

The ALPHA Intelligent Health Companion and Monitoring System is a user-focused project that combines artificial intelligence, health data management, and digital accessibility to address pressing gaps in personal health management. Its main objective is to integrate multiple features onto a single platform to give people personalized, non-diagnostic insights.

I. Dashboard

The screenshot shows the ALPHA web application's dashboard. On the left, a sidebar menu lists: Dashboard, Vitals, Symptoms, Goals, Reports, Medic Decoder, Cycles, and Insights. The main area has a header 'Your health, organized with ALPHA' with a sub-header about the system's purpose. It includes buttons for 'Quick Add', 'Report Symptom', and 'View Reports'. Below this are sections for 'Vitals' (blood pressure, heart rate, temperature, glucose), 'Medication Decoder' (instructions in plain language from diagnosis), 'Reports' (summaries with helpful flags and counts), and 'Reminders' (schedule reminders and receive push notifications). At the bottom, there are 'Vitals Trend' graphs for Blood pressure, Heart rate, and Glucose, and a summary 'Spent 1 evening this evening' with a '10 steps' link.

This page shows the dashboard of the web application.

II. Health Profile

This page shows the health profile tab that is used to set up a user's profile.

III. Record Vitals

When	BP	HR	Temp	Glucose	Weight	Flags	Actions
9/29/2025, 6:33:26 PM	114 / 78	78	35.5	125	70	normal, normal, normal, normal	<button>Edit</button> <button>Delete</button>
9/29/2025, 6:33:02 PM	131 / 88	82	35.5	108	70	hypertension-stage 1, normal, normal, normal	<button>Edit</button> <button>Delete</button>
9/29/2025, 6:32:44 PM	127 / 86	81	35.3	103	70	hypertension-stage 1, normal, normal, normal	<button>Edit</button> <button>Delete</button>
9/29/2025, 6:32:25 PM	122 / 80	78	35	100	70	hypertension-stage 1, normal, normal, normal	<button>Edit</button> <button>Delete</button>
9/29/2025, 2:17:28 PM	2 / 2	-	-	-	-	normal	<button>Edit</button> <button>Delete</button>

This page shows where you record your vital signs and your recent history.

IV. Medication Decoder

The screenshot shows the ALPHA app's Medication Decoder page. On the left is a sidebar with navigation links: Dashboard, Vitals, Symptoms, Goals, Reports, Meds Decoder, Cycles, and Insights. The main content area has a title "Medication Decoder" with the subtitle "Understand medications in plain language (non-diagnostic)". It features a "Medication" input field (placeholder: e.g., ibuprofen), "Age (optional)" and "Sex (optional)" dropdowns, an "Allergies (optional)" input field (placeholder: e.g., penicillin), and a large blue "Decode" button. At the bottom of the page are "Quick links" (Reports, Reminders, Consent, Manage Account) and "Legal & info" (Privacy Policy, Terms of Service, Contact support, © 2025 ALPHA - v0.1.0).

This page shows where you can get information on your medication.

V. Reminders

The screenshot shows the ALPHA app's Reminders page. The sidebar includes: Dashboard, Vitals, Symptoms, Goals, Reports, Meds Decoder, Cycles, and Insights. The main area has a "Reminders" section with the subtitle "Schedule reminders and receive push notifications." It features a "Schedule a reminder" section with a checked checkbox for "Enable local notifications on this device". Below are several reminder templates: [Med] Morning medication, [Hydrate] Hydration break, [Calm] Mindful minute, [Stretch] Micro stretch break, [Reset] Afternoon stretch, [Walk] Evening walk, [Sleep] Wind-down routine, and [PillBox] Weekly pill organizer. A "Refill your weekly pill organizer and review upcoming refills." section is also present. At the bottom is a "Scheduled" table with one entry: When (10/5/2025, 7:00:00 PM), Message (Refill your weekly pill organizer and review upcoming refills.), Repeat (Weekly), Status (pending), Local (fires at 7:00:00 PM), Actions (Edit, Snooze 10m, Delete). The top right corner shows user info: aa@gmail.com and a profile icon.

This page shows where you can see your reminder.

VI. Reports

The screenshot shows the ALPHA app's interface with a sidebar on the left containing navigation links: Dashboard, Vitals, Symptoms, Goals, Reports (which is selected), and others like Meds Decoder, Cycles, and Insights. The main content area is titled "Reports" and describes it as "Weekly and monthly summaries with helpful flags and totals." It includes a "Reports" section with a dropdown menu set to "week", a "Refresh" button, and a "Download" button. Below this are two summary boxes: "Vitals total" (5) and "Symptoms total" (2). Further down are two more boxes: "BP crisis" (0) and "Fever-high" (0). The bottom section is titled "Summary" and contains three main sections: "Vitals overview", "Symptoms", and "Period: week".

Vitals overview
Flagged count across the period.

Category	Normal	Elevated	Hypertension stage 1	Hypertension stage 2	Hypertensive crisis
BLOOD PRESSURE	2	0	3	0	0
TEMPERATURE	4	0	0	0	0

Symptoms

Severity	Count
Severe	1
Mild	1

Period: week

This page shows where you can see your health reports.