



thyra

understand your thyroid

symptom tracking + education + connection

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what is the thyroid?

“The thyroid is a **hormone-producing gland** that regulates the body’s metabolism—the rate at which the body produces energy from nutrients and oxygen—and affects **critical body functions**, such as **energy level** and **heart rate**.”

— American Thyroid Association

what are the statistics?

One in eight women will develop thyroid problems in their life.



what are common symptoms?

hypothyroidism

- fatigue
- depression
- dry skin
- forgetful
- feeling cold
- constipation
- weight gain

hyperthyroidism

- sweating
- anxiety
- heart racing
- muscle weakness
- thinning hair
- tremors



the problem(s)



Experiencing a **wide range of symptoms** and don't know what they mean. Hard to document for provider.



Out of sync with body and **don't know where to start** with wellness.



Recently diagnosed with thyroid disease. **How do others manage this?**

the solution(s)

thyra health is an app that provides a holistic approach to understanding your wellness and syncs your symptom tracker with your medical chart for your provider.



Symptom tracker
with weekly analysis of
your comprehensive
health.



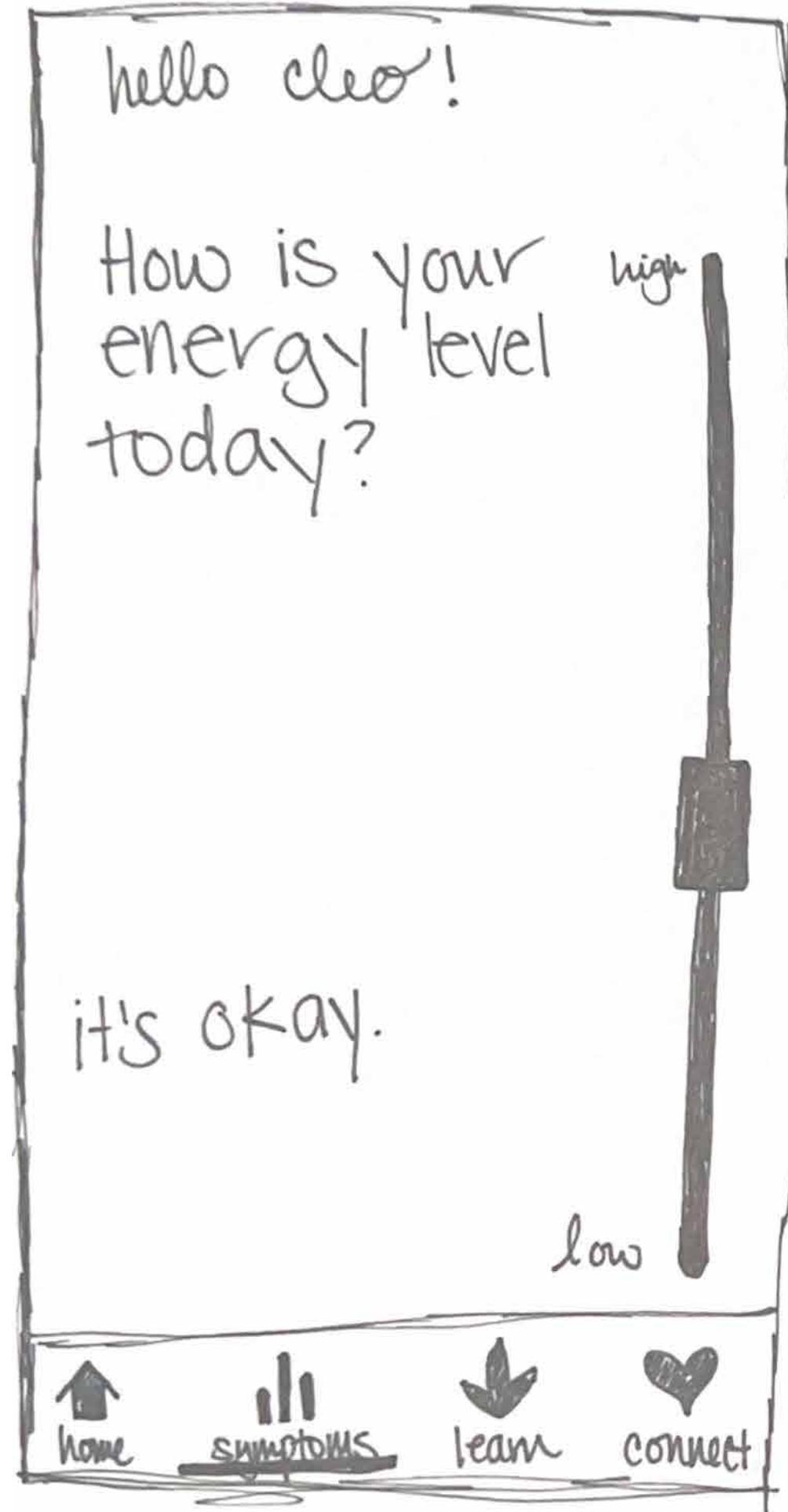
Education resources
and modules to help
understand a **holistic**
lifestyle along with
medical practices.



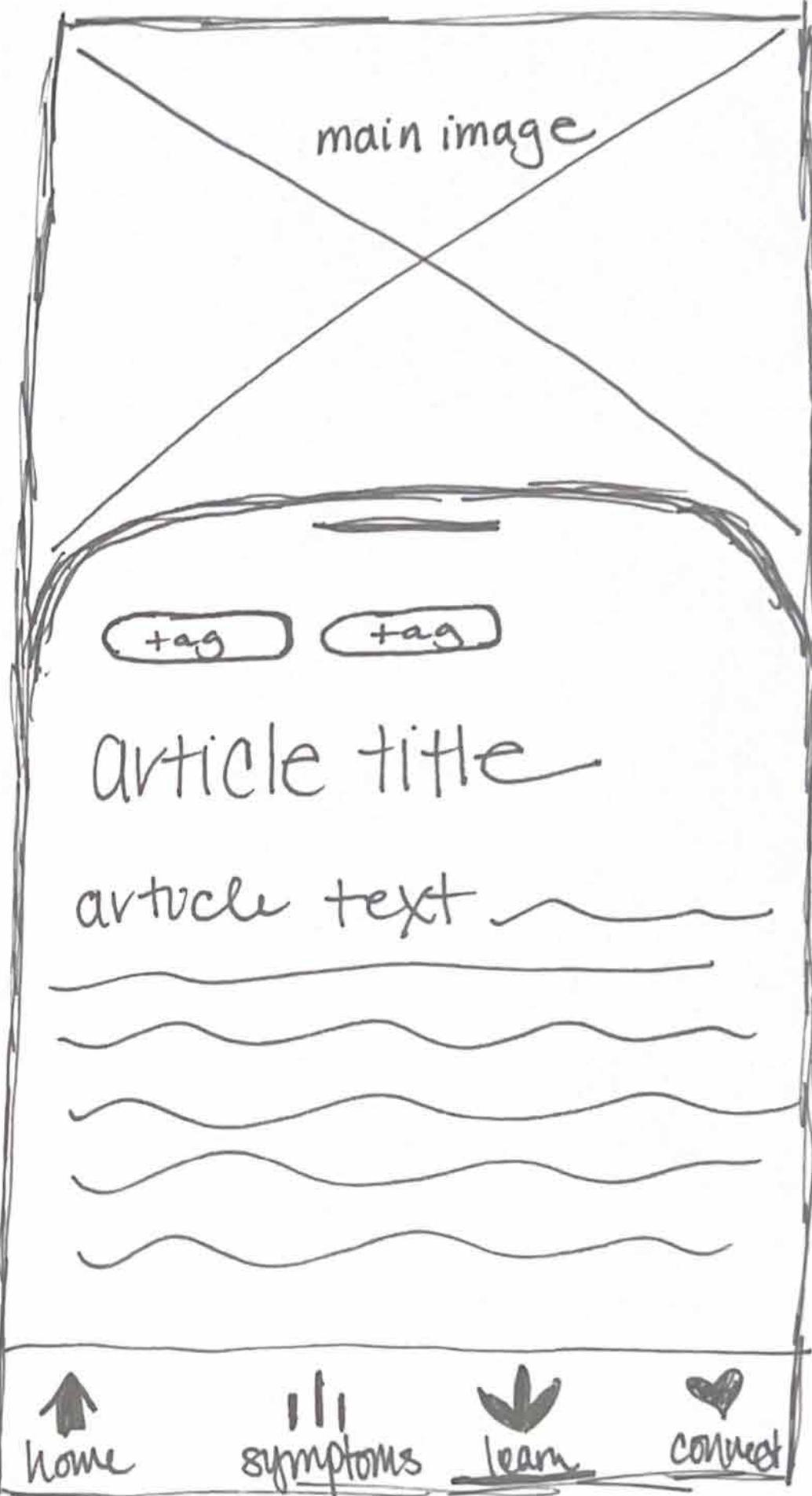
Connect with others
and learn from their
experiences.

the solution sketches

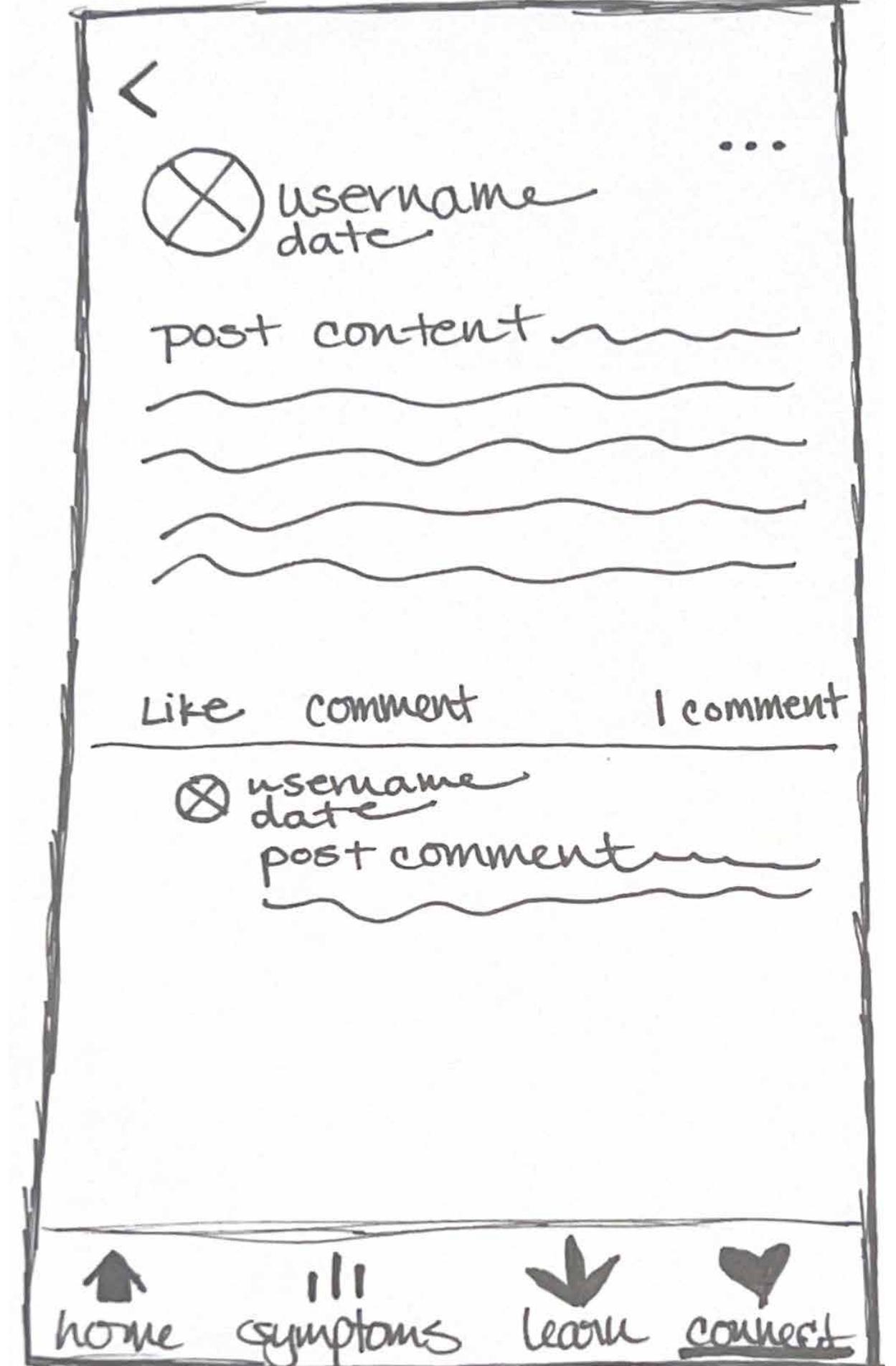
symptom intake



education



connection



overall benefits

- establish an understanding to ones body through education, connection, and connecting the dots.
- connect with your provider on what causes certain symptoms.
- promote the general wellbeing of individuals with various thyroid diseases.



thank you!



resource

American Thyroid Association. (2023). Thyroid function tests. American Thyroid Association.
Retrieved February 20, 2023, from <https://www.thyroid.org/thyroid-function-tests/>