

Transform Your Well-being with HealthPulse

Track, Analyze, and Elevate Your Health Journey with Insights Tailored Just for You

Explore Insights



Explore by our category

Find popular and specialist doctors to help you

Get genuine laboratory tests and results

Any emergency service needed? Tell us

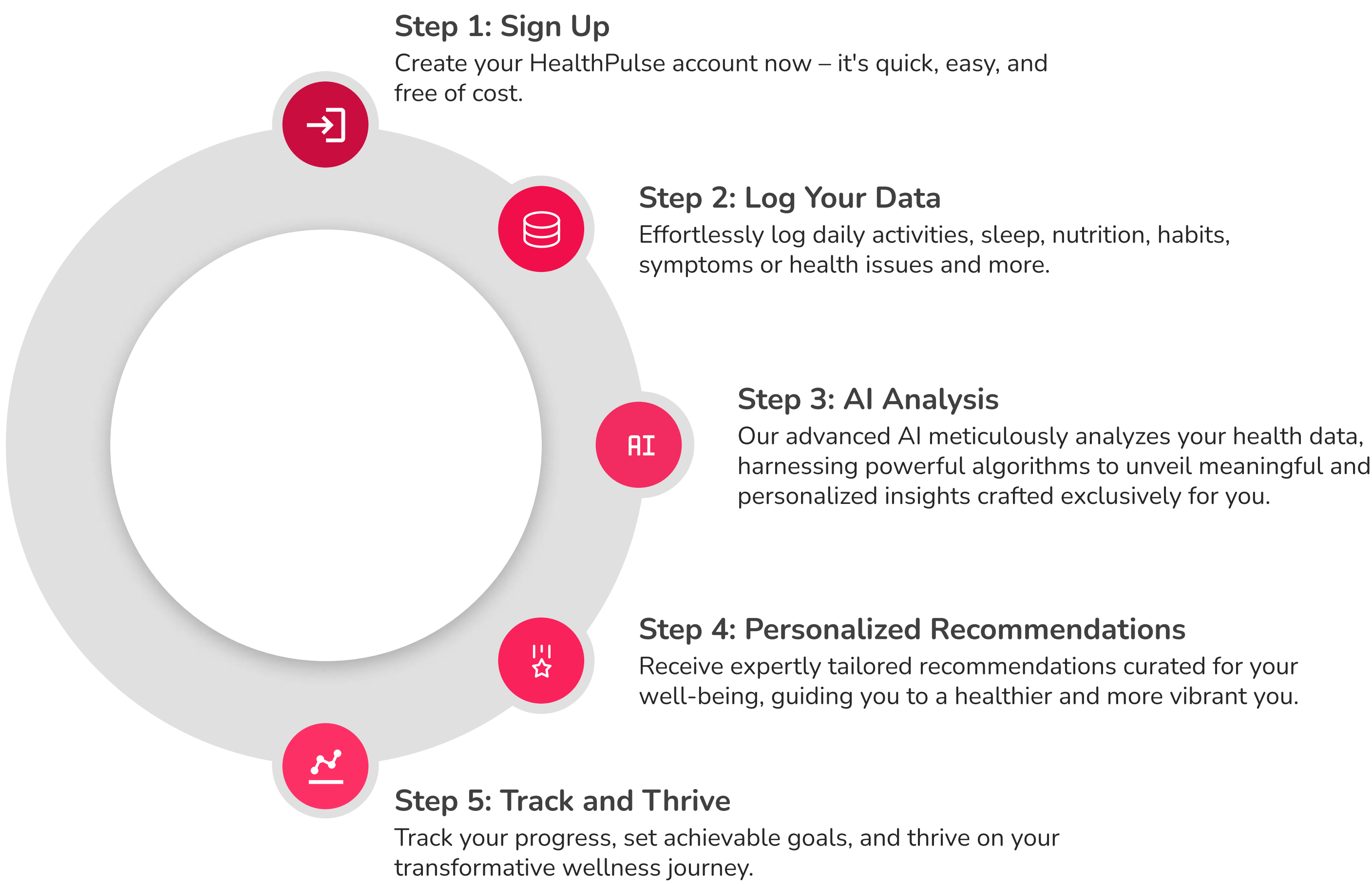
your best health data and insights at your finger tip



Why people should choose HealthPulse services?

- Smart Tracking**
Easily log your daily activities, sleep patterns, nutrition, symptoms or health issues, habits and more.
- Personalized Recommendations**
Experience the convenience of a personalized health journal that adapts to your lifestyle, helping you make informed choices for a happier and healthier you.
- AI Analysis**
Our advanced AI analyzes your health data to provide meaningful insights for you.

Your Path to Wellness in 5 Simple Steps



Ready to Elevate Your Health? Take the First Step Now!

“HealthPulse has revolutionized my wellness journey! Personalized insights, easy tracking, and achievable goals make it a must-have for everyone to boost their health.”

 **Rachel han**
Twitter

haven't tried yet?

Explore Insights



Hello, Jordan

Overview

Sleep

Step Counter

Heart Rate

Workout

Reminders

Log Out

Sleep

This night

Calendar

You have logged

7:49_h

ideal sleep-time: 8:20 h



Today's activity

6,54_{km}

Estimated time: 00:27 h



Track and Log Your Wellness Journey

Initiate Your Health Journal: Seamlessly record and analyze your daily activities, sleep patterns, nutrition, and more for a healthier and more informed lifestyle.

Enter details

Start Your Wellness Journey
with HealthPulse

First Name

Last Name

Email

Password

Register now 

[Existing user? login now.](#)

Securely Access Your Account with Our Login Form

Email

Password

Login 

[Forgot password?](#)

Seamless Data Entry for Quick and Easy Information Submission

Basic information

Step 1 of 3

Daily avg steps

Type of Activity

Duration (in mins.)

Intensity

Low

Moderate

High

Intense

Hours of sleep

Sleep quality

Poor

Fair

Good

Excellent

Bedtime

Wakeuptime

Breakfast

Lunch

Dinner

Snacks

Food type & priority

Water intake (in glasses)

Cancle

Next Step



Seamless Data Entry for Quick and Easy Information Submission

Additional Details

Step 2 of 3

Daily mood

unhappy

neutral

content

very happy

Additional notes

Heart rate (bpm)

Blood pressure (mmHg)

Temperature (°C)

Weight

Height

Medication

Supplements

Smoking habit

non-smoker

occasional smoker

regular smoker

former smoker

Drinking habit

non-drinker

occasional drinker

regular drinker

former drinker

Caffeine Consumption

no consumption

occasional consumption

regular consumption

heavy consumption

Dietary Preference

vegetarian

vegan

gluten-free

no preference

Exercise habit

no excercise

light exercise

moderate excercise

intense exercise

Cancle



Previous

Next Step



Seamless Data Entry for Quick and Easy Information Submission

Final Step

Step 3 of 3

Sleep Hygine

consistent schedule

moderate schedule

irregular schedule

use of e-device

Screen-time

low

moderate

high

intense

Mindfulness practices (yoga, meditation etc.)

Symptoms or Health issues

Additional notes

TERMS OF USE

hello there,

Greetings and thank you for making HealthPulse your choice for a healthier lifestyle!

As you embark on a transformative journey toward improved health and wellness with HealthPulse, we want to ensure you're well-acquainted with our terms of use. Your engagement in actions requiring agreement signifies your acknowledgment and acceptance of the terms detailed below.

A warm welcome to HealthPulse! By accessing and utilizing our website, you enter into an agreement to adhere to the following terms and conditions. If, for any reason, there is disagreement with any part of these terms, we kindly ask you to refrain from using our services. Your utilization of the HealthPulse website is bound by the following conditions: Permission is granted for the exclusive personal, non-commercial use of HealthPulse. During registration, please ensure the accuracy of the provided information, and maintain the confidentiality of your login details.

Our commitment to respecting your privacy is fundamental. We strongly encourage you to review our comprehensive Privacy Policy, which meticulously outlines how we collect, use, and safeguard your personal information. Your ongoing use of our website implies your informed consent to the practices detailed in our Privacy Policy.

Please take note that these terms may undergo periodic updates without prior notice. We place the responsibility on you to regularly review them. Your continued use of the website following any changes constitutes your acceptance of the modified terms.

We sincerely appreciate your trust in entrusting your health journey to HealthPulse. Rest assured, our dedicated team is committed to providing unwavering support at every step of your well-being journey.

Best Regards, The HealthPulse Team.

☒ I accept the Request Responsibility Agreement

Cancle

Previous

Activate Journal