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## AI FOR HEALTH

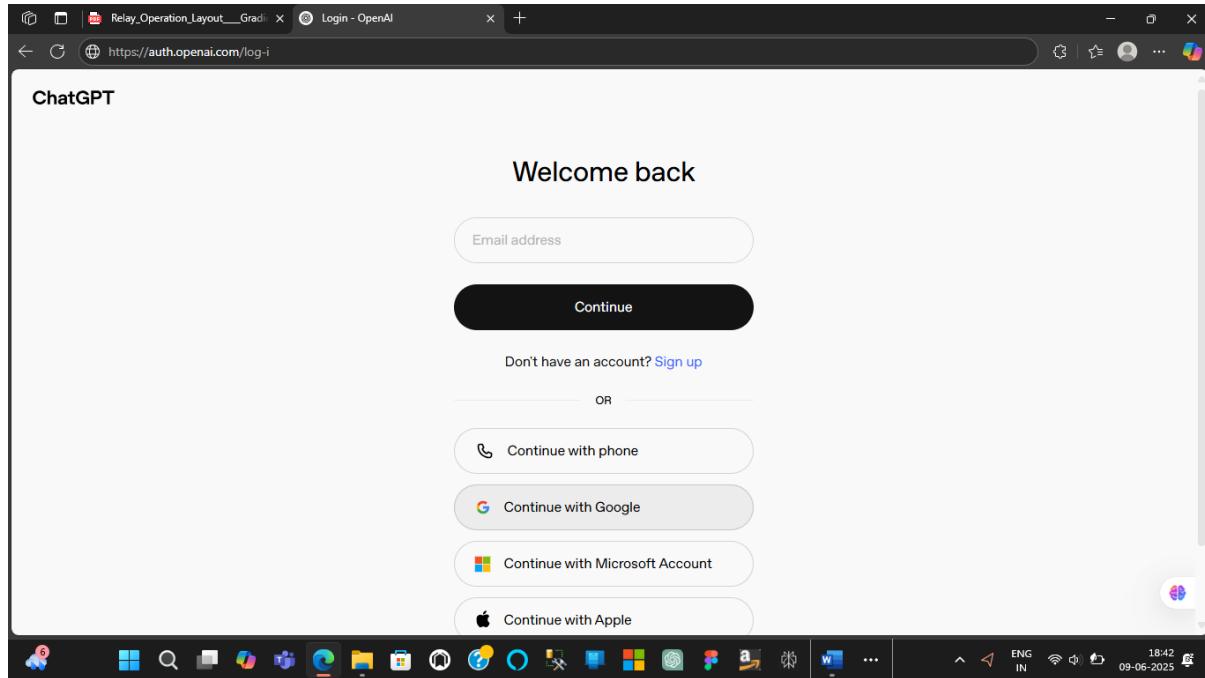
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To use AI for health follow these steps:

Login or signup for chatgpt using the link below

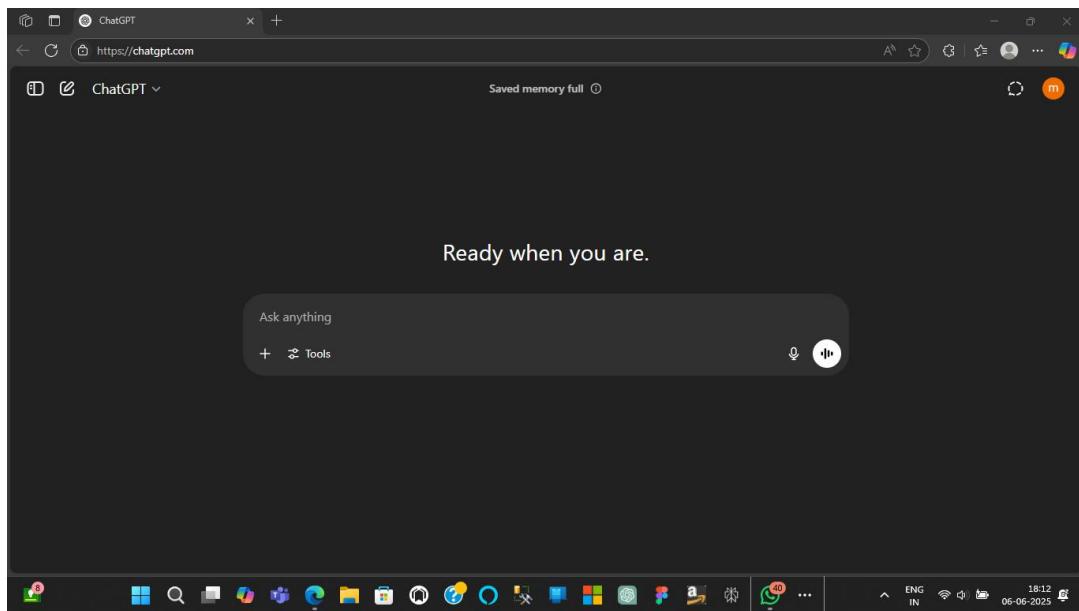
<https://auth.openai.com/log-in>



Click on continue with google.

And login using your gmail account.

Next follow the steps from next page.

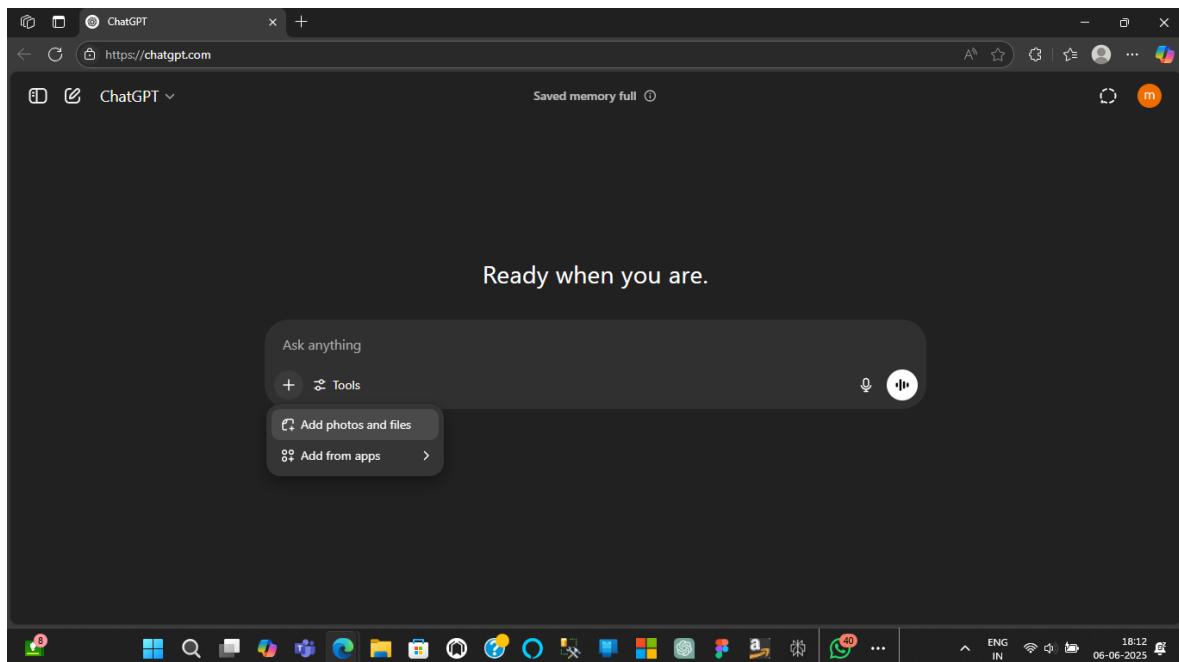


To get the detailed summary of the health report. Follow these steps:

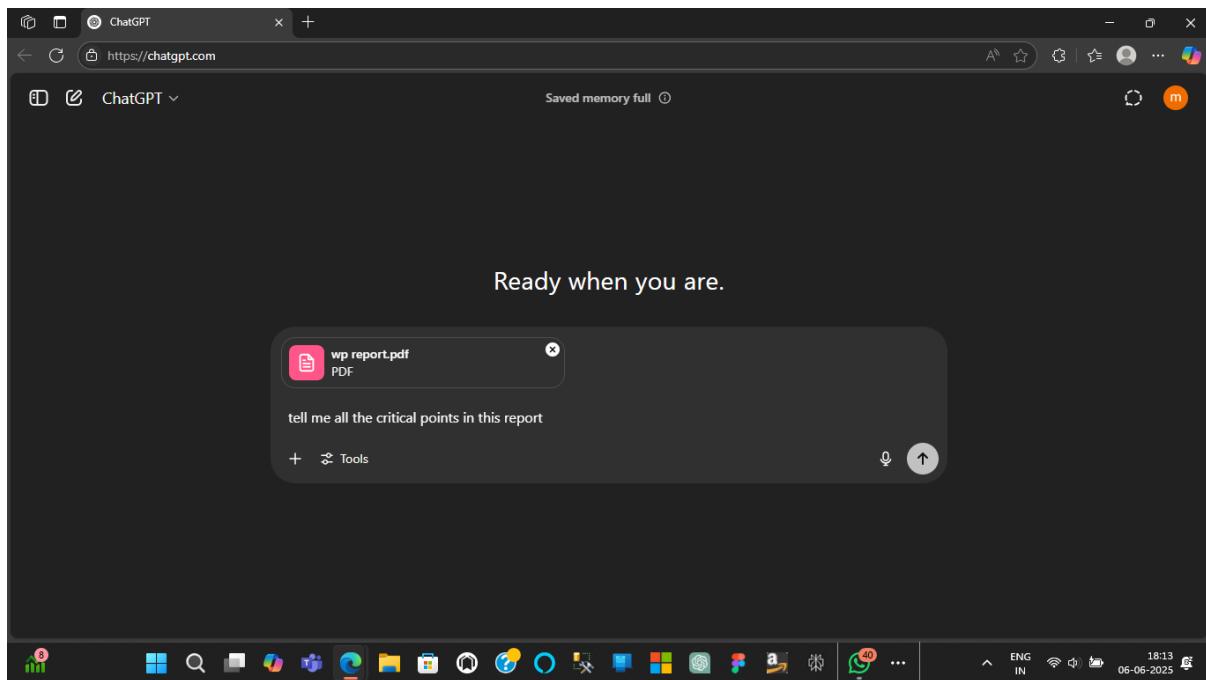
After login or signup you will get this page.

Here you will see "+" button, Tools button, Microphone button.

1. Click on "+" button



2. After getting options click on add photos and files.
3. Then from then select the files from the folders and click on open.



4. After uploading enter this text “ tell me all the critical points in this report ”.
5. Click on arrow mark.
6. It will now generate the critical points from the reports.

Other steps you can do after uploading the health report is:

#### 1. Understand the Document Clearly

- Get a **simple explanation** of the whole document
  - Know what the document is about and **why it matters**
  - Get a **summary in plain language**
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#### 2. Identify Key Points

- Highlight what is **important or unusual**
  - Find out what might be **outside the normal range**
  - Learn which parts may **need medical attention**
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#### 3. Know if You Should Be Concerned

- Understand if the report looks **normal or serious**
  - Get help deciding if you should **see a doctor soon**
  - Know what parts may be related to your **symptoms or condition**
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#### 4. Prepare for Doctor Visits

- Get a list of **questions to ask your doctor**
  - Make a **brief summary** to show or explain easily
  - Know how to **describe your issue clearly**
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#### 5. Organize Your Health Info

- Create a **record or summary** for your own tracking
  - Compare with older reports (if you upload more)
  - Track your **health progress** over time
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#### 6. Get Next-Step Guidance

- Know if more tests or follow-ups might be needed
  - Get advice on **lifestyle, diet, or daily care**
  - Understand what to do next based on the document
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#### 7. Convert Documents into Useful Formats

- Turn documents into a **clear summary**
  - Create a **note, journal entry, or health log**
  - Translate the content to your **local language** (if needed)
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#### 8. Help Understand Reports for Family Members

- Help explain documents for your **parents, spouse, or children**
  - Make the info **easy to share** with your doctor or family
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9. You can also get diet plan which is suitable for the report. For that enter this text **"generate a diet plan for a month which is suitable for this report. Note: gender, age, place of living, height, weight"**. Change the details in note accordingly and enter it. It will create a diet plan for you.

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10. You can also get exercise plan for you according to your health condition. For that enter this text **"give me an exercise plan which can help me to achieve my health goals Note: gender, age, place of living, height, weight, home workout or gym workout"**. Change the details in note accordingly and enter it. It will create a exercise plan for you.

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 **All you need to do is say things like:**

- “Explain this.”
- “What should I know from this?”
- “Is there anything to worry about here?”
- “Make a summary I can keep.”