be your own doctor!!". The next section, "Subscription Plans", compares two plans: "Standard" (Rs. 750 per month, 24/7 support, free consultation) and "Prime" (Rs. 1050, 24/7 support, free consultation with Prime doctors). Each plan has a "SUBSCRIBE" button. The final section, "Coupons and Offers", contains two cards: one for a doctor offering a discount on consultations with the code "DOC50", and another for a lab offering a 20% discount on blood routines. At the bottom, there is a call-to-action button labeled "Post a Review +".

## 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	Dont Know	

**NEXT ->**

## choose the doctor

Home | Consultation | Choose the doctor 

### Choose a doctor



#### Speciality



[See All](#)

#### Available doctors

**Dr. Abraham Varghese**  
Apollo Hospital  
 



**Dr. Anjali Menon**  
Meditrina Hospital  
 



**Dr. Ajay Sreekumar**  
Medicity Hospital  
 



[Sort by ^](#) [Filter ^](#)

Available doctors



Doctor Name	Hospital	Rating	Fee
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 ^

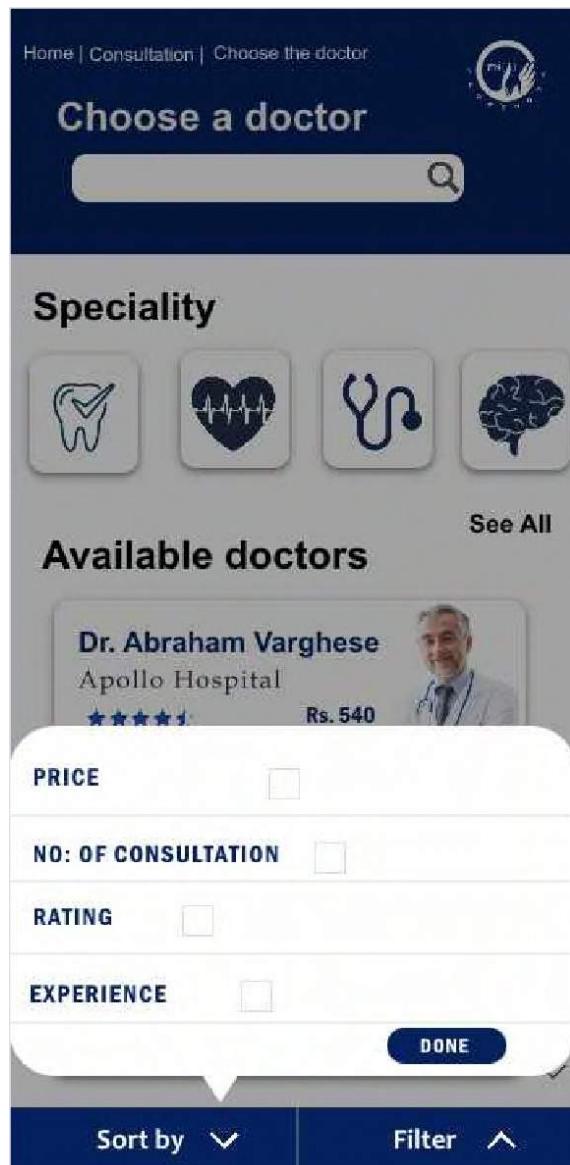


## Specialties

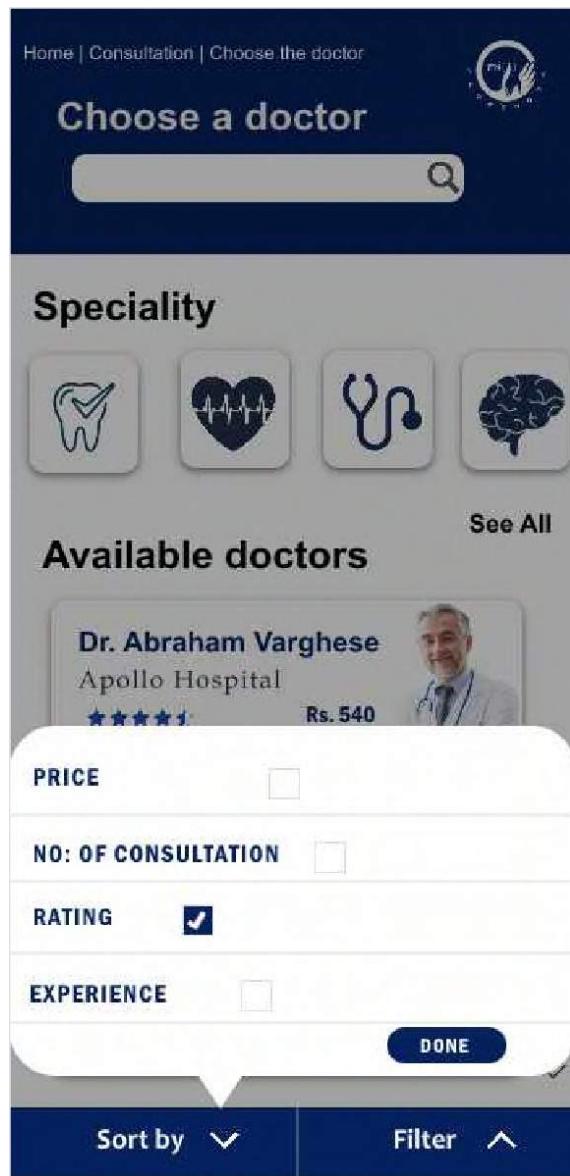
Specialties <

		
Periodontology	Cardiology	Physician
		
Neurology	Orthopaedics	Ophthalmology
		
Gynaecology	Gastroenterology	Psychiatry
		
Oncology	Dermatology	Pediatrics
		
Nephrology	Endocrinology	Neonatology
		
ENT	Pathology	Urology
		
Pulmonology	Immunology	Rheumatology

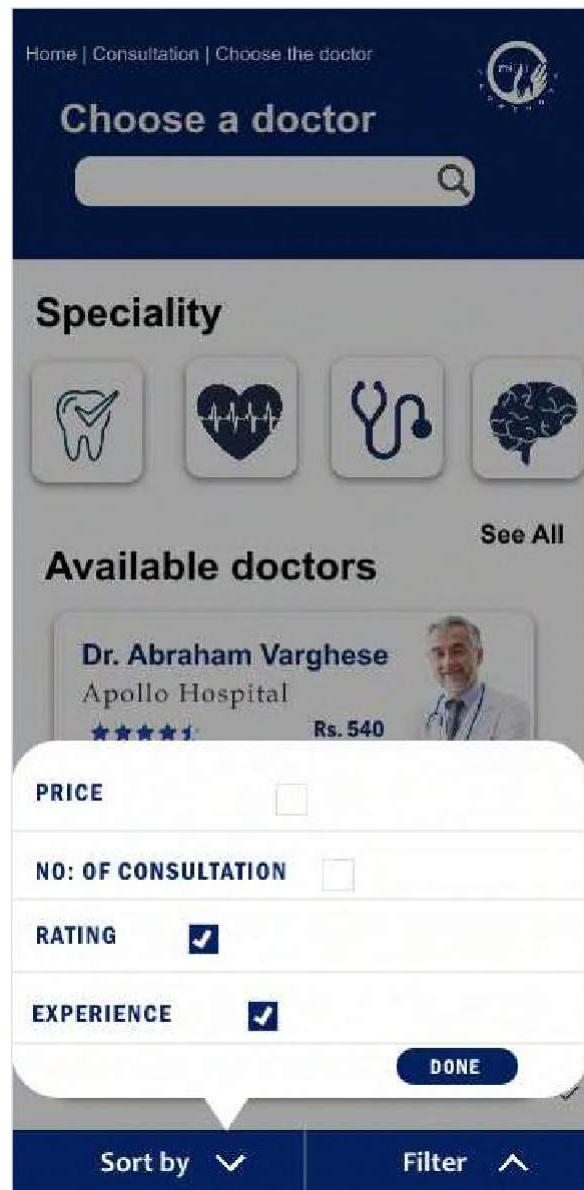
sort



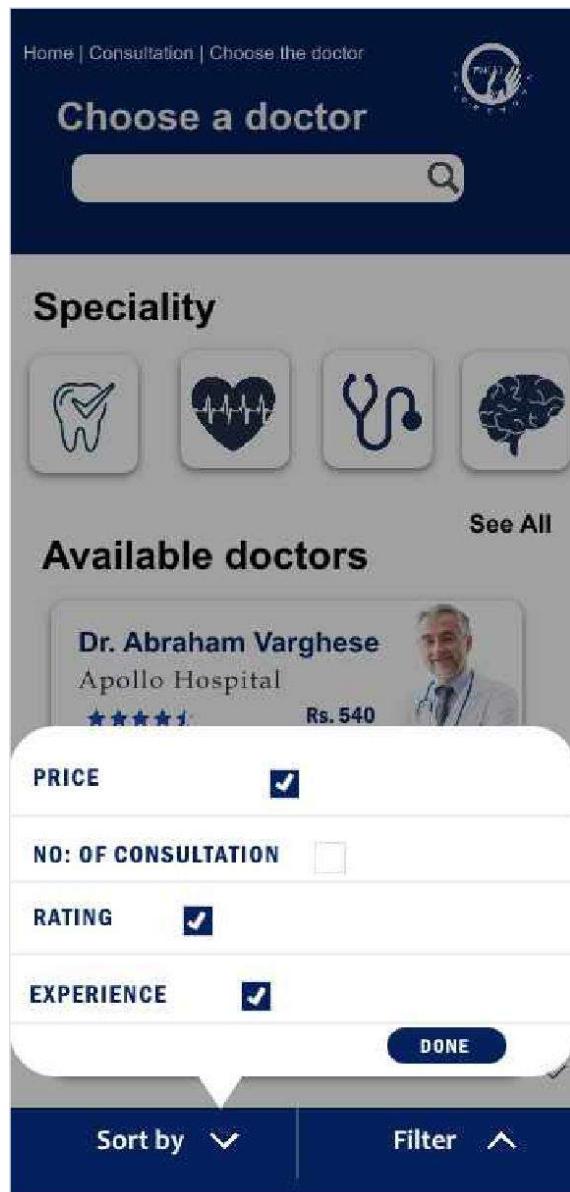
## Sort 1

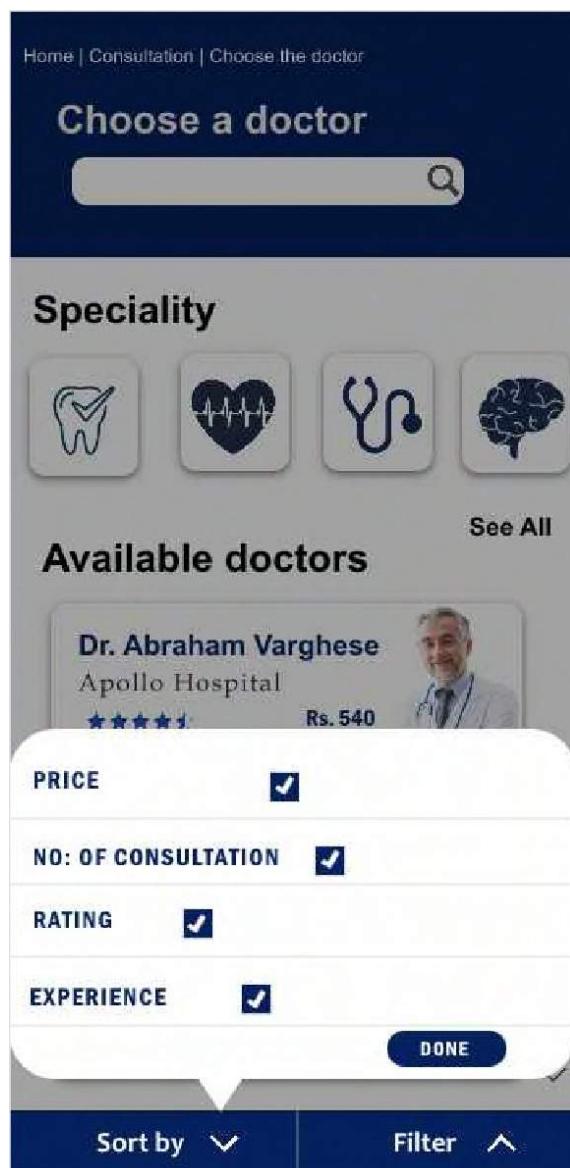


sort 2



sort 3





### 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

## 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	

## 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**

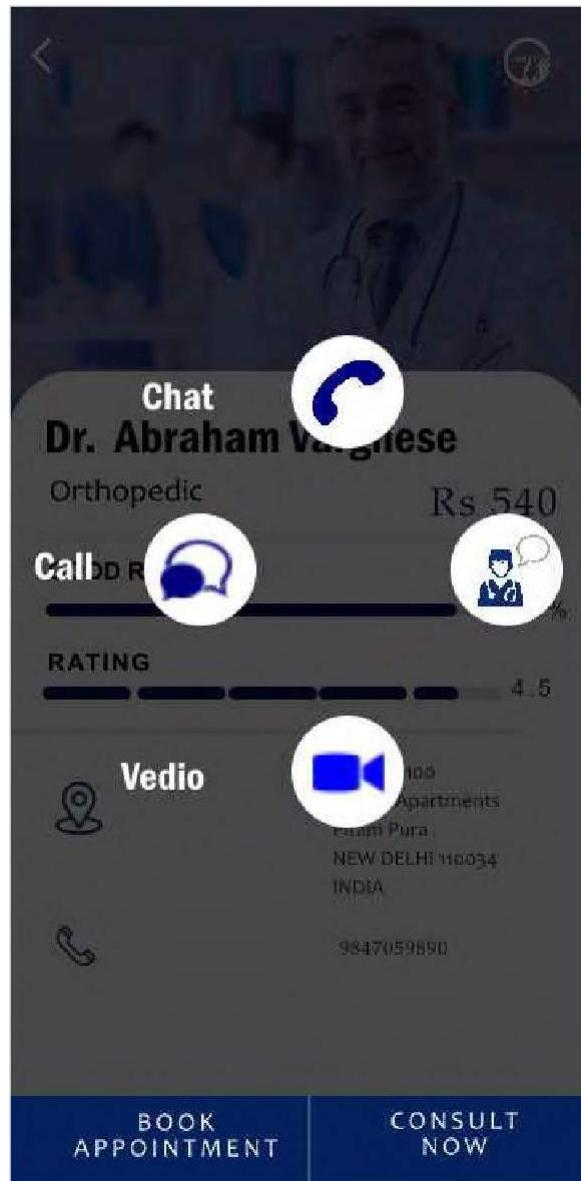
Apollo Hospital  
Physician  
20 years of experience

**Badges**

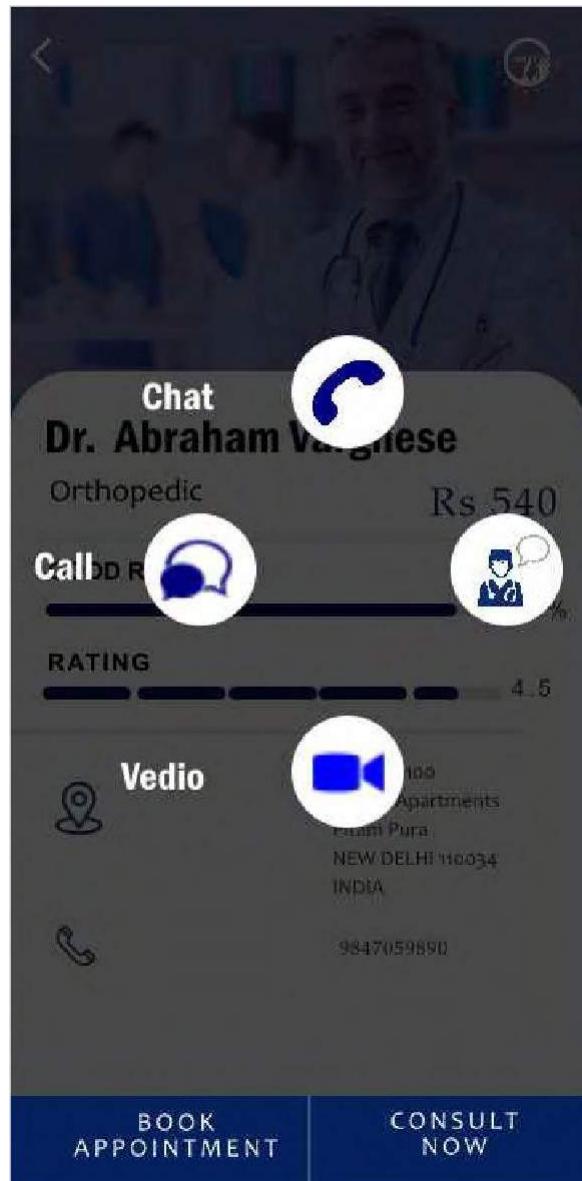
Florenova badge: GOLD

BOOK APPOINTMENT | CONSULT NOW

## Abraham vargheze 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

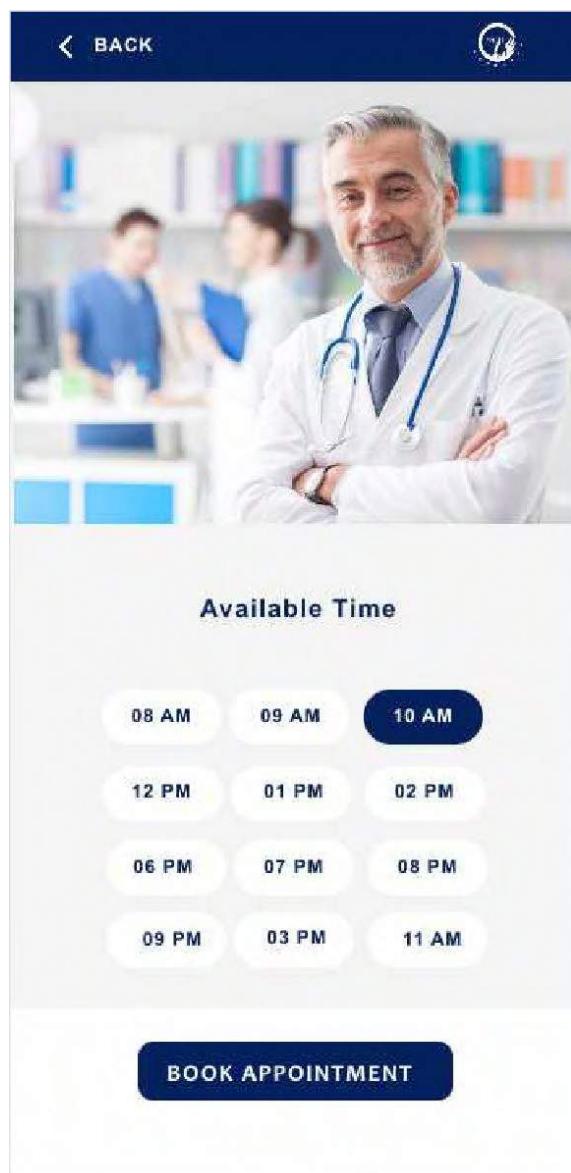
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

[NEXT](#)

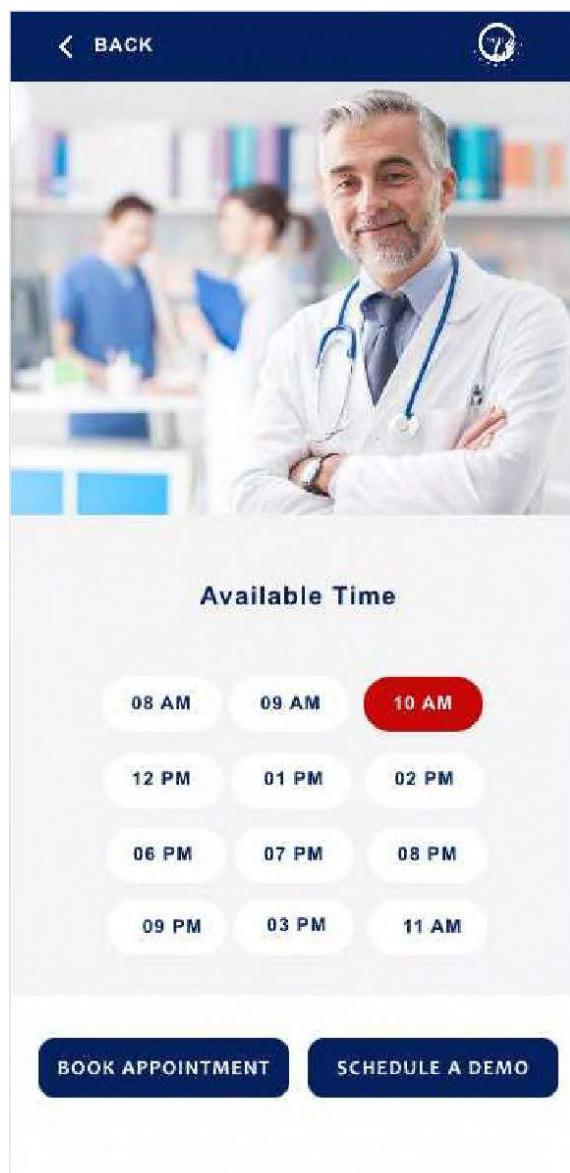
## time Select



## 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 a circular logo with the letters "PNJ". 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, there are three sections with icons and text: 1) "What is schedule a demo?" with a calendar icon, explaining it's a free demo before a paid appointment. 2) "How long can it be?" with a clock icon, stating it's at most ten minutes before confirming. 3) "When is it applicable?" with a clipboard icon, stating it's before their first consultation. A large "PROCEED" button is at the bottom.

< 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 atmost 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

BACK

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

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

How long can it be ?

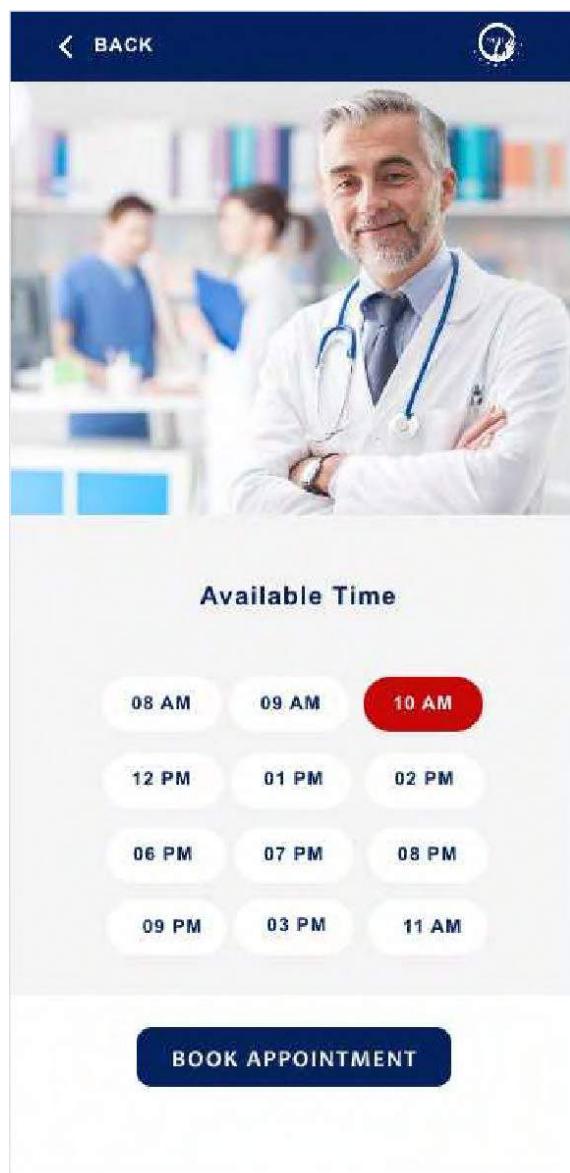
You can have almost ten minutes of the consultee's time before confirming your appointment .

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 icon and the title "Confirm appointment". Below the header, there is a decorative background image of a stethoscope and a pen on a dark surface. The main content area is divided into three sections by vertical lines:

- Choose the doctors**:  
Dr. Abraham Varghese  
Orthopediac Edit
- Consultation details**:  
Mode of consultation: Call  
Date: 3rd December 2020  
Time: 10 AM Edit
- Amount**:  
Rs. 540

At the bottom of the screen are two large buttons: "CONFIRM" on the left and "CANCEL" on the right.

## payment

Total Payment

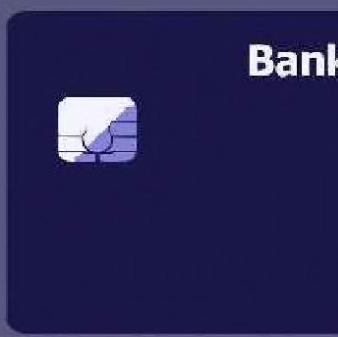
**Rs. 540**

Date	Tym
28 Nov 2020	Monday, 15:00

**Payment Methods**

- Credit / Debit Card
- Net Banking
- UPI
- Wallet
- EMI

## payment 2



<

Bank

Payment Details

CARD HOLDER

 Joshuva Peter

CARD NUMBER

 4256 7890 5678 4532

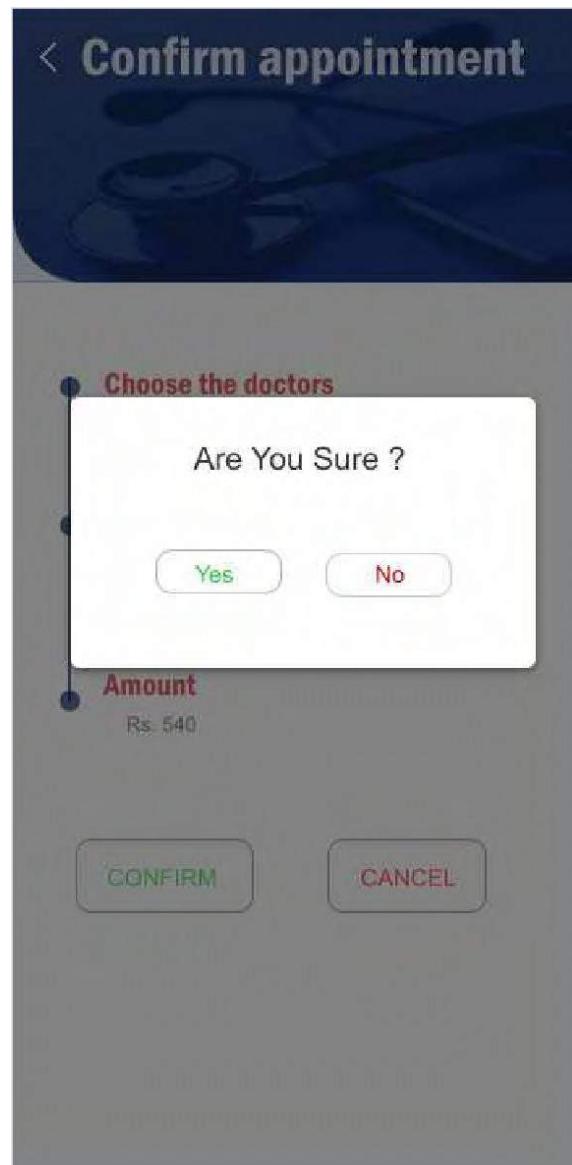
EXPIRY MONTH      EXPIRY YEAR      CVV

 09       20      143

Payment Amount: 490

**PAY**

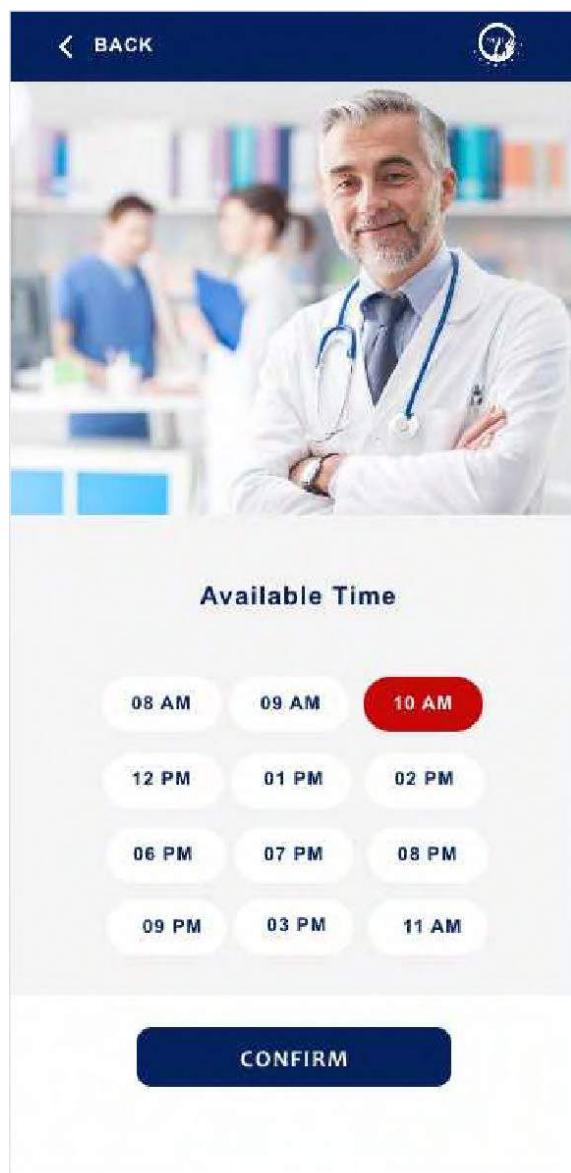
cancel



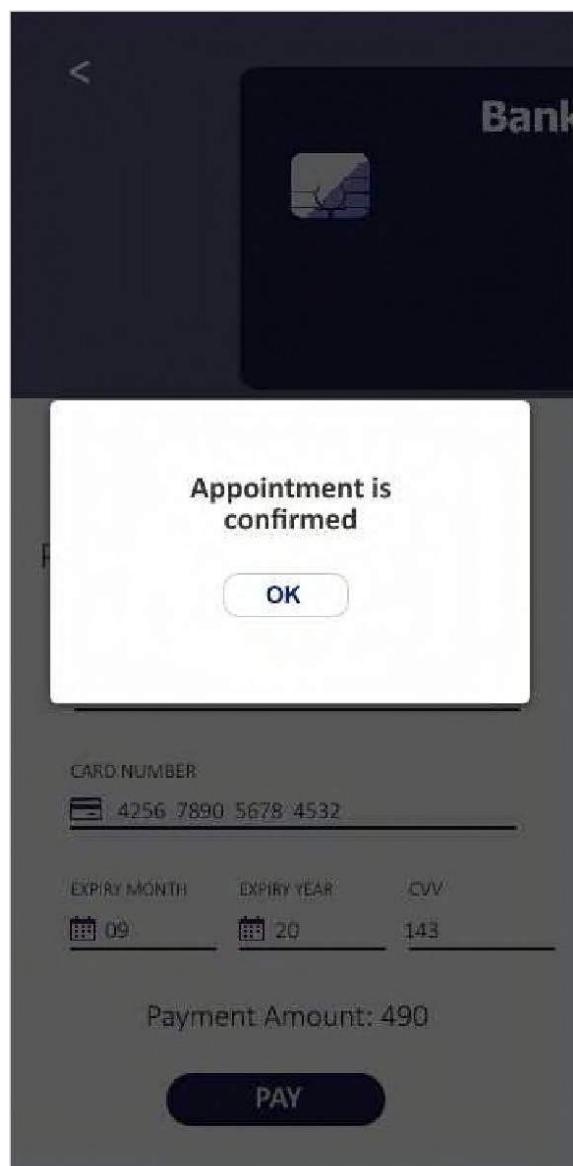
## time Select6



## 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, 4 Jan

Wall Mart Pharmacy

Capsule: 20

View the pdf

Repeat Purchase

Delivered  
on Dec, 28

RX Pharmacy

Tab: 40

View the pdf

Repeat Purchase

 Arriving today



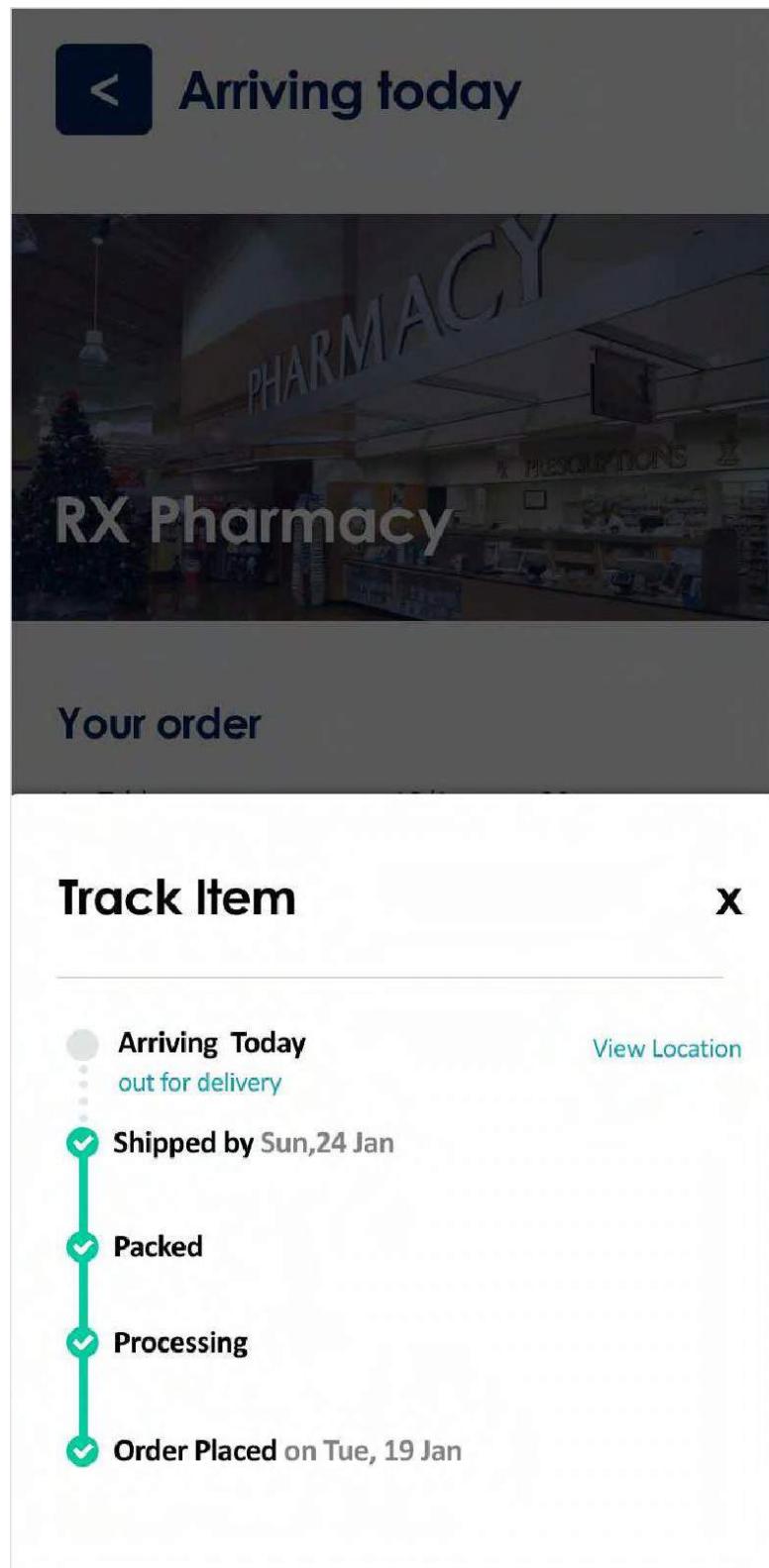
**Your order**

1. Tablet	10/1	20
2. Capsule	20/1	20
3. Tablet	25/1	20
<b>Total</b>	<b>1100</b>	

 [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: 270988 |  
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

R

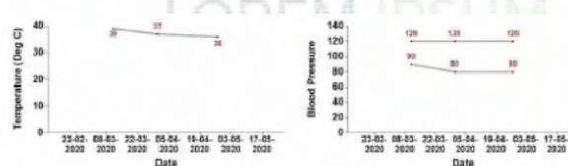
Medicine Name	Dosage	Duration
1) TAB. DEMO MEDICINE 1	1 Morning, 1 Night (Before Food)	10 Days (Tot:20 Tab)
2) CAP. DEMO MEDICINE 2	1 Morning, 1 Night (Before Food)	10 Days (Tot:20 Cap)
3) TAB. DEMO MEDICINE 3	1 Morning, 1 Aft, 1 Eve, 1 Night (After Food)	10 Days (Tot:40 Tab)
4) TAB. DEMO MEDICINE 4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

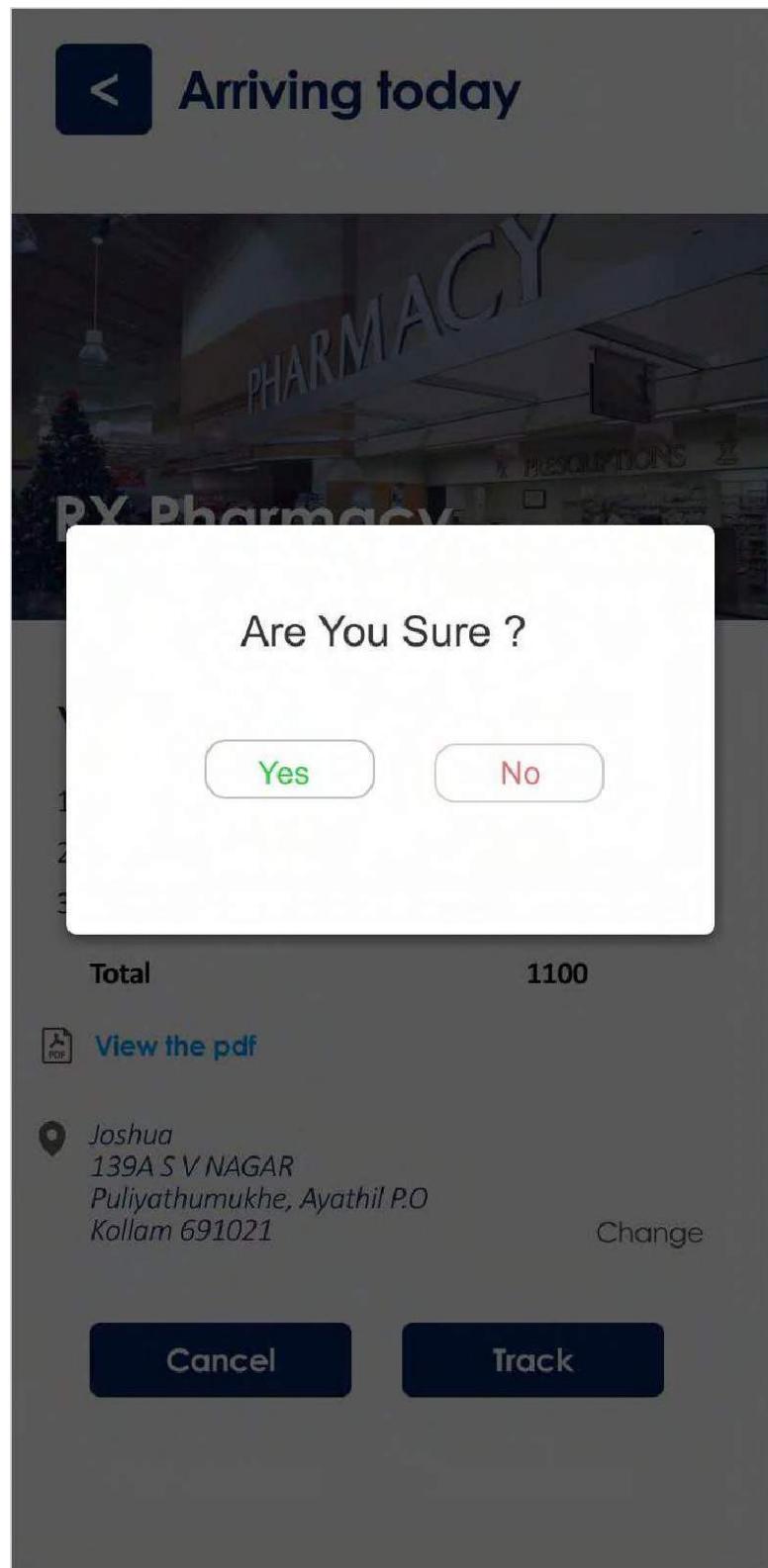
**Charts**



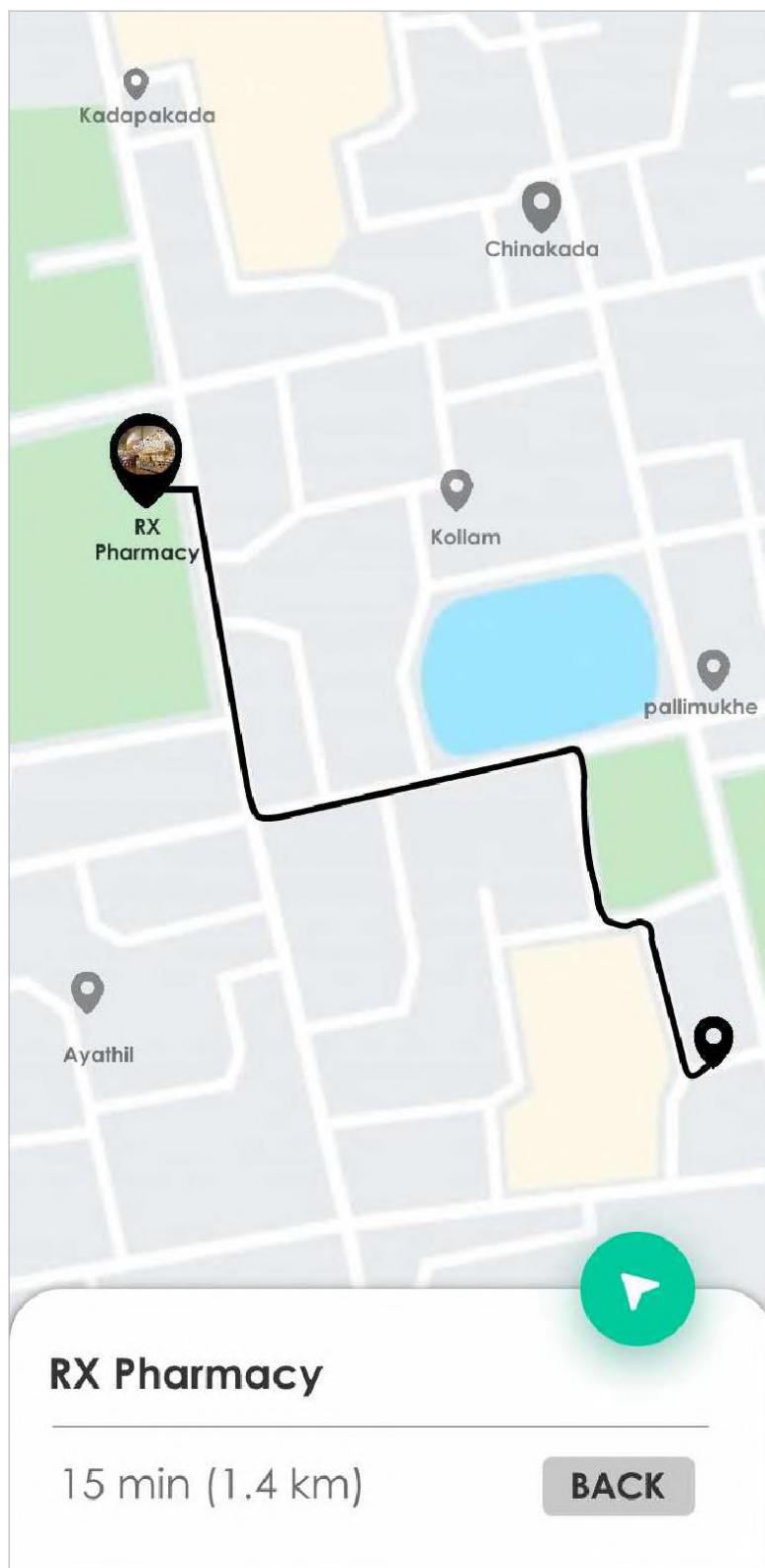
*Signature*

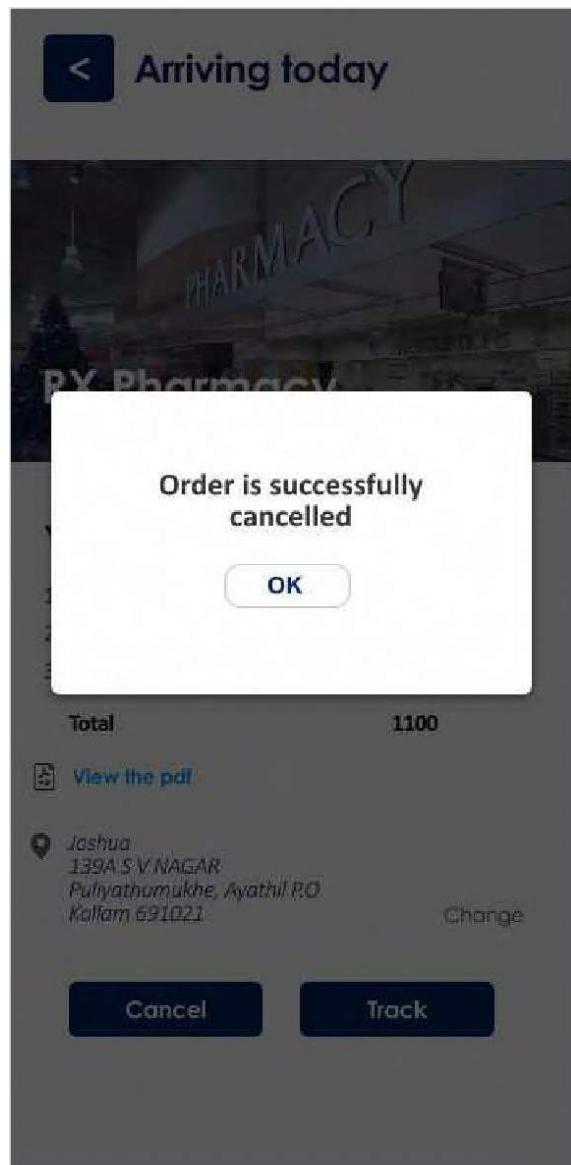
**Dr. Onkar Bhave**  
M.B.B.S., M.D., M.S.

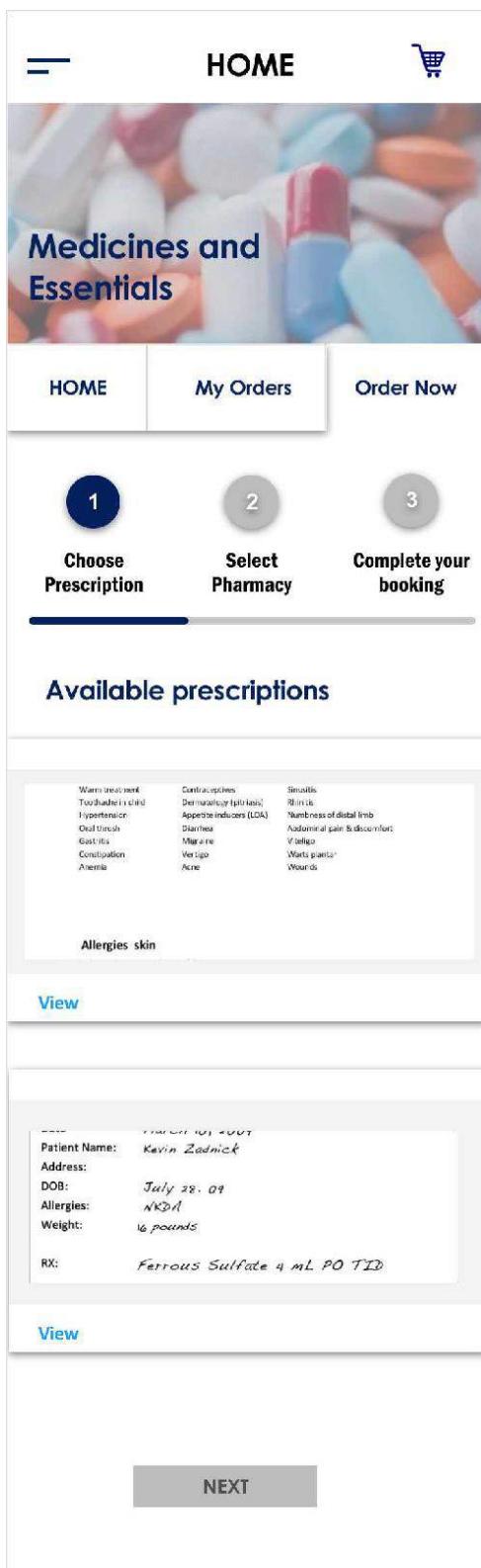
**Download**

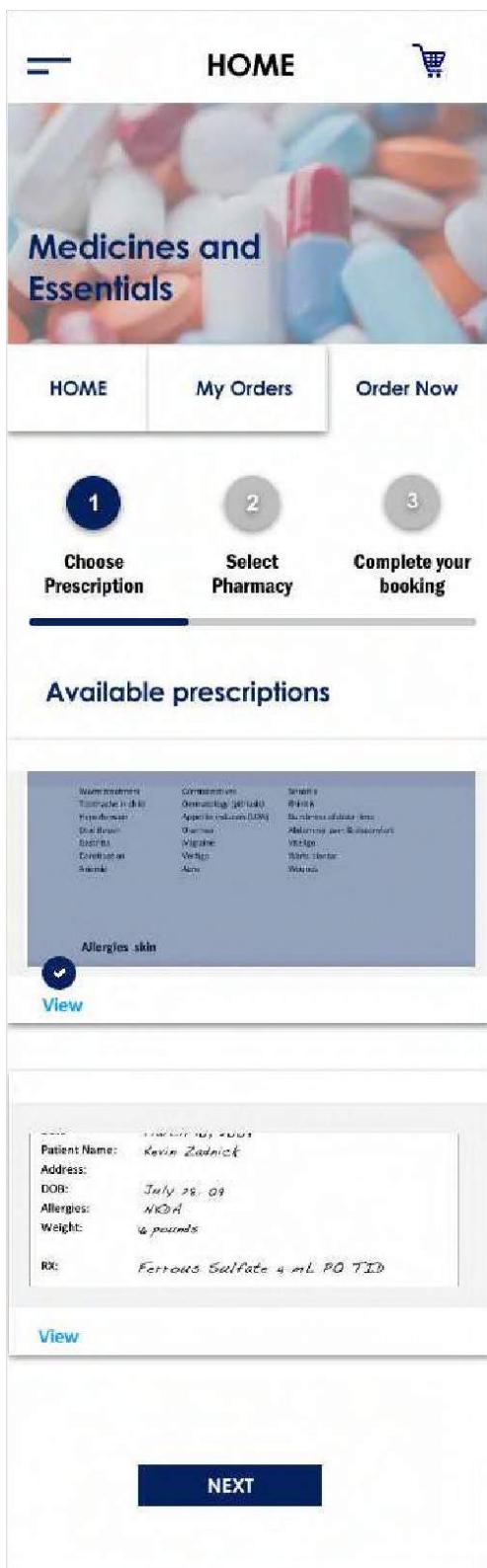


m7











### Guide to private practice- note 1

#### Simple way of private practice

There are several illnesses that can be easily treated and cured. But most cases relieve spontaneous. 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)	Numbness of distal limb
Oral thrush	Diarrhea	Abdominal pain & discomfort
Gastritis	Migraine	Vitiligo
Constipation	Vertigo	Warts plantar
Anemia	Acne	Wounds

#### Allergies skin

Hydrocortisone cream (topical)  
 Betnovate cream  
 Betnovate-N combination with antibiotics- Oozing  
 Betnovate C- only steroid -none oozing  
 Betnol-N  
 Dexaquin cream/ointment -use in eczema-Infantile eczema

#### Oral treatment

Prednisolone 10mg stat+its (initially up to 30-40mg daily. Acute attack of asthma 30-40mg daily ).  
 Promethazine HCL (phenagan) 1M stas 20mg bd / 25 mg noct / 10-12mg tds (1tab=10mg)

HOME 

1 Choose Prescription    2 Select Pharmacy    3 Complete your booking

Select Pharmacy

  
Walmart Pharmacy   

  
Savon Pharmacy   

  
RX Pharmacy   

**NEXT**

HOME 

1 Choose Prescription    2 Select Pharmacy    3 Complete your booking

Select Pharmacy

  
Walmart Pharmacy  View more  ★★★

  
Savon Pharmacy  View more  ★★★★

  
RX 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
<b>Net Price:</b>		<b>490</b>

Download

Confirm

HOME

1 Choose Prescription

2 Select Pharmacy

3 Complete your booking

Address Details

Address Line 1

House No./Street No:

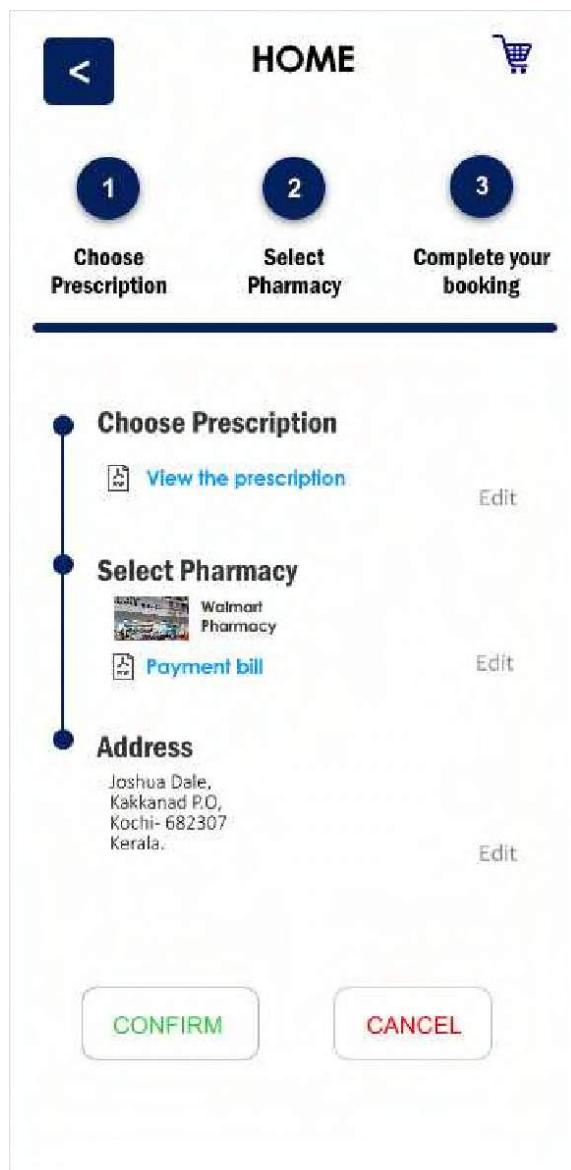
Town/City

Pincode

Contact Number

Email-id

Confirm





### Guide to private practice- note 1

#### Simple way of private practice

There are several illnesses that can be easily treated and cured. But most cases relieve spontaneous. About 30 cases can identify and can be treated.

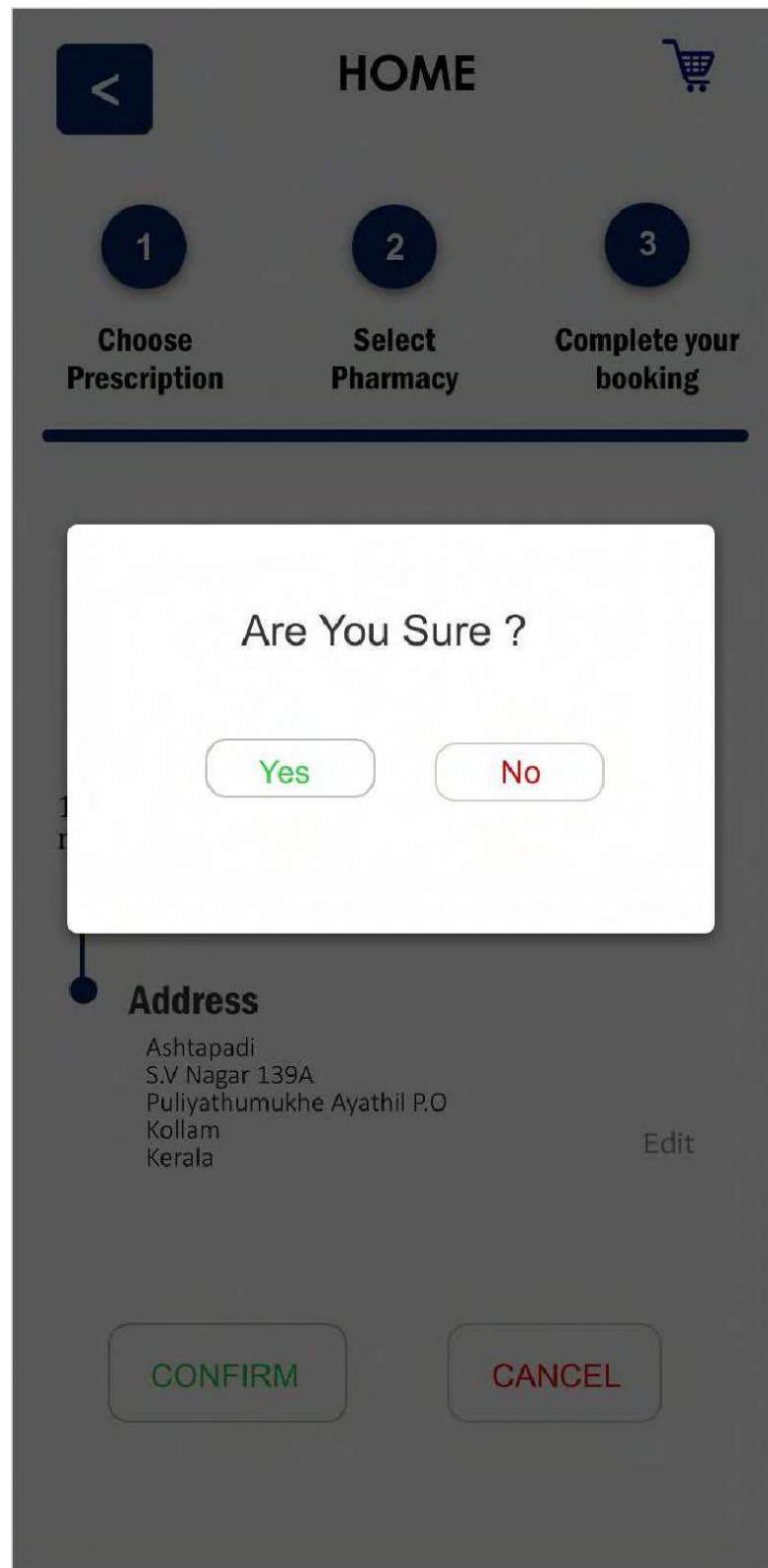
Allergies	Ear infection	Cough and cold
UTI	Eye & Ear drops	Asthma
Vaginal discharge	Painful menstruation	Motion sickness
Worm treatment	Contraceptives	Sinusitis
Toothache in child	Dermatology (pruritis)	Rhinitis
Hypertension	Appetite inducers (LOA)	Numbness of distal limb
Oral thrush	Diarrhea	Abdominal pain & discomfort
Gastritis	Migraine	Vitiligo
Constipation	Vertigo	Warts plantar
Anemia	Acne	Wounds

#### Allergies skin

Hydrocortisone cream (topical)  
 Betnovate cream  
 Betnovate-N combination with antibiotics- Oozing  
 Betnovate C- only steroid -none oozing  
 Betnol-N  
 Dexaquin cream/ointment -use in eczema-Infantile eczema

#### Oral treatment

Prednisolone 10mg stat+its (initially up to 30-40mg daily. Acute attack of asthma 30-40mg daily ).  
 Promethazine HCL (phenagan) IM stat 20mg bd / 25 mg noct / 10-12mg tds (1tab=10mg)



<

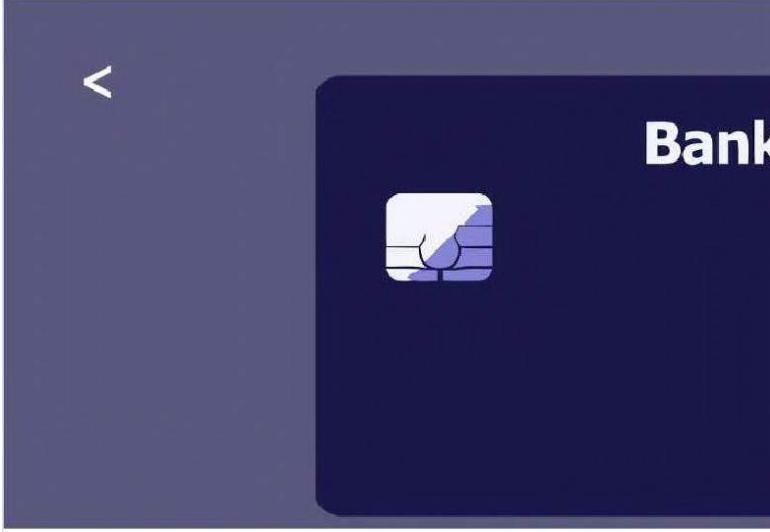
Total Payment

**Rs. 490**

Date	Tym
19 Jan 2020	Monday,15:00

**Payment Method**

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



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**Bank**

Payment Details

CARD HOLDER

 Joshua Peter

CARD NUMBER

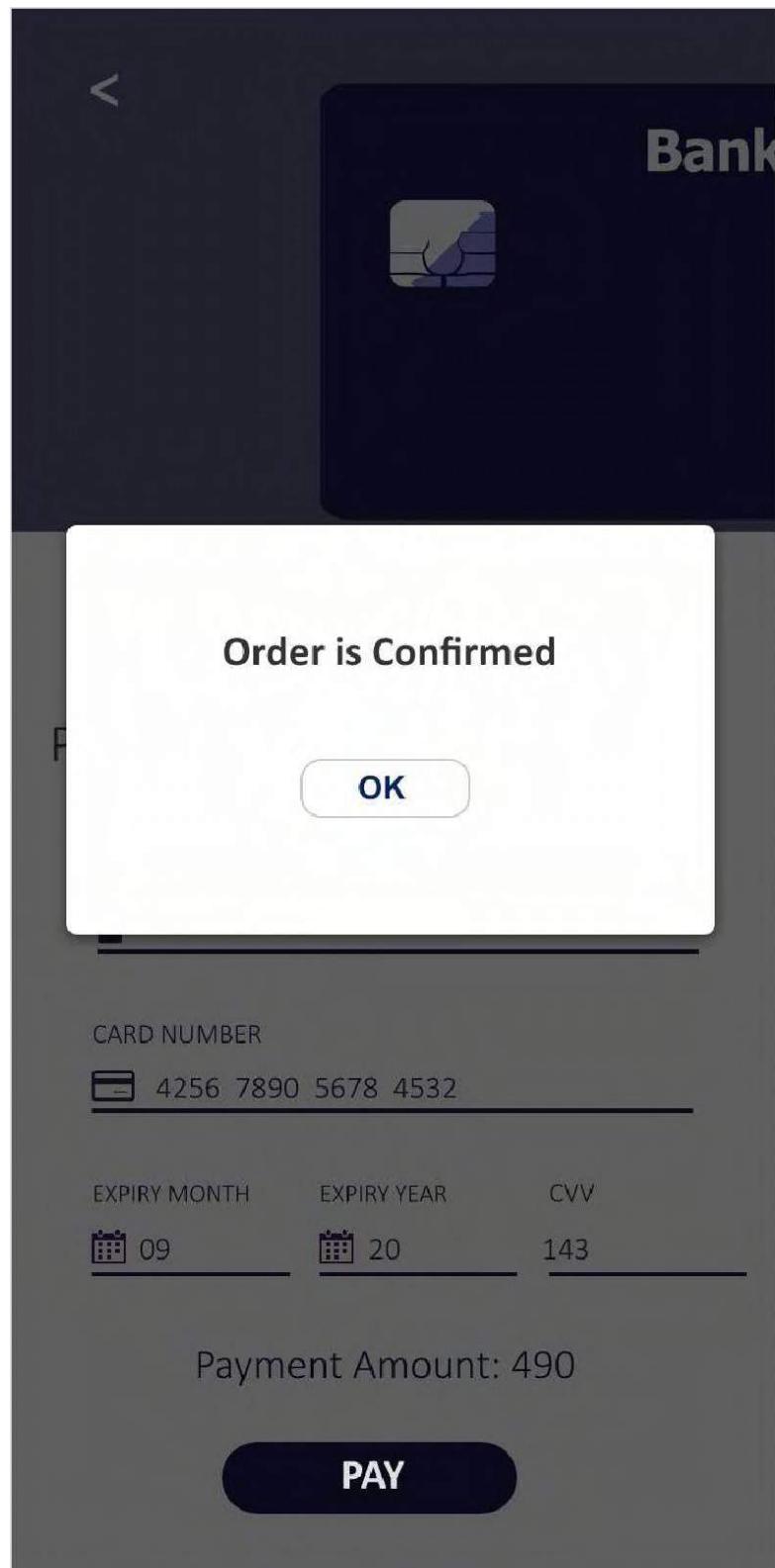
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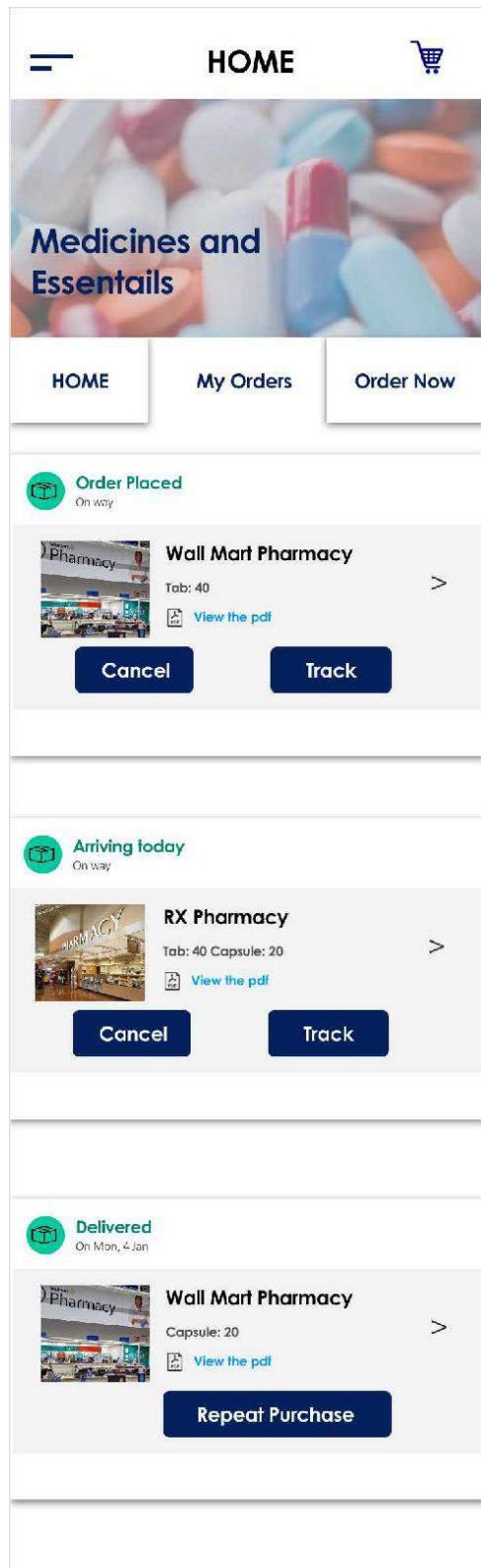
EXPIRY MONTH      EXPIRY YEAR      CVV

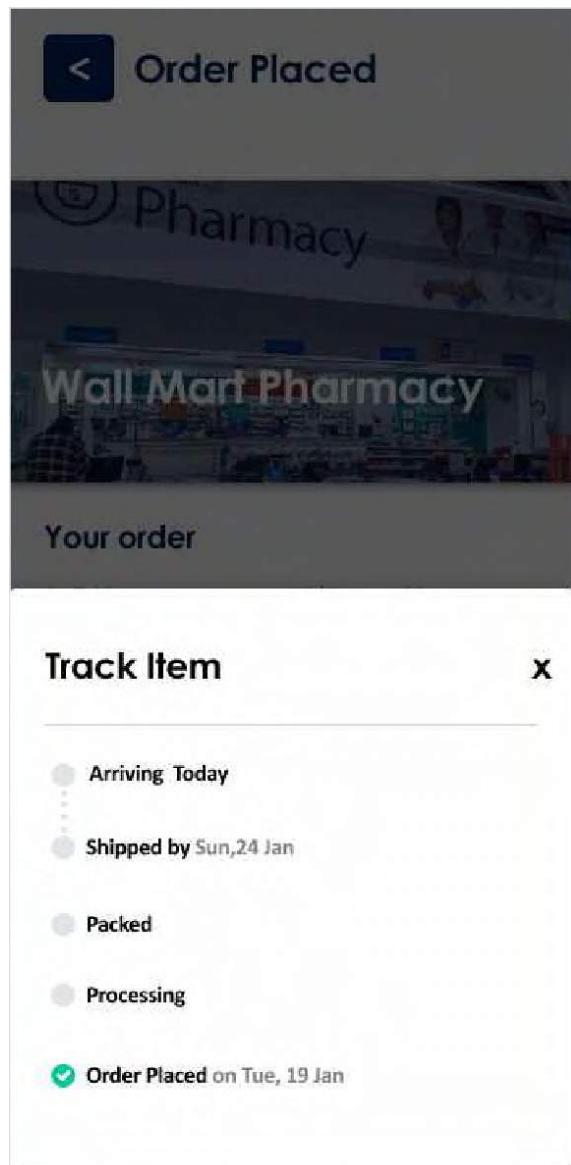
 09       20      143

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 Laboratory  24x7 

  
AMES Laboratory  24x7 

**HOME**

**Lab Test**

**HOME**   **Schedule Test**   **My Lab Tests**

**1**

**Choose the prescription**

**2**

**Choose Laboratory**

**3**

**Complete your booking**

**Available prescriptions**

**TEST REPORT**

Patient Name: MRS ASHA SAVLA  
Referring Doctor's Lab Name: MEHUL SANGHVI  
Sampling Date: 07-Jun-16 01:00 PM  
Age/ST Status: ADULT Sex: F  
Sample ID: B037658 Corre Code: MU113  
Reference ranges provided for Age Group: ADULT

**TEST DESCRIPTION**: Angiotensin Converting Enzyme (ACE)  
VALUES OBTAINED: 20  
REFERENCE RANGES: 5 - 52 U/L  
Angiotensin-converting enzyme (ACE) is an enzyme catalyzing the conversion of Angiotensin I (10 amino acids) to Angiotensin II by removal of a C-terminal His - pro dipeptide. ACE is found on all endothelial cells and play a vital role in maintaining blood pressure control as part of the renin-angiotensin-aldosterone system.  
Method: Photometry

**View**

Date: March 10, 2009  
Patient Name: Kevin Zadnick  
Address:  
DOB: July 28, 09  
Allergies: NKDA  
Weight: 16 pounds  
  
RX: Ferrous Sulfate 4 mL PO TID  
Dispense one bottle

**View**

**NEXT**

HOME

Lab Test

HOME Schedule Test My Lab Test

Sample will be collected today  
On way

AMES Laboratory  
Sugar Test >  
View the pdf

Cancel Track

Result Published  
On Mon, 4 Jan

Diagnostic Laboratory  
Blood Test >  
View the pdf

Repeat Test

Result Published  
on Dec, 28

Ames Laboratory  
Urine Test >  
View the pdf

Repeat Test

Prescription

TEST REPORT		
Patient Name: MR. ASHIA SAYLA	Referring Doctor: Dr. Rakesh MERUL SINGH VI	
Age: 51 years, ADULT Gender: Male F	Test Date: 07-Jun-16 03:20:00 PM Sample ID: ST2998 Lot No.: MV113 Report Date: 07-Jun-16 03:20:00 PM Report Time: 07-Jun-16 03:20:00 AM	
Angiotensin Converting Enzyme (ACE)		
TEST DESCRIPTION	VALUES OBTAINED	REFERENCE RANGE
Angiotensin Converting Enzyme (ACE)	20	5 - 52 U/L
Angiotensin converting enzyme (ACE) is an enzyme catalyzing the conversion of angiotensin I (Dipeptidyl Peptide) to Angiotensin II by removal of a C-terminal dipeptide.		
ACE is found on all endothelial cells and plays a vital role in maintaining blood pressure control as part of the renin-angiotensin-aldosterone system.		
Method: Fluorimetry.		
Print Report		Page 1/1
Print Report		Print Report

[Download](#)



**HOME**

🛒

1      2      3

Choose Prescription    Select Laboratory    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**

🛒

**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
<b>Net Price:</b>		<b>490</b>

**Download**

**Mode Of Lab Test**

  
**Specimen collected**

  
**Onsite**

**Confirm**

**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
<b>Net Price:</b>		<b>490</b>

**Download**

**Mode Of Lab Test**

  
**Specimen collected**

  
**Onsite**

**Confirm**

[!\[\]\(0e26656e56c1dfbadd420d91b43e01be\_img.jpg\)](#) **HOME** [!\[\]\(de65b5d5018e4eef4f19497f1811bcaa\_img.jpg\)](#)

**1** **2** **3**

**Choose Prescription**    **Select Laboratory**    **Complete your booking**

---

**Choose Prescription**

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

**Select Laboratory**

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

**Net Amount**

Rs. 490 [Edit](#)

[CONFIRM](#)    [CANCEL](#)

<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

  
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

Email-id

**Confirm**

HOME 

**1** **2** **3**

**Choose Prescription** **Select Laboratory** **Complete your booking**

---

**Choose Prescription**

 [View the prescription](#) Edit

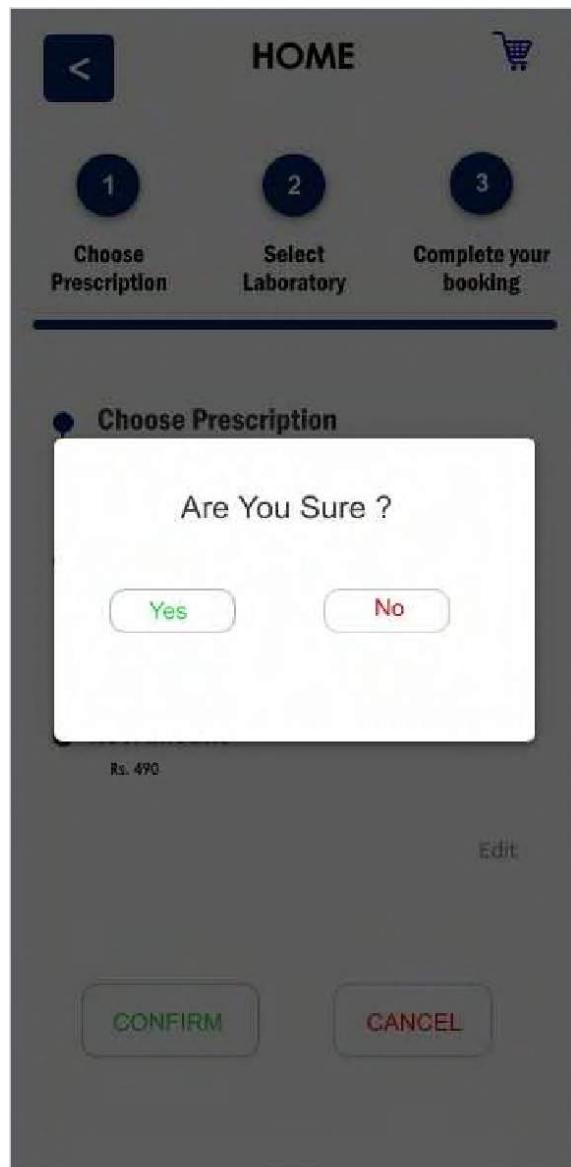
**Select Laboratory**

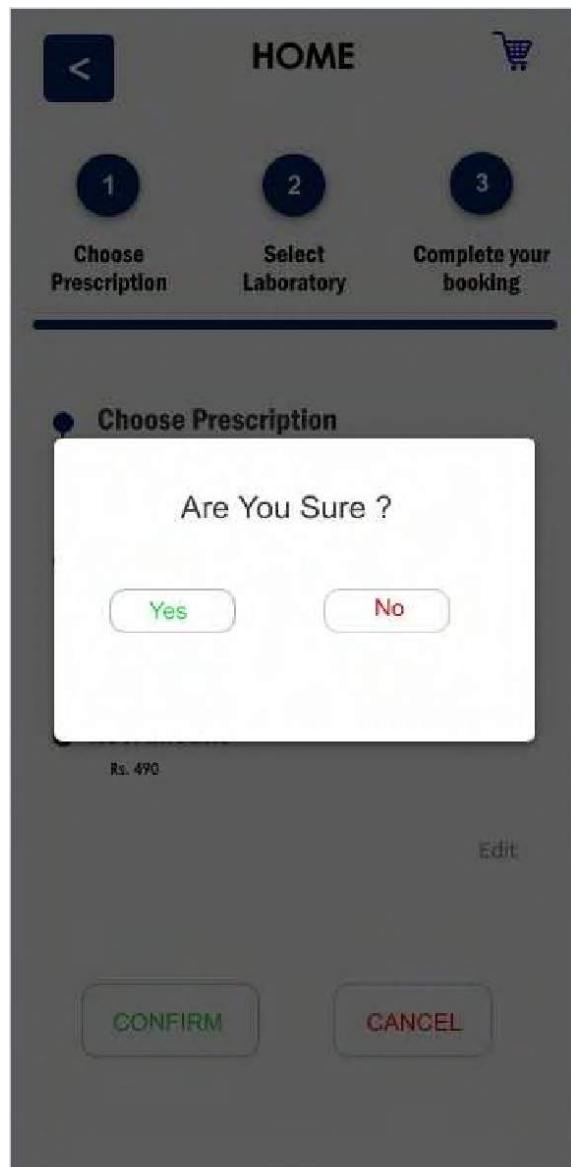
 Diagnostic Laboratory  
 [Payment bill](#) Edit

**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 >

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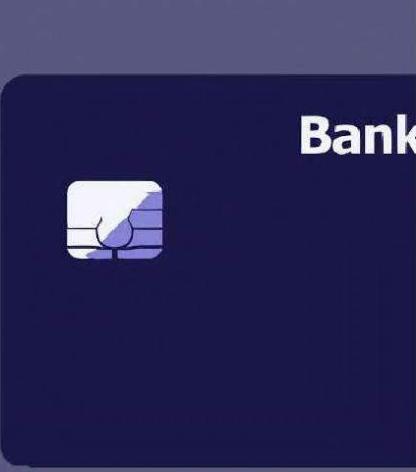
Total Payment

**Rs. 490**

Date	Tym
19 Jan 2020	Monday,15:00

**Payment Method**

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



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## Payment Details

CARD HOLDER

 Joshua Peter

CARD NUMBER

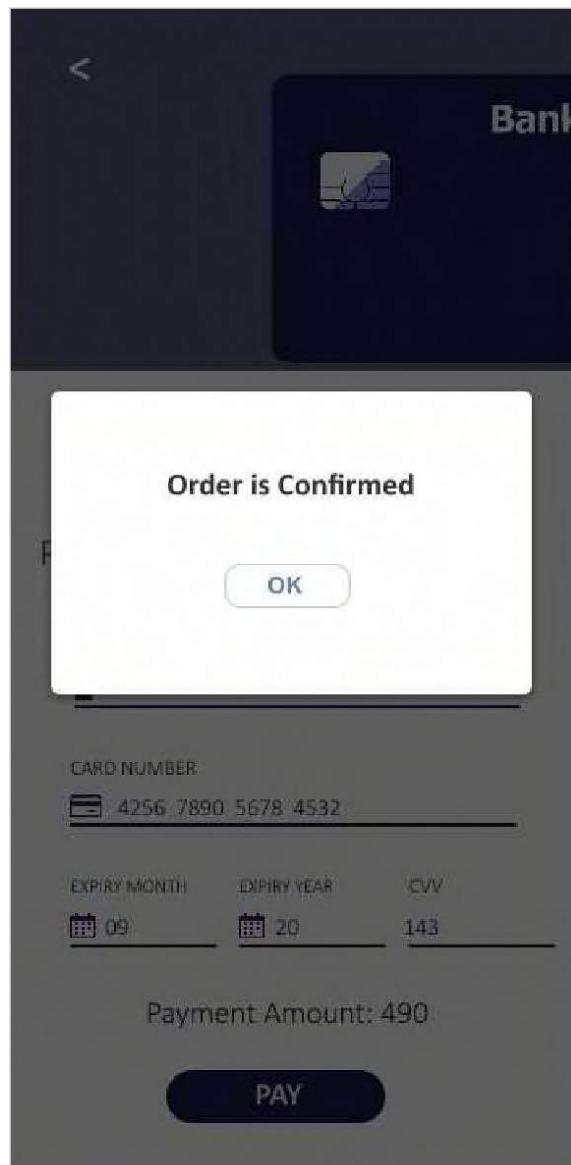
 4256 7890 5678 4532

EXPIRY MONTH EXPIRY YEAR CVV

 09  20 143

Payment Amount: 490

**PAY**



HOME 

**Lab Test**

HOME Schedule Test My Lab Tests

 Confirmed Appointment

 Diagnostic Laboratory >  
Blood Test  


**Cancel** **Track**

 Sample will be collected today  
On way

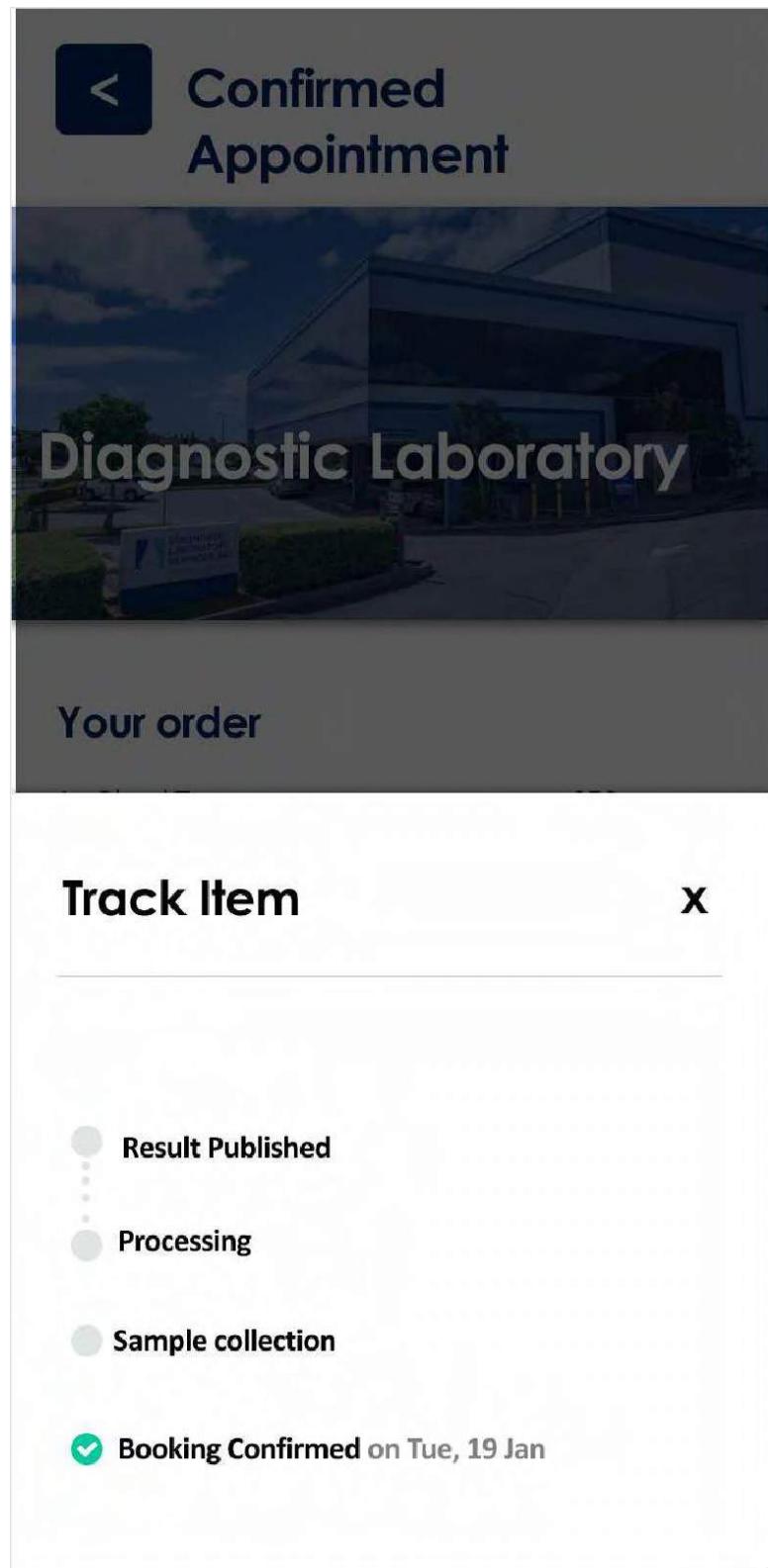
 AMES Laboratory >  
Sugar Test  


**Cancel** **Track**

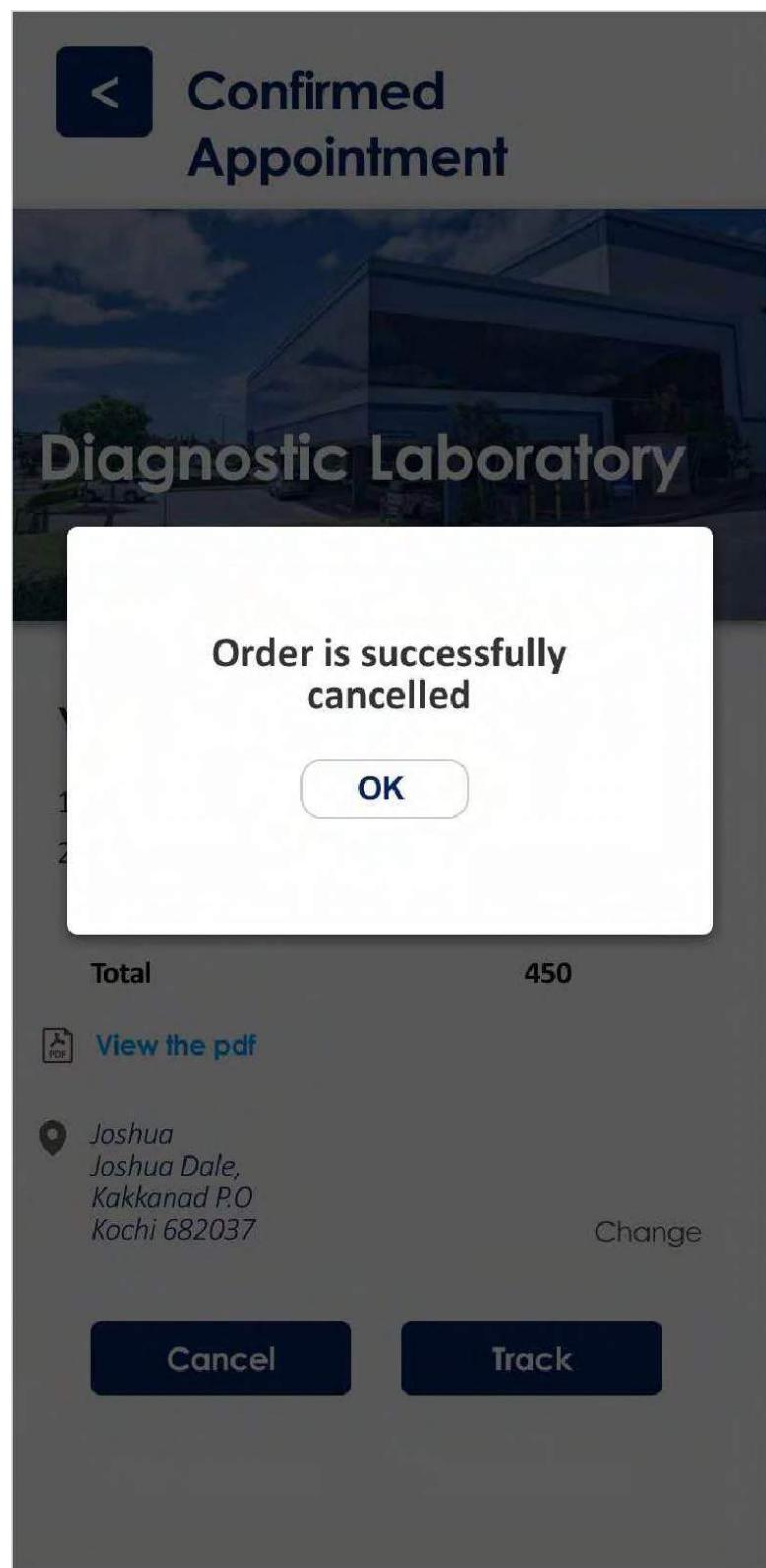
 Result Published  
On Mon, 4 Jan

 Diagnostic Laboratory >  
Blood Test  

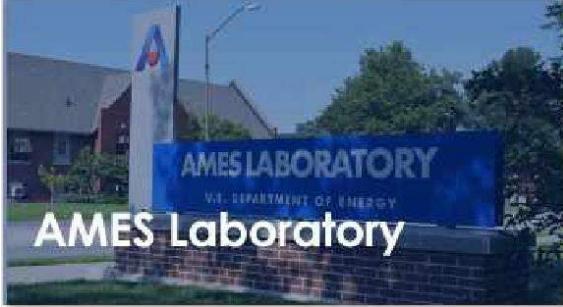

**Repeat Test**







Sample will be collected today



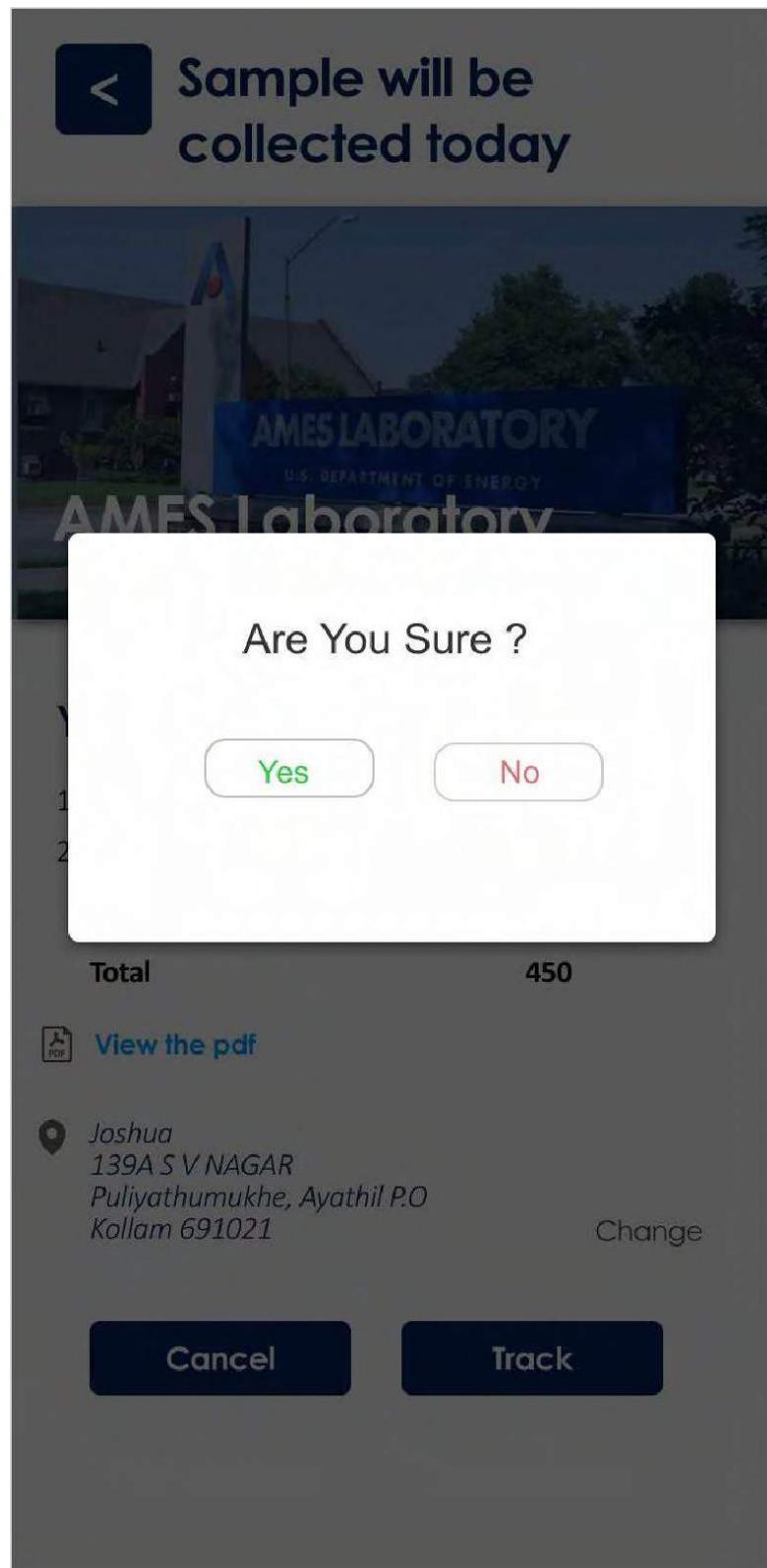
**Your order**

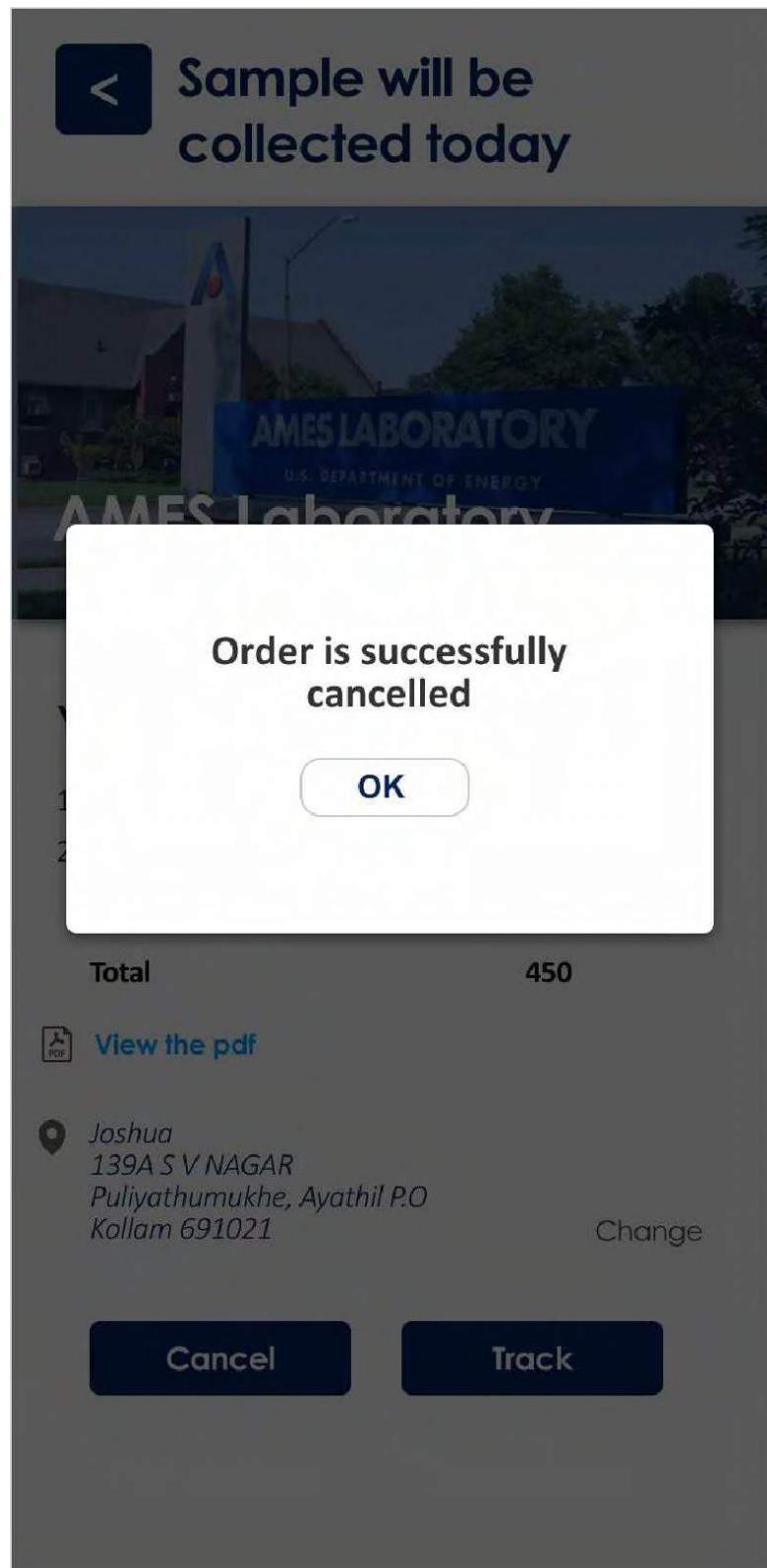
1. Blood Test	250
2. Vitamin Test	200
Tax	20
<b>Total</b>	<b>450</b>

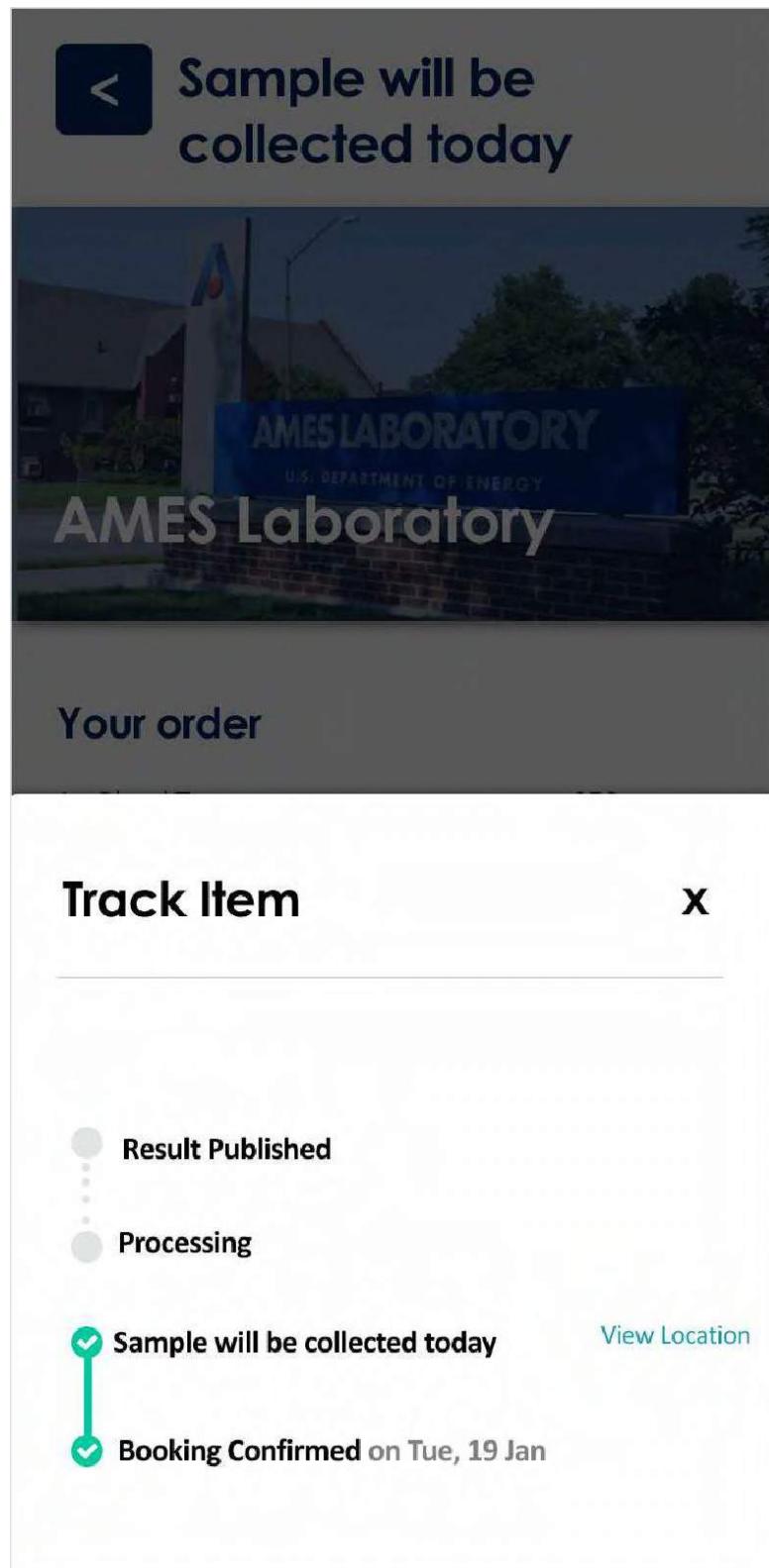
[View the pdf](#)

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

[Cancel](#) [Track](#)









## Lab Test Result

Symptoms and laboratory test	Control (119 subjects)	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 <sup>9</sup> /l)	8	
High white blood cell count (>10×10 <sup>9</sup> /l)	2	
Low red blood cell count (male <4×10 <sup>12</sup> /l, female <3.5×10 <sup>12</sup> /l)	0	
High red blood cell count (male >5.9×10 <sup>12</sup> /l, female >5.5×10 <sup>12</sup> /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](#)

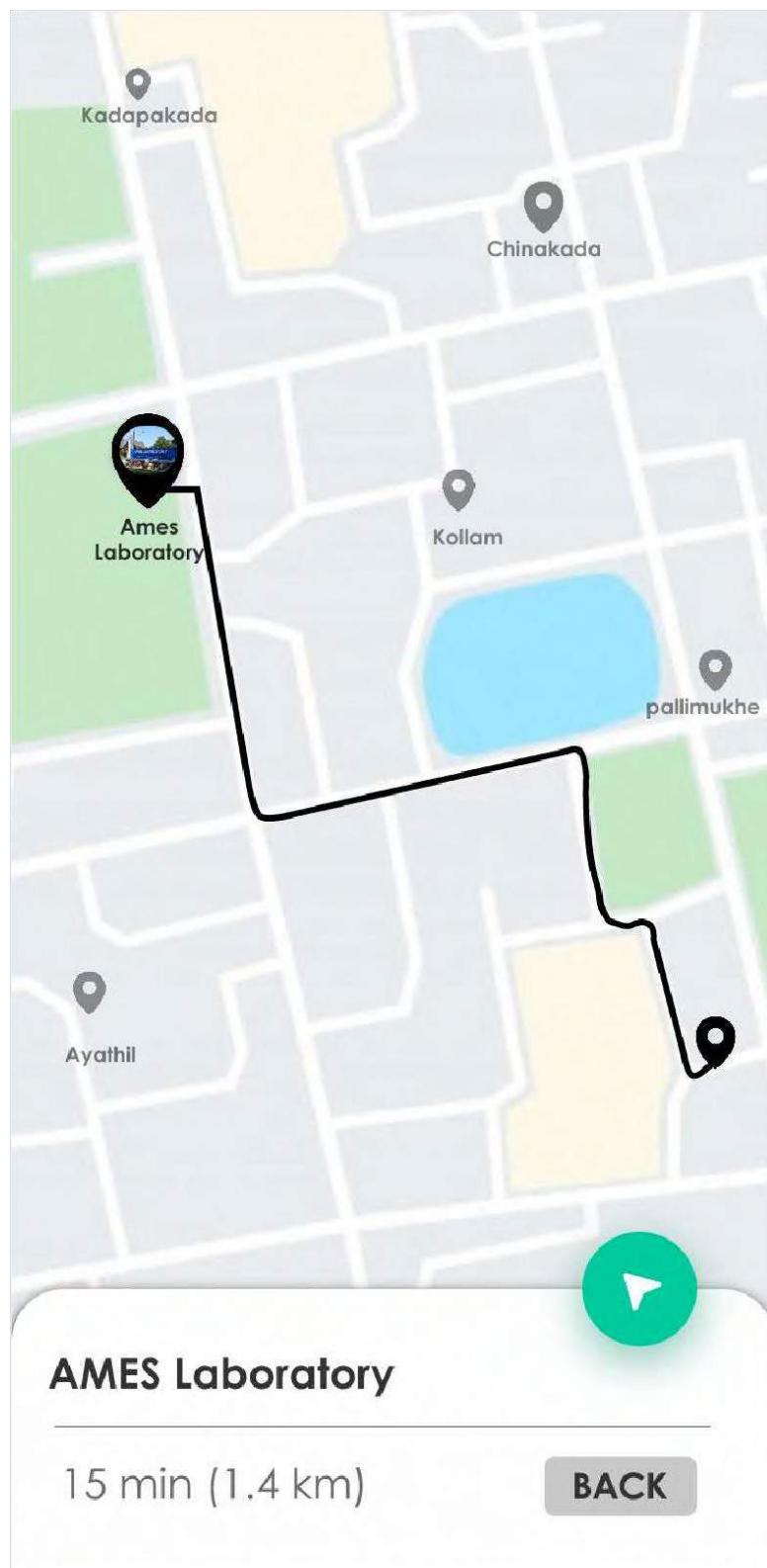


## Lab Test Result

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High white blood cell count (>10×10 <sup>9</sup> /l)	2	
Low red blood cell count (male <4×10 <sup>12</sup> /l, female <3.5×10 <sup>12</sup> /l)	0	
High red blood cell count (male >5.9×10 <sup>12</sup> /l, female >5.5×10 <sup>12</sup> /l)	9	
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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



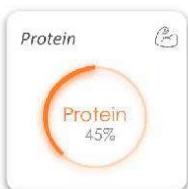
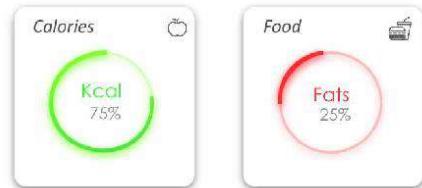
## Health Tips



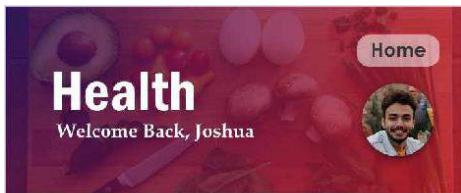
## Todays Meal



## Progress Last week



## H2



### Health Tips

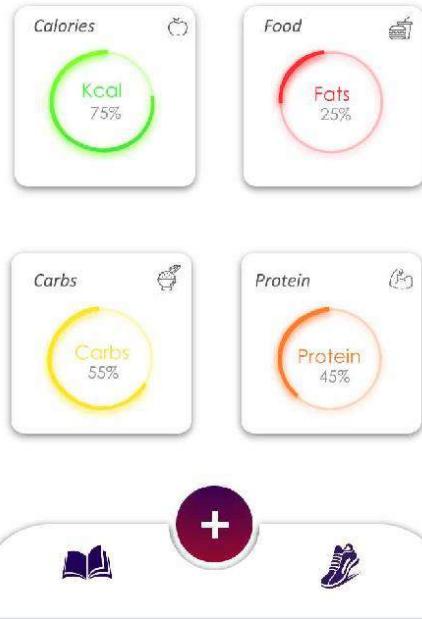


### Todays Meal



&lt;

### Progress Last week



Home 

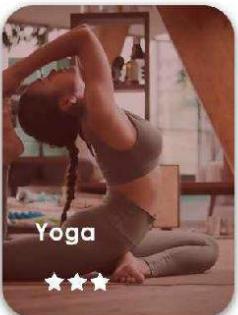
## Featured Workout

Free



Full Legs Workout  
★★★ 51min

## Workout Plans



Yoga  
★★★



Rs 180  
Talk to a trainer  
★★★

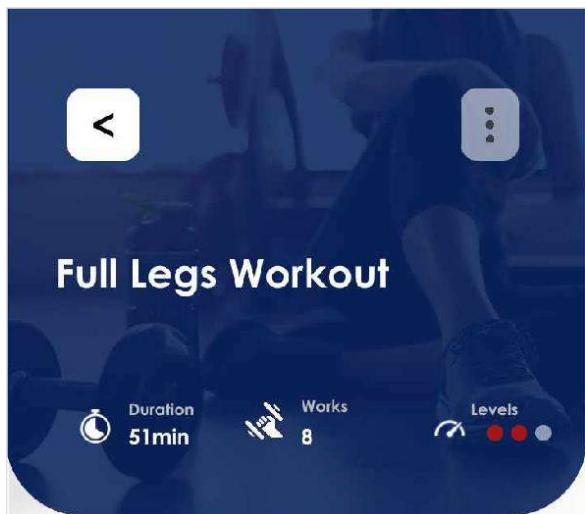
Free



Meditation  
★★★

45 min

H4



### 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.

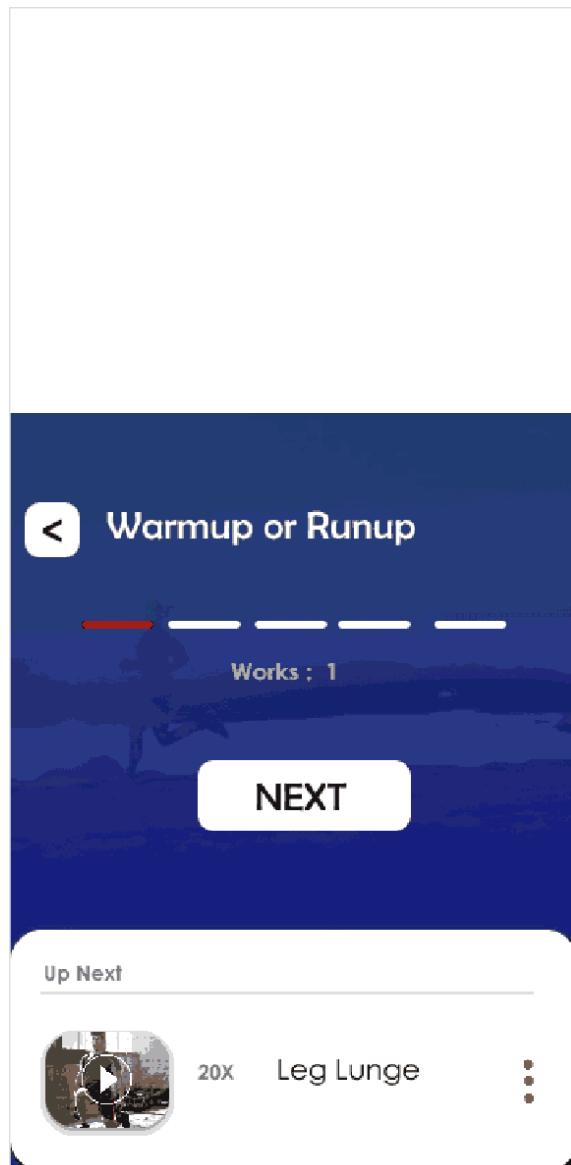
#### Bulgy part of palm

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

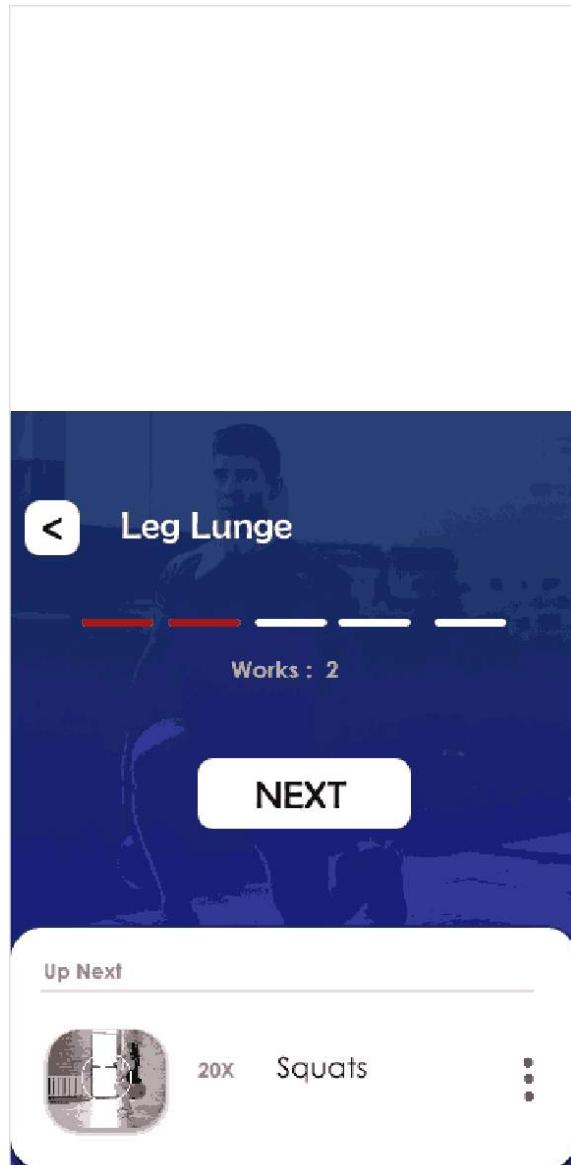
#### Palm:

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.

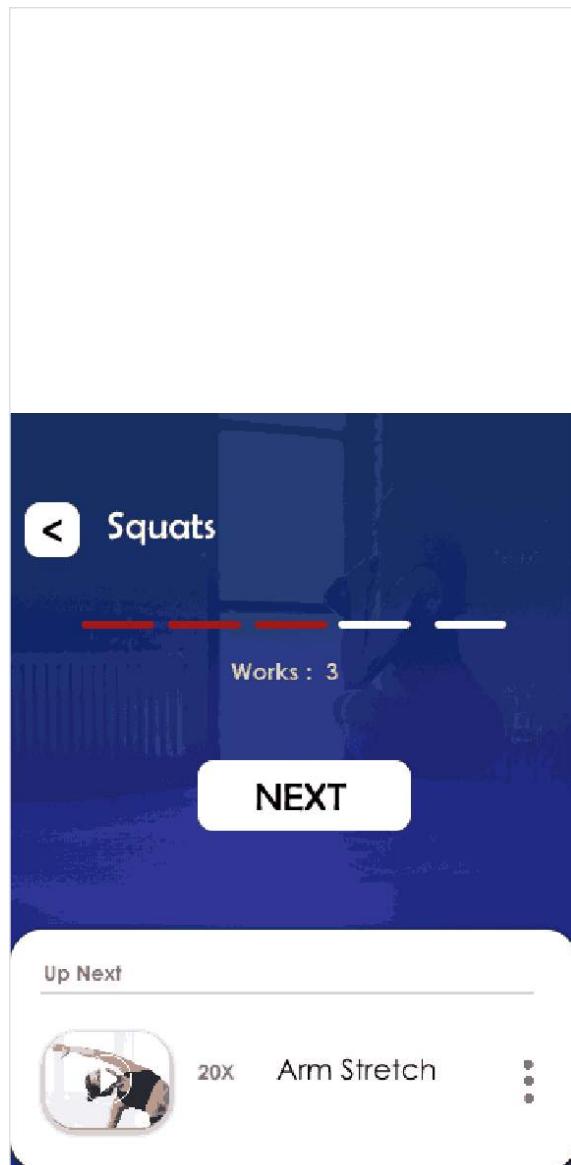
## WARM UP



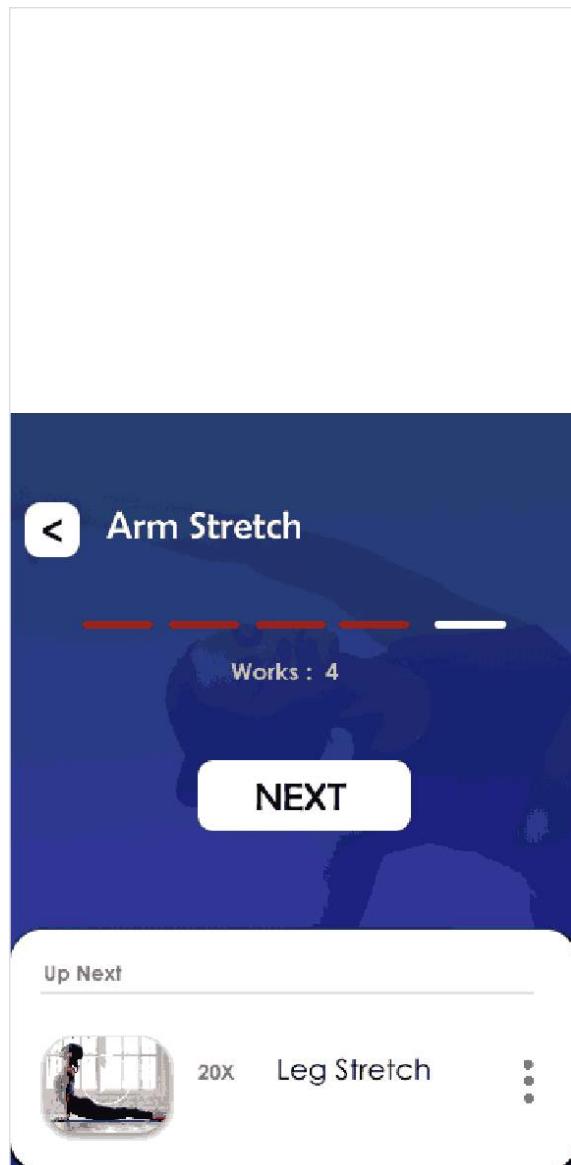
## LEG LUNG



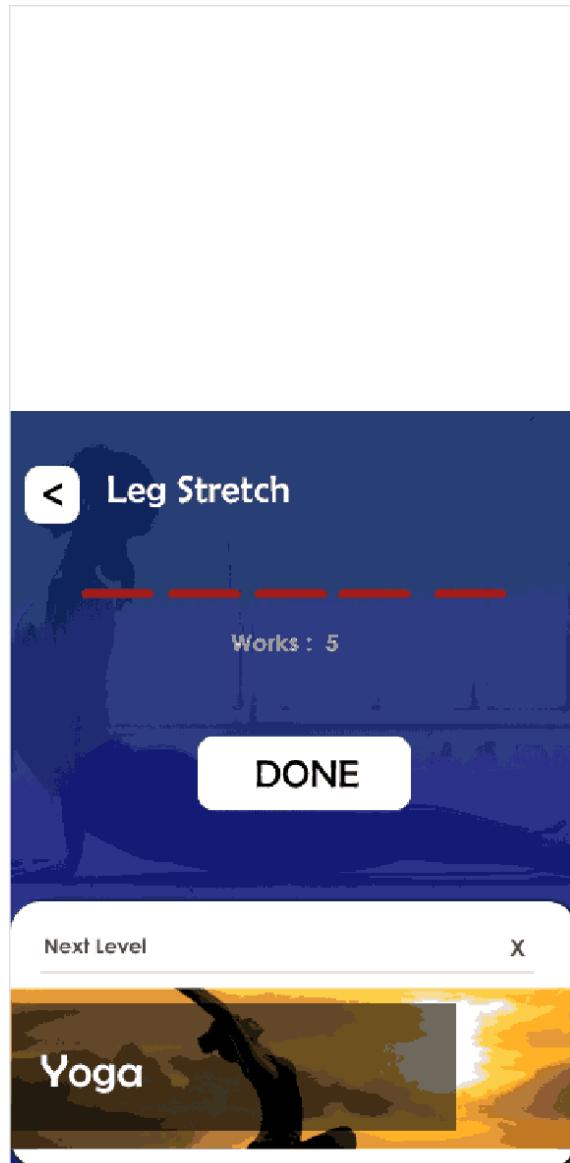
## SQUATS



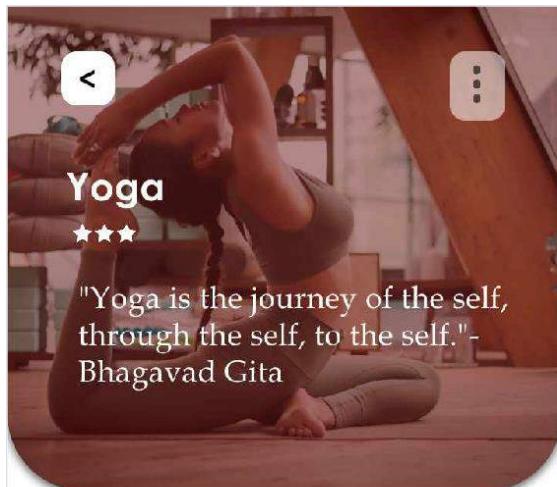
## ARM STRETCH



## LEG STRETCH



## yoga 1



### How to start a Yoga Practice

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



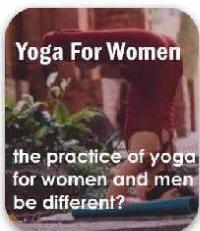
### Yoga for Health

How to improve the Health ?



### Yoga For Peace

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



**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.

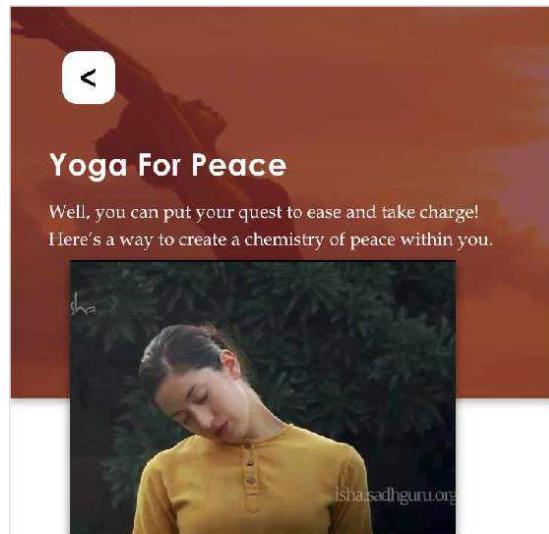
**1 Improves your flexibility**  
you probably won't be able to touch your toes, never mind do a backbend.

**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

## yoga 4



### 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.

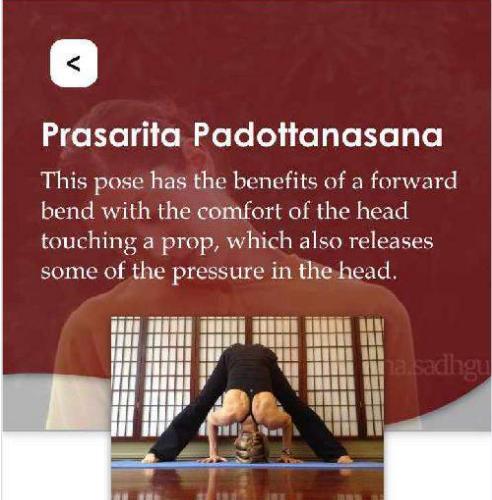
Lean back and forth and side to side with your torso a few times to make sure that your shoulders are aligned directly over your hips.

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.

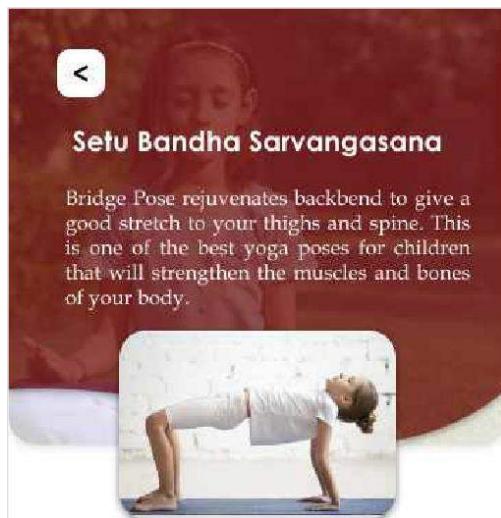
**Yogs :**

 **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**

## yoga 11



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 session. 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 "Vrikasana" is displayed prominently. Below the title, a descriptive text states: "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 warm, reddish-brown 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.

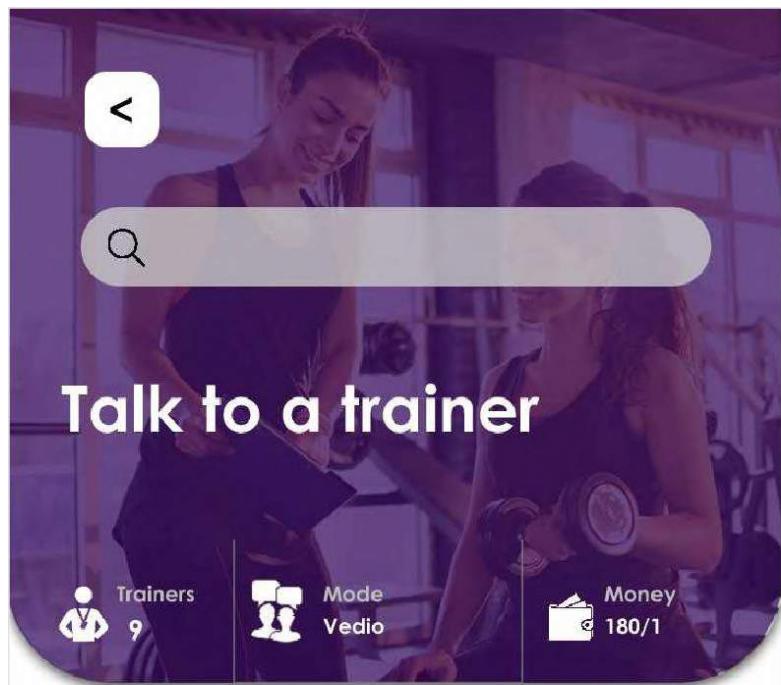
Now inhale and raise both your legs and upper parts of the body at 30 degrees.

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

< Home

**Bob John**  
Fitness - 7 yrs experience

53 Rating | 92 Reviews | 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**

< Home

**Bob John**  
Fitness - 7 yrs experience

53 Rating | 92 Reviews | 28 Yrs old

**Specialties**

- Loss weight and get toned
- Gain Flexibility
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**Watch Videos** >>

**Schedules** >>

7:30 AM    8:30 AM    10:30 AM

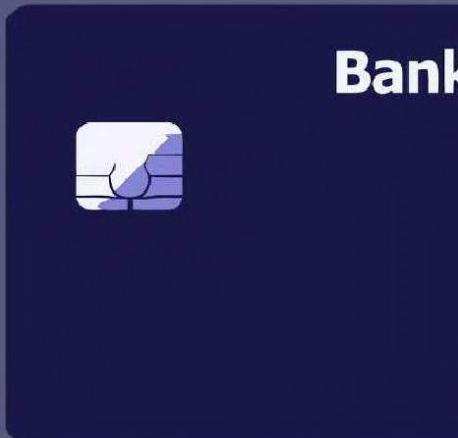
**BOOK**

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

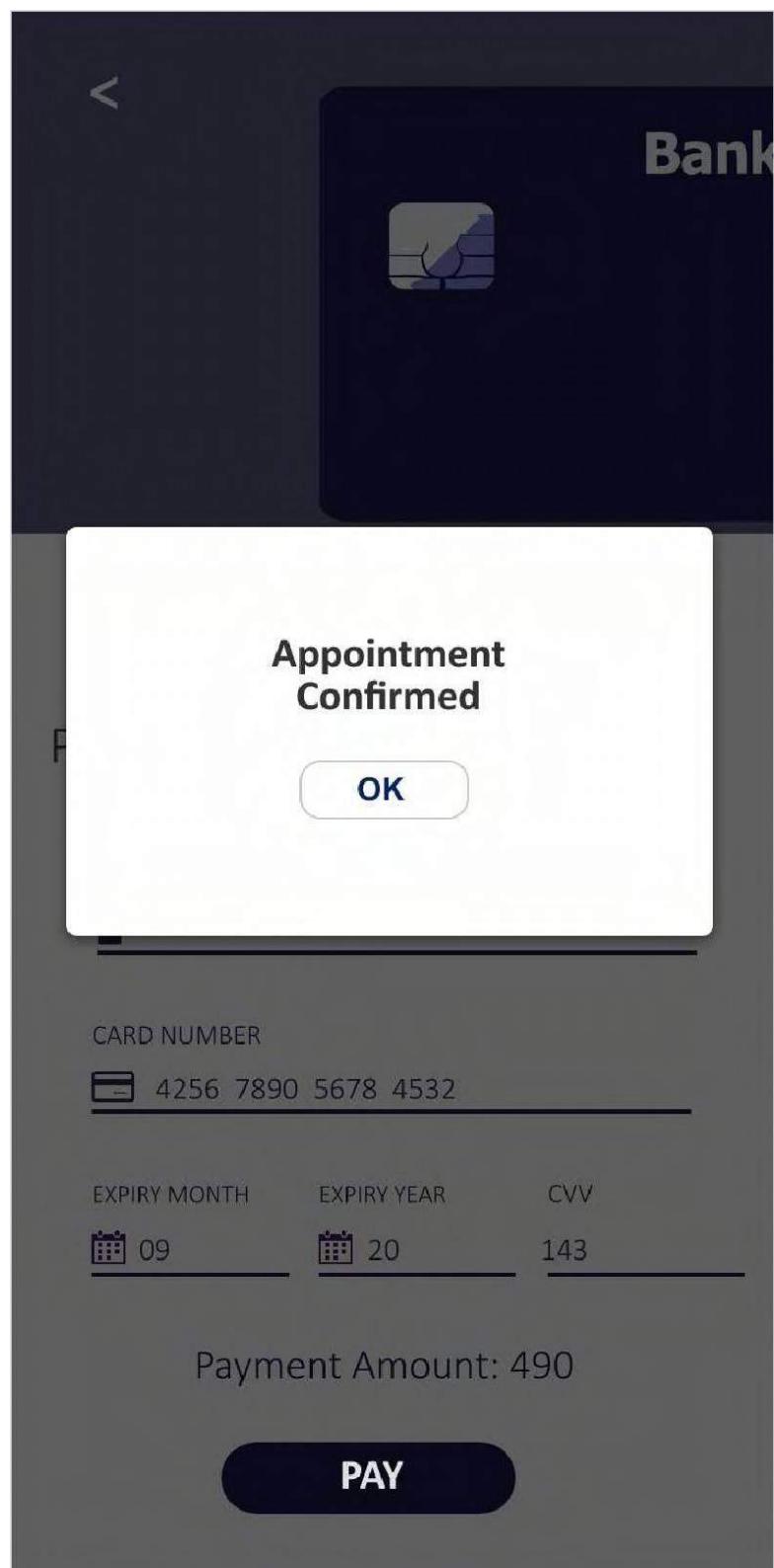
 4256 7890 5678 4532

EXPIRY MONTH EXPIRY YEAR CVV

 09  20 143

Payment Amount: 490

**PAY**



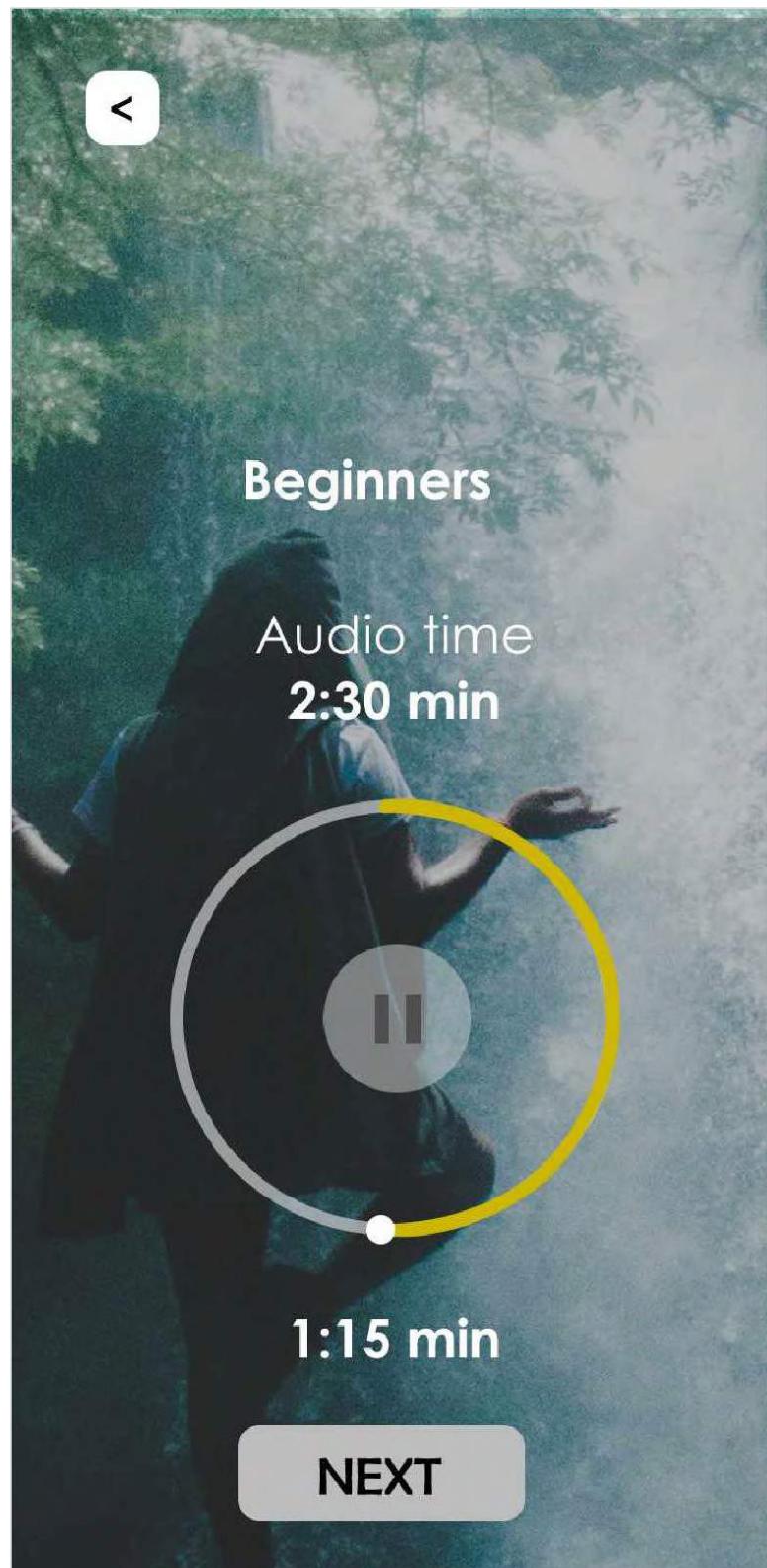
## meditation 1

The image shows a mobile application interface for a meditation app. At the top, there is a navigation bar with a back arrow on the left, the word "Home" in the center, and a circular profile picture of a man on the right. Below the navigation bar is a large, semi-transparent image of a young woman with long dark hair, looking down with her eyes closed, set against a blurred green background. To the left of the woman, the word "Meditation" is displayed in large white letters, followed by three small white stars. A large white button labeled "Lessons" is positioned below the woman's image. The main content area lists four meditation sessions:

- 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.

**meditation 2**



Home>De-Addiction Treatments

# DE-ADDICTION

**Rs. 450**  
ALCOHOL  
5★

**Rs. 560**  
NICOTINE  
4★

**Free**  
DRUG AND SUBSTANCES  
5★

**Rs. 400**  
PAIN KILLERS  
4.5★

**Rs. 575**  
GAMING/PHONE  
4★

 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](#)



## 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.



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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.  




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## 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.



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Mitrah De-Addiction Centre, Kerala.



Dr. Ravi Krishna

*MD,DCU Certified*

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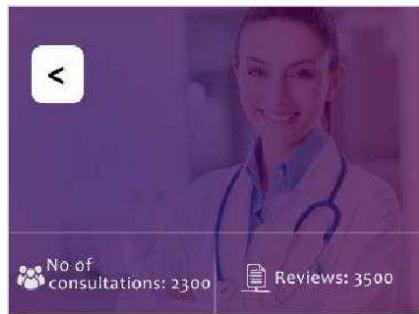


[View Less ^](#)

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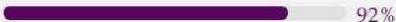
FILTER

# 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.

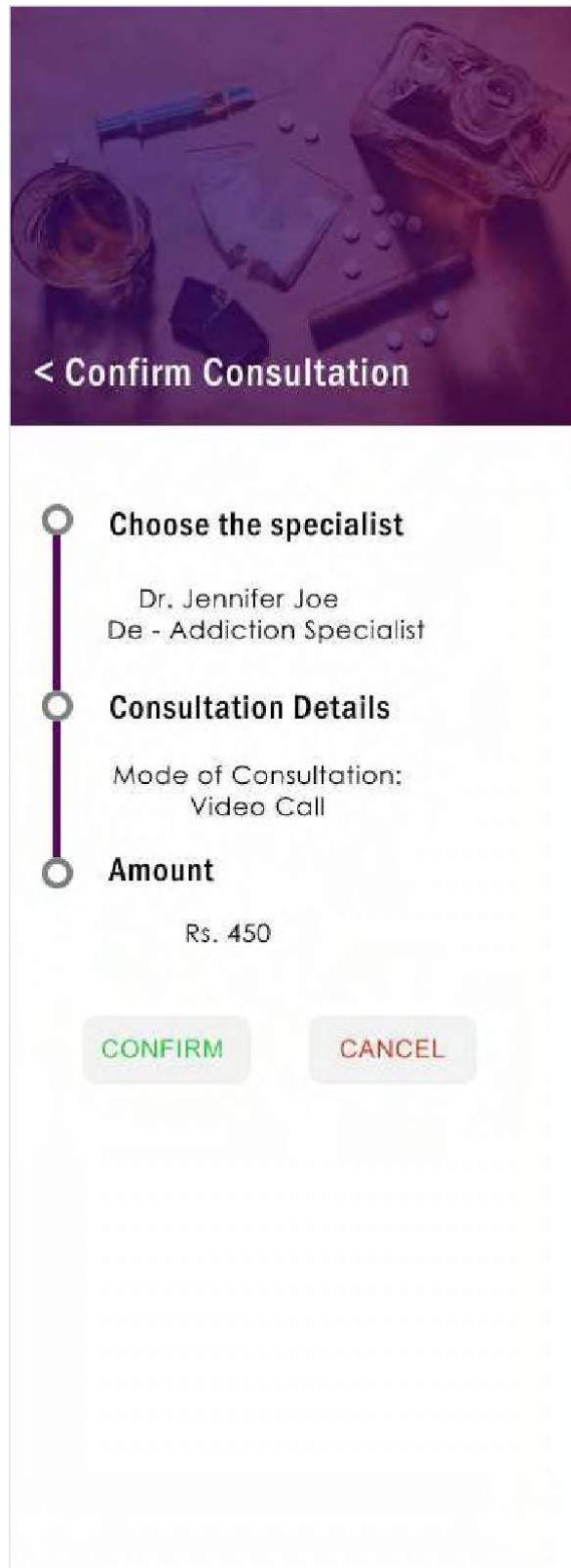
**CONTACT**  
9961230095

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

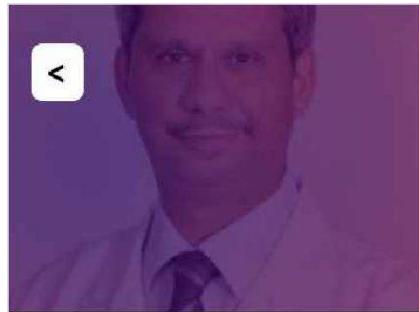
**WORKS AT**  
Mitrah De - Addiction Centre, Kozhikode, Kerala

**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,  
Kasargod,  
Kerala.

 **CONTACT** 8921448332

 **EDUCATION** MD,DNB

MD - All India Institute of Medical  
Science, Delhi

DNB - Govt Medical College, Thrissur

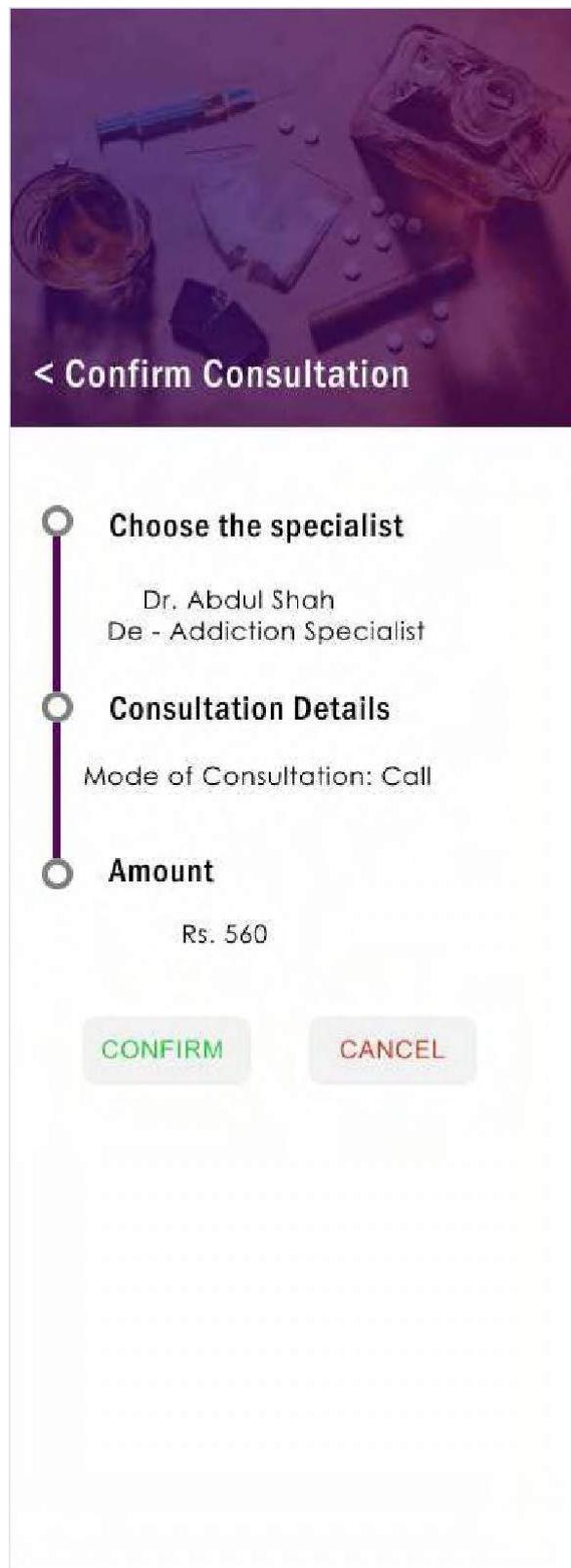
 **WORKS AT**

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 you 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
- 5-6 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 Survey3



## 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 you keep doing it anyway?  
 Yes  
 No

**PROCEED**

## al Survey4



### 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  
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 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



## 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  
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 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 you keep doing it anyway?  
 Yes  
 No

**PROCEED**

# al Survey6



## 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?  
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 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**



### 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



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PROCEED



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 No

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 No

PROCEED



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 No

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 No

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- 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?

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 No

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

- Yes  
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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

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- 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



< 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 Survey2



### 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



< 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 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



### 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
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- 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



## 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



## PRESCRIBED QUESTIONS

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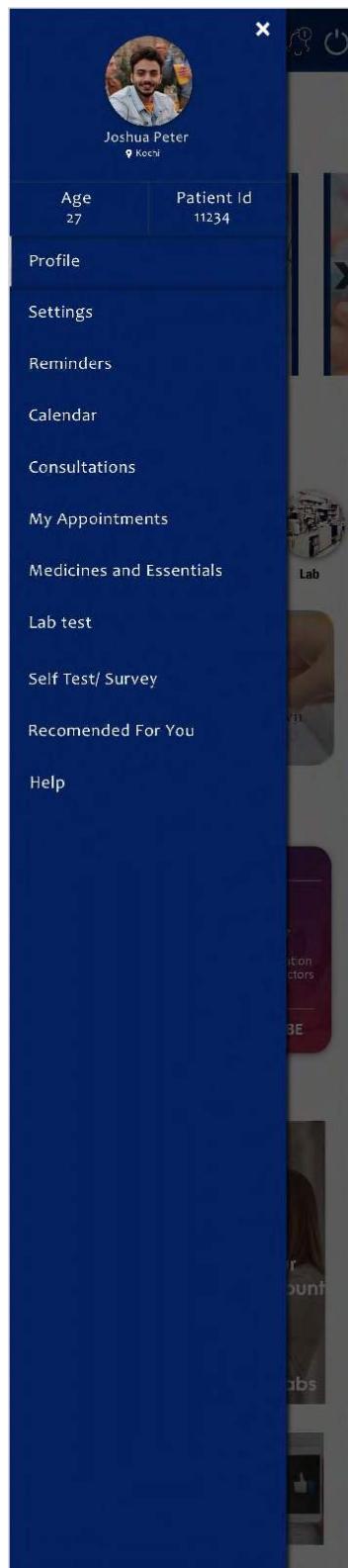
- Yes
- No

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

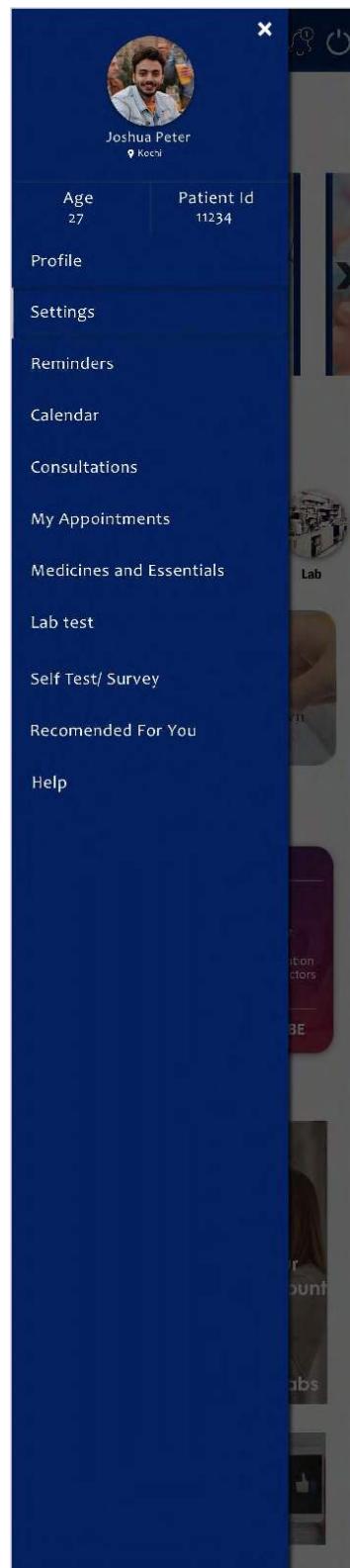
- Almost none
- About half
- Most

PROCEED

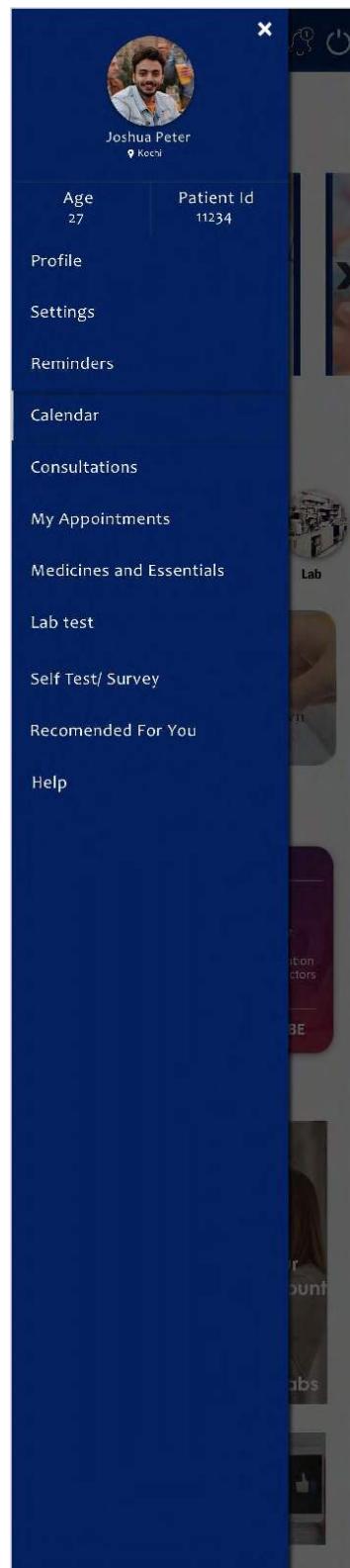
# drop 1



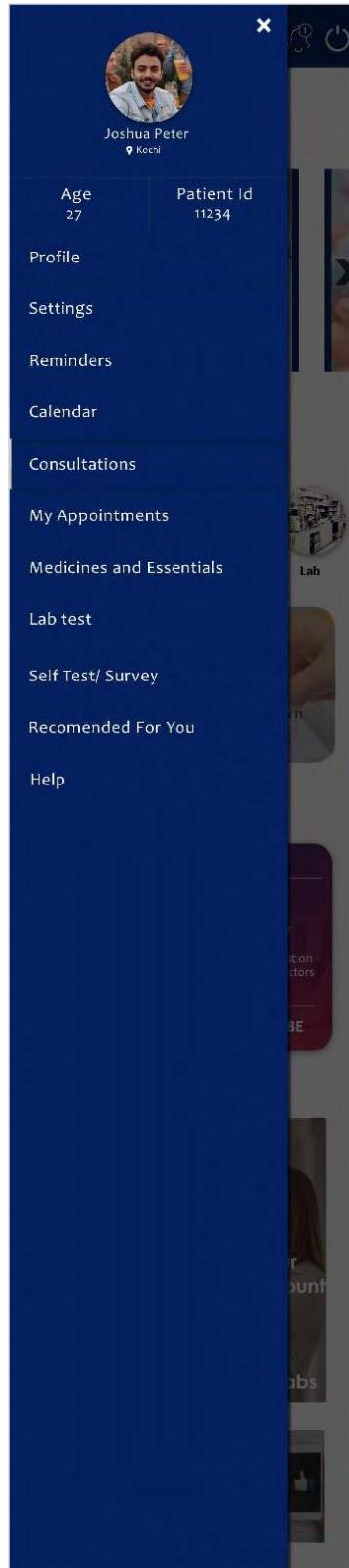
## drop2



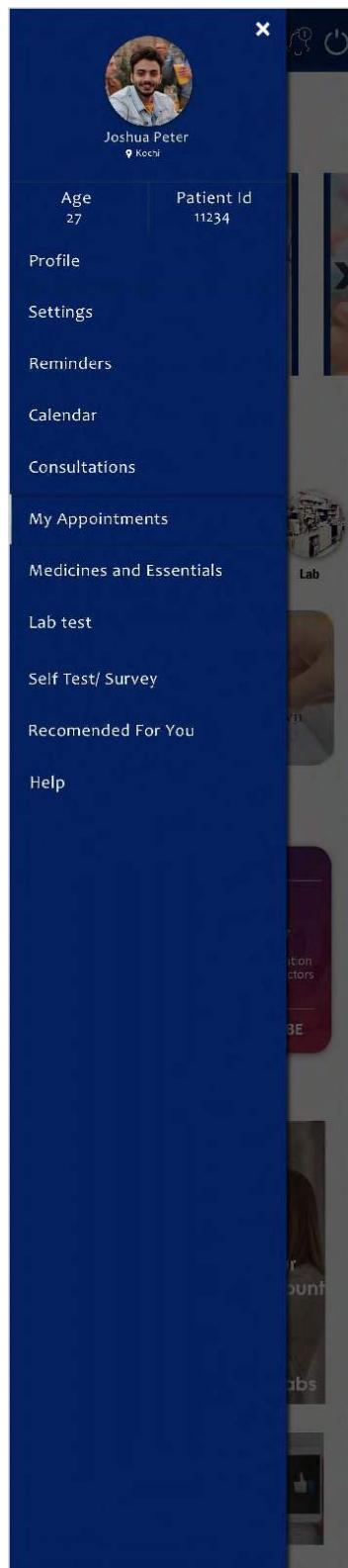
### drop 3



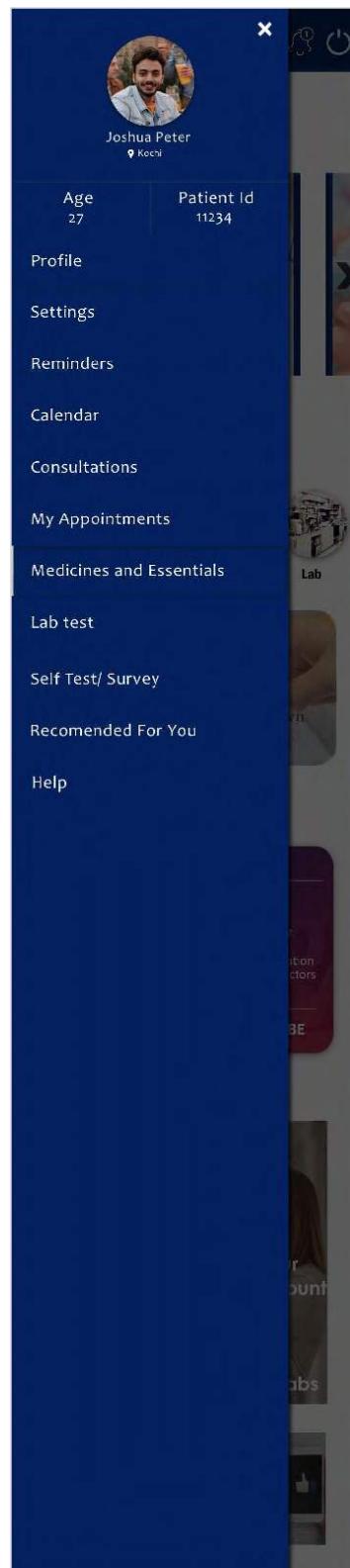
## drop 4



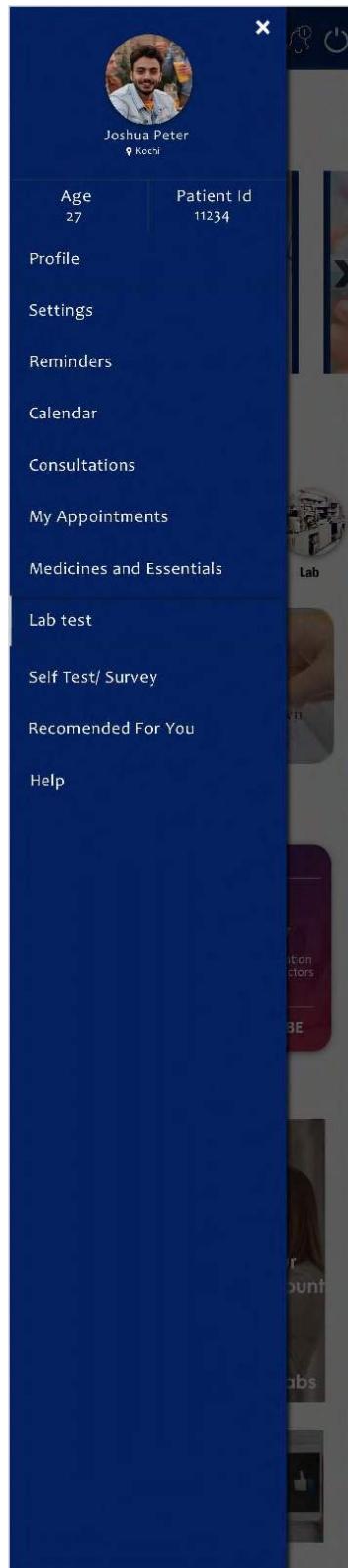
# drop5

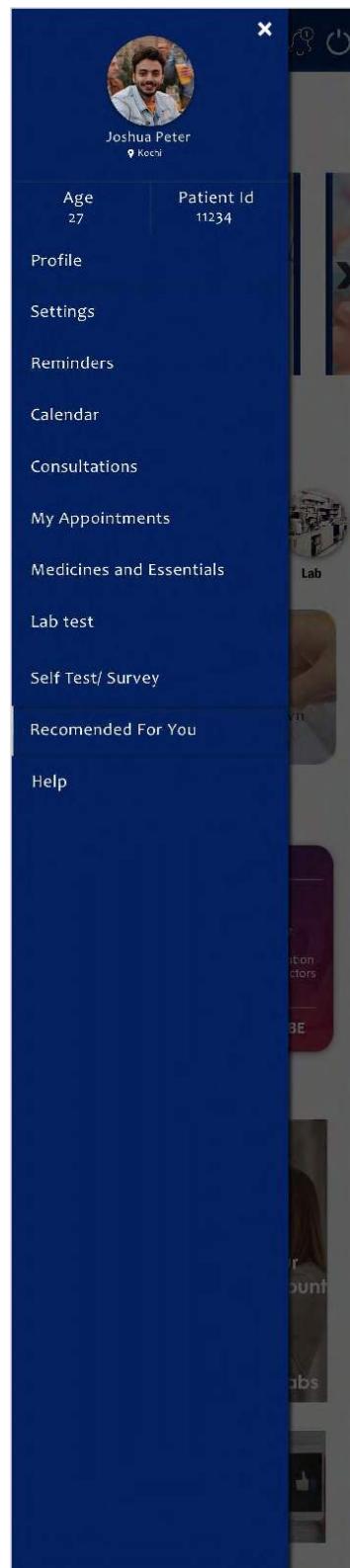


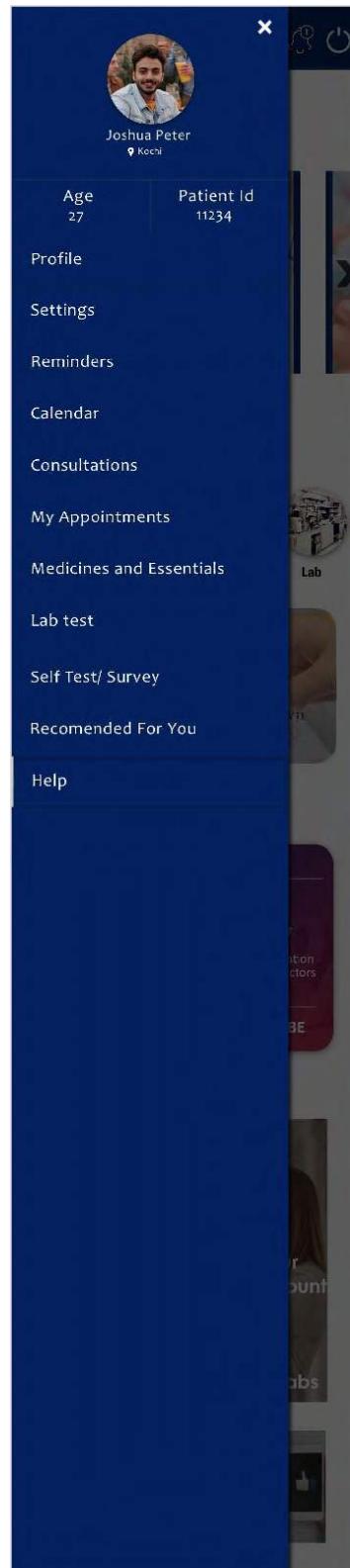
## drop6



# drop 7







## 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 interface shows a profile picture of a smiling man with a beard, identified as Joshua Dale Kochi from Kerala. Below the photo are three status icons: Height (175cm), Blood (A +ve), and Weight (75 kg). A navigation bar includes Home, Activity (selected), and Medical Records. Below these are links for Medical History, Lab Tests & Reports, and Prescriptions.

**Quick Access**

A detailed medical report from Innovative Diagnostic Hong Kong is displayed, showing results for Biochemistry. The report includes test details like Specimen Type (Whole blood), Date Received (2018-09-21), and Date Reported (2018-09-21). It lists various parameters such as Urea, Creatinine, and Cholesterol, with normal ranges and specific values.

You opened 2 days ago

A second medical report for Patient ID 1234567 is shown, detailing a Chem Screen Panel. The report lists tests like Glucose, Sodium, Potassium, Chloride, BUN, Creatinine, and more, along with their respective results and reference ranges.

You opened a days ago

At the bottom are two icons: a house (Home) and a gear (Settings).

## profile 4

The image shows a mobile application interface for a medical history profile. At the top, a navigation bar indicates the user is at Home > Profile > Medical Records > Medical History. The main title "MEDICAL HISTORY" is prominently displayed. Below this, two entries for treatments are listed, each with a timestamp, duration, treatment type, and doctor's name. A vertical red line with circular markers is positioned to the left of the first entry. A "View more" button is located below the second entry. Under the heading "Uploaded medical data", there is a list of three PDF files: "Check up result .pdf", "Medical Prescriptions.pdf", and "Lab Test.pdf", each with a download icon. A "New +" button is located at the bottom right of the upload section.

Home>Profile>Medical Records>Medical History

# MEDICAL HISTORY

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      Dr. Samuel S  
Cure

[View more](#)

### Uploaded medical data

Check up result .pdf     

19 Jan'20

Medical Prescriptions.pdf     

19 Jan'20

Lab Test.pdf     

19 Jan'20

[New +](#)

## profile 5





## Uploaded medical data

<b>Checkup result.pdf</b>	
17 Dec'19	
<b>Checkup result .pdf</b>	
15 Dec'19	
<b>Lab Test result.pdf</b>	
15 Dec'19	
<b>Prescription.pdf</b>	
15 Dec'19	
<b>Checkup result.pdf</b>	
1 Dec'19	
<b>Lab report.pdf</b>	
20 Nov'19	
<b>Checkup result.pdf</b>	
7 Nov'19	
<b>Checkup result.pdf</b>	
25 Sep'19	





Home>Profile>Medical Records>Lab Tests & Reports

## LAB TESTS & REPORTS

8 

recent lab tests

7 

lab reports published

<b>Blood Routine.pdf</b>	
23 Dec'19	
<b>TSH&amp;Hb.pdf</b>	
19 Dec'19	
<b>Endoscopy.pdf</b>	
12 Dec'19	
<b>Bronchoscopy.pdf</b>	
5 Dec'19	
<b>RTPCR.pdf</b>	
2 Dec'19	
<b>Blood routine.pdf</b>	
20 Nov'19	
<b>Urine test.pdf</b>	
7 Nov'19	

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  
Joshua 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](#)

10 AM

# 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 healthcare professional 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 a dark blue footer bar with the title "ABOUT US" in white. The footer is divided into three columns: "For patients", "More", and "Social". The "For patients" column lists links for Free health questions, Search for clinics, Read health articles, Infer medicines, Consult a doctor, and Order medicines. The "More" column lists links for Help, Developers, Privacy Policy, Subscribers, and Sitemap. The "Social" column lists links for Facebook, Twitter, Instagram, and LinkedIn. At the bottom of the footer, there is a language selection dropdown set to "English" and social media icons for Facebook, Twitter, Instagram, and LinkedIn. The copyright notice "© 2021 Florenova , Inc. All rights reserved." is at the very bottom.

## help 2

The screenshot shows the Florenova website's FAQ section. At the top, there is a navigation bar with 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 features two healthcare professionals in blue scrubs. The main title "Frequently Asked Questions" is displayed in white text on a dark blue background.

**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?

**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

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### help 3

The screenshot shows the 'FAQ' section of the Florenova website. At the top right is a navigation menu with links to 'Help', 'Support', 'Contact Us', 'Home', and 'Privacy Policy'. Below this is a search bar. The main content area features a large image of two medical professionals in blue scrubs. A blue banner across the image reads 'Frequently Asked Questions'. Below the banner are five expandable questions, each with a downward arrow icon:

- 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 is a dark blue footer section titled 'ABOUT US' with three columns of links:

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

Language selection: English ▾

Social media icons: f, t, i, in

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HOME



MENTAL HEALTH  
Whenever, wherever!

New 

Videos 

CATEGORIES



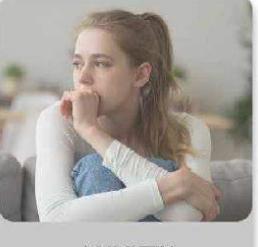
STRESS MANAGEMENT



DEPRESSION

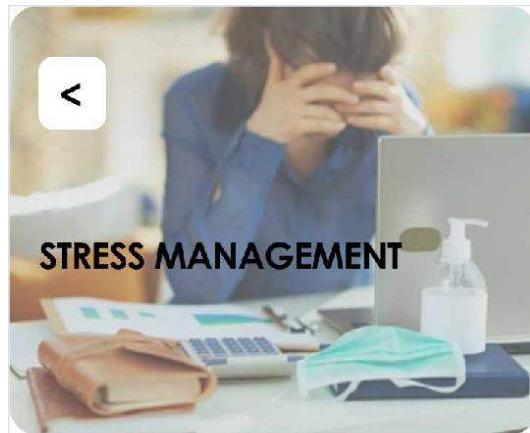


ANGER MANAGEMENT



ANXIETY

 9981123349



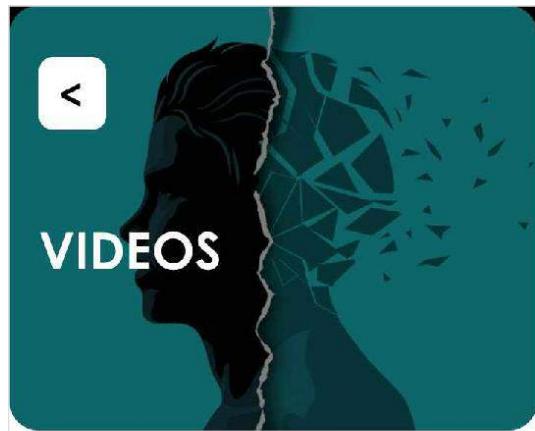
Wide spectrum of techniques aimed at controlling a person's level of stress with the motive of improving everyday functioning.

**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



Talking Mental  
Health



Mental Health  
Awareness



Ideas about  
Mental Health



10 ways to  
improve mental  
health



Mental health  
for employees

## Section

< FN FOODEH Recommended for you

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

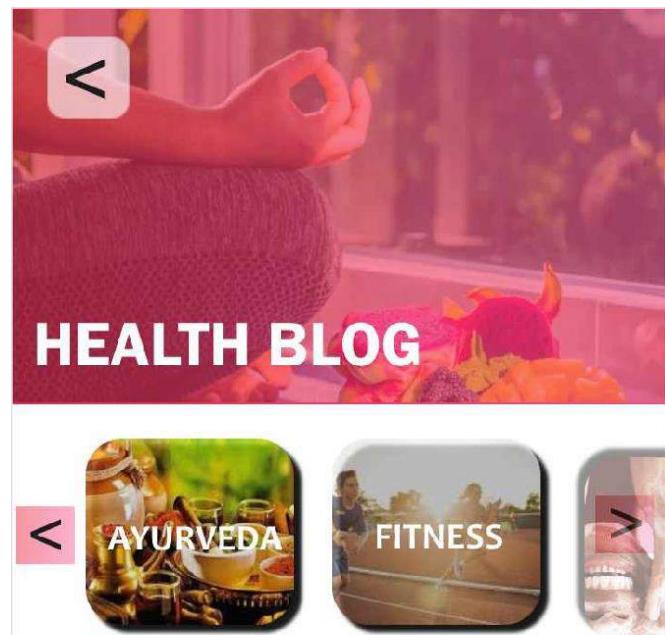
When we were looking for a house to buy after moving from Texas back to Arizona, a huge prerequisite for me was to have a Fry's grocery store close by.

Nutrition Facts	
Banana Oatmeal Pancakes	
Amount Per Serving	Calories from Fat 5
Calories 85	
Fat 1g	2%
Cholesterol 32mg	11%
Sodium 30mg	2%
Potassium 193mg	6%
Carbohydrates 14g	5%
Fiber 1g	4%
Sugar 4g	4%
Protein 3g	6%
Vitamin A 53IU	1%
Vitamin C 1mg	1%
Calcium 65mg	2%
Iron 0.6mg	4%

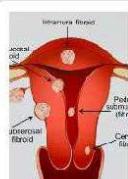


That may sound crazy but as much as I cook, I didn't want my favorite grocery store very far away.





## 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

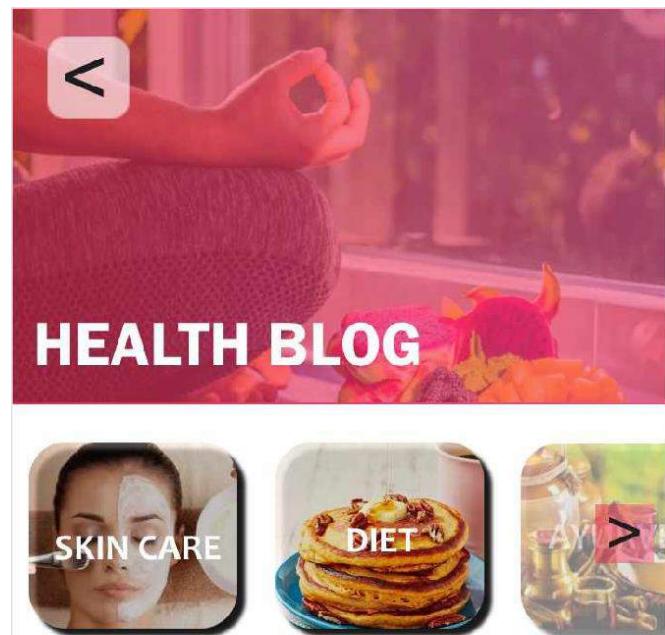
This Western-Style Breakfast Casserole is a hearty and impressive dish the entire family will love. Studded with peppers, ham, and cheese,



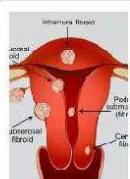
### Sports Related Injuries Of Knee And Shoulder!

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.



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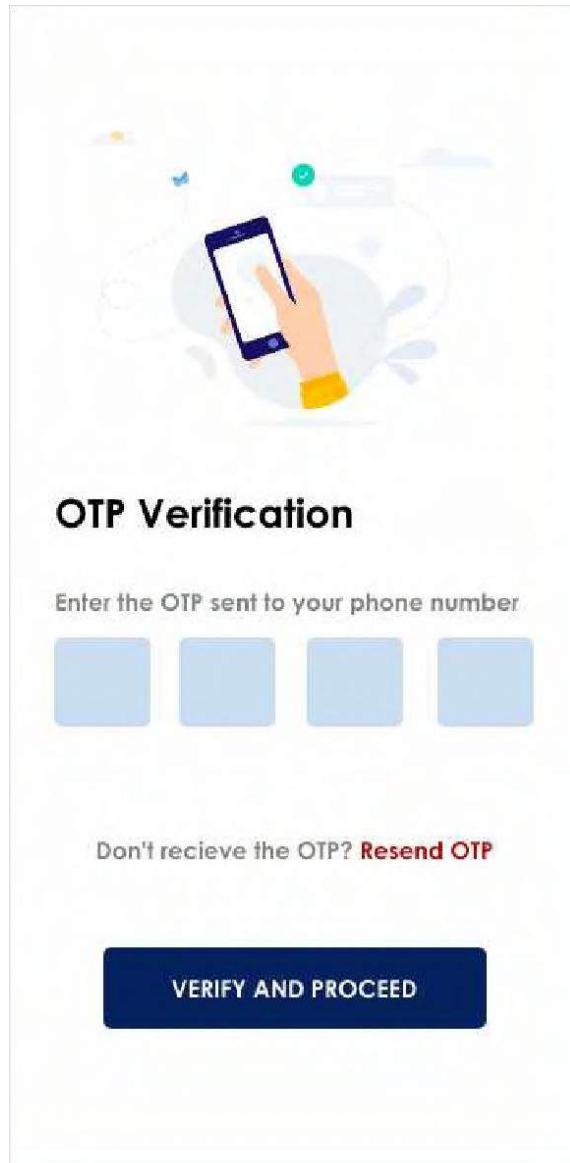


### Sports Related Injuries Of Knee And Shoulder!

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



<

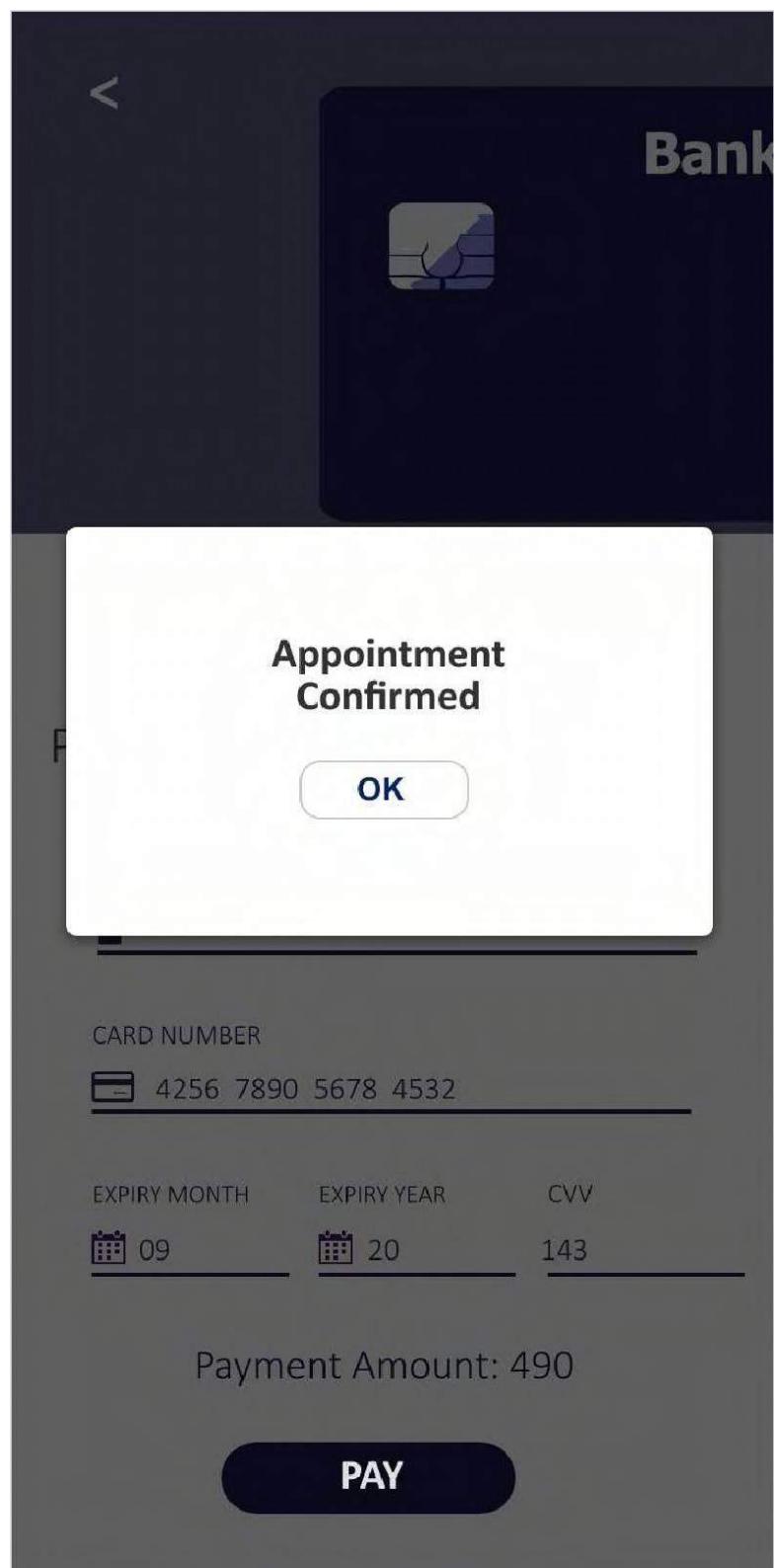
Total Payment

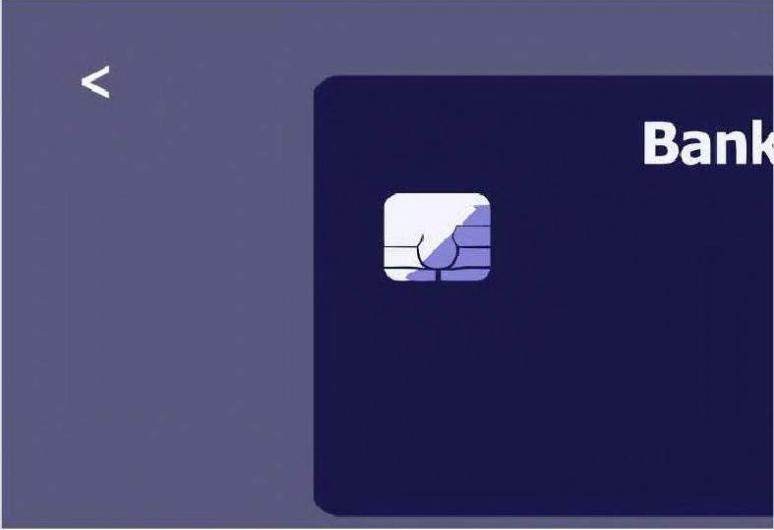
**Rs. 450**

Date	Tym
19 Jan 2020	Monday, 15:00

**Payment Method**

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





## Payment Details

CARD HOLDER

 Joshua Peter

CARD NUMBER

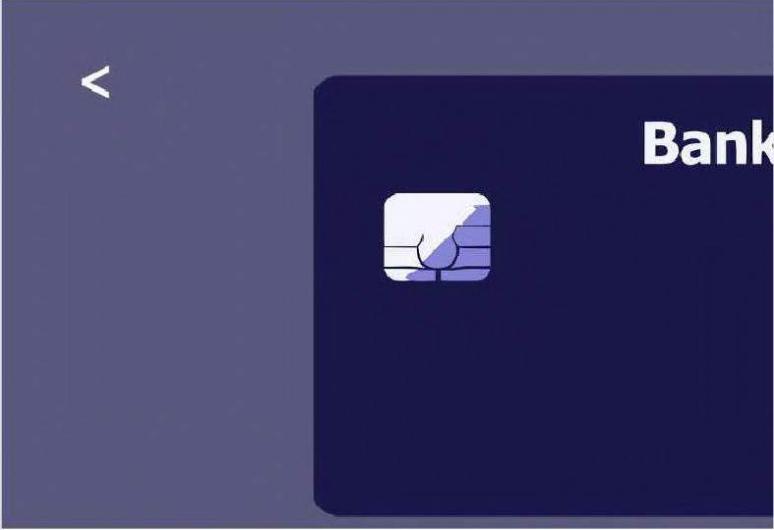
 4256 7890 5678 4532

EXPIRY MONTH      EXPIRY YEAR      CVV

 09       20      143

Payment Amount: 450

**PAY**



## Payment Details

CARD HOLDER

 Joshua Peter

CARD NUMBER

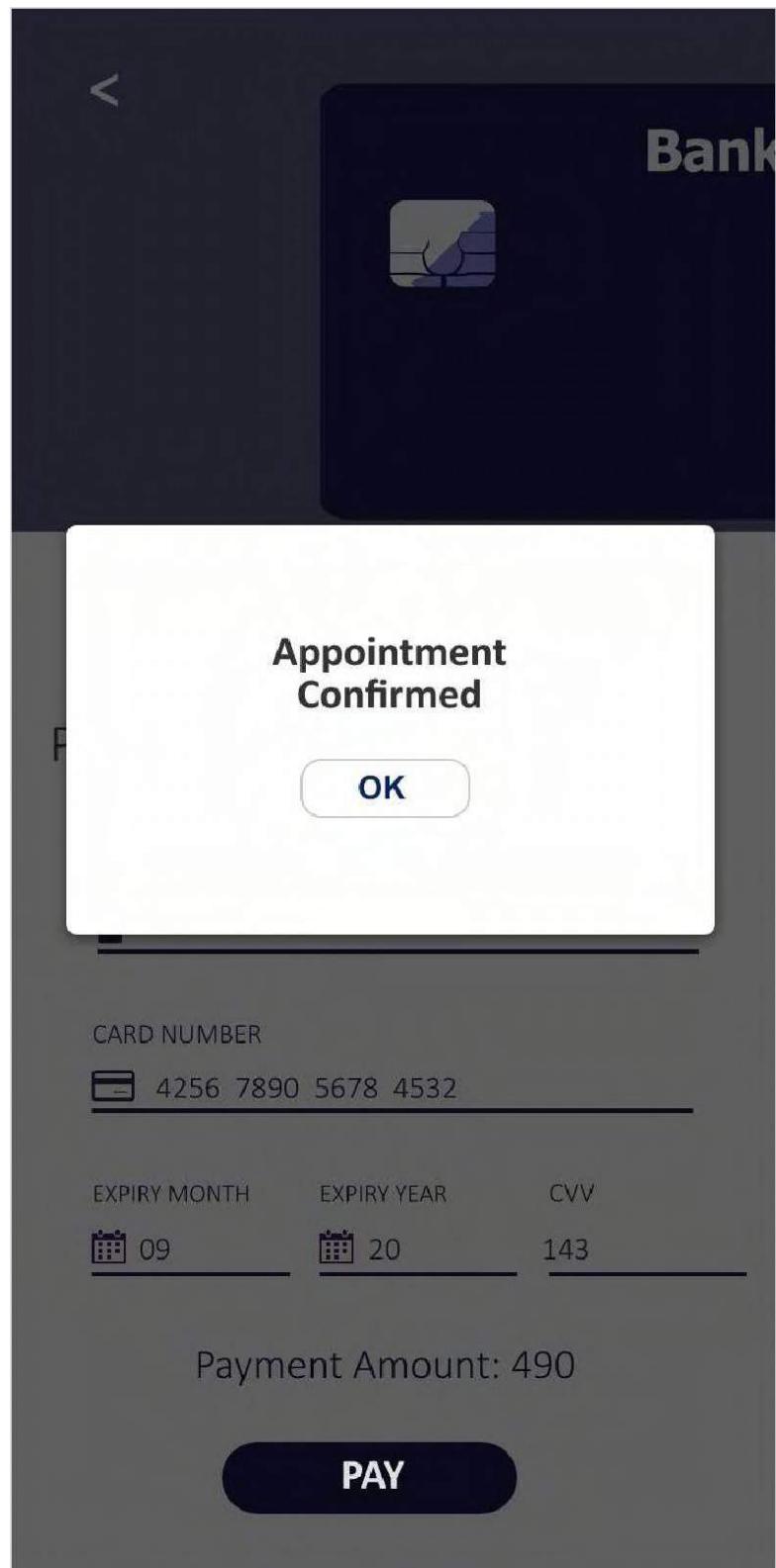
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EXPIRY MONTH      EXPIRY YEAR      CVV

 09       20      143

Payment Amount: 560

**PAY**



Total Payment  
**Rs. 560**

Date	Tym
19 Jan 2020	Monday,15:00

**Payment Method**

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

## my Appoint

Home > Consultation > My Appointments

Search

**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