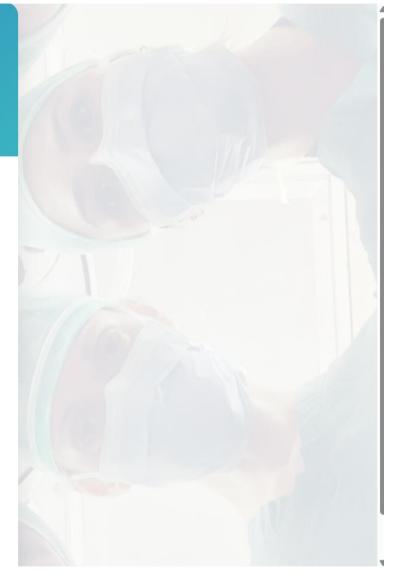
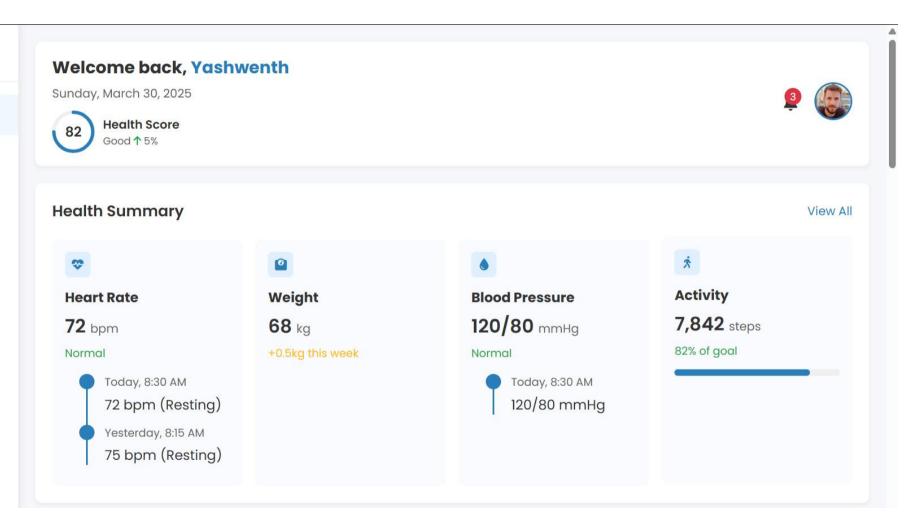


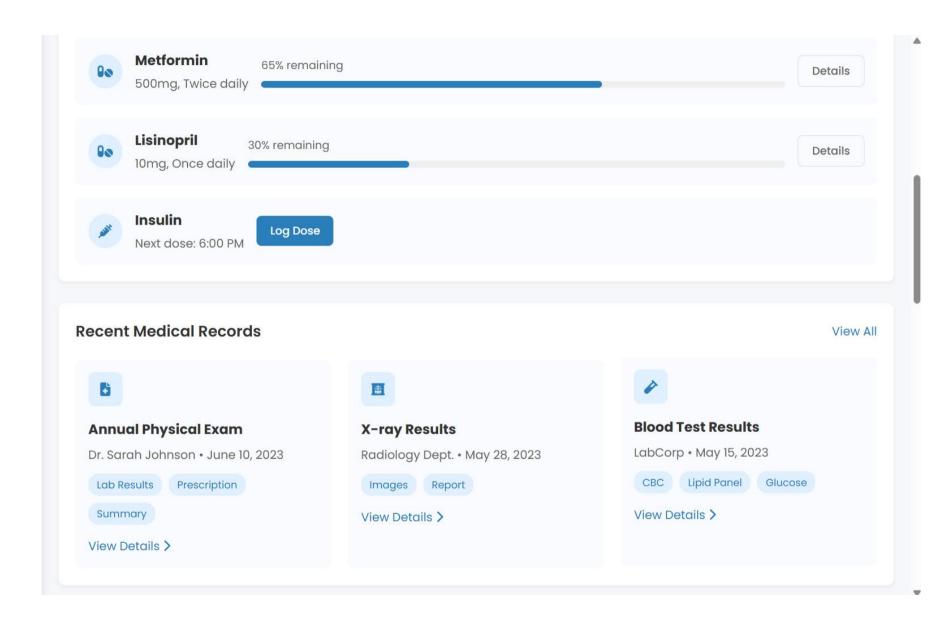
Don't have an account? Sign up





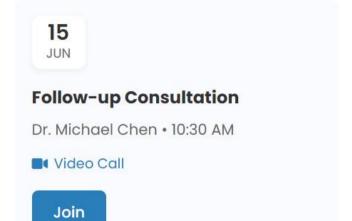
- Dashboard
- Medical Records
- Doctor Consultations
- **Medications**
- My Profile
- Mealth Goals

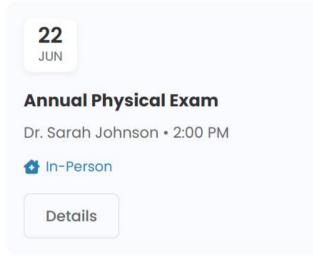


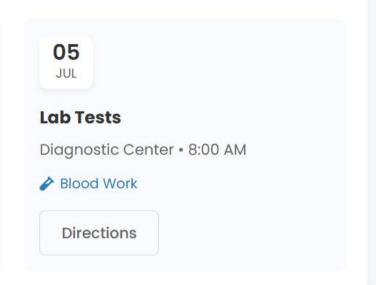




View All







## **Wellness Tips**

View More Tips



#### **Healthy Eating**

Try adding more leafy greens to your meals today. Vegetables like spinach and kale are packed with nutrients.



#### **Activity**

Take a 15-minute walk after lunch. Regular movement helps digestion and boosts energy levels.



#### Sleep

Aim for 7-8 hours of sleep tonight. Consistent quality sleep improves overall health and mood. My Health Goals

View All Goals



### Lose 5kg

Target: 65kg • Current: 68kg

Started: June 1, 2023 • Ends: July 30, 2023

**Update Progress** 



## **Daily Steps**

Target: 10,000 • Avg: 7,842

Started: May 1, 2023 • Monthly Challenge

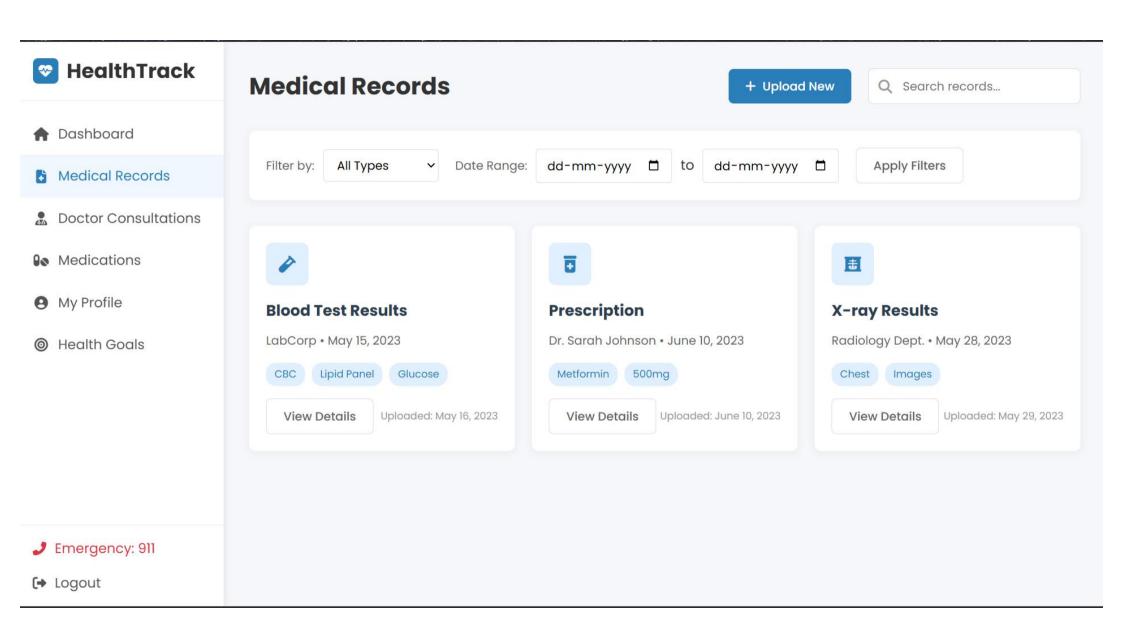
**Update Progress** 

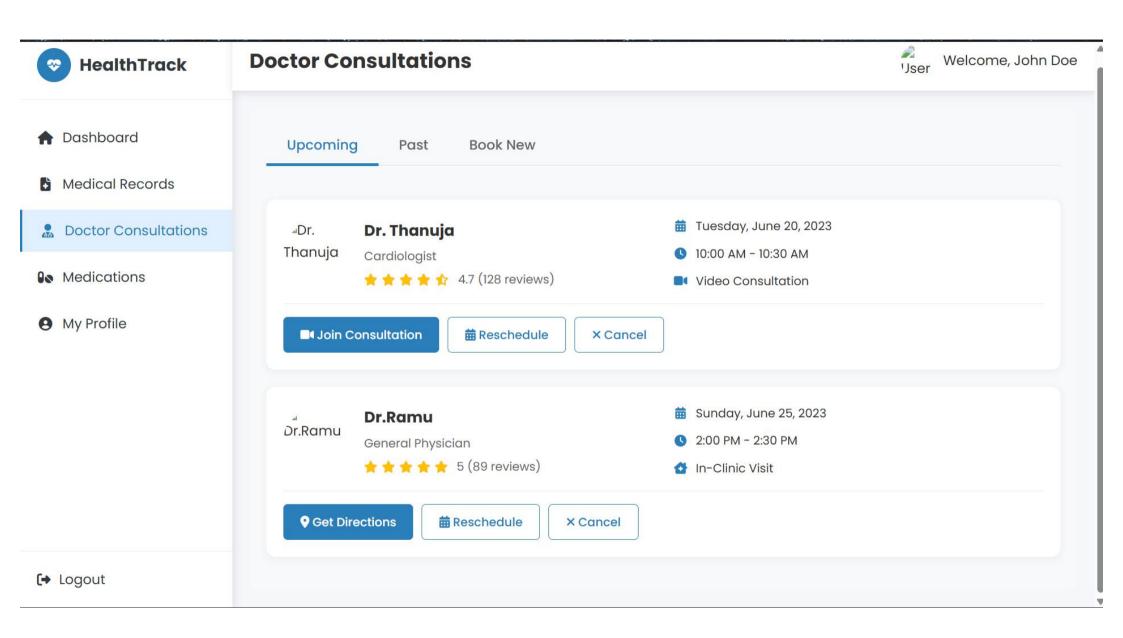
# **Need urgent help?**

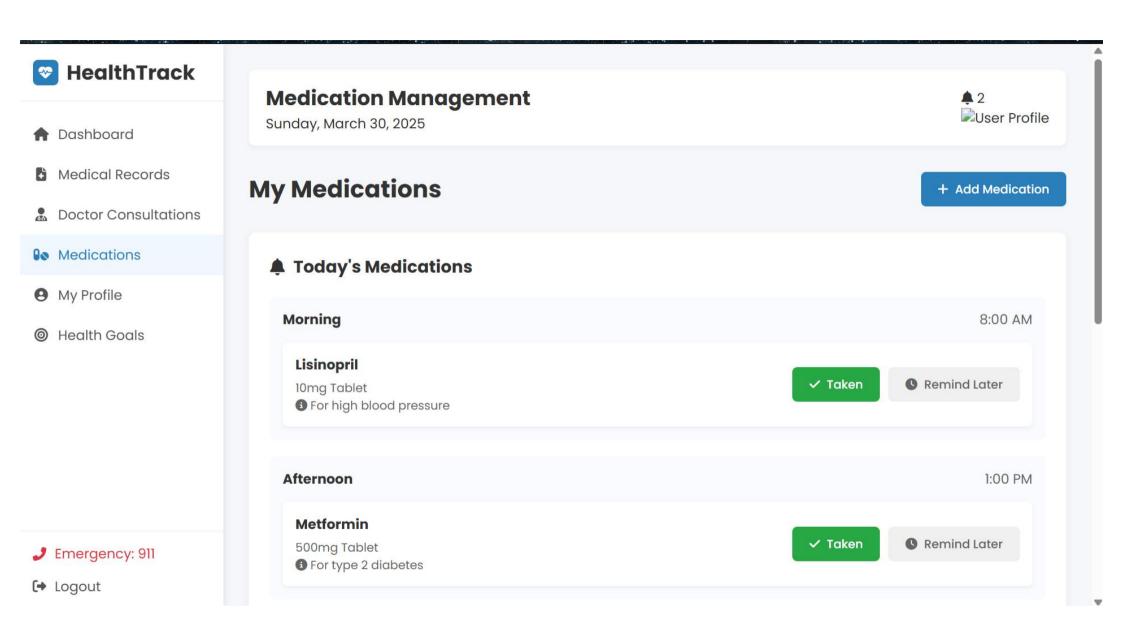


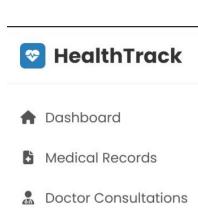
Contact emergency services immediately if you're experiencing a medical emergency











**≔** All Medications

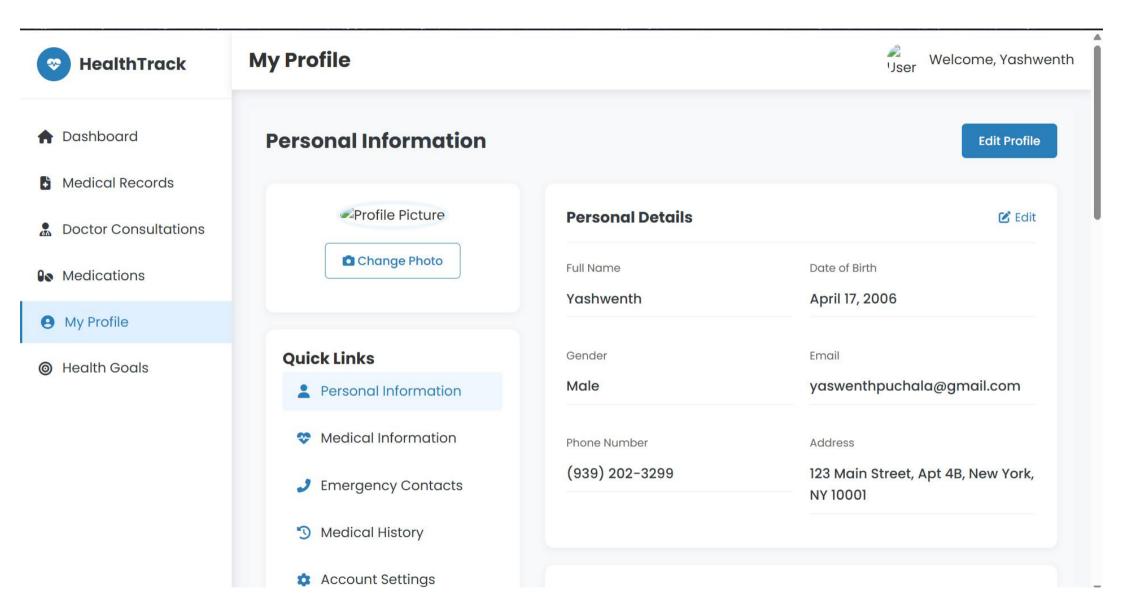
- Medications
- My Profile
- Mealth Goals



**[→** Logout

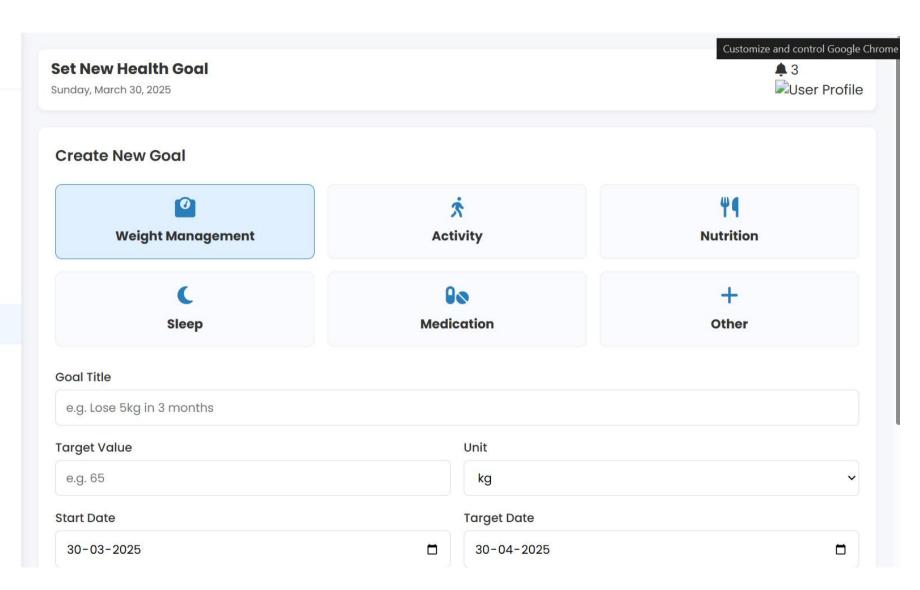


Dosage	Frequency	Next Dose	Actions
10mg	Once daily in morning	Tomorrow, 8:00 AM	
500mg	Twice daily with meals	Today, 1:00 PM	
20mg	Once daily at bedtime	Today, 10:00 PM	
	10mg 500mg	10mg Once daily in morning  500mg Twice daily with meals	10mg Once daily in morning Tomorrow, 8:00 AM 500mg Twice daily with meals Today, 1:00 PM





- n Dashboard
- Medical Records
- Doctor Consultations
- **Medications**
- My Profile
- Mealth Goals



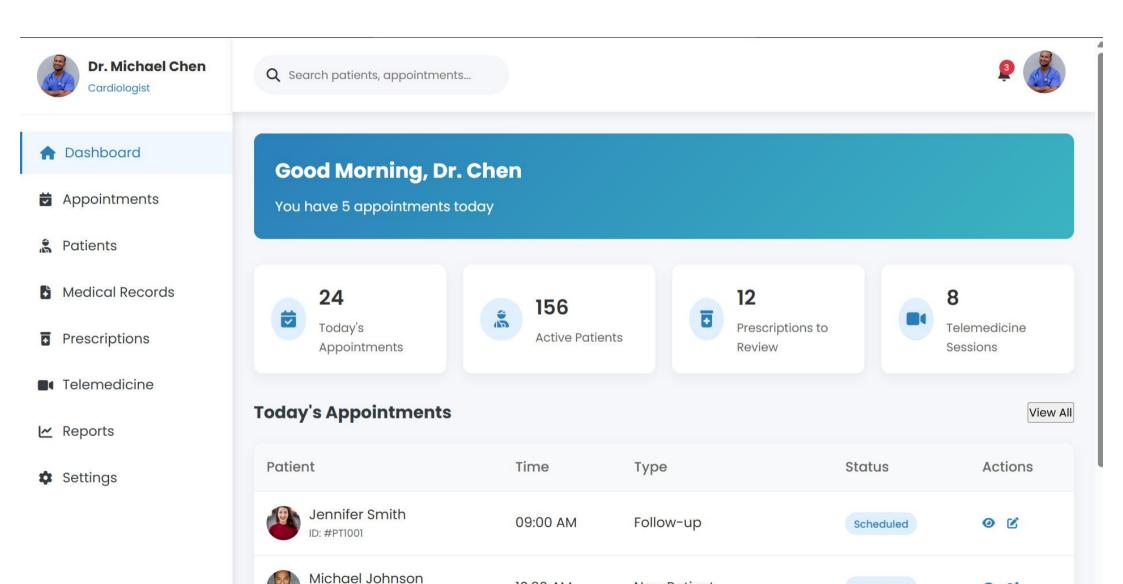


# Ready to leave, Yashwenth

You're about to sign out of your HealthTrack account. Make sure to save any changes before logging out.

€ Log Out Now

← Return to Dashboard



10.30 VM

New Patient

Scheduled

(A)