User Manual / FAQ for Health Horizon AI Website

1. **Getting Started**
   a. Home Page: Start your journey with Health Horizon AI on the AuthHomePage. Here, you'll be greeted and guided to begin your health journey. Look for the "Begin your Journey" button to proceed.
   b. Navigation and Features
   c. Journey Page: Explore your health journey. This section provides a tailored experience to track your health progress and goals.
   d. BMI Calculator: Use the BMI Calculator to understand your Body Mass Index. Enter your height and weight to receive your BMI score and health advice.
   e. Chatbot: Interact with our AI-powered chatbot for instant support and answers to your health queries. Find it on the ChatbotPage.
   f. ML Results: After uploading data, visit the MLResults page to view insights and analysis provided by our machine learning algorithms.
   g. Profile Page: Customize your experience and manage your account details on the ProfilePage.
   h. Health Questionnaire: Complete the health questionnaire to provide us with essential information to tailor your health journey.
   i. Data Upload: Use the UploadPage to securely submit your health data for analysis.

2. FAQs
   a. How do I upload data?: Navigate to the UploadPage, where you can drag and drop your files or click to upload from your computer.
   b. Interpreting Results: Visit the MLResults page after uploading your data. Results are presented in an easy-to-understand format, offering valuable health insights.
   c. Troubleshooting: If you encounter any issues, the chatbot on the ChatbotPage can provide immediate assistance. For more complex issues, contact our support team.

3. Customization
   a. Customize your health journey and account settings through the ProfilePage, ensuring a personalized experience tailored to your health goals.