



Health Tracker

The app interface is displayed on a smartphone screen. At the top, there is a green header bar with the text "Health Tracker" in white. Below the header is a navigation bar with a heart icon, the text "Health Tracker", and a menu icon (three horizontal lines). The main content area features a large circular progress meter with a gradient from yellow to green, with a needle pointing to the number "72" in the center. Below the meter, a text message states: "The average score for your age and gender is 72. Score calculated on 26 June 2024 13:24". A "FAQ" button is located in a green rounded rectangle below this message. The next section, titled "Biometrics" with a person icon, lists four metrics with their corresponding color-coded heart icons: "Waist circumference" (red), "Body Mass Index (BMI)" (orange), "Systolic Blood Pressure" (yellow), and "Diastolic Blood Pressure" (green). The final section, titled "Nudges" with a person icon, is titled "Body Mass Index (BMI)" and contains the text: "You are one level away from an optimal body mass index. Tip: Avoid sugary drinks - they have very little nutritional value".

Health Tracker

72

The average score for your age and gender is 72. Score calculated on 26 June 2024 13:24

FAQ

 **Biometrics**

● Poor ● Fair ● Average ● Good ● Excellent

- Waist circumference
- Body Mass Index (BMI)
- Systolic Blood Pressure
- Diastolic Blood Pressure

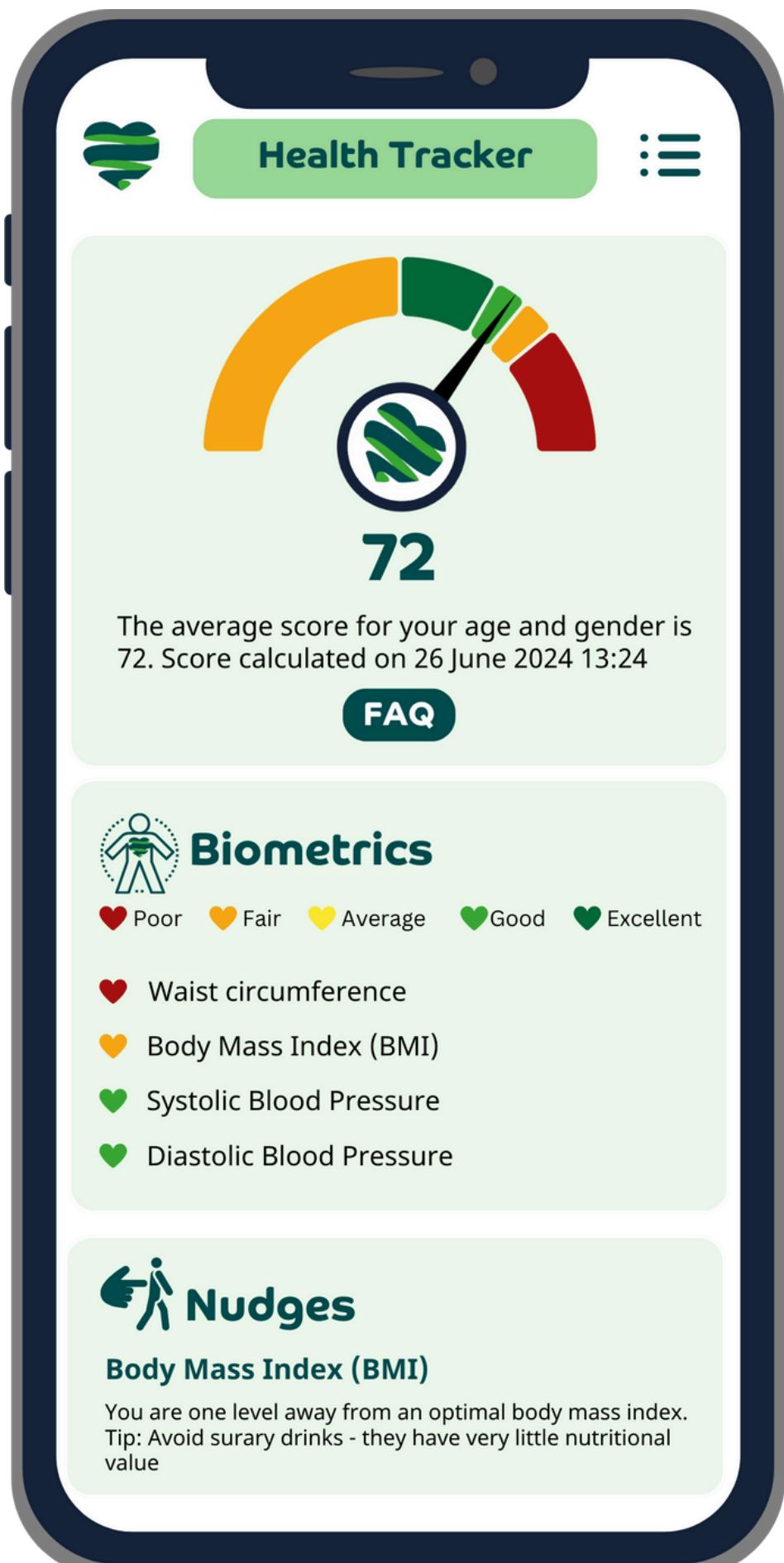
 **Nudges**

Body Mass Index (BMI)

You are one level away from an optimal body mass index.
Tip: Avoid sugary drinks - they have very little nutritional value

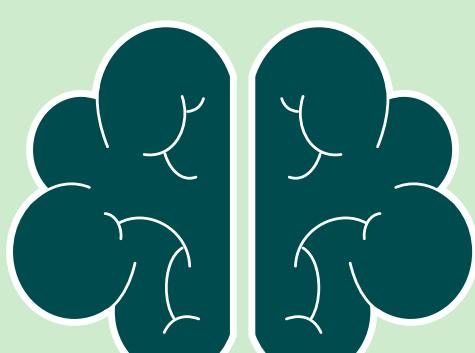


Health Tracker



Health Tracker is a digital tool that provides **quick and easy health scans** via your smartphone camera.

It allows you to **track vital health metrics** about your heart, body, and mind.



Why Knowing Your Numbers Matters

Your health numbers—like systolic and diastolic blood pressure, heart rate, stroke risk, BMI, or stress index—are critical for preventing illnesses.

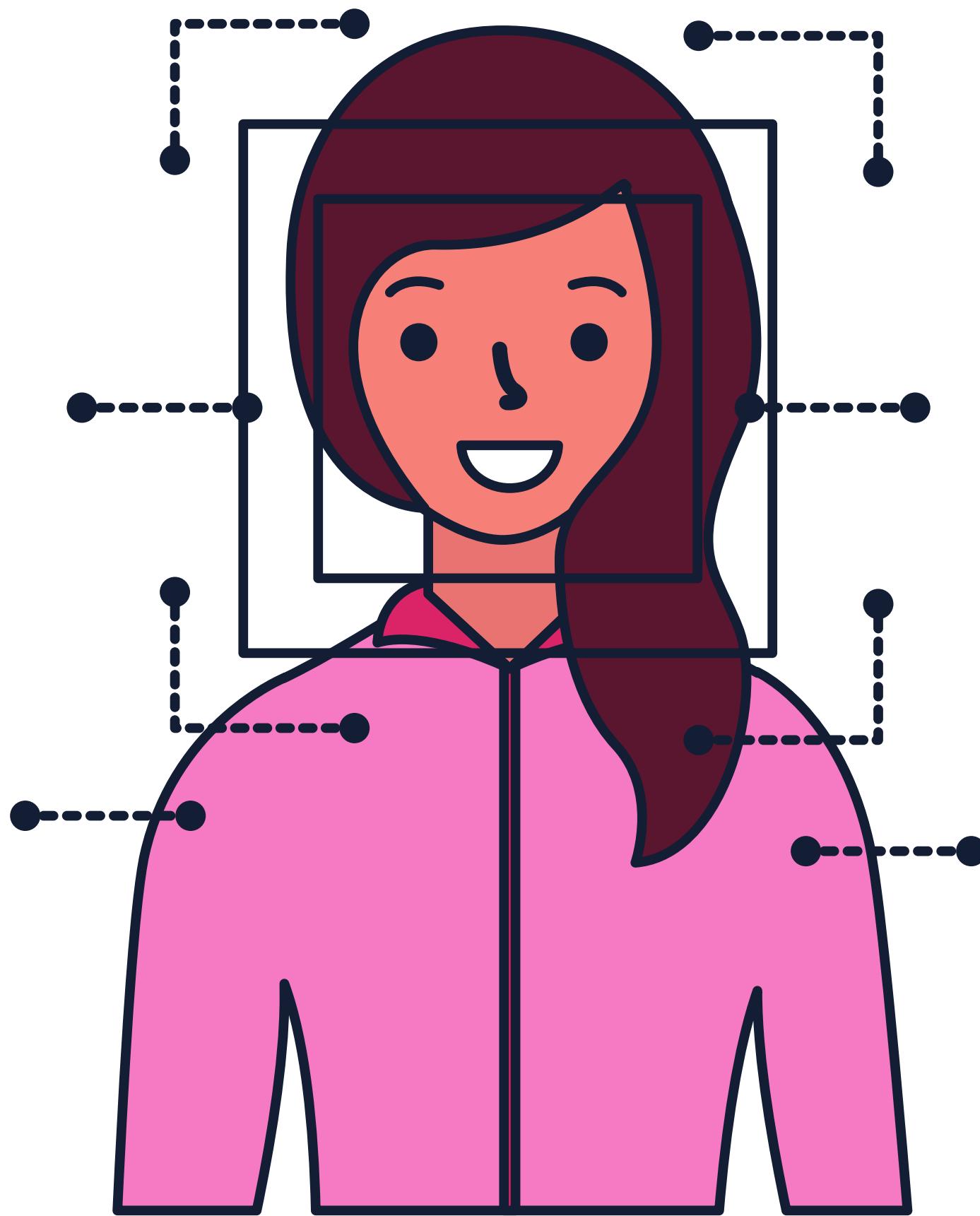
Early detection of negative trends empowers you to take action before conditions worsen.



How It Works

Access the Health Tracker app through Lime Health's member platform.

After answering a few simple questions, perform a 30-second scan every month, using your mobile phone to see how your health is doing and track trends over time.



Trusted Technology

The technology uses Remote Photoplethysmography (rPPG) imaging, which is a non-contact method that analyzes variations in light reflected from the skin to measure vital signs like heart rate, breathing rate, and blood pressure.

All you need is a smartphone camera to perform these scans, making it quick and easy to monitor your health.



Your Data is Confidential

Your results are private.

**Rest assured, your employer
cannot access personal
health data.**

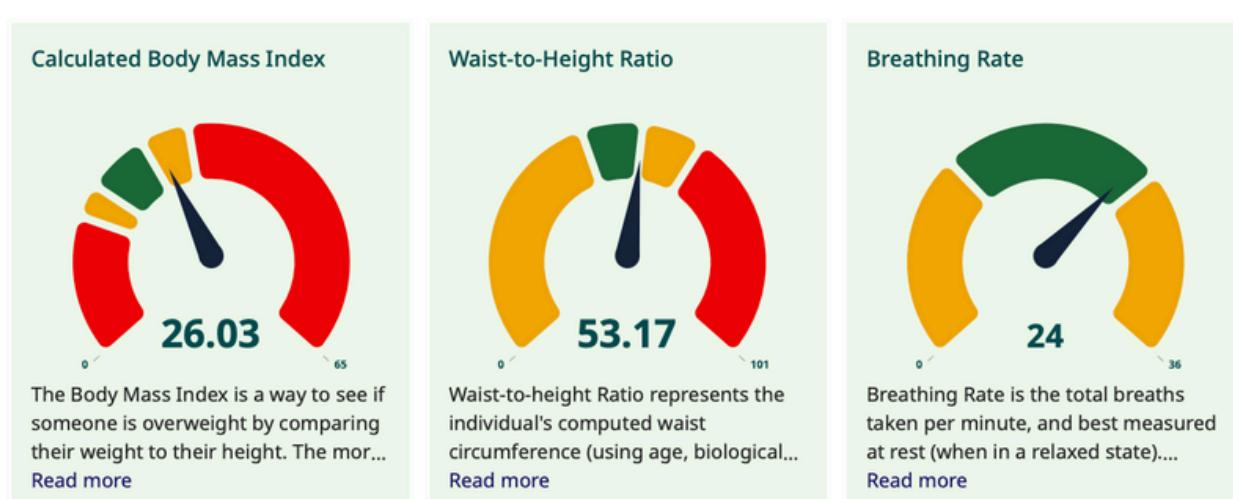
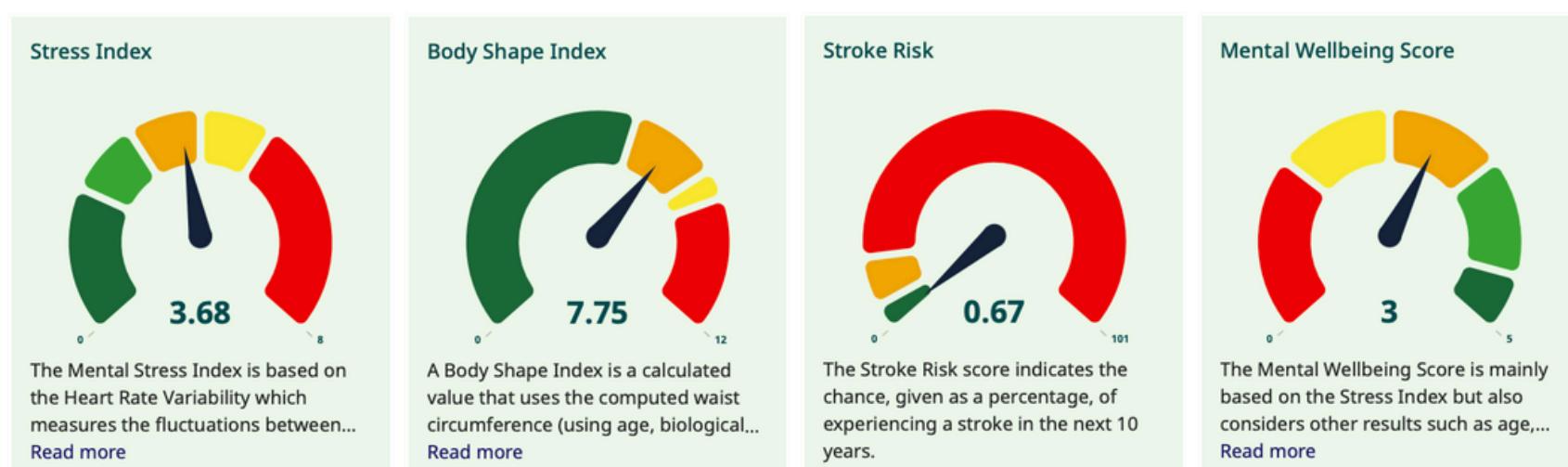
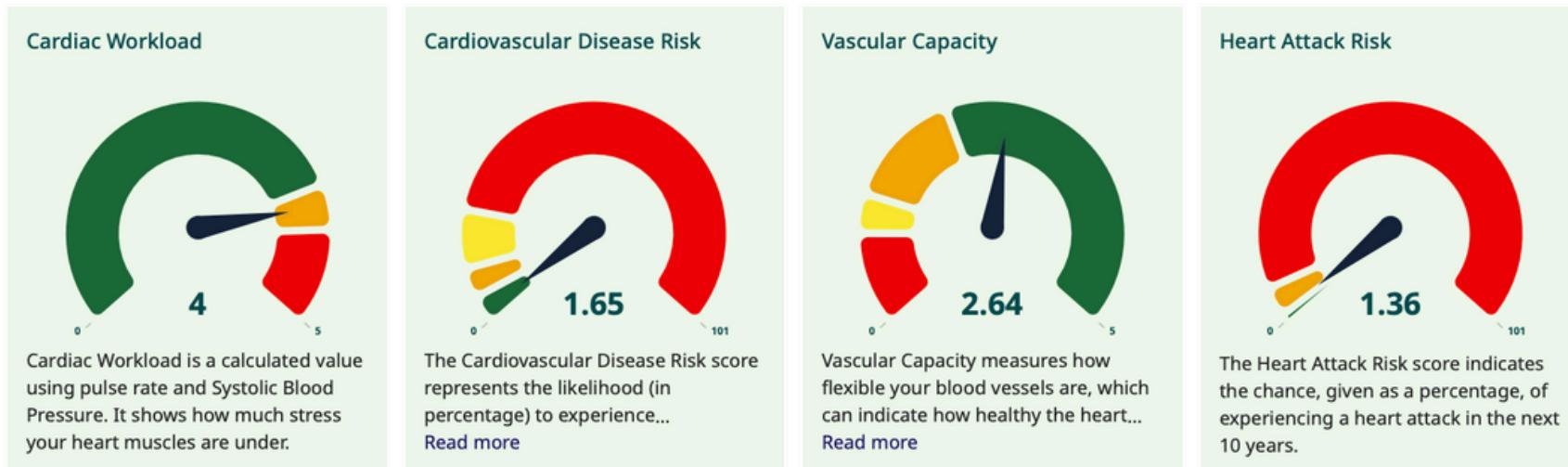
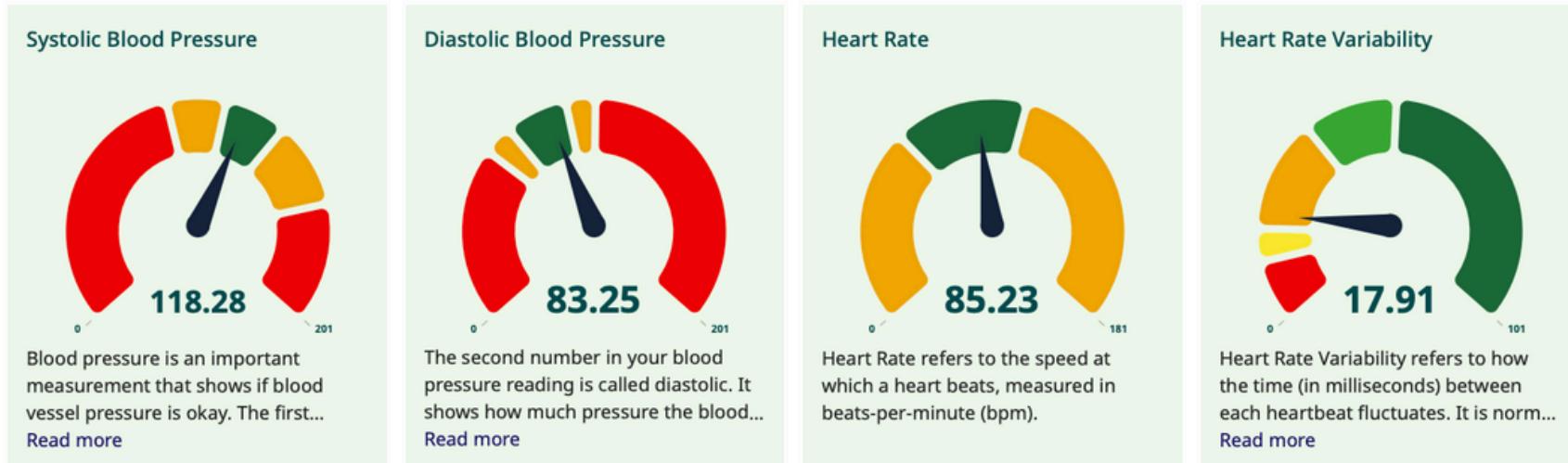


Know your numbers

Track - Prevent - Thrive

Use the app to know your numbers and, if needed, book an appointment with a clinician via Health Essentials.

Your Measurements



Take control of your health

Activate
and start using your
healthcare benefits

For more information visit:
members.limehealth.uk