HealthMark
"Your health is your mark - track it with HealthMark."

Problem it solves
One unique problem that HealthMark could solve is the issue of "sitting disease" - the health problems associated with sitting for extended periods of time. The app could include a feature that reminds users to get up and move around at regular intervals throughout the day, helping to reduce the risk of health problems such as obesity, heart disease, and diabetes. By encouraging users to stay active and alert, HealthMark could help prevent a range of health problems and improve overall well-being.

Features
Sit Tracker: This feature could use sensors on the user's phone or wearable device to track how long they have been sitting. It could provide real-time notifications when the user has been sitting for too long, and could also provide insights into the user's sitting habits over time.

Step counter: The app tracks the number of steps you take throughout the day, allowing you to set goals and track your progress over time.

Fitness tracking: In addition to the step counter, HealthMark also includes a range of other fitness tracking features, such as distance tracking, calorie tracking, and workout tracking. You can set fitness goals and track your progress over time to stay motivated and on track

Heart rate monitor: HealthMark includes a heart rate monitor that allows you to track your heart rate throughout the day. You can view your heart rate data in real-time, and the app will also provide you with insights into your heart rate variability, which can help you understand your overall heart health.

Sleep monitor: HealthMark also includes a sleep monitoring feature that tracks your sleep patterns and provides you with insights into your sleep quality. You can view your sleep data over time and see how your sleep patterns affect your overall health and fitness.

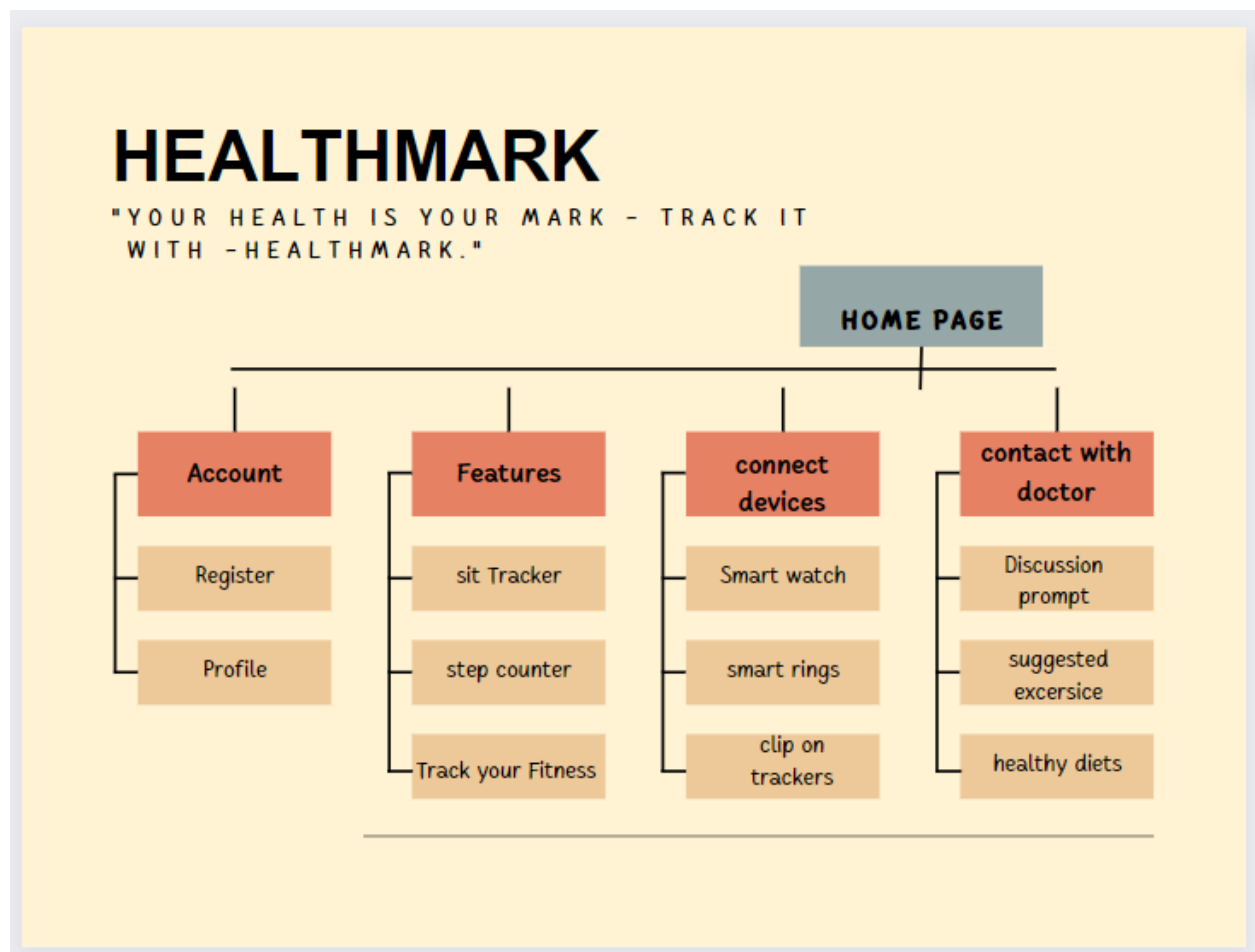Prototype interaction
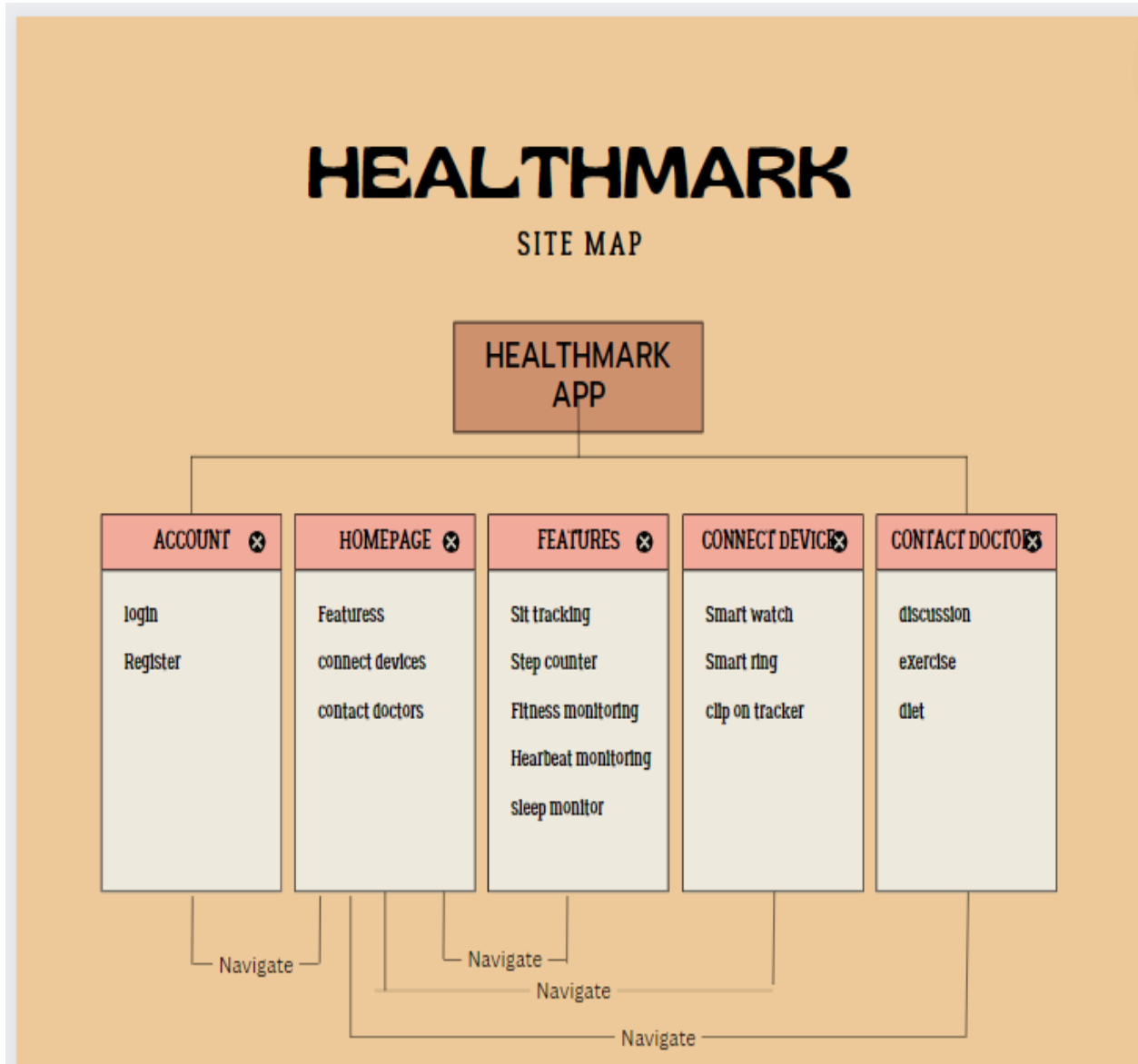Login
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Connect devices
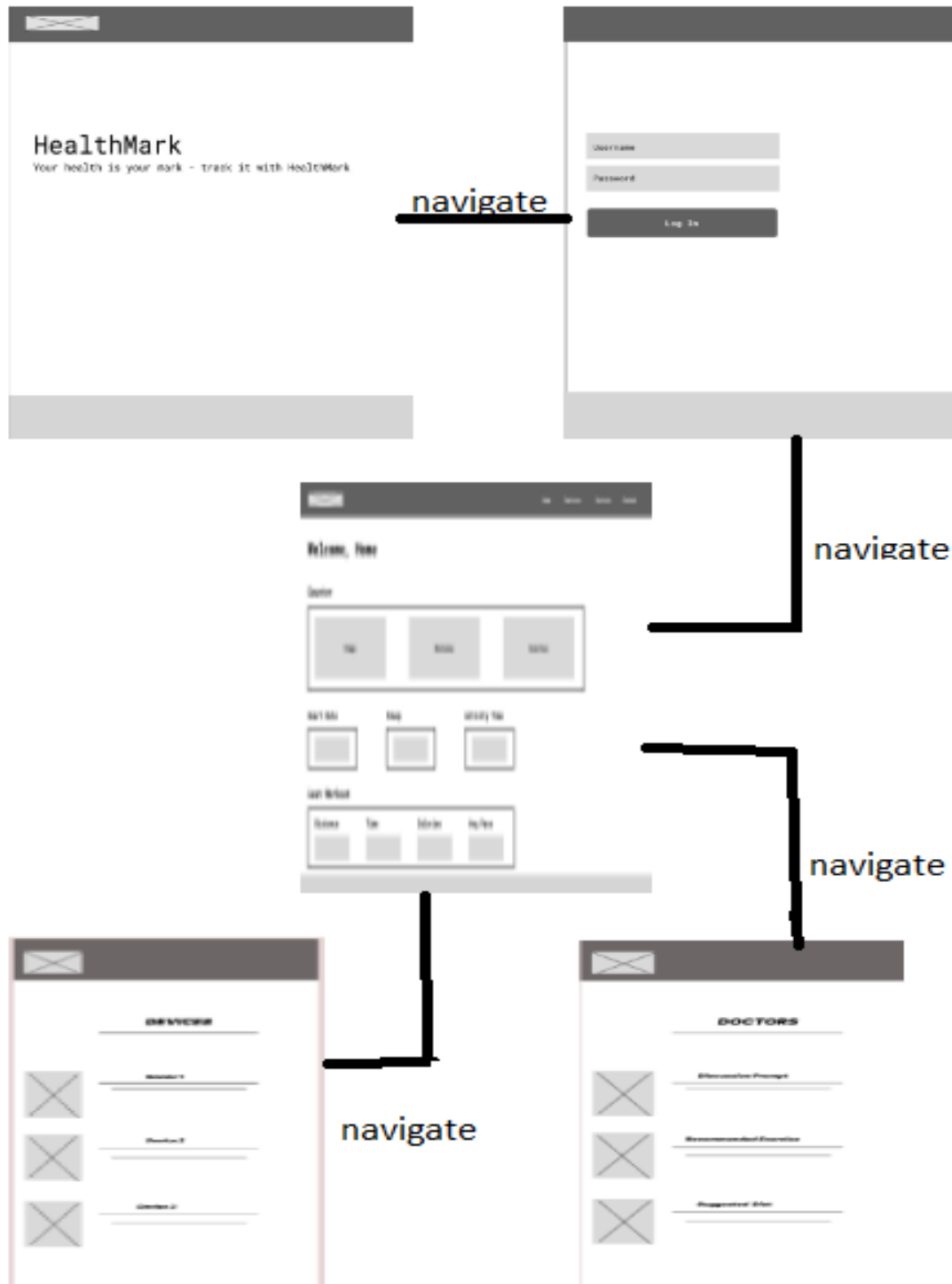Go to doctors
Go back
Link of
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INTERACTION MAPPING

SITE MAP

HEALTHMARK

SITE MAP

HEALTHMARK
APP

ACCOUNT ⊗	HOMEPAGE ⊗	FEATURES ⊗	CONNECT DEVICE⊗	CONTACT DOCTOR⊗
login	Featuress	Sit tracking	Smart watch	discussion
Register	connect devices	Step counter	Smart ring	exercise
	contact doctors	Fitness monitoring	clip on tracker	diet
		Hearbeat monitoring		
		sleep monitor		

Navigate

Navigate

Navigate

Navigate

HealthMark
Your health is your mark - track it with HealthMark

navigate

Username

Password

Log In

navigate

Welcome, Name

navigate

DEVICES

navigate

DOCTORS

Below there are clear image of each wireframe

SPLASH SCREEN

HealthMark
Your health is your mark - track it with HealthMark

LOGIN SCREEN

Username

Password

Log In

HOME SCREEN

Welcome, Home

Counter

Steps	Distance	Calories

Heart Rate

Sleep

Activity Time

Last Workout

Distance	Time	Calories	Avg Pace
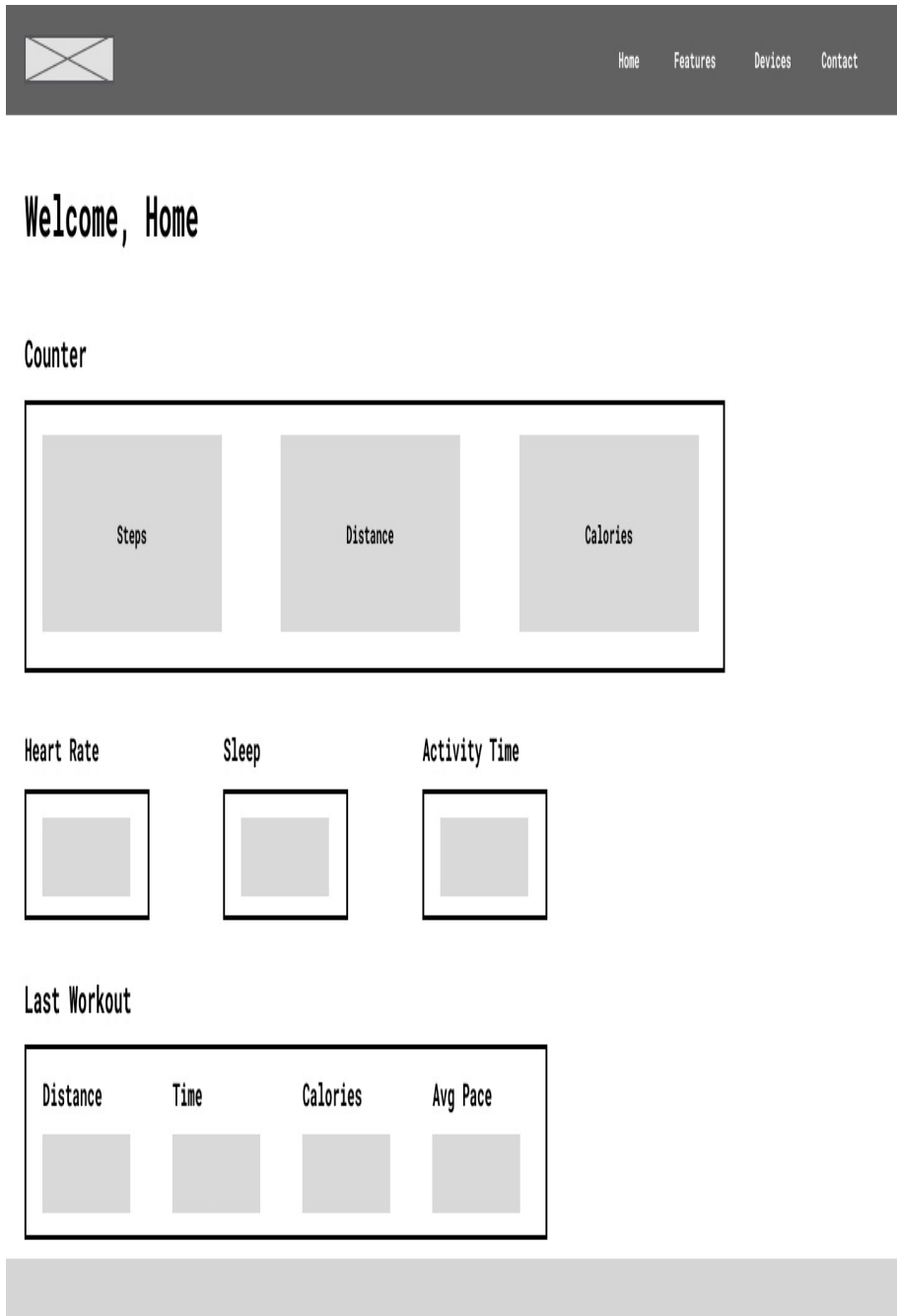
DEVICE SCREEN
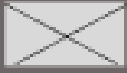
DEVICES

Device 1

Device 2

Device 3

CONTACT DOCTOR

DOCTORS

Discussion Prompt

Recommended Exercise

Suggested Diet

Prototype images

Welcome, home

FEATURES

DEVICES

DOCTORS

DEVICES

Currently Connected

My watch

⌄

⌃ Short by   Last 24h ⌄

Smart watch   disconnect

Smart rings   Connect

Clip on trackers   Connect
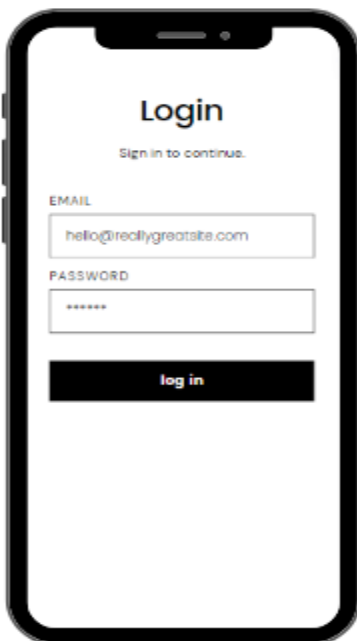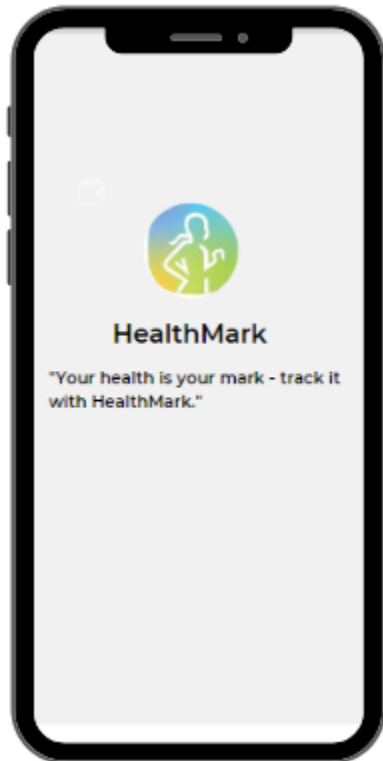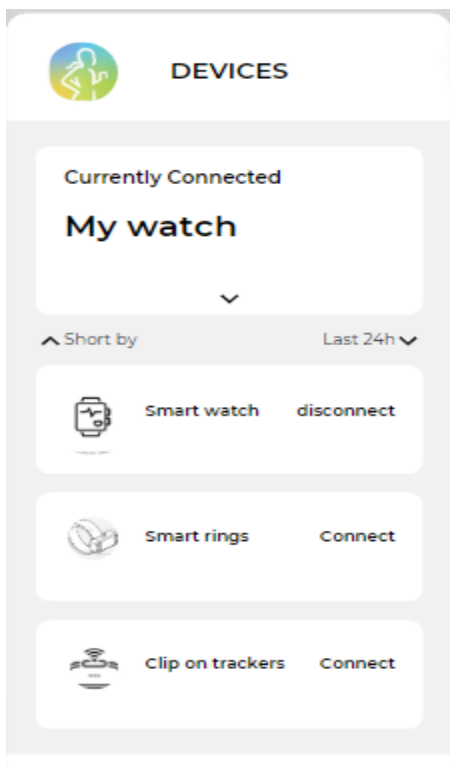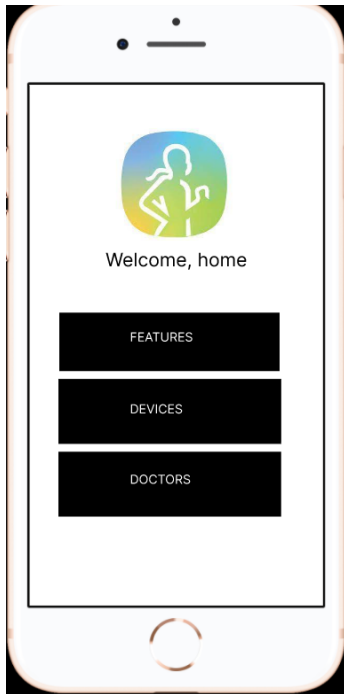
DOCTORS

Current Doctor

Dr Emma

Discussion   12 min ago

My exercise   Follow

My diet   viewed