

User Login ▾

Live A Life of Balance

Je Sai Kailash

\*\*\*\*\*

Signup

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# Dashboard

Hello, Je!



BOSTON

H:25° L:11°

Health Score: 8



## ENVIRONMENTAL CONDITIONS

AIR  
QUALITY

56

WATER  
QUALITY

7.2  
ph

CARBON  
MONOXIDE  
(CO) LEVEL

102  
ppm

UV INDEX

2.7  
low



STEPS



HEART



Today

9000/10000  
steps

Current

89 bpm

Daily Average

8790 steps

Average

99 bpm



Personal Consultant: Dr. Dana Smith

Location: New Brigham Hospital



# Personal Wellness



Steps  
**1800**

Calories Burnt  
**56**

Heart BPM  
**96**

Sleep Quality  
**56%**

Blood Pressure (bpm)

**130/90**



15 min ago

## To Do



Notes... \_\_\_\_\_



Make salad bowl \_\_\_\_\_



Do ABS workout on 11/05/2024 \_\_\_\_\_



\_\_\_\_\_





# Survey Form



Welcome to the Survey!

We value your feedback

Healthcare Access (Current Location: BOSTON)

Pincode:

## Personal Information

Gender



## Health Condition Information

Physical Health

Nutrition Quality

Mental Health Status

Do you have any Chronic Health Conditions? (if Yes, please describe)

Alcohol Consumption Level

Indicate your level here:



Housing Quality

Smoking Habit Level

Indicate your level here:



Sleep Quality

Healthcare Access

I agree that research data gathered for the study may be published or made available provided my name or other identifying information is not used.



# Alerts

Hello, Je!



## Community Alerts

### Health Advisory Alert

October 25, 2024

There has been an increase in flu cases in our area. Local health officials recommend getting vaccinated to reduce the risk of illness. Free vaccination clinics are available at the Community Health Center every Saturday from 9 AM to 4 PM through the month of November.

### Environmental Alert

October 23, 2024

The air quality has reached 'Unhealthy' levels due to wildfire smoke in surrounding areas. Limit outdoor activities, especially for sensitive groups like children, the elderly, and those with respiratory conditions. Wear masks if you need to be outside and consider using air purifiers indoors.

### Community Safety Alert

October 18, 2024

Main Street will be closed from 6 AM to 6 PM starting tomorrow for road resurfacing. Expect traffic delays and plan alternative routes if traveling through the downtown area. This construction is expected to last until November 10th.

## Emergency Hotline Numbers

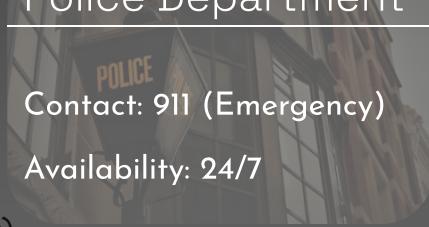
### Fire Department



Contact: 911 (Emergency)

Availability: 24/7

### Police Department



Contact: 911 (Emergency)

Availability: 24/7

### EHS



Contact: 911 (Emergency)  
Local: (555) 345-6789

Availability: 24/7



### Domestic Violence

Contact: 1-800-799-7233

Availability: 24/7

