

Emergency message will

Are you sure? If you do not interact within 10 sec. a message will be sent.

No Yes





MESSAGE SENT TO SELECTED INDIVIDUALS AND EMERGENCY TEAMS. MAKE SURE YOU DON'T MOVE FROM WHERE YOU ARE.

THE TEAMS WILL ARRIVE IMMEDIATELY.

# **VitalBand**





Dad

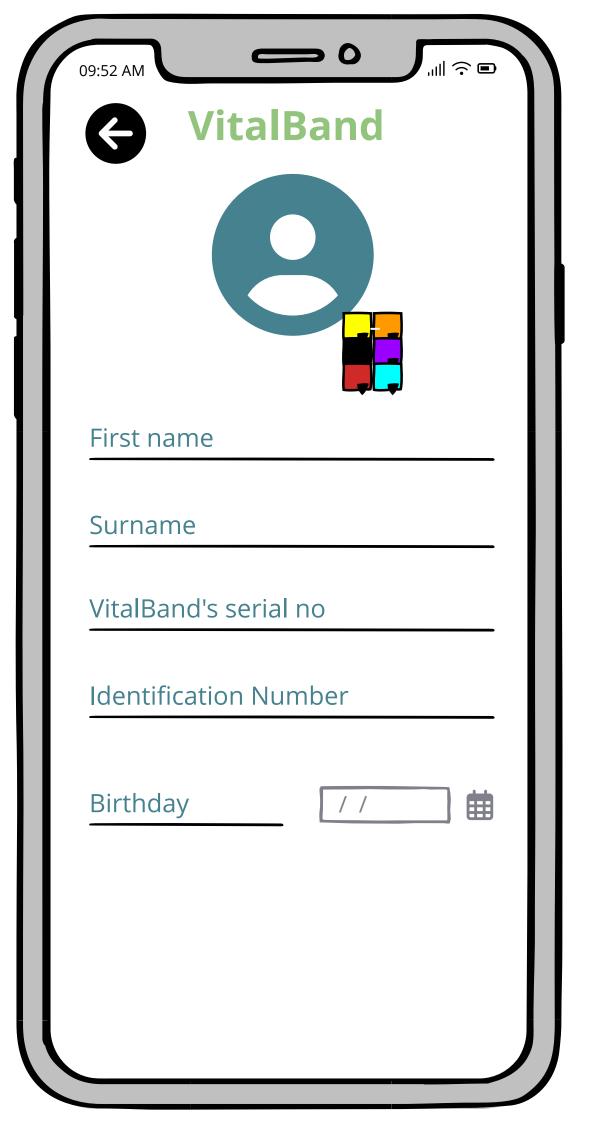


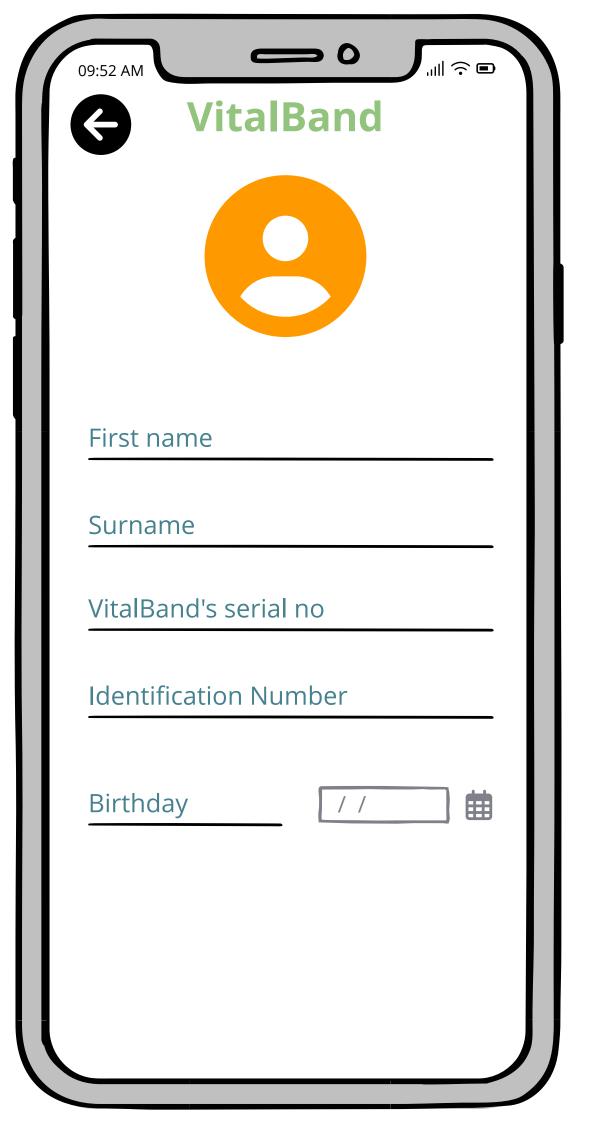
Mom

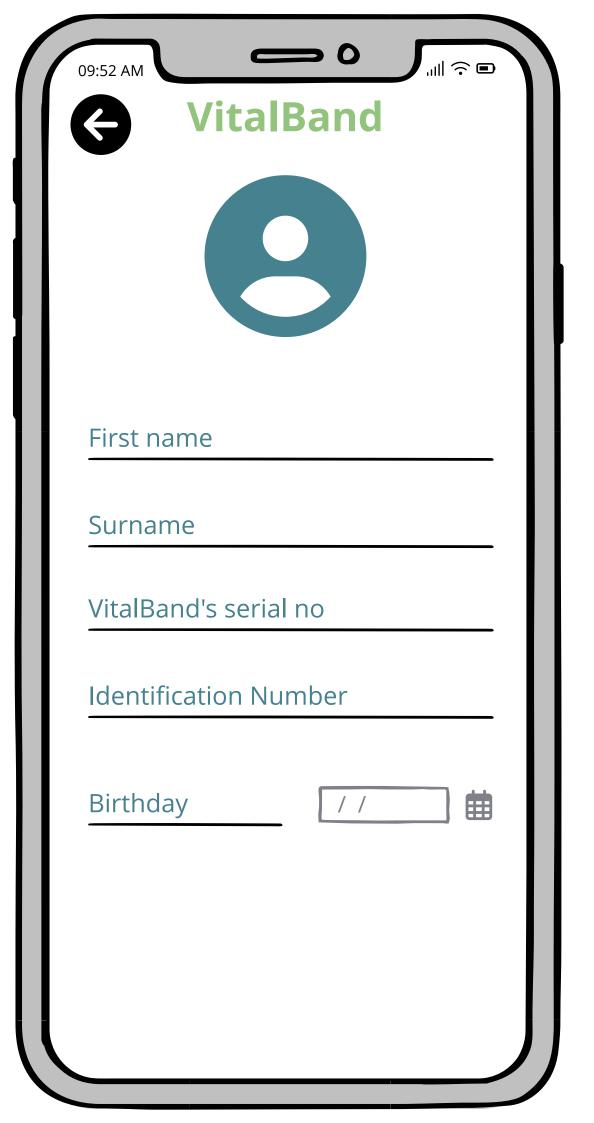


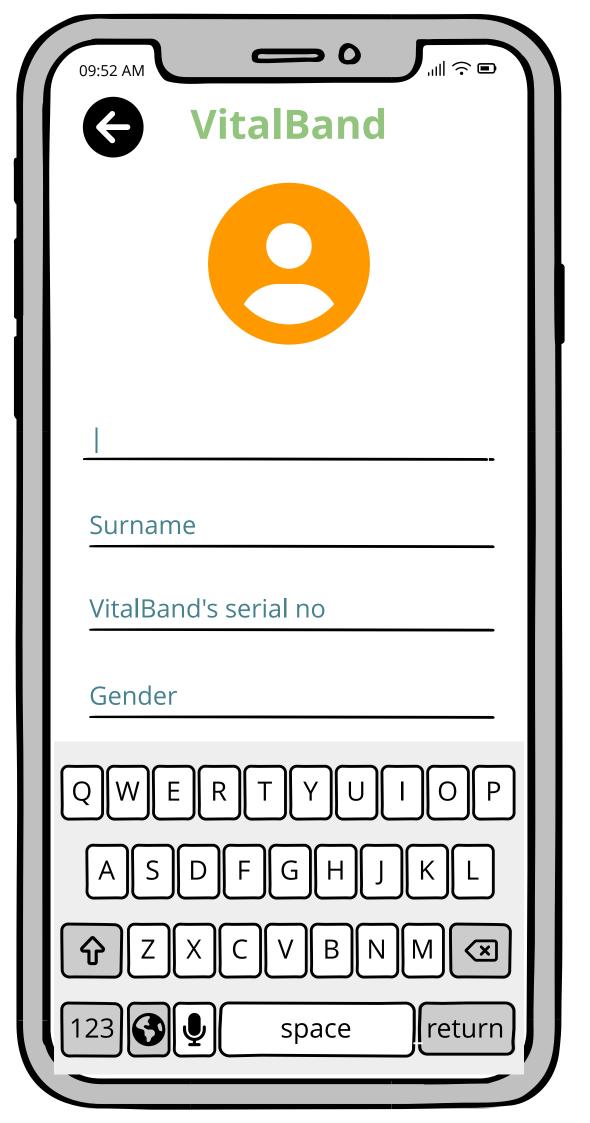
Add User

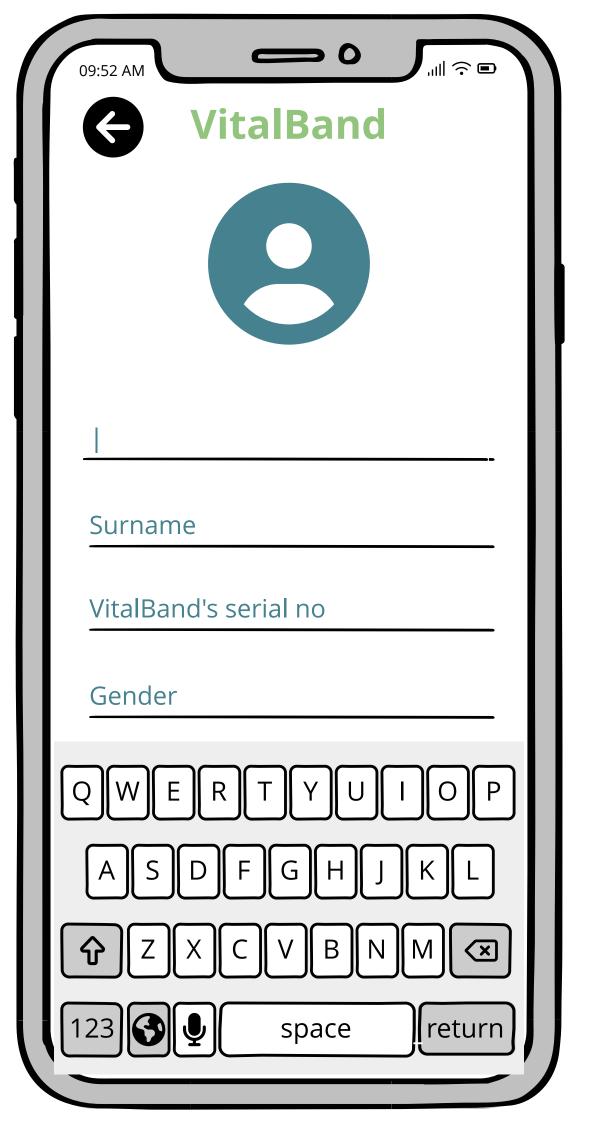


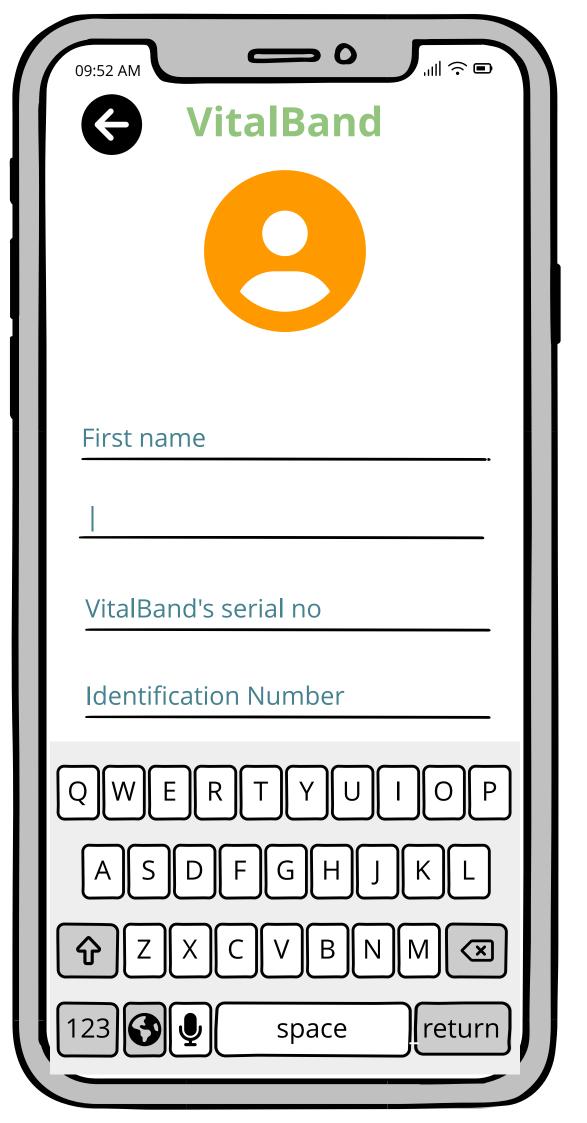


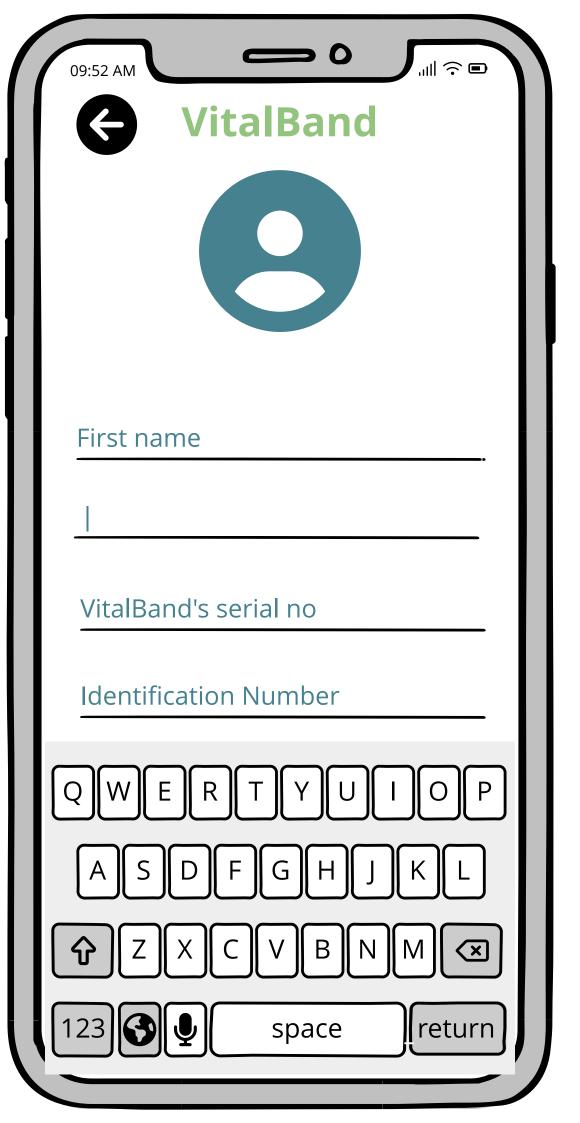


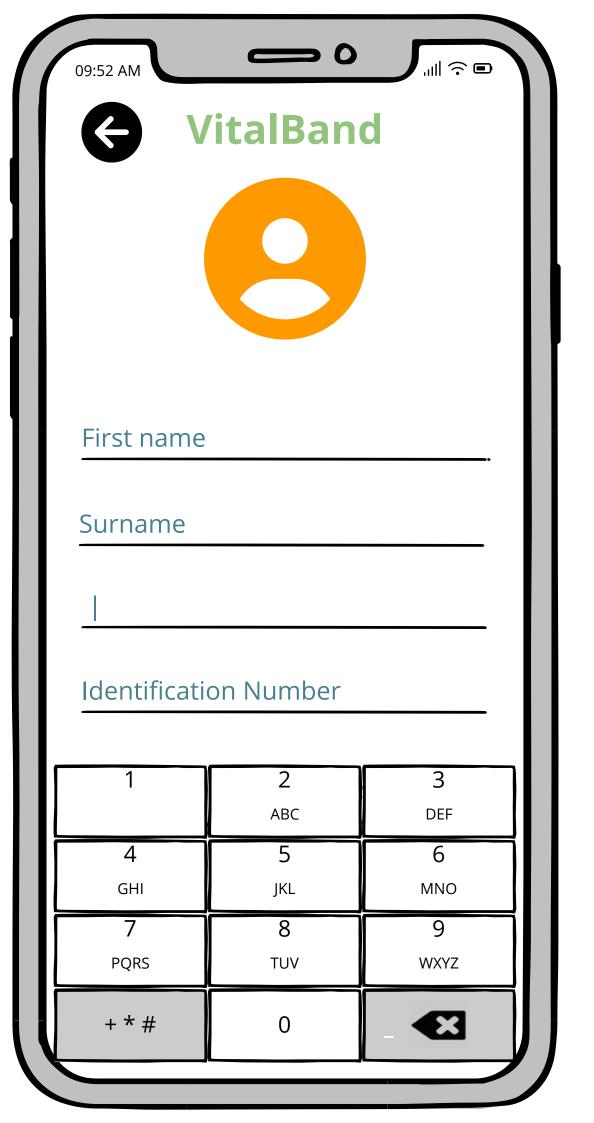


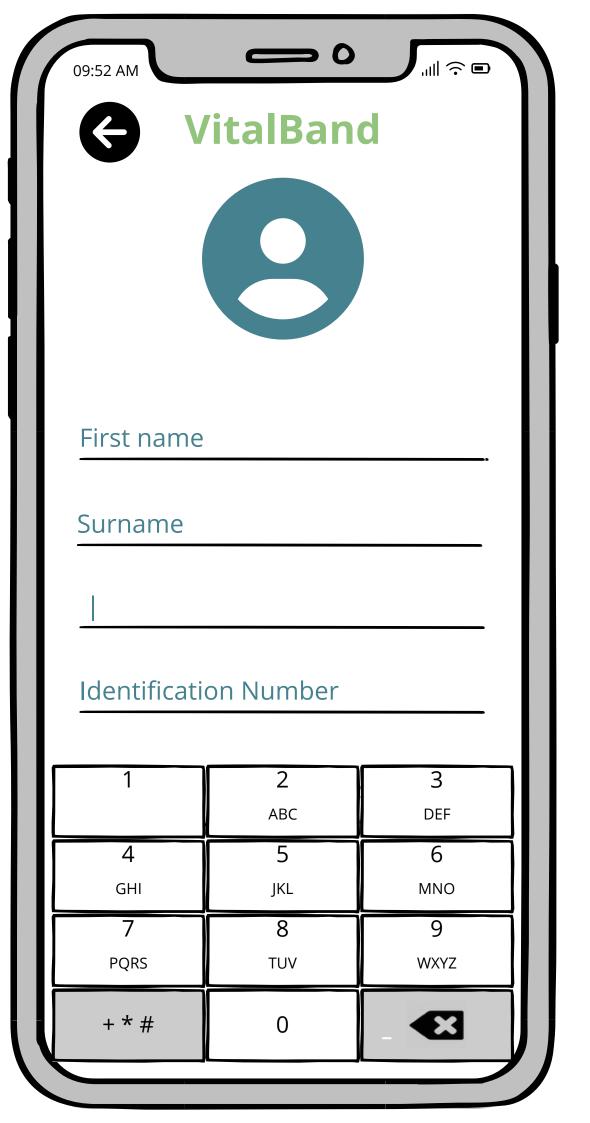


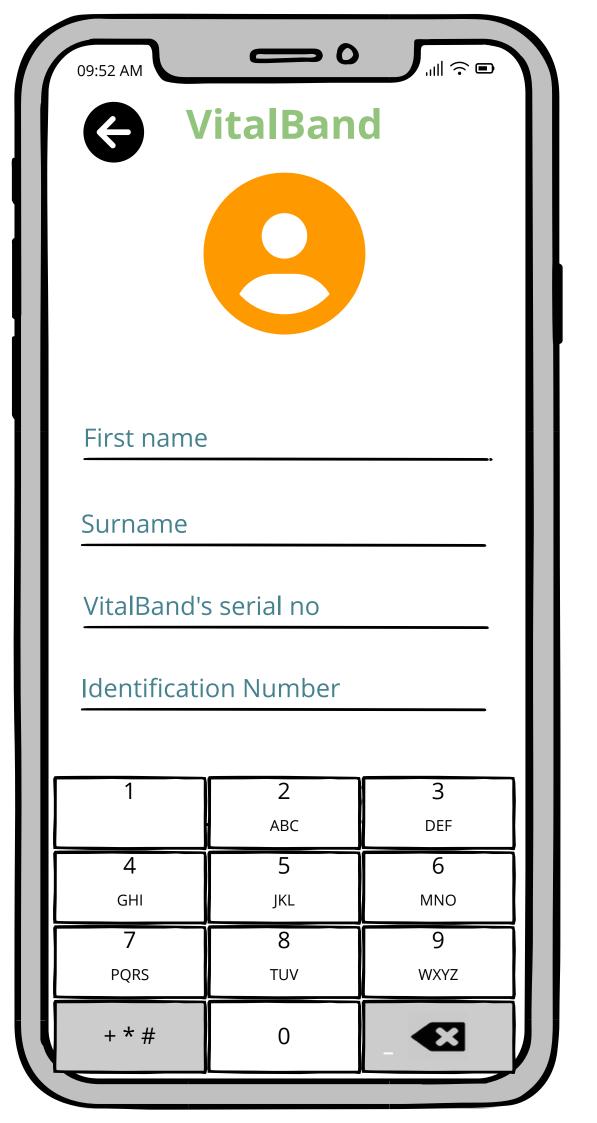


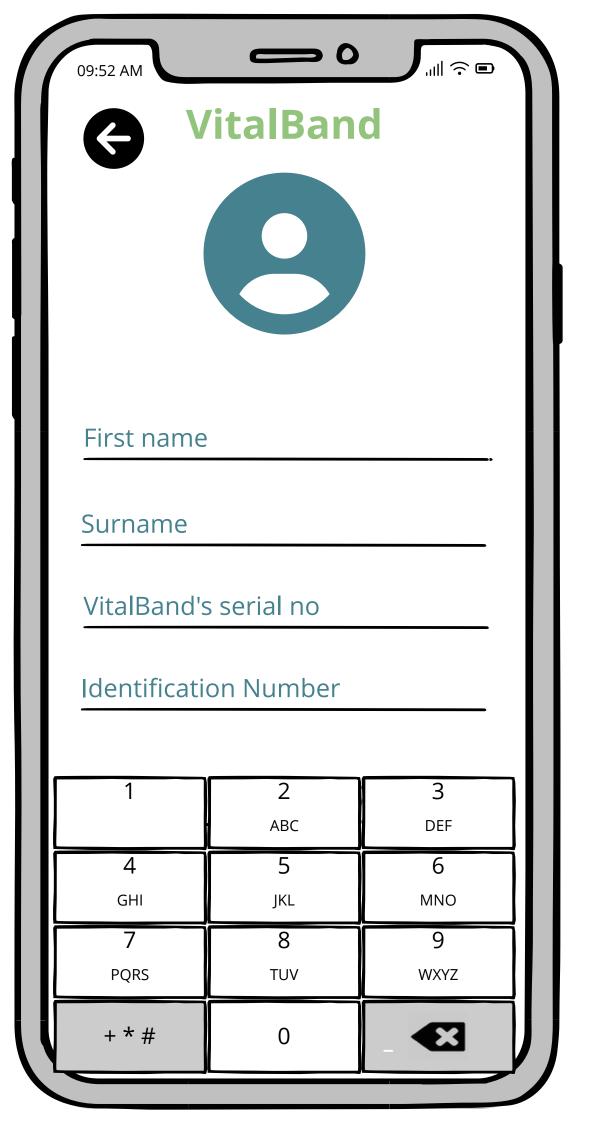


















#### 2024 Tue, May 07

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CANCEL OK



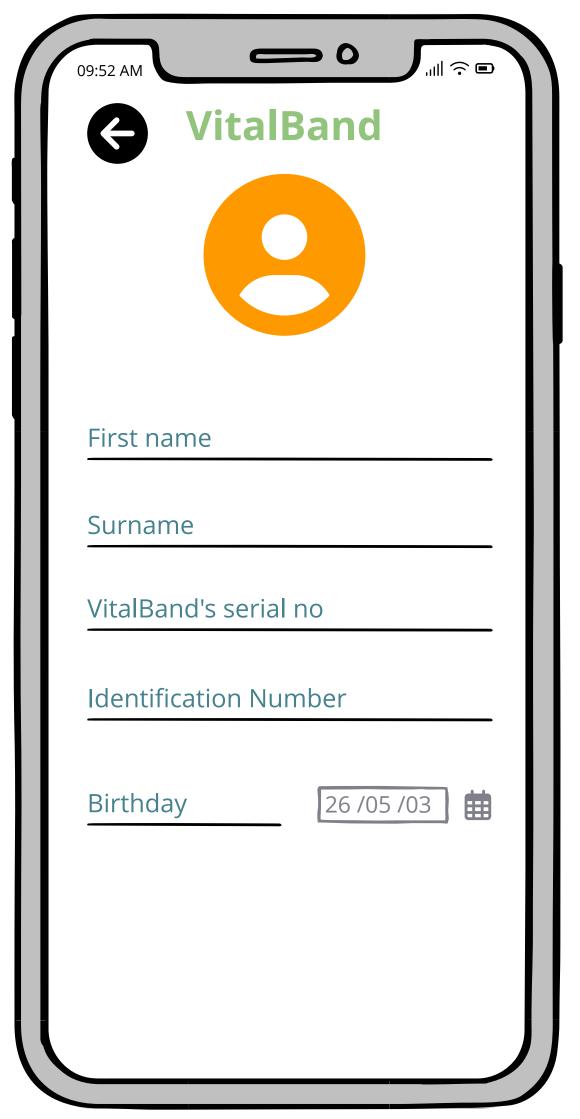


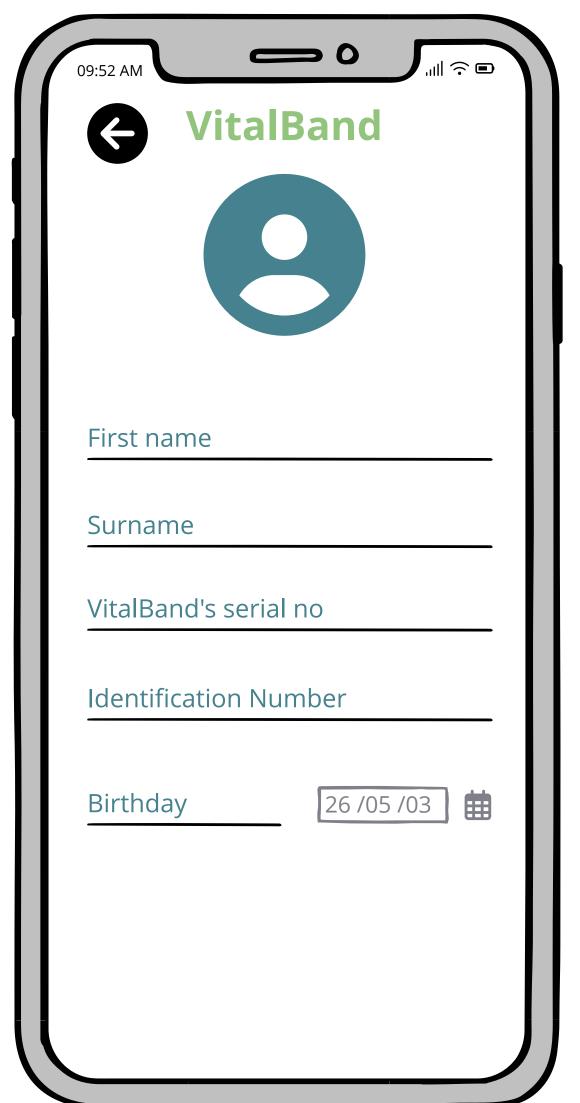


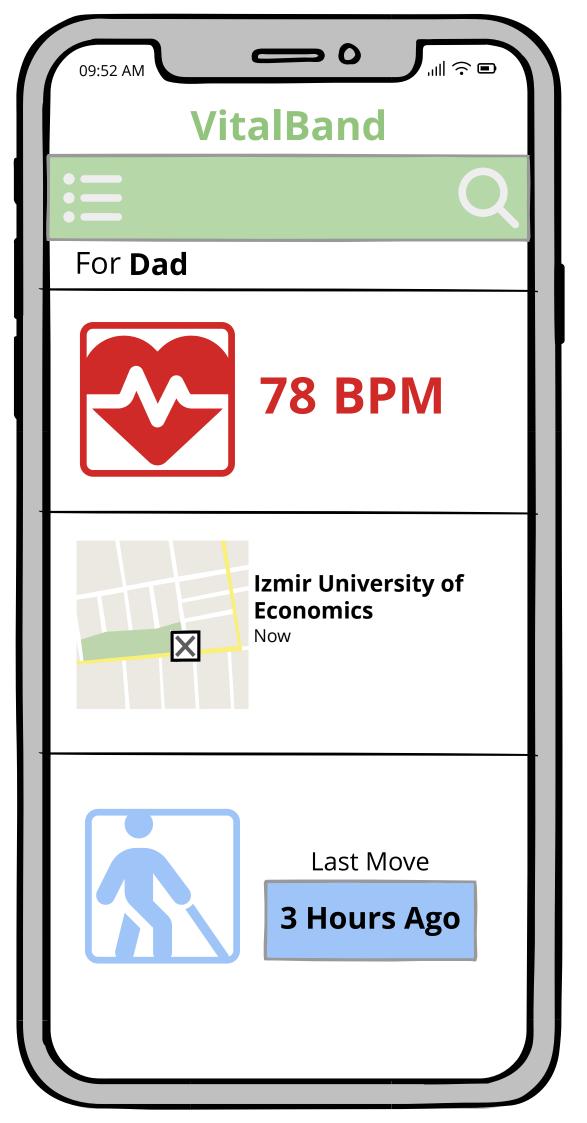
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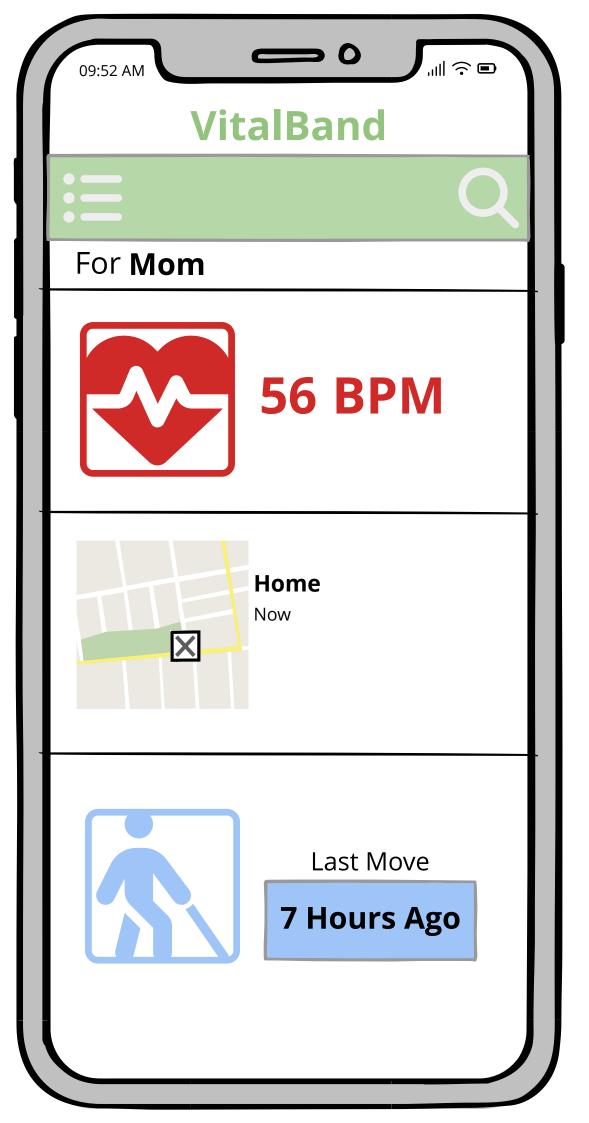
<	MAY 2024							
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CANCEL OK



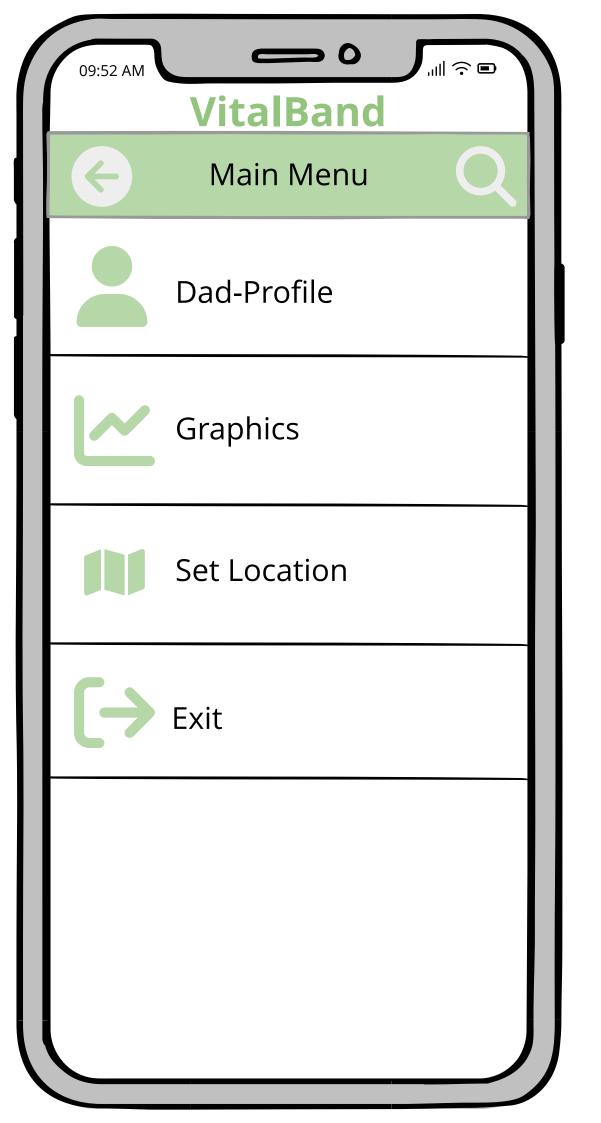


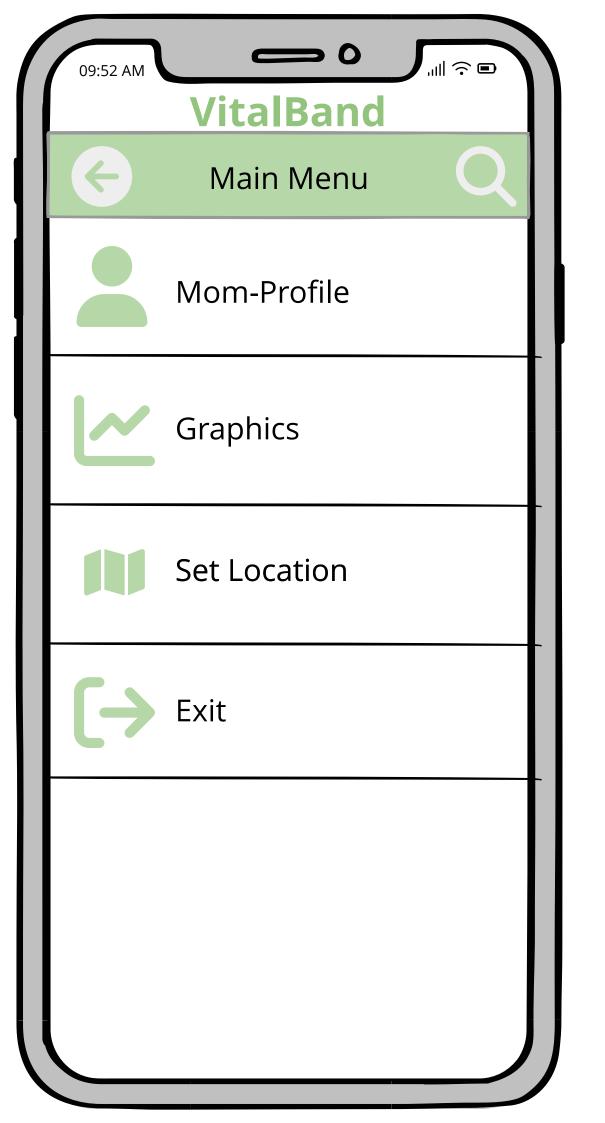


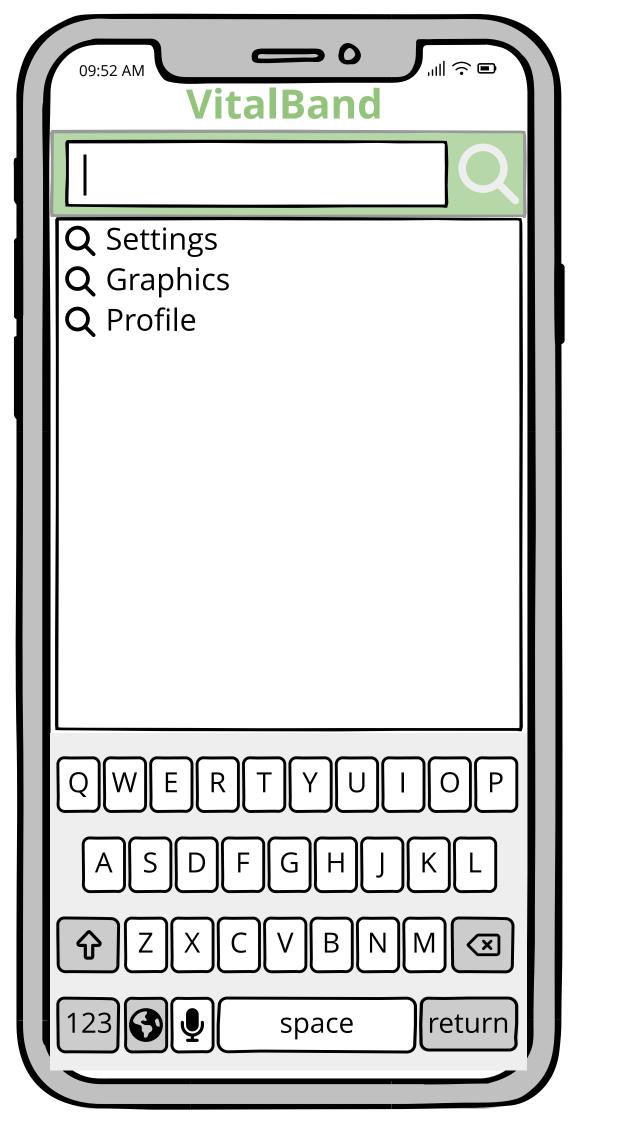


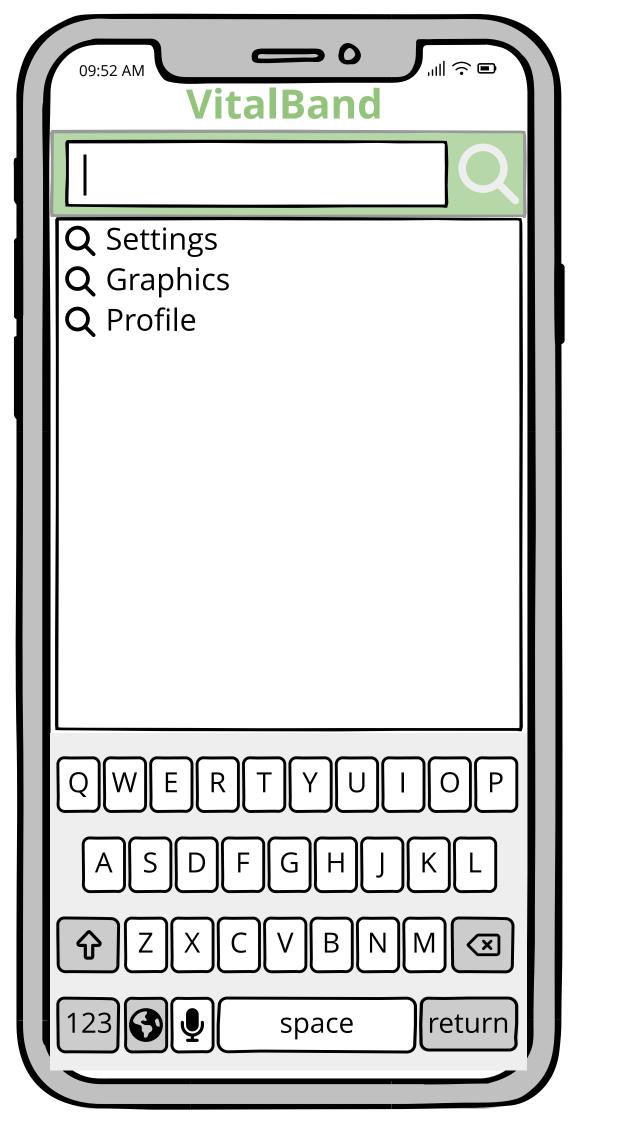


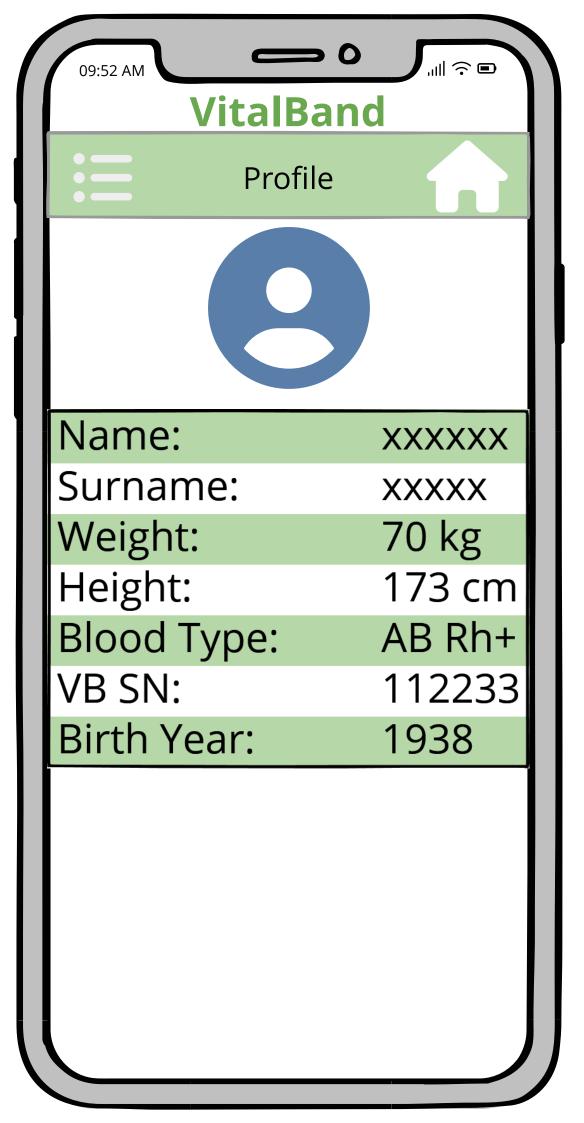


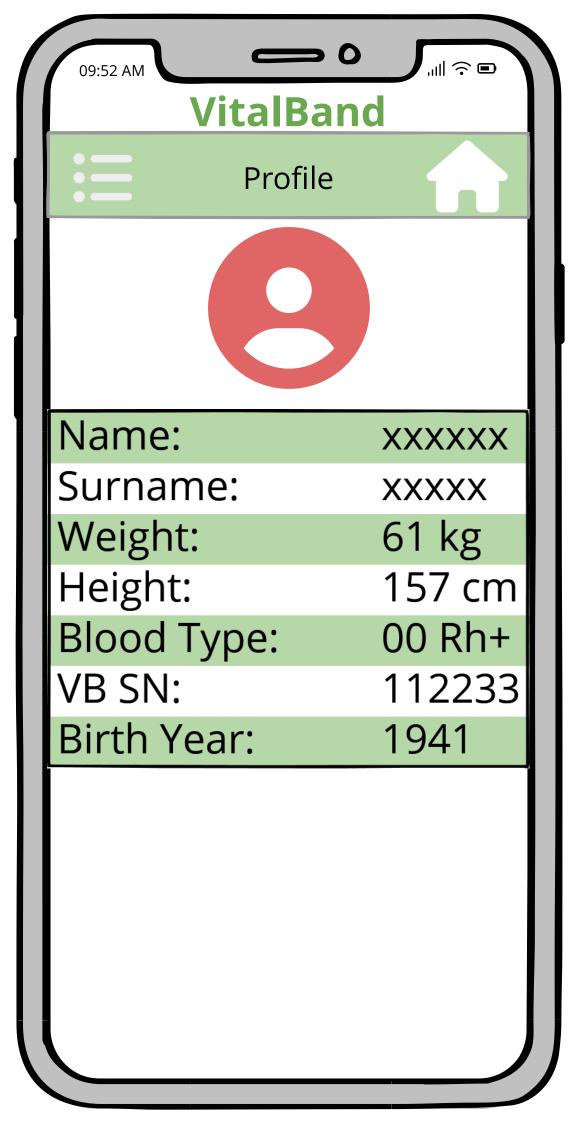


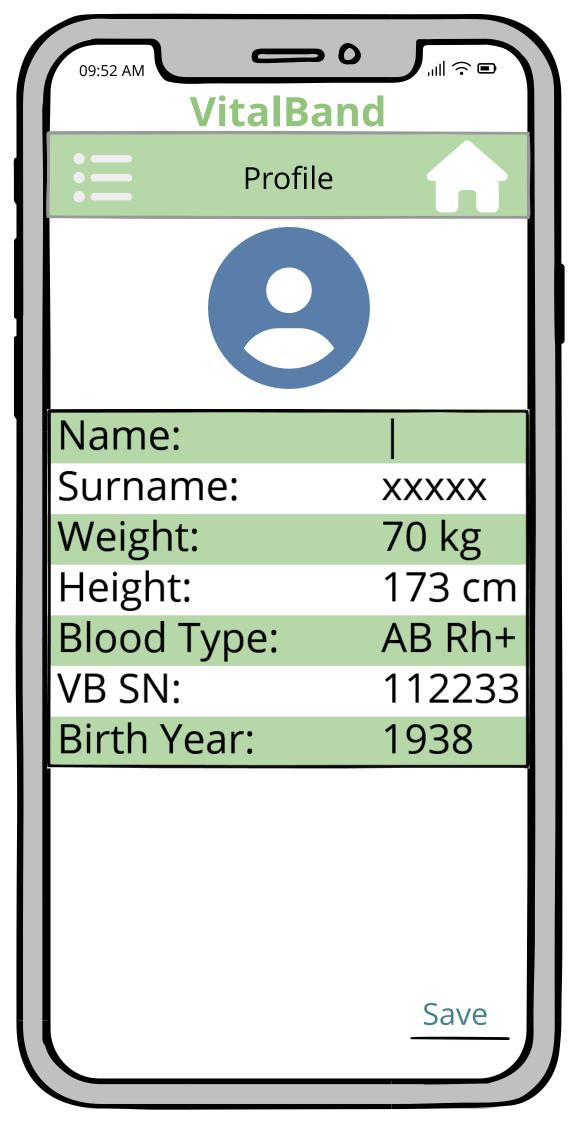


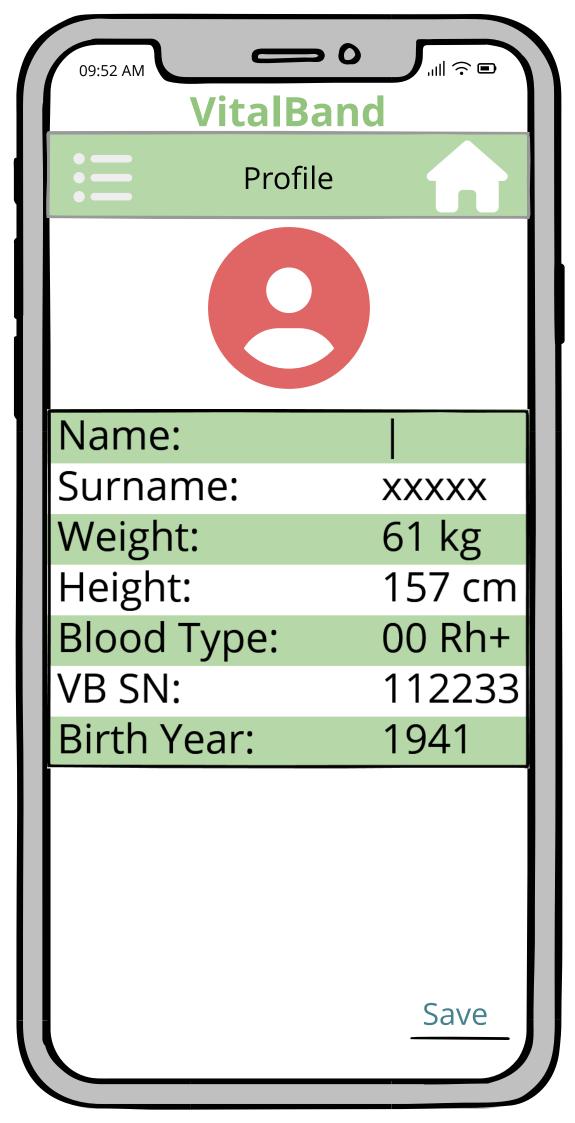


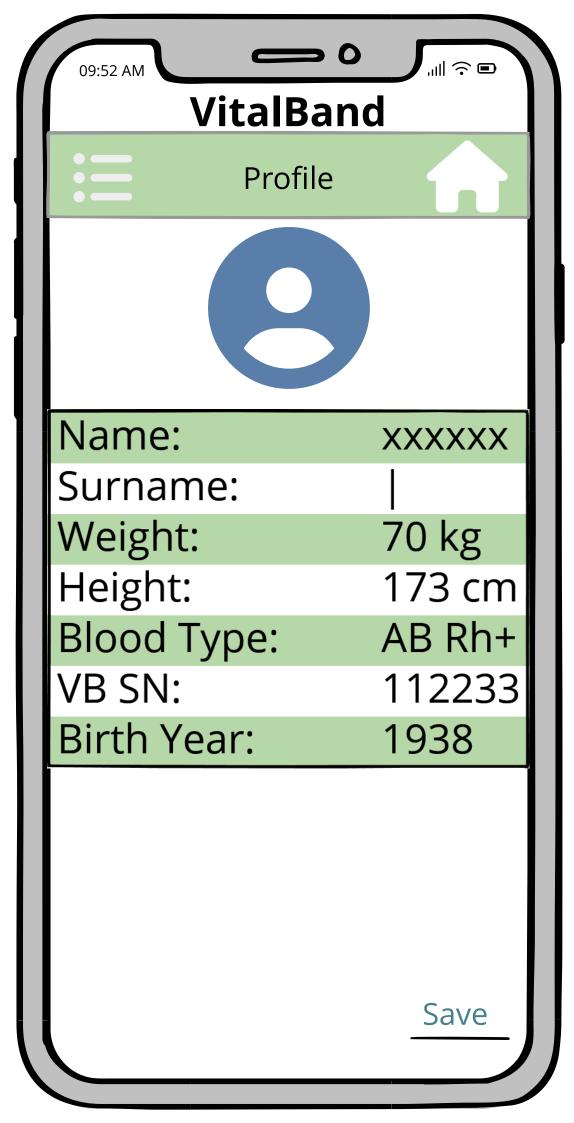


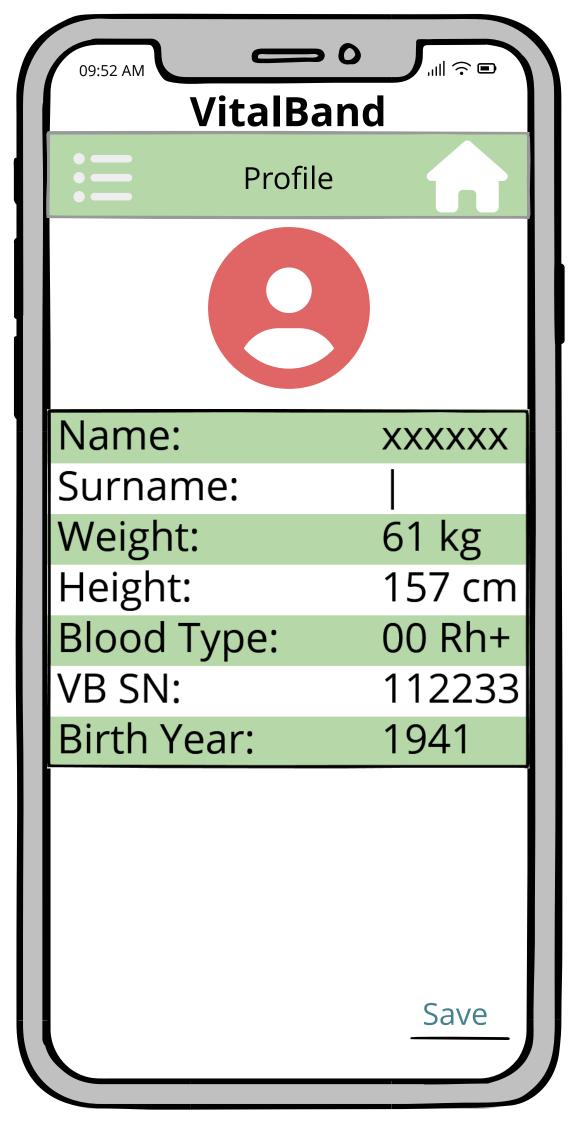


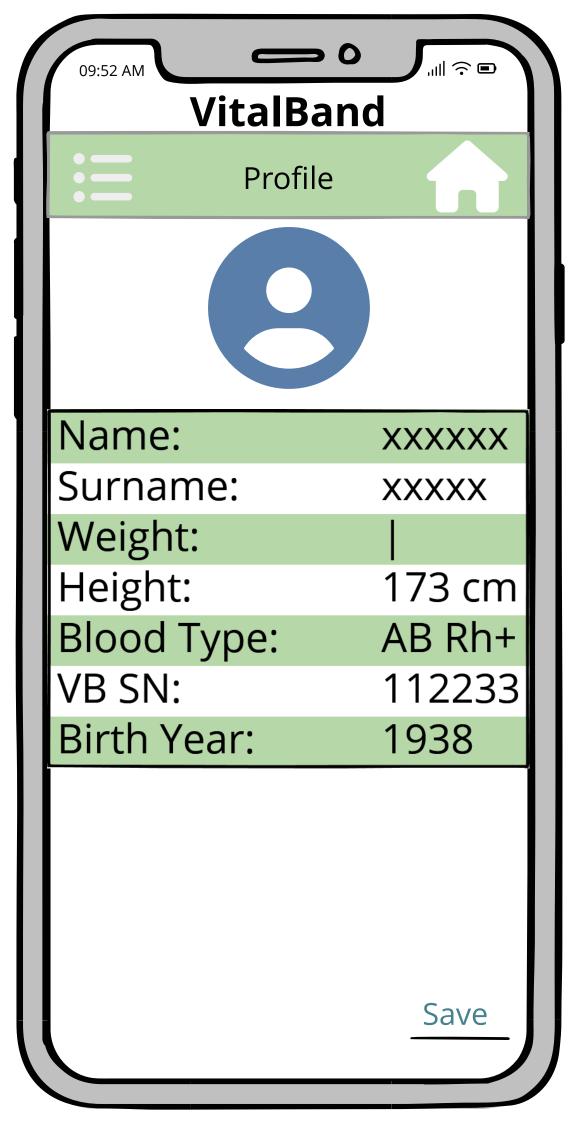


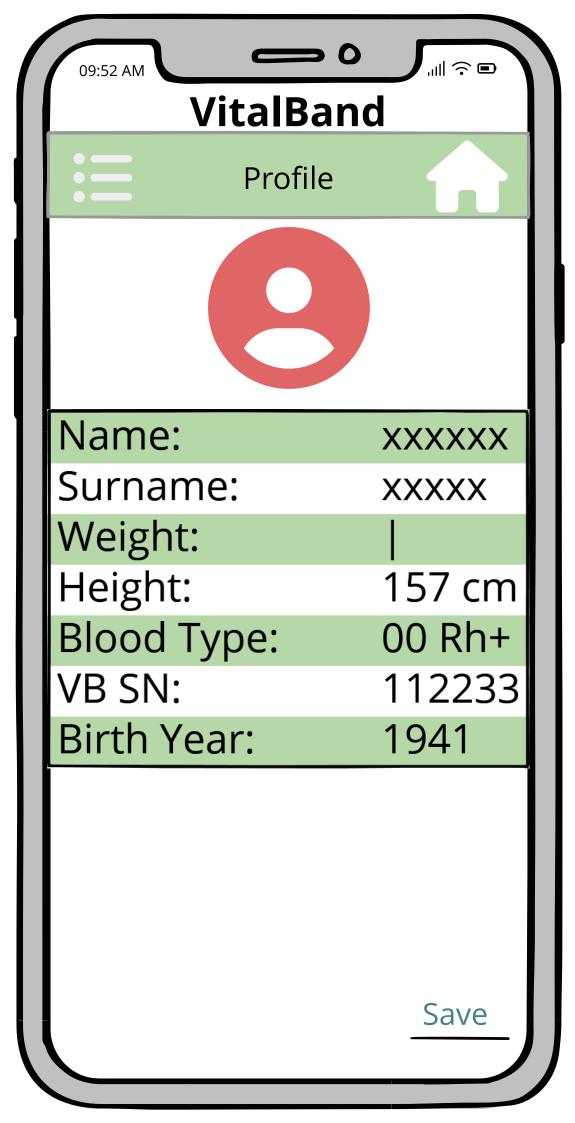


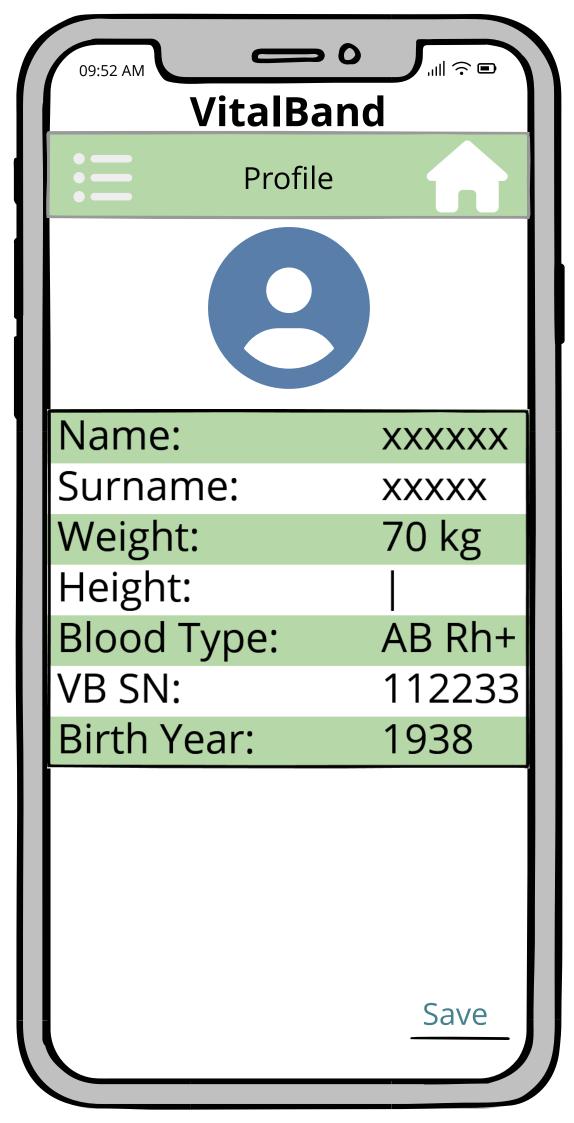


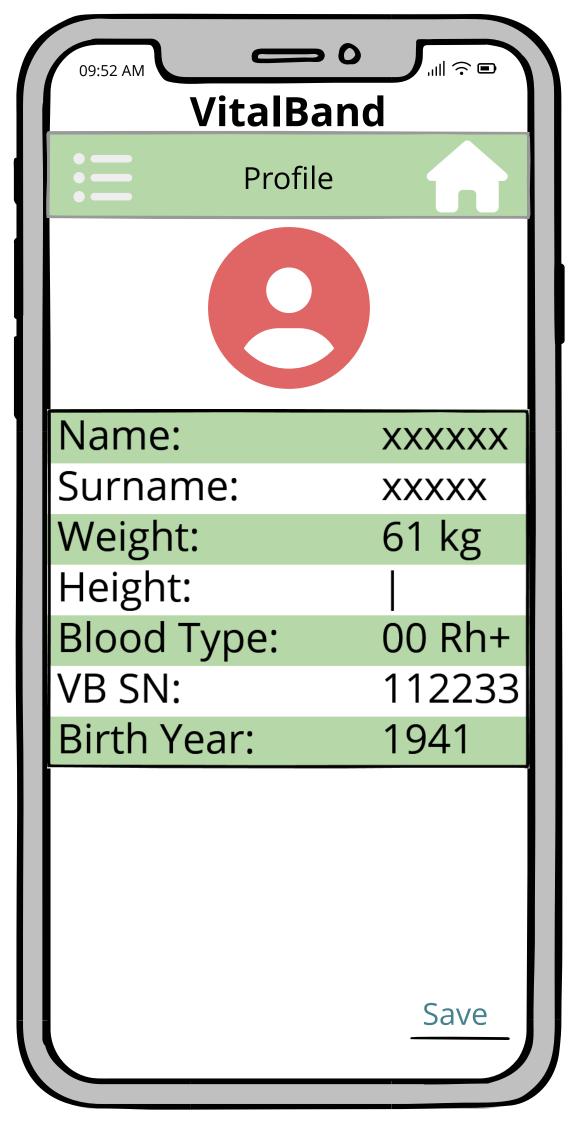


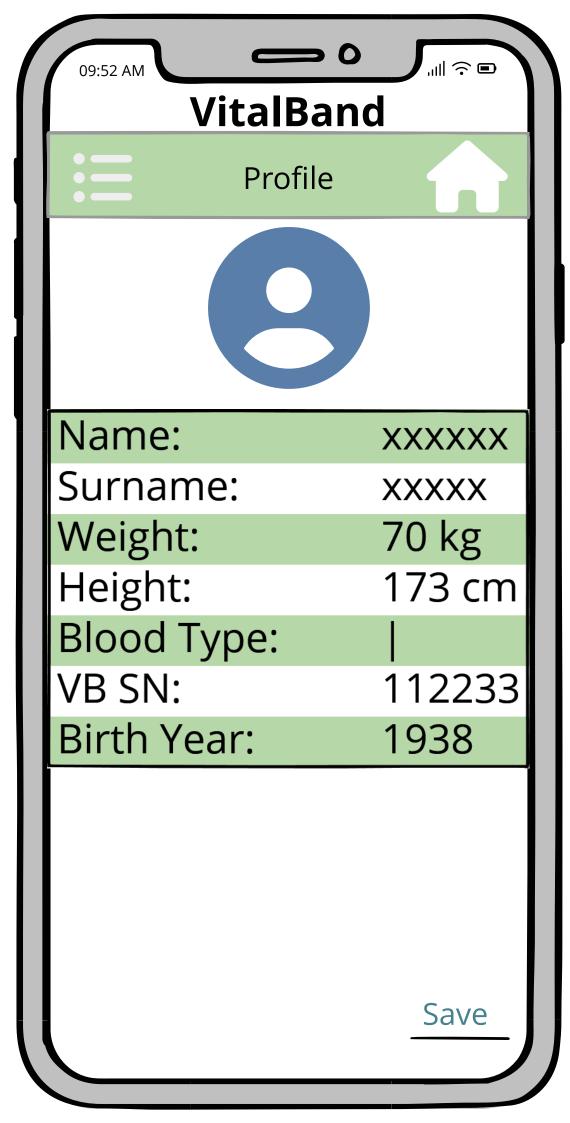


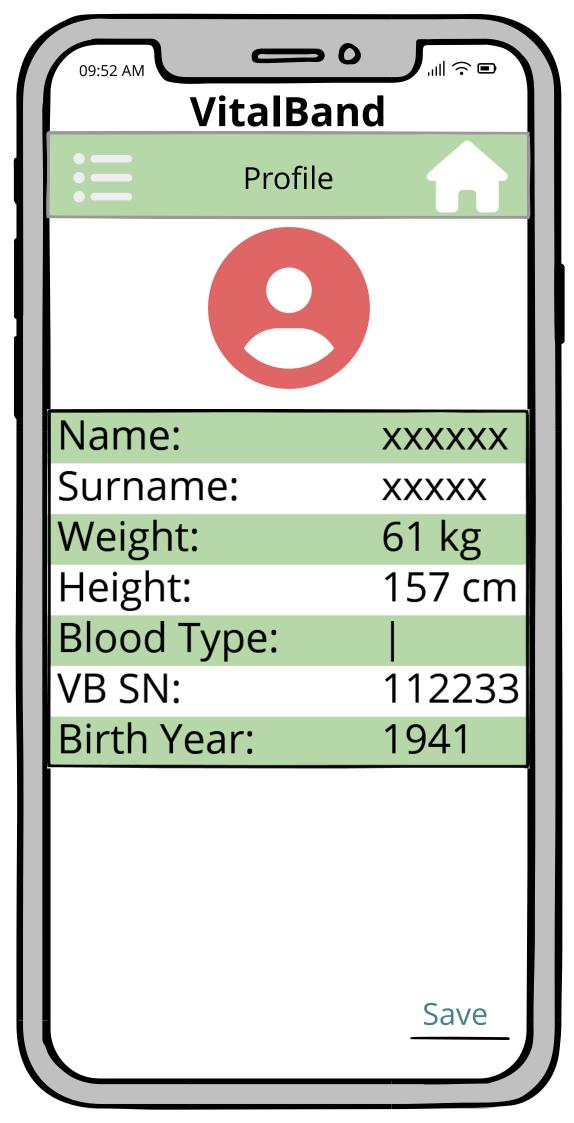


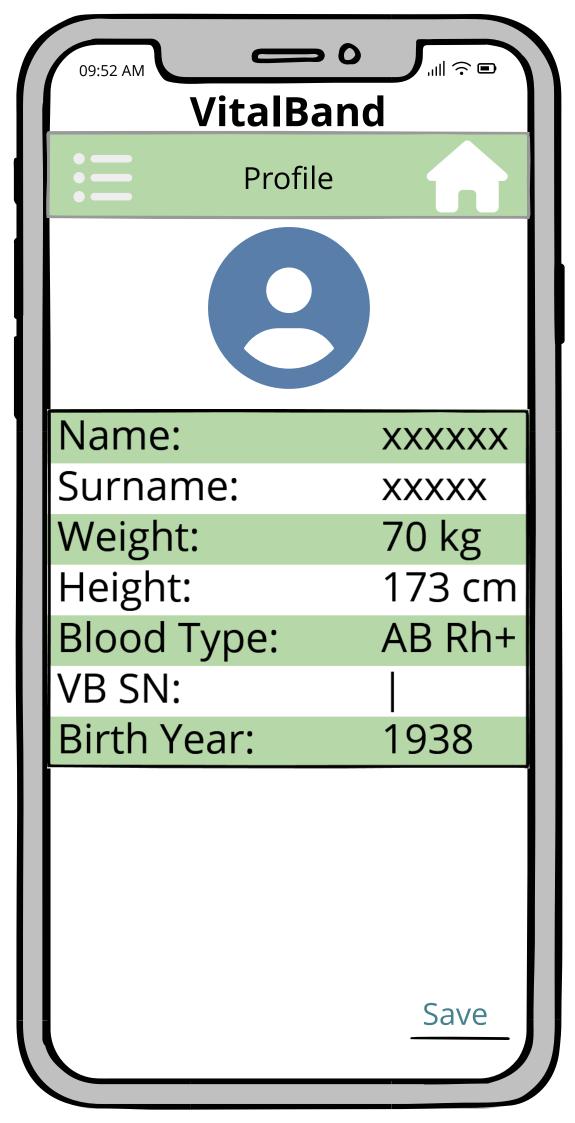


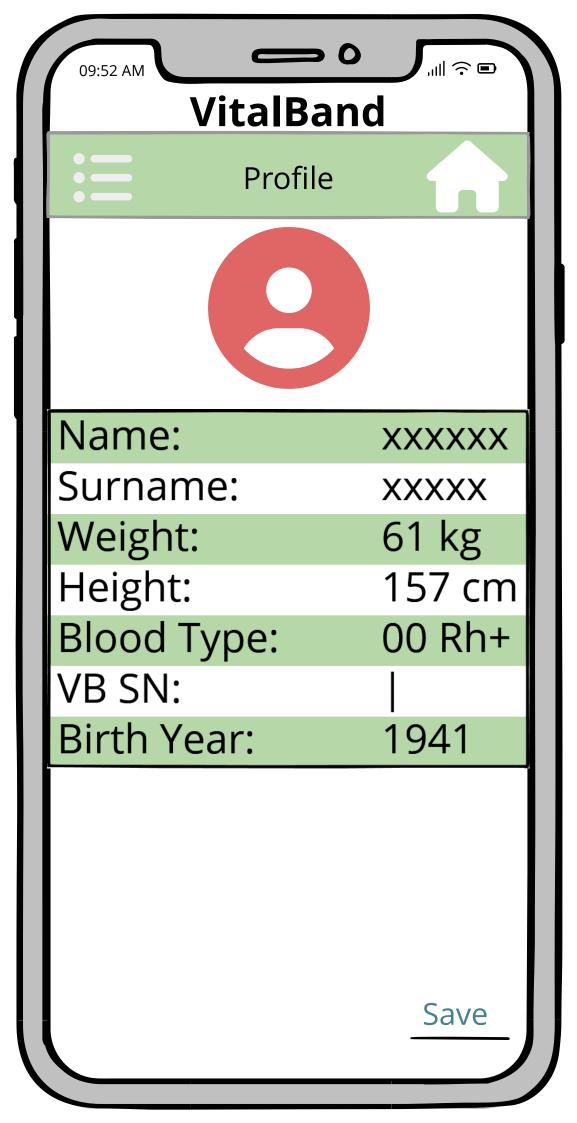


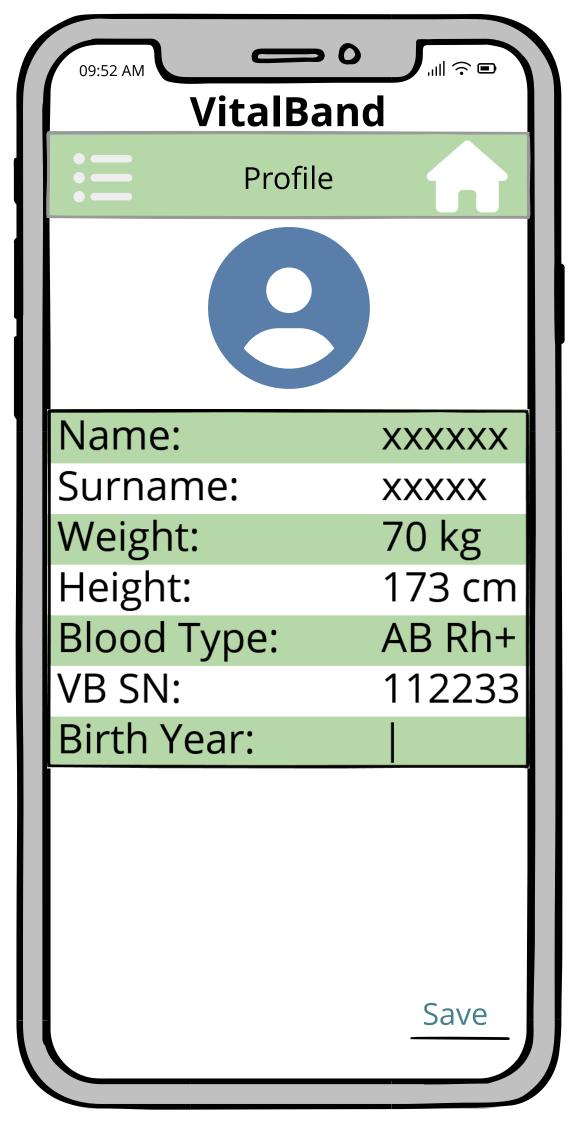


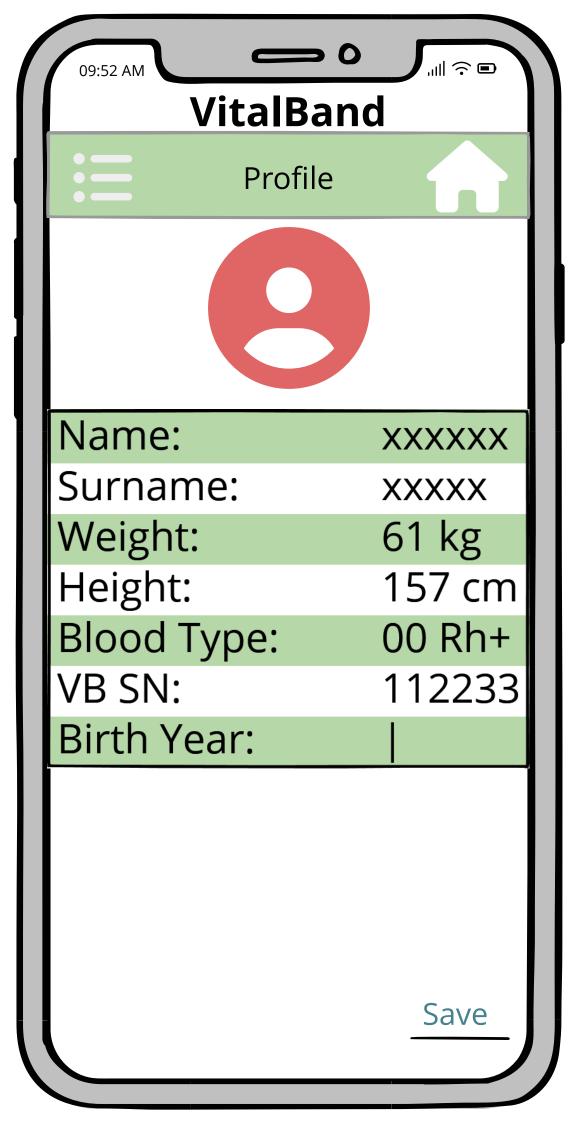














# **C→** VitalBand



Activity



Pulse Rate



**Body Values** 

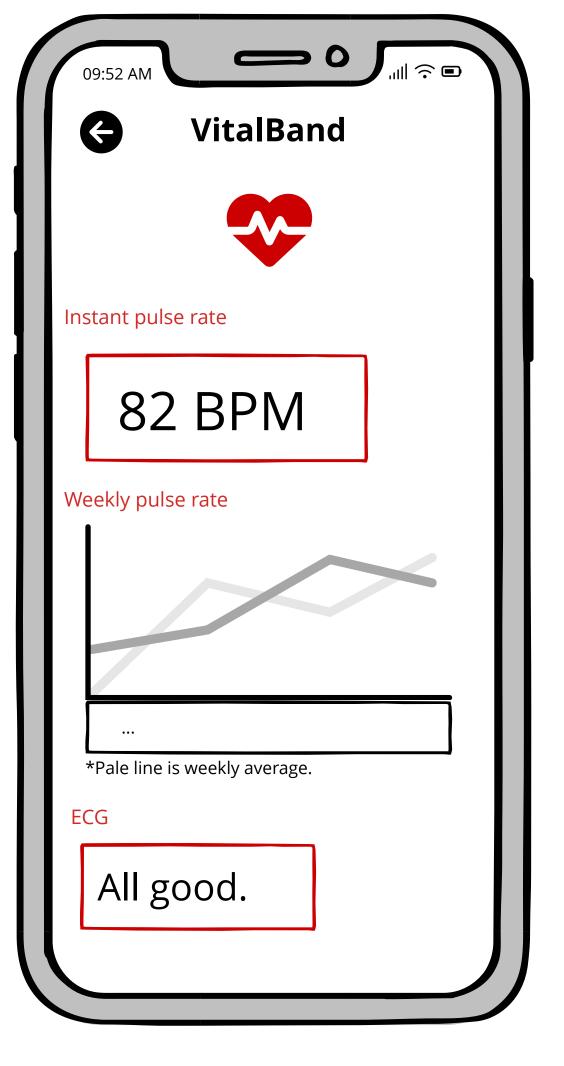


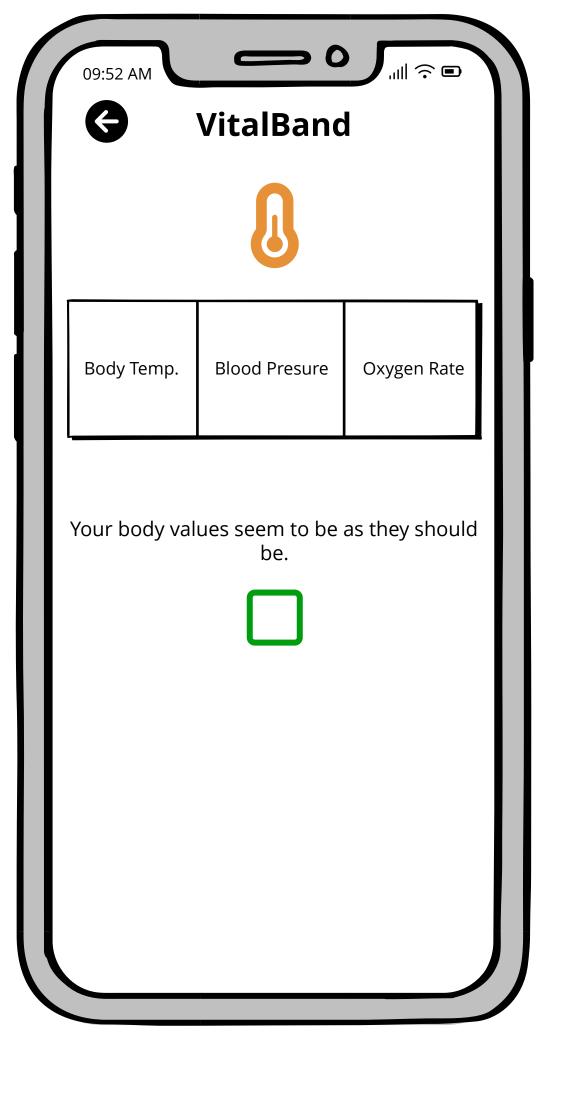
Medical Monitoring



Medical Support













Daily Sleep Tracking

Identified Health Risk

#### **Medication Reminder**

You do not use any medication recently.

### Health Appointment Reminder

No upcoming appointment.



#### **VitalBand**

Improve your sleep quality.



Consistent Schedule: Stick to a regular sleep schedule.

Bedtime Routine: Develop calming pre-sleep habits.

Screen Time: Avoid screens before bed.

Comfortable Environment: Keep your bedroom dark, quiet, and cool.

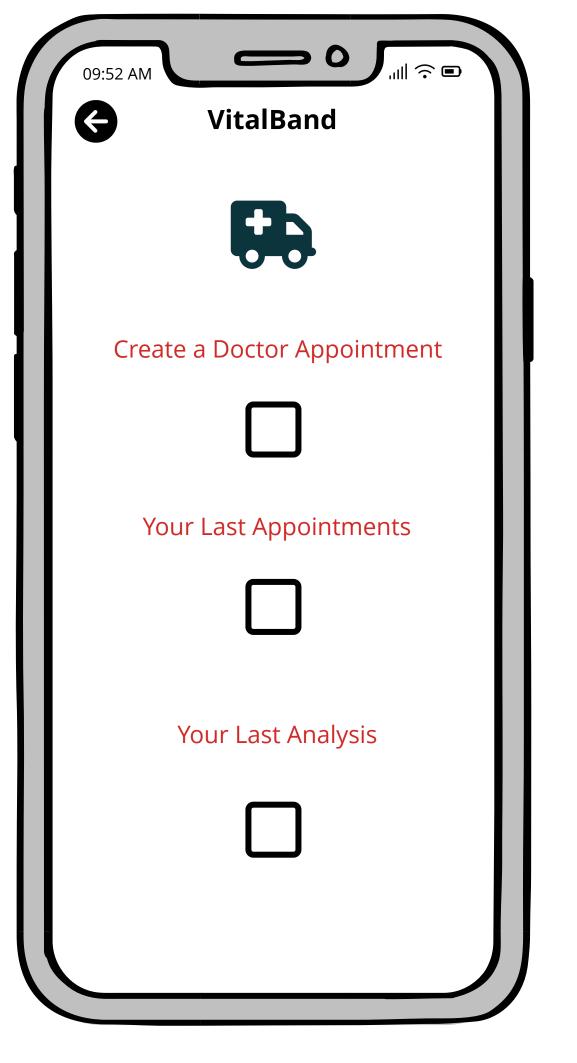
Diet and Hydration: Watch what you eat and drink, especially before bed.

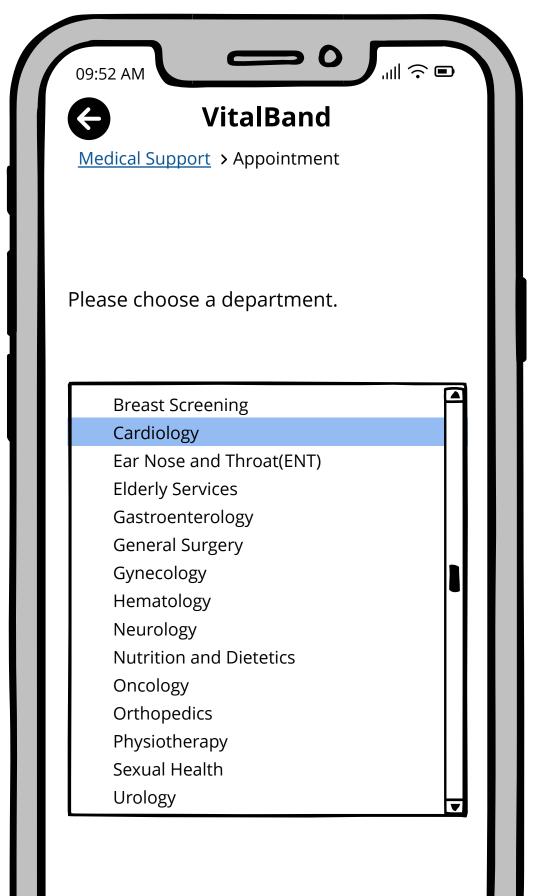
Exercise: Stay active, but avoid vigorous activity close to bedtime.

Manage Stress: Practice relaxation techniques.

Limit Naps: Keep naps short and avoid late-day napping.

Stimulants: Minimize caffeine and nicotine intake, especially in the evening.

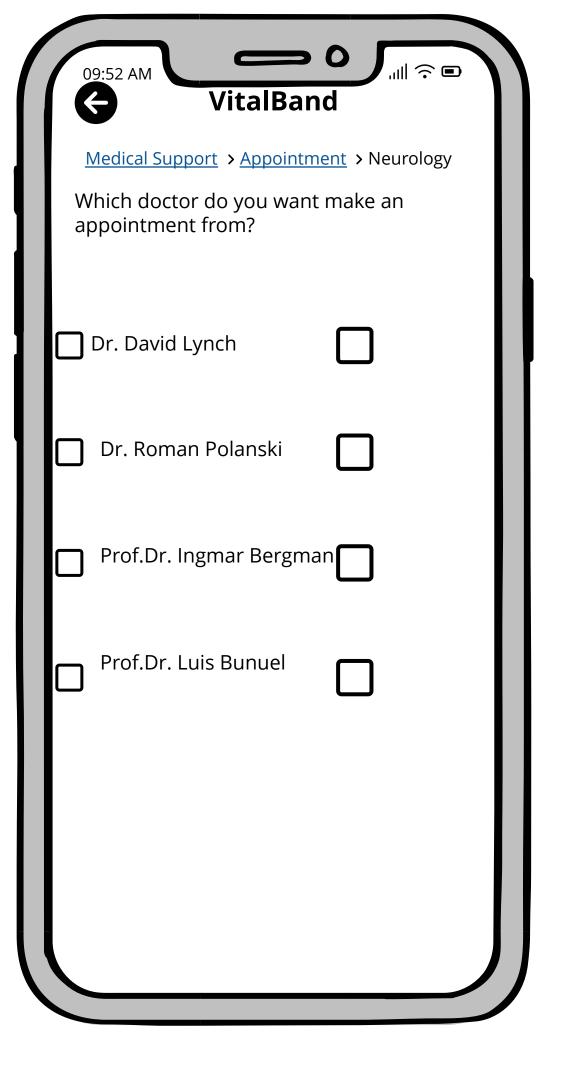




VitalBand							
nent > Cardiology t make an							

09:52 AM							
VitalBand							
Medical Support > Appointm	nent > Breast Screen						
Which doctor do you wan appointment from?	t make an						
Dr. McMurphy							
Dr. Marty McFly							
Dr. Leia Organa							
Prof.Dr. James Bond							

09:52 AM VitalBan	
Medical Support > Appointm	<u>ient</u> > ENT
Which doctor do you want appointment from?	: make an
Dr. Travis Bickle	
Dr. Tyler Durden	
Dr. Clarice Starling	
Prof.Dr. Ferdi Kadıoğlu	
Prof.Dr. Neo	





<u>Medical Support</u> > <u>Appointment</u> > Cardiology

Which date do you want make an appointment?

202 Tue	24 e, May	07				
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				<u>CAN</u>	<u>CEL</u>	<u>OK</u>





#### Please choose a date

2 T	2024 Tue, Ma	ay 07				
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				CAN	CEL	<u>OK</u>



<u>Medical Support</u> > <u>Appointment</u> > ENT

Which date do you want make an appointment?

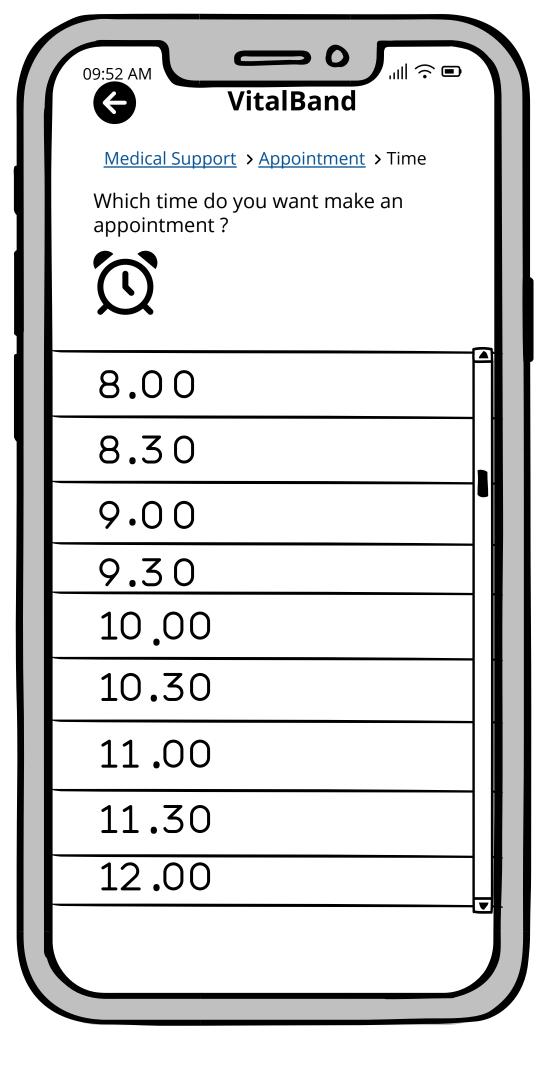
202 Tue	24 e, May	07				
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26	27	28	29	30	31	
				<u>CAN</u>	<u>CEL</u>	<u>OK</u>



<u>Medical Support</u> > <u>Appointment</u> > Neurology

Which date do you want make an appointment?

202 Tue	24 e, May	07				
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26	27	28	29	30	31	
				<u>CAN</u>	<u>CEL</u>	<u>OK</u>

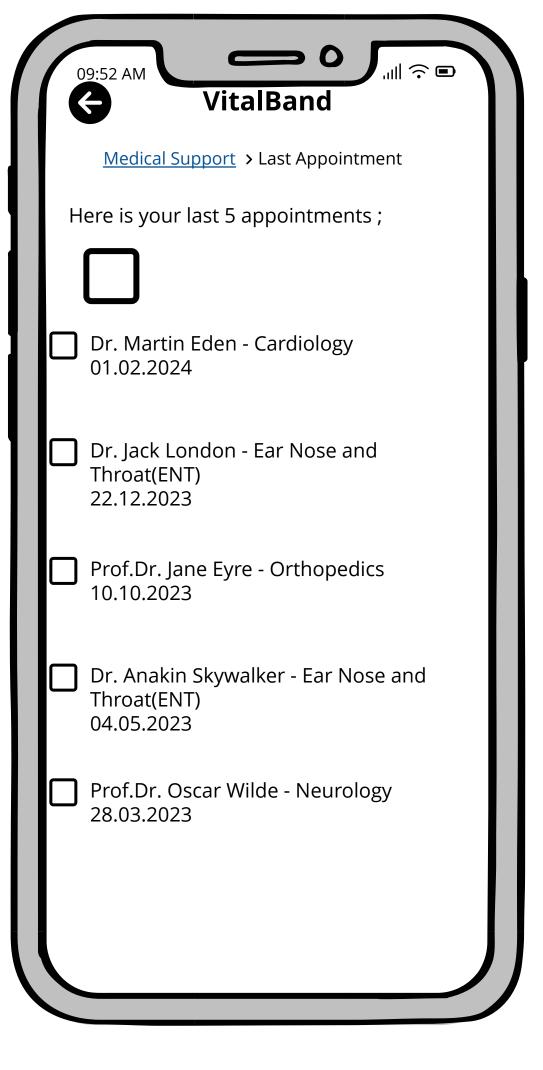


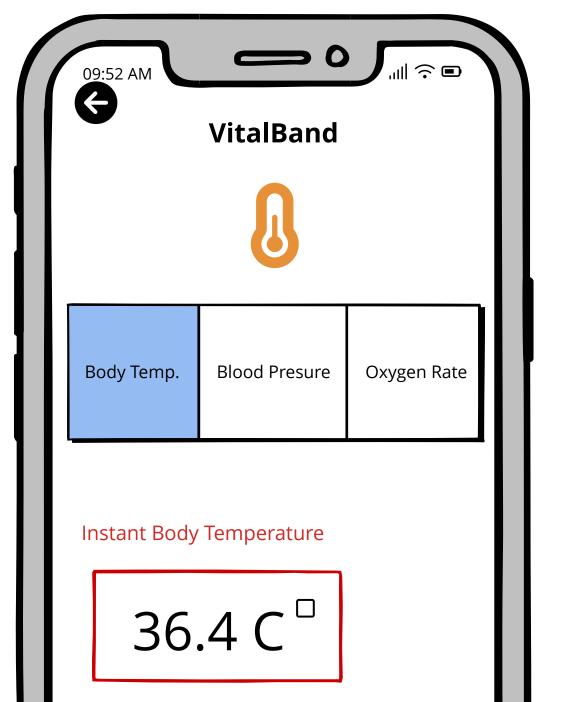


<u>Medical Support</u> > <u>Appointment</u> > Approval

Your appointment has been confirmed.







Body temperature between 36.5 to 37.5 degrees Celsius is generally considered normal.





Body Temp.

**Blood Presure** 

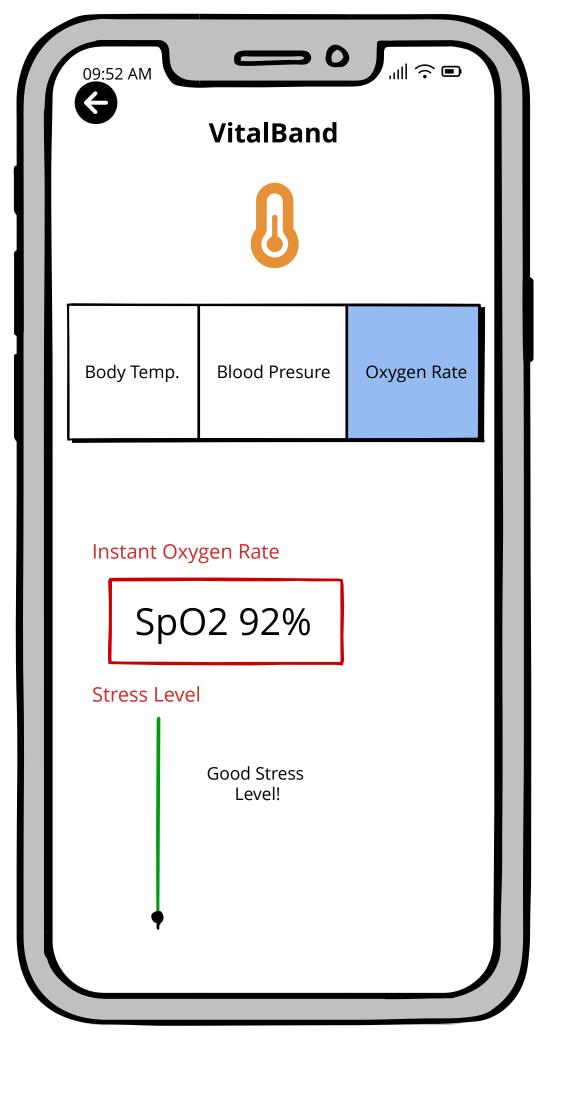
Oxygen Rate

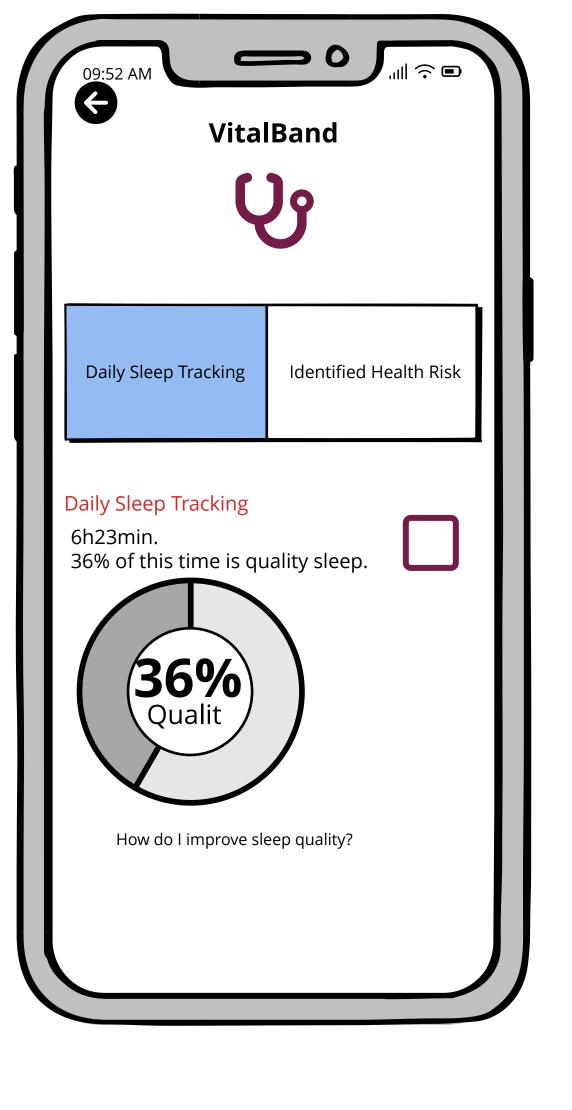
**Instant Blood Preesure** 

SYS 124

**DIA 82** 

The normal blood pressure values for adults are generally considered to be 120/80 mmHg.

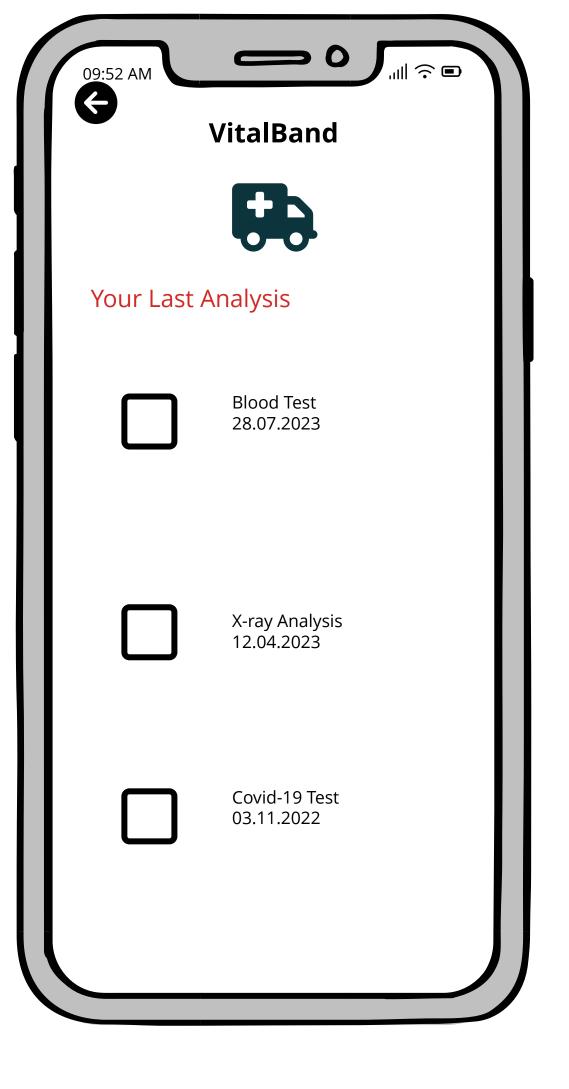






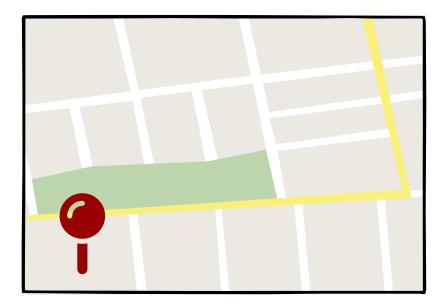
Don't forget to drink water and do light exercises!

Would you like to create a doctor appointment?







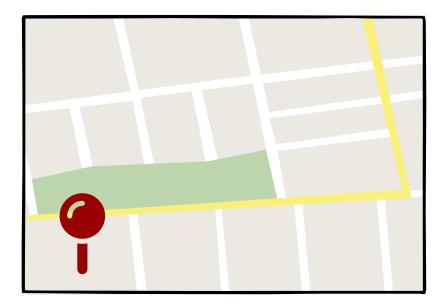


To set the location you want the patient to be in, please select a designated area.

You will be notified if the patient leaves the area.

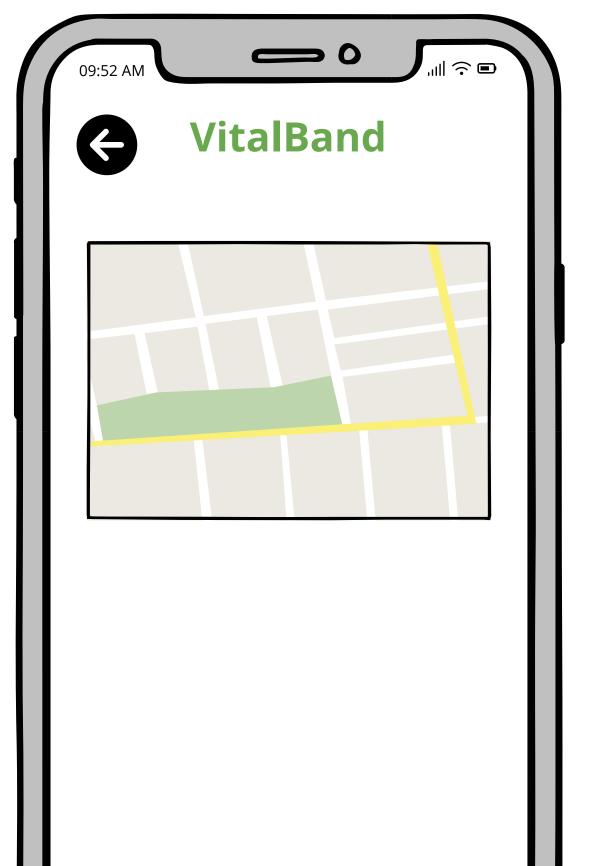


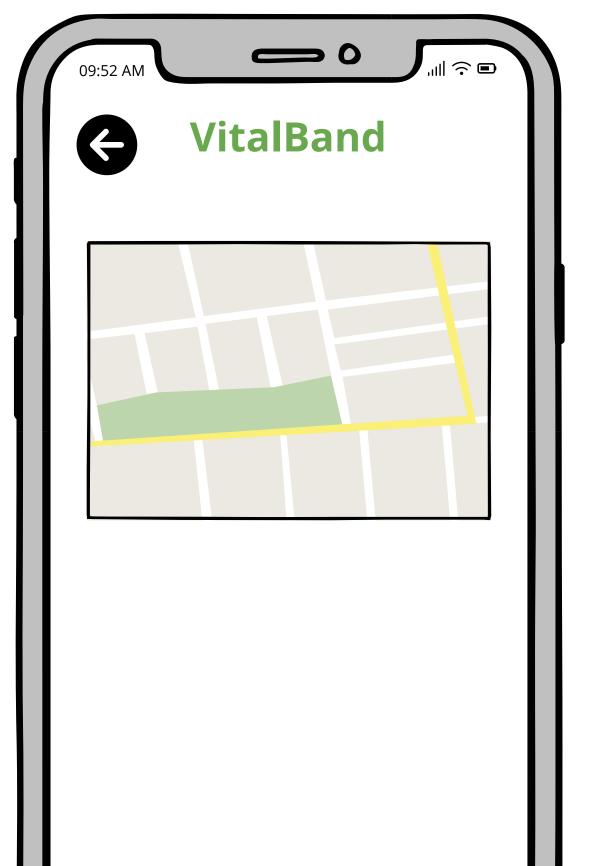




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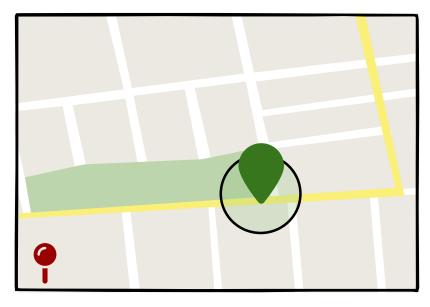
You will be notified if the patient leaves the area.











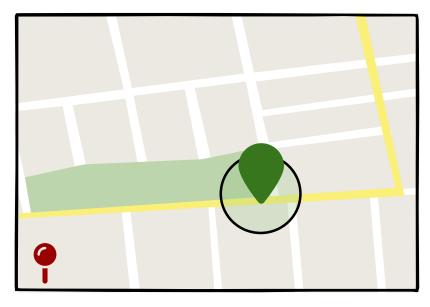
#### You selected this area

You will be notified if the patient leaves the area.



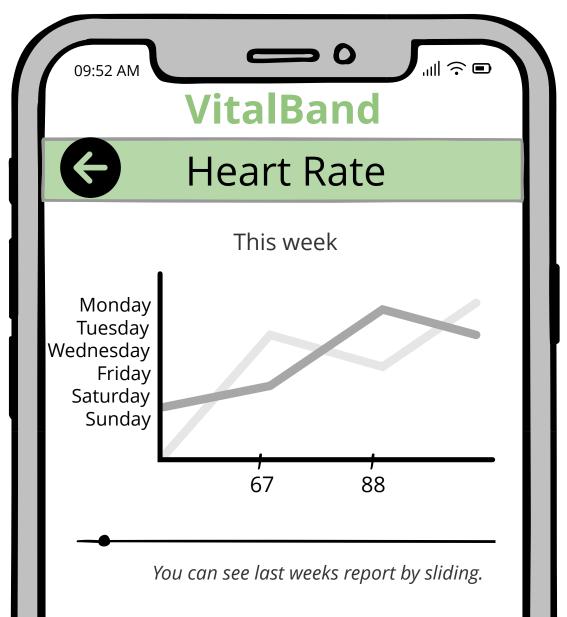


# **VitalBand**

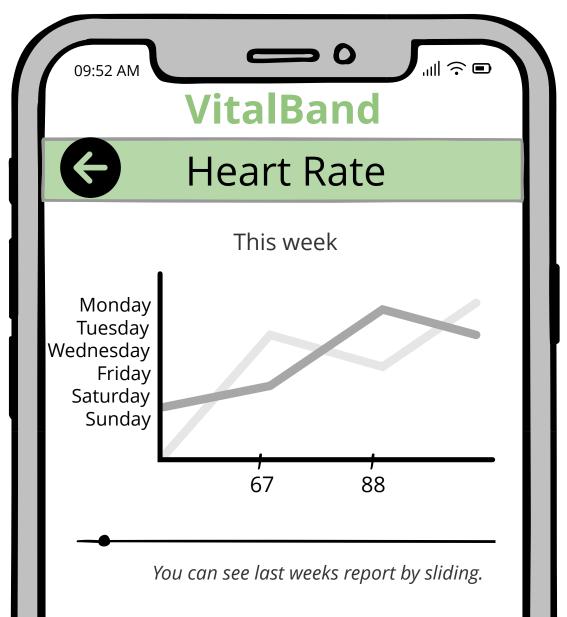


### You selected this area

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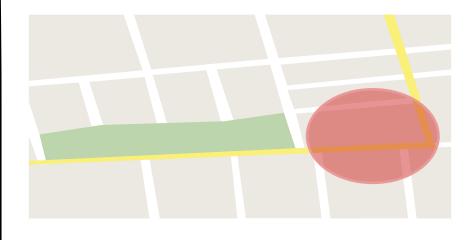
This week's report on patient's heart rate has came out! You can see how this week, month or year has passed for them, or how much their heart rate has changed throughout time.



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This week



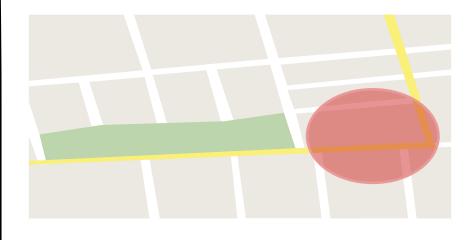
You can see last weeks report by sliding.

#### Welcome back User!

This week's report on patient's location has came out! You can see where they were the most this week, month or year.



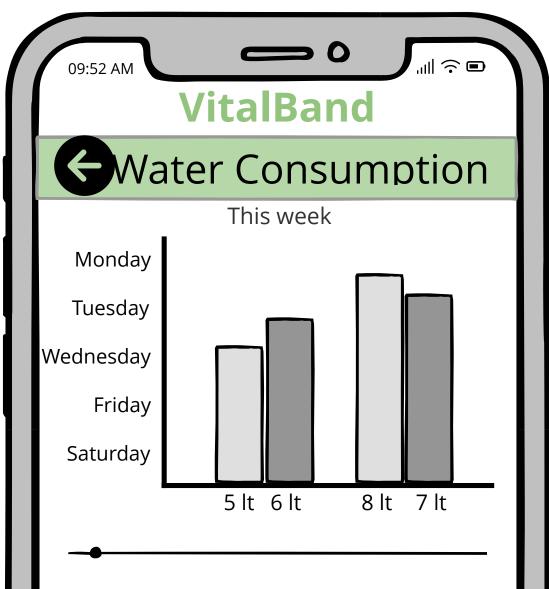
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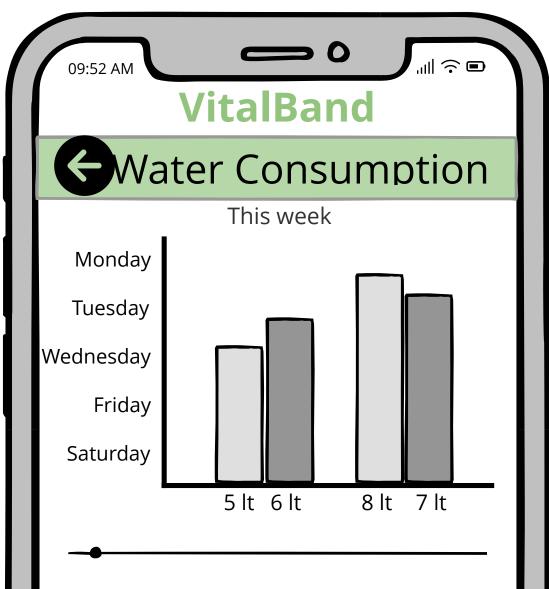
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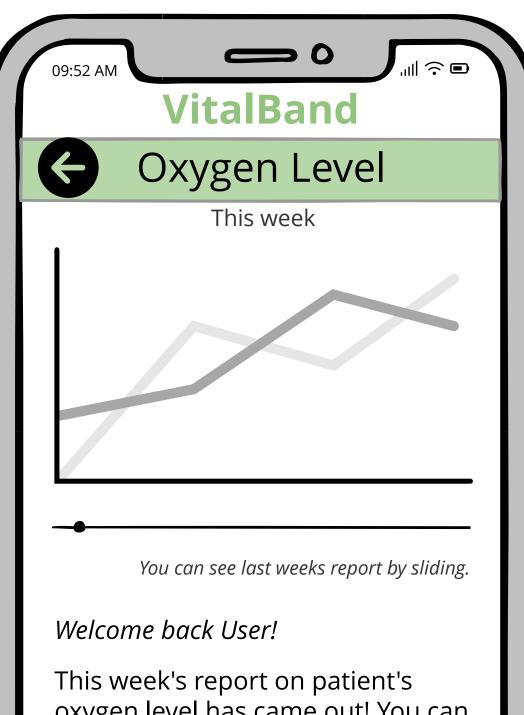
This week's report on patient's water consumption has came out! You can see how much water they have consumed.



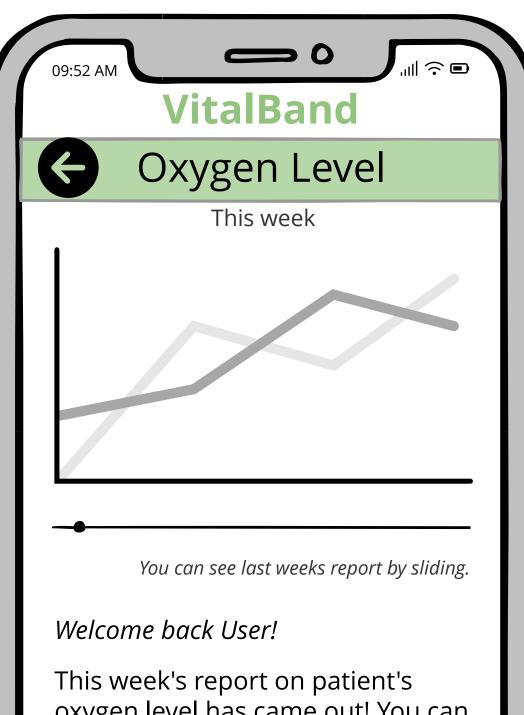
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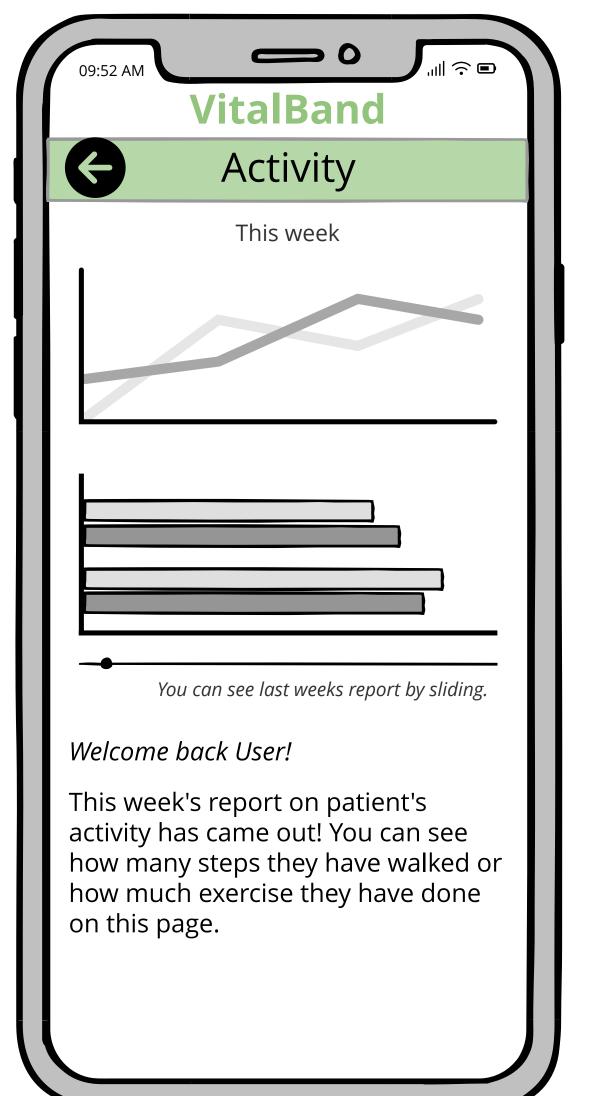
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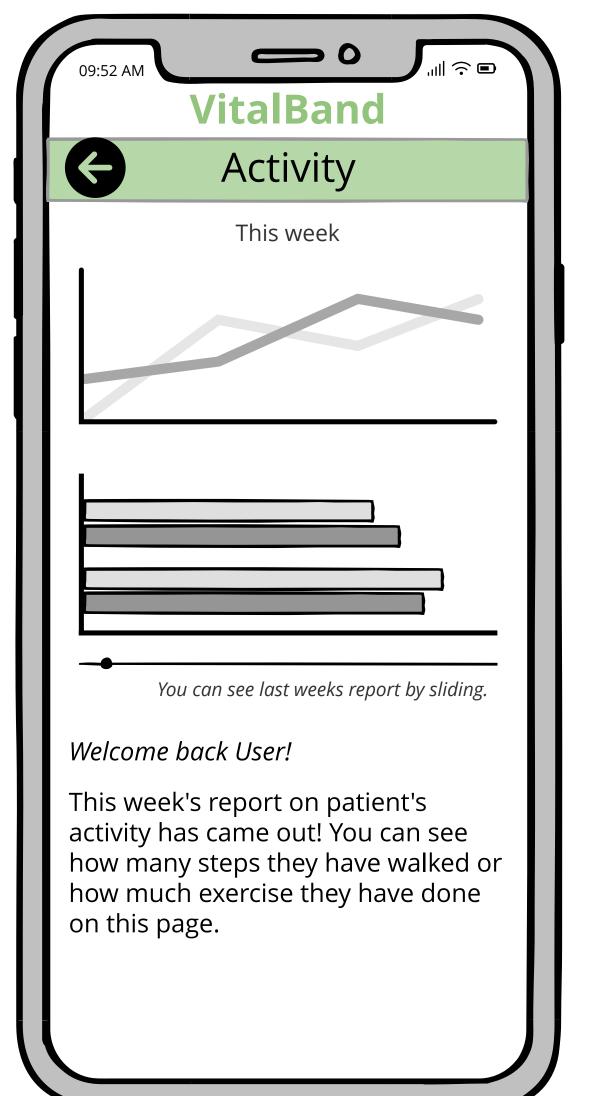


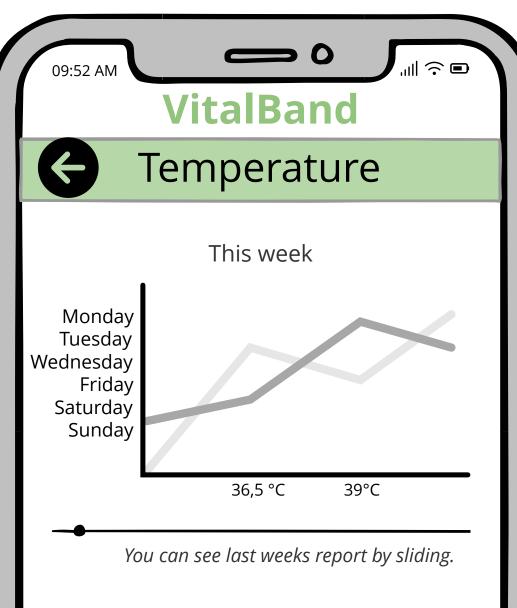
This week's report on patient's oxygen level has came out! You can see how their oxygen level was like throughout this week, month or year.



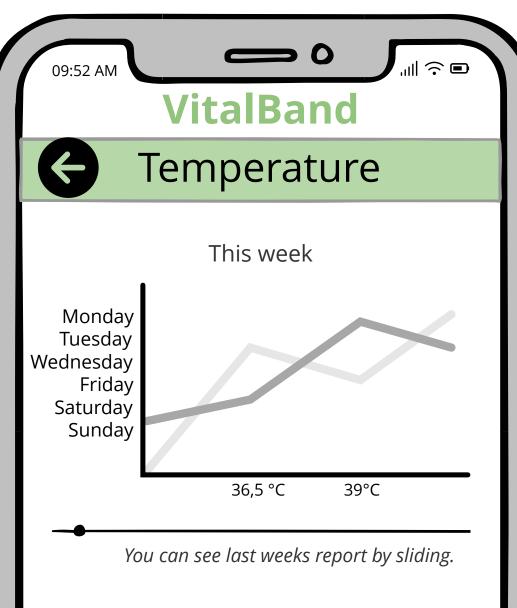
This week's report on patient's oxygen level has came out! You can see how their oxygen level was like throughout this week, month or year.







This week's report on patient's body temperature has came out! You can see how this week, month or year has passed for them, or how much their body temperature has changed throughout time.



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