

HEALTHPAL

PERSONALIZED HEALTH MONITORING APP



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## **1. INTRODUCTION**

Maintaining a healthy lifestyle has become increasingly challenging in today's fast-paced society. Health monitoring is critical in fostering awareness about personal well-being and identifying potential health issues early. By tracking essential health metrics such as heart rate, blood pressure, calorie intake, and sleep patterns, individuals can make informed decisions that positively impact their overall health and quality of life.

**HealthPal** is a comprehensive health monitoring application designed to address the growing need for accessible, efficient, and personalized health management as well as empower users to take charge of their health. This app empowers users to monitor their health metrics, set achievable wellness goals, and receive AI-driven insights tailored to their unique health data. By leveraging cutting-edge technology, **HealthPal** provides users with the tools they need to take control of their health in a simple, user-friendly manner.

## **2. CLIENT OPERATIONS**

**HealthPal** will cater to individual users seeking to monitor their basic health metrics and achieve their wellness goals. The app will enable users to log daily/weekly health metrics such as temperature, weight, blood pressure, heart rate, sleep hours, breathing, and calorie intake. The app will also enable users to set and track personal health goals and receive AI-driven recommendations based on their health data. Reports of the data can also be exported for medical consultations or personal tracking.

## **3. EXECUTIVE SUMMARY**

**HealthPal** is an innovative health monitoring application that leverages modern technology to empower users in managing their well-being. By integrating health metric logging, goal tracking, AI-driven recommendations, and data visualization, the app provides a personalized and comprehensive approach to health management. Users can effortlessly track key metrics such as temperature, weight, blood pressure, heart rate, breathing rate, sleep hours, daily steps, and calorie intake. With the inclusion of cutting-edge AI, HealthPal offers actionable insights and tailored health tips, helping users make informed decisions and achieve their wellness goals.

**HealthPal** also represents an opportunity to address the increasing demand for accessible health management tools in today’s technology-driven world. **HealthPal** not only supports individual users in achieving healthier lifestyles but also opens possibilities for partnerships with healthcare providers and fitness industries. By offering features such as exportable health reports and secure data management, **HealthPal** bridges the gap between personal health tracking and professional healthcare consultations. Its innovative approach positions it as a comprehensive solution in the rapidly growing health-tech market.

## **4. COST SUMMARY**

The cost summary for the HealthPal project includes:

1. **Human Resources:**
2. Project Manager: 1 full-time role for 14 weeks at the rate of $2,200/per week
3. Developers: 4 full-time developers for 14 weeks at the rate of $50/hr.
4. **Equipment and Software**:
5. GitHub as the repository
6. VS Code as the IDE
7. SQL
8. Python
9. Google authentication API
10. OpenAI API
11. **API Integration:**
    1. Calorie Tracking: $600(annual subscription)
    2. Google Login API $1,000
12. **Deployment and Hosting**:
    1. Cloud Hosting: $1,000 (annual)
13. **Maintenance and Support:**
    1. Monthly Maintenance: $2,000
14. **Miscellaneous Cost:** 
    1. Communication and Collaboration Tools: Licenses for business use: $600
       1. Slack, Zoom, Trello, and GitHub
15. **Contingency:**
    1. The contingency cost will cover any unforeseen occurrence or additional requirements that is not covered here. The cost will be $5,000

**Total Estimated Cost: $69,000**

## **5. TERMS AND CONDITIONS**

1. Timeline: The project timeline is estimated to be completed within 14 weeks, starting from the signing of the agreement
2. Payment: The payment milestones will be established as follows:

* 40% upfront upon agreement signing
* 40% upon completion of the backend and frontend development
* 20% upon successful deployment and delivery of the app

1. Client Responsibilities: During development, the client must adhere to the payment terms listed in section 4. Failure to meet this requirement will be deemed a breach of contract.
2. Change Control: Any changes or modifications to the project scope must be requested in writing by the client. The project team will evaluate the requested changes and provide a written estimate of the impact on project cost and timeline. Changes will be implemented upon the client’s approval and may result in additional charges or adjustments to the project schedule.
3. Intellectual Property: Upon full payments, all intellectual property rights related to **HealthPal** will belong to the client
4. Termination Clause: Either party may terminate the project by providing a written notice of termination to the other party. In the event of termination, the client will be responsible for paying for all services rendered and expenses incurred up to the termination date.
5. Confidential agreements will be placed to ensure data security
6. Post-deployment support will be provided for 2 months as part of project package

## **6. CONTACT**

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