



# Health Tracker



## 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



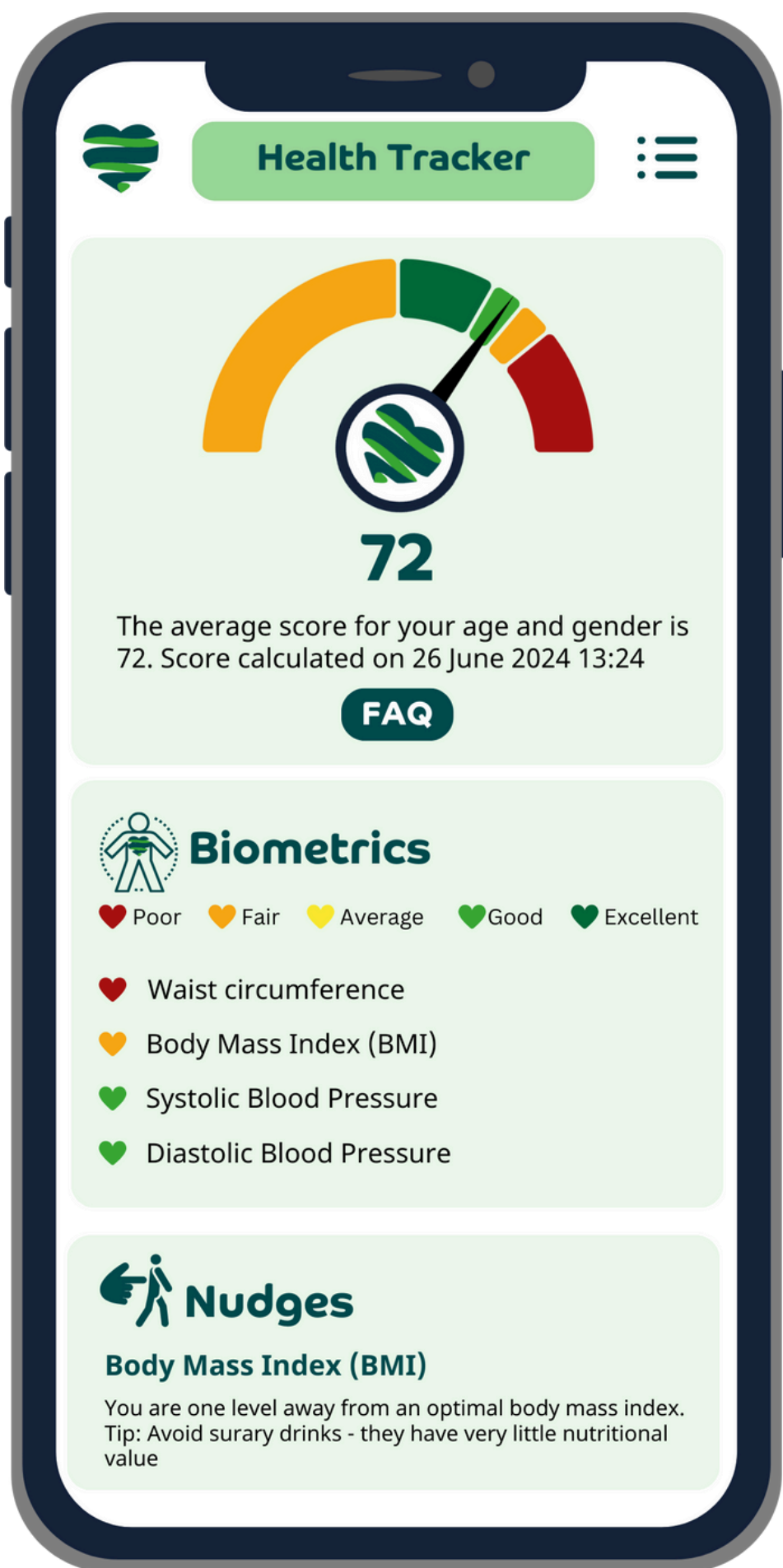
## Nudges

### Body Mass Index (BMI)

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

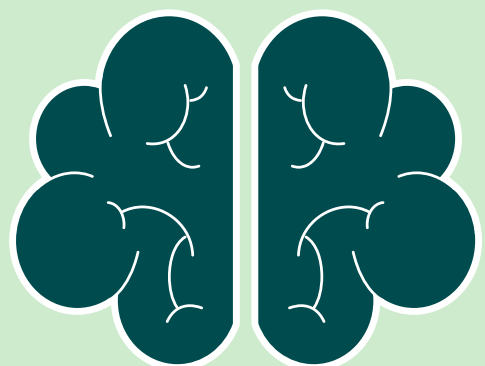


# Health Tracker



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.

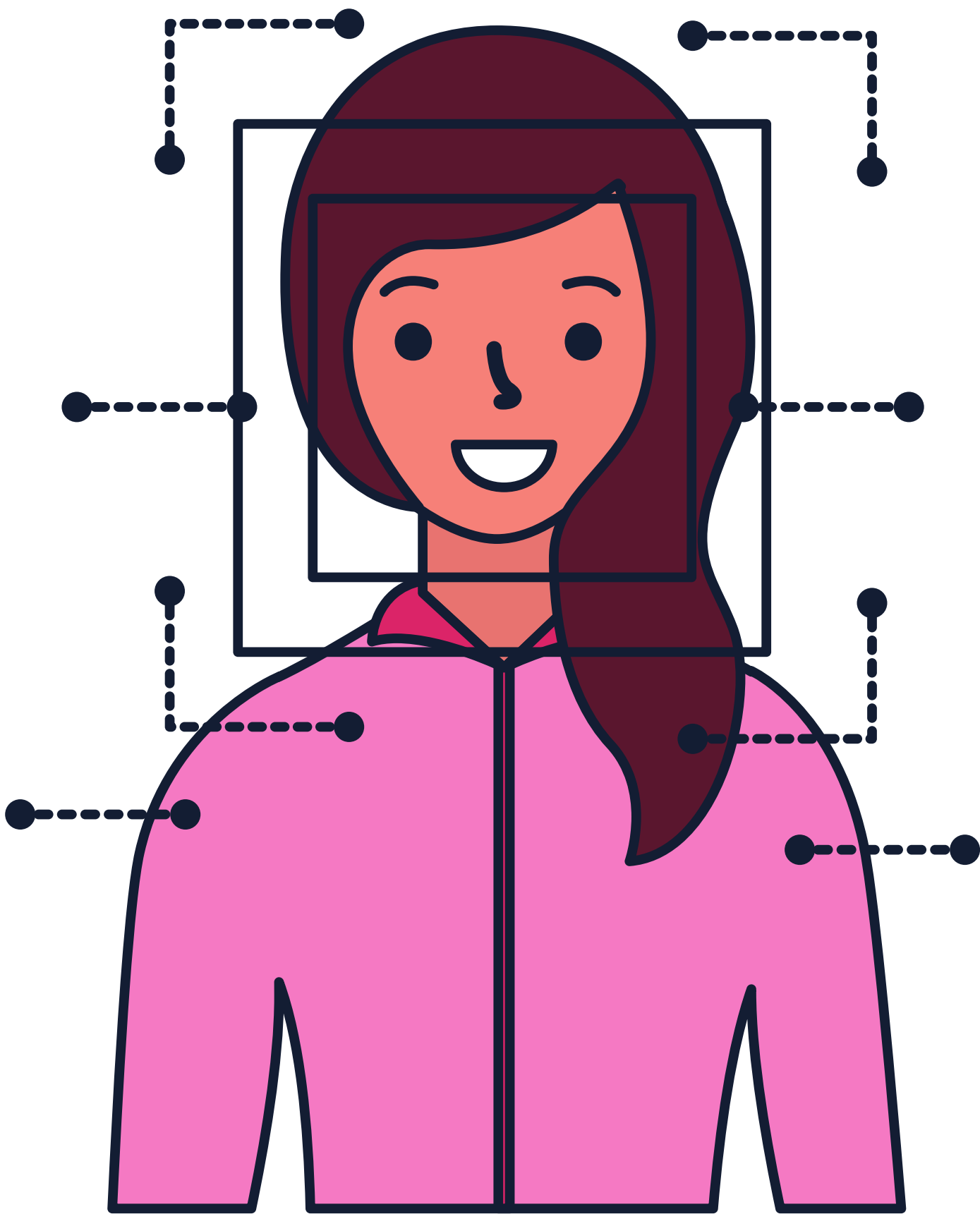
**Early detection of negative trends empowers you to take action before conditions worsen.**



# 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.**



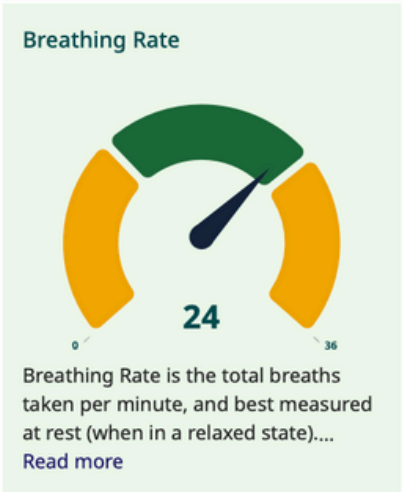
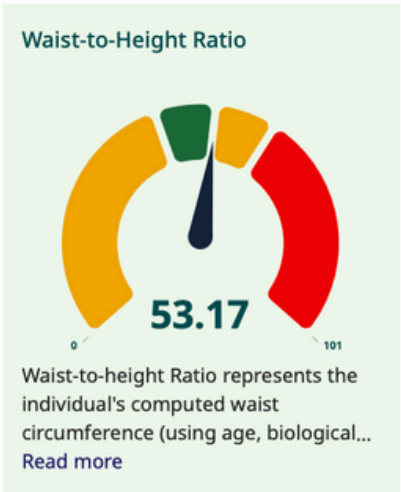
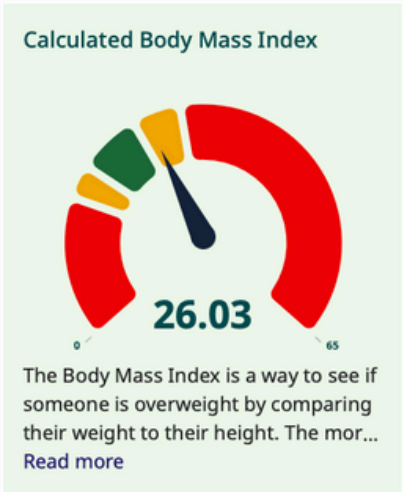
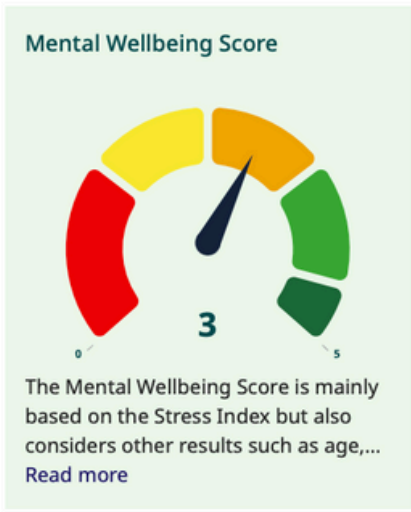
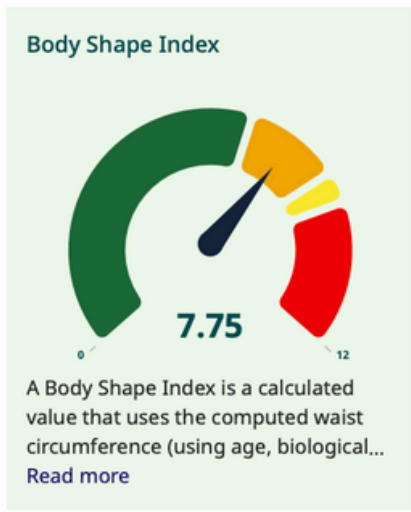
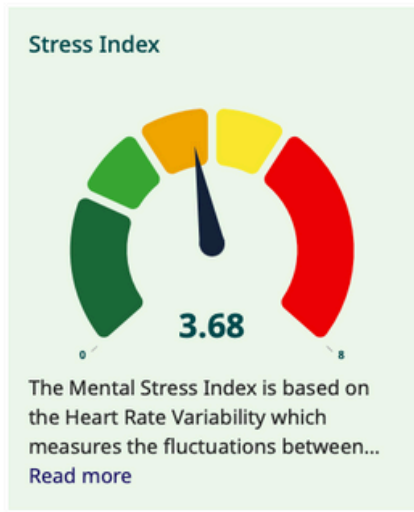
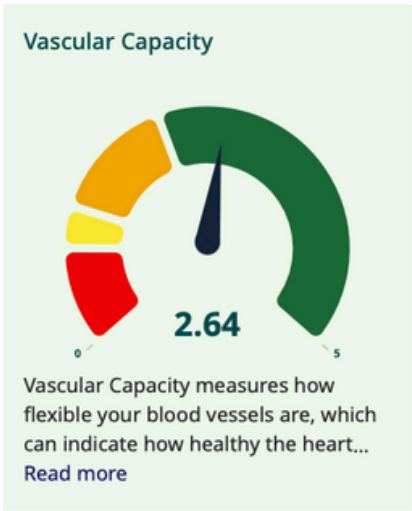
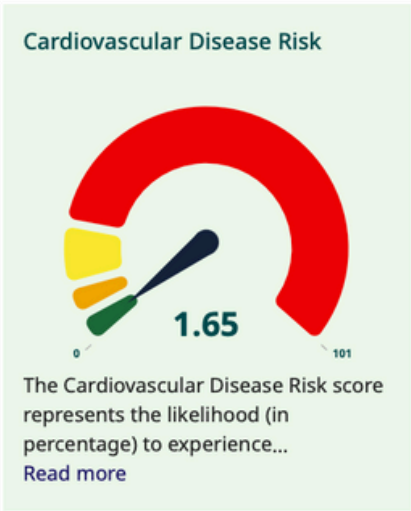
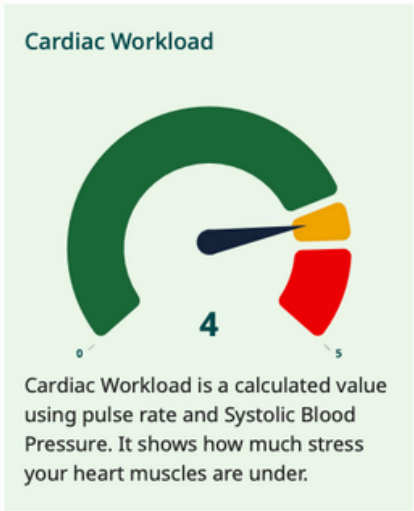
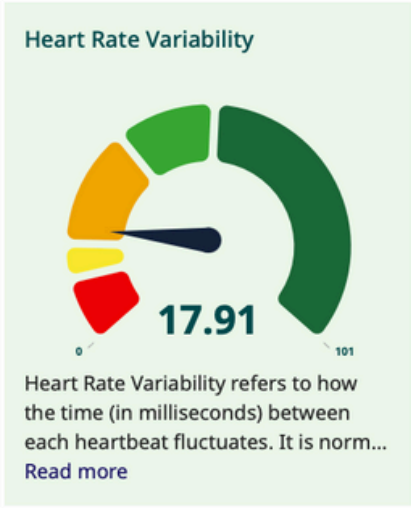
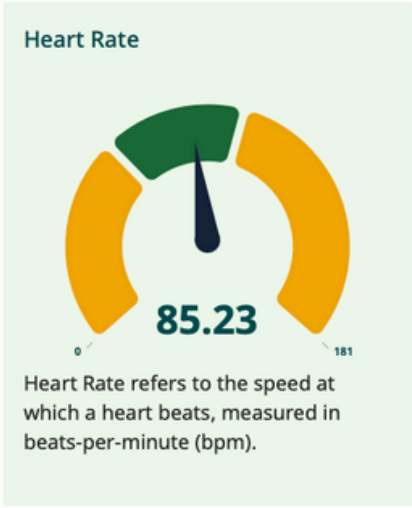
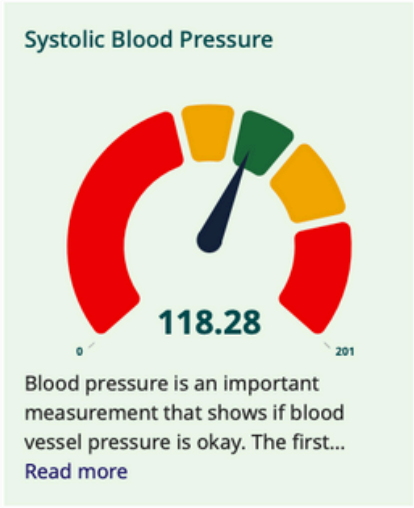


# Know your numbers

## 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](https://members.limehealth.uk)

