



It is true that science is making great strides in developing solutions to increase health and achieve a cure for diseases that, just over a few decades ago, sounded like almost invincible threats. However, a pill capable of prolonging human life with quality and preventing most diseases has not yet left the countertops of pharmaceutical laboratories or universities. One of the most effective ways to do at least part of this apparent miracle is to adopt healthy habits or, for those who are far from walking the line, to change their lifestyle.

YouHealth was launched as a mobile platform, where it is possible, in addition to recording blood measurements to promote the adoption of a healthy lifestyle. Users have access to physical exercise practices, meal plans and easy-to-adopt daily tips.

Our results are more than 15,000 downloads in a period of 30 days, people who want to change their habits with the intention of avoiding future problems.



15K+
Downloads



3000+
Active Users

BLOOD MEASUREMENT


Date/Time

Blood Sugar mg/dl

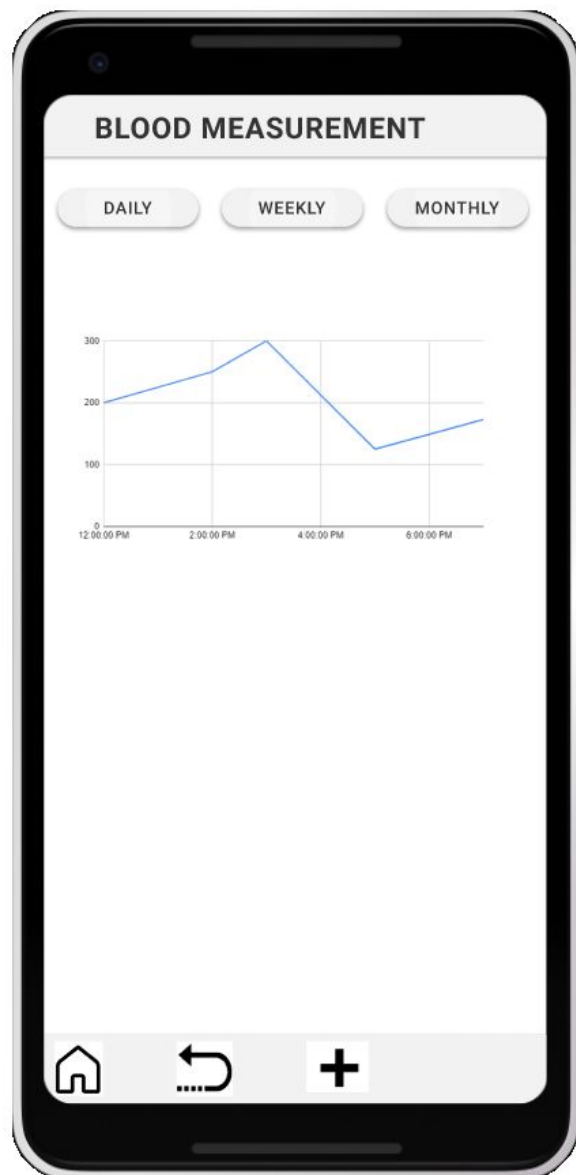
Carbs g

Pills

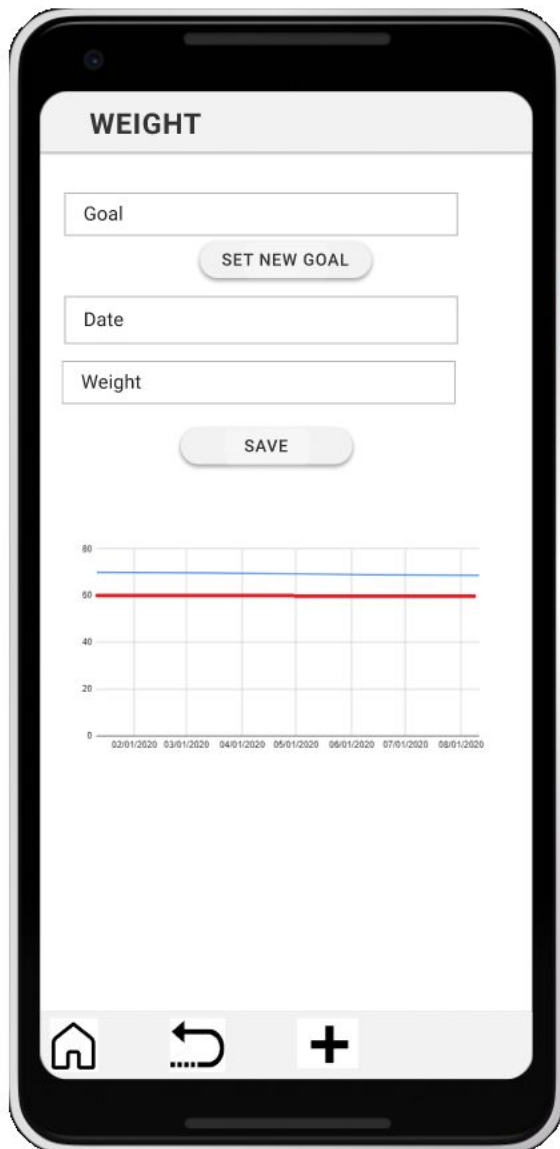
SAVE



Blood measurement record



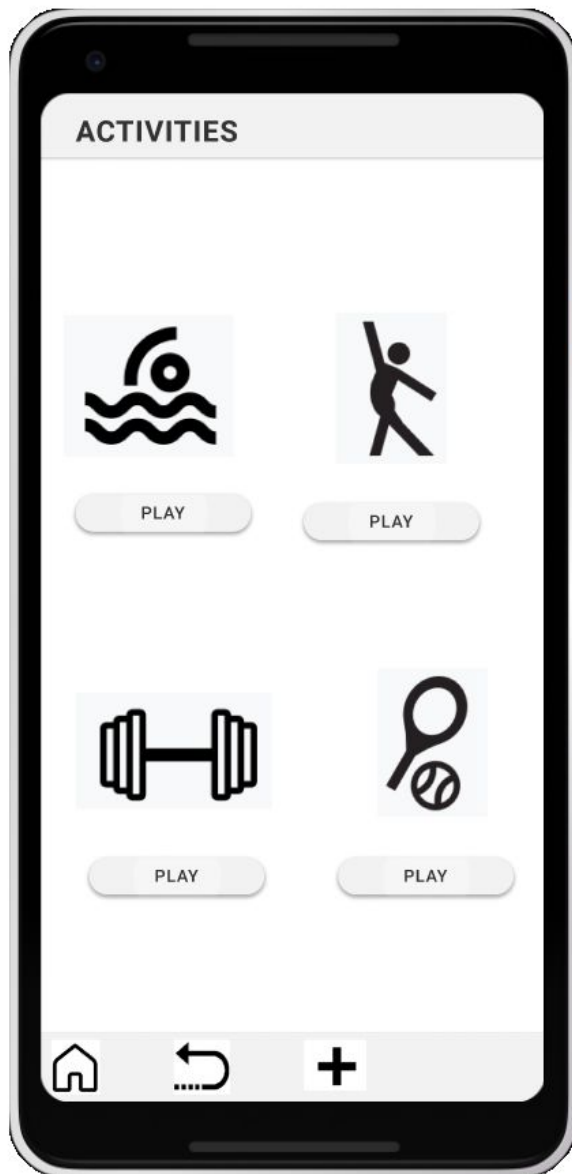
Blood measurement chart



Record and weight chart



Receive daily tips



Physical activities

The product will be in a constant improvement phase and based on the evaluations of our customers, new features will be added to the application.



[Download here](#)

Danúbia Vanzuita Görl,
on behalf of our team, without which, this launch would not be possible