

Health Monitoring System User Documentation

Introduction

Welcome to the Health Monitoring System! This innovative application is designed to empower users to take control of their health by tracking vital health metrics, managing medication reminders, and receiving personalized health recommendations. This documentation will guide you through navigating and utilizing the system effectively.

Getting Started

To begin using the Health Monitoring System, you will need to access the source code repository and set up the application on your local machine. Here are the steps to get started:

1. Accessing the Repository:

If you do not have Git installed, download and install it from [Git's official website](#).

Open a terminal or command prompt window.

Clone the repository by running the following command:

```
git clone https://github.com/infuriated –mink/Semester3 –Java –FInal
```

Navigate to the directory where the repository has been cloned.

2. Compiling the Source Code:

Ensure that Java JDK is installed on your system. If not, download and install it from [Oracle's official website](#) or use a package manager for your operating system.

Compile the source code using the Java compiler:

```
javac HealthMonitoringApp.java
```

3. Running the Application:

Run the compiled Java program:

```
java HealthMonitoringApp.java
```

The Health Monitoring System will be executed in the terminal or command prompt, providing access to its functionalities and features.

Tracking Health Data

- **Input Health Metrics:** Users can input various health metrics such as weight, height, steps taken, heart rate, and sleep duration.
- **View Health Trends:** The system allows users to view their health data over time, helping them identify trends and make informed decisions about their health.

Managing Medication Reminders

- **Set Reminders:** Users can set reminders for their medications, specifying the medicine name, dosage, and schedule.
- **Receive Notifications:** The system will notify users when it's time to take their medication according to the set reminders.

Receiving Health Recommendations

- **Personalized Advice:** Based on the health data provided, the system generates personalized health recommendations to help users maintain a healthy lifestyle.

Troubleshooting

If you encounter any issues or have questions about the Health Monitoring System, please refer to the following resources:

- **User Manual:** Consult the user manual provided with the system for detailed instructions on using each feature.
- **FAQs:** Check the Frequently Asked Questions section for quick answers to common queries.
- **Contact Support:** For further assistance, contact our support team for personalized help.

Conclusion

The Health Monitoring System is a comprehensive tool designed to enhance your health management experience. With its intuitive interface and powerful features, you can easily monitor your health, stay on top of your medication schedule, and receive valuable insights to support your wellness journey. Enjoy the benefits of the system and take a proactive step towards a healthier you!