

Preventee App

A practical tool for daily
monitoring of preventive health

<http://preventee.cz>

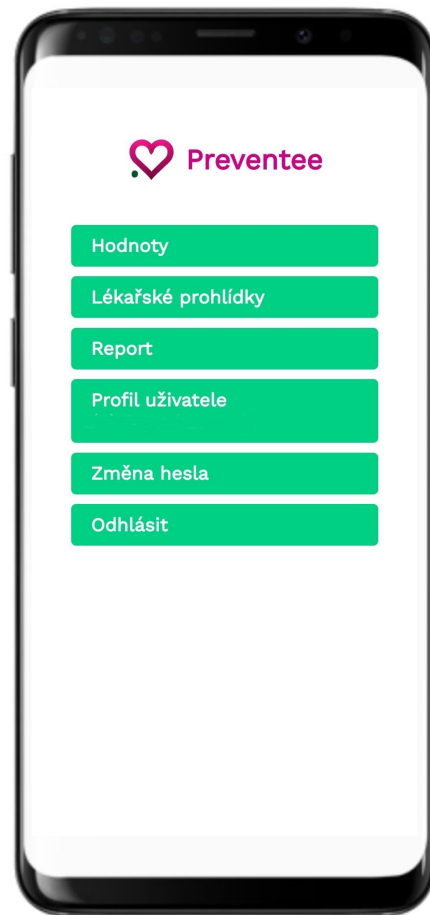
<http://app.preventee.cz>



What is the Preventee app?

The web application was created with the aim of providing users, especially patients, with the ability to monitor and manage their health on a daily basis. After logging in, the user can access an overview of their health data, which is focused on monitoring daily activities such as physical activity, sleep, diet or hydration. This is not data from medical records, but rather information collected by the user, for example through wearable devices, mobile apps or manual input.

This data is processed and presented in clear reports that allow the user to track their progress, identify weaknesses and improve their healthy habits. The app also offers the possibility to share the results of these activities with the treating physician through automatically generated email reports. This tool thus promotes better communication between patient and doctor, enables personalized care and contributes to more effective monitoring of prevention and treatment.





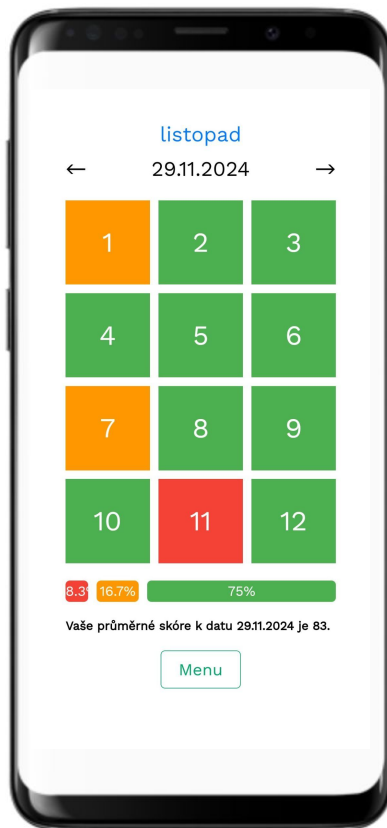
What metrics does the app track?

The app tracks 12 core metrics that have a significant impact on prevention, longevity and healthy living.

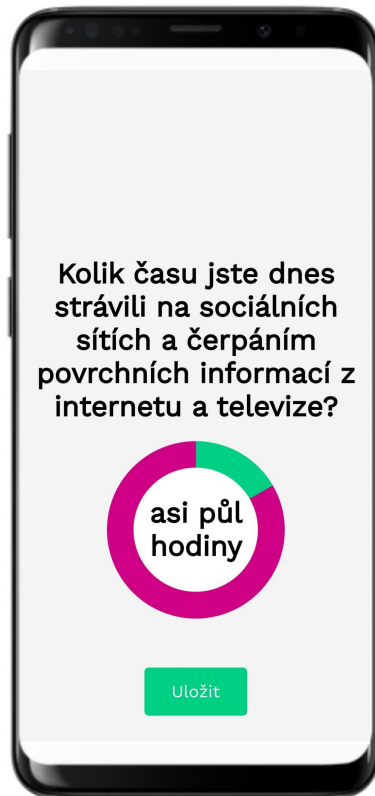


Key application views

The app evaluates and shows the user how they are doing each day in a daily and monthly report.



Intuitive entry of daily values



Monthly matrix of values shared with the attending physician



Report bude odeslán na adresu: example@example.com

| Dny | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|---------------------------|------|------|------|------|------|------|------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Kroky nachozené | 1000 | 2000 | 3000 | 4000 | 5000 | 6000 | 7000 | 8000 | 9000 | 10000 | 11000 | 12000 | 13000 | 14000 | 15000 | 16000 | 17000 | 18000 | 19000 | 20000 | 21000 | 22000 | 23000 | 24000 | 25000 | 26000 | 27000 | 28000 |
| Hodiny spánku | 6 | 7 | 5 | 6 | 7 | 5 | 6 | 7 | 5 | 6 | 7 | 5 | 6 | 7 | 5 | 6 | 7 | 5 | 6 | 7 | 5 | 6 | 7 | 5 | 6 | 7 | 5 | 6 |
| Přijem tekutin (l) | 2.0 | 2.5 | 2.0 | 2.5 | 2.0 | 2.5 | 2.0 | 2.5 | 2.0 | 2.5 | 2.0 | 2.5 | 2.0 | 2.5 | 2.0 | 2.5 | 2.0 | 2.5 | 2.0 | 2.5 | 2.0 | 2.5 | 2.0 | 2.5 | 2.0 | 2.5 | 2.0 | 2.5 |
| Vyváženost stravy (%) | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 |
| Čas před spánkem (hod) | 2.0 | 1.5 | 2.5 | 2.0 | 1.5 | 2.5 | 2.0 | 1.5 | 2.5 | 2.0 | 1.5 | 2.5 | 2.0 | 1.5 | 2.5 | 2.0 | 1.5 | 2.5 | 2.0 | 1.5 | 2.5 | 2.0 | 1.5 | 2.5 | 2.0 | 1.5 | 2.5 | 2.0 |
| Kvalita interakcí | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Stres management | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 |
| Konzumace cukru (g) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Váha (kg) | 71 | 72 | 73 | 74 | 70 | 71 | 72 | 73 | 74 | 70 | 71 | 72 | 73 | 74 | 70 | 71 | 72 | 73 | 74 | 70 | 71 | 72 | 73 | 74 | 70 | 71 | 72 | 73 |
| Preventivní návštěvy | 1 | 2 | 0 | 1 | 2 | 0 | 1 | 2 | 0 | 1 | 2 | 0 | 1 | 2 | 0 | 1 | 2 | 0 | 1 | 2 | 0 | 1 | 2 | 0 | 1 | 2 | 0 | 1 |
| Spotřeba alkoholu | 1 | 2 | 3 | 0 | 1 | 2 | 3 | 0 | 1 | 2 | 3 | 0 | 1 | 2 | 3 | 0 | 1 | 2 | 3 | 0 | 1 | 2 | 3 | 0 | 1 | 2 | 3 | 0 |
| Čas na obrazovkách | 1 | 2 | 3 | 4 | 5 | 0 | 1 | 2 | 3 | 4 | 5 | 0 | 1 | 2 | 3 | 4 | 5 | 0 | 1 | 2 | 3 | 4 | 5 | 0 | 1 | 2 | 3 | 4 |

User login, security and two-factor authentication

Two black smartphones are shown side-by-side. The left phone displays a login screen with the title 'Přihlášení', email and password input fields, a green 'Přihlásit se' button, and a link 'Zaregistrovat se | Zapomněli jste heslo?'. The right phone displays a password change screen with the title 'Změna hesla', 'Nové heslo' and 'Potvrzení hesla' input fields, and two buttons: a green 'Uložit' button and a white 'Zpět' button.

Přihlášení

Email

Heslo

Přihlásit se

[Zaregistrovat se](#) | [Zapomněli jste heslo?](#)

Změna hesla

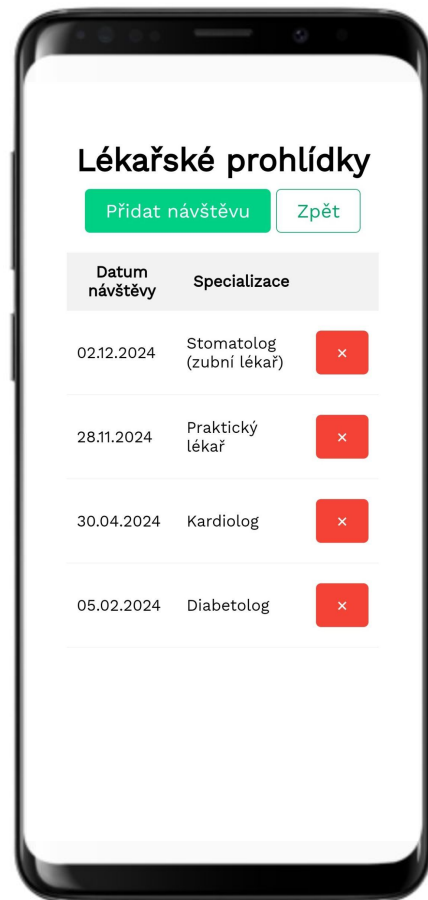
Nové heslo

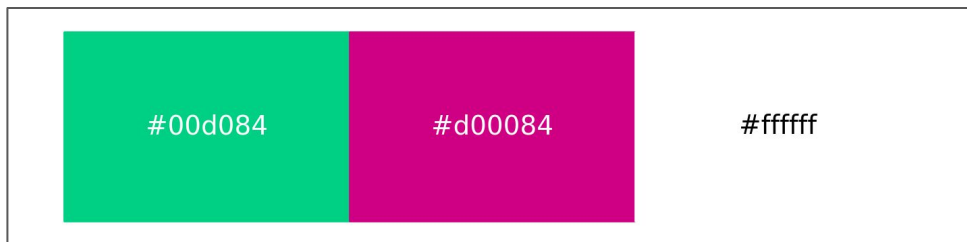
Potvrzení hesla

Uložit Zpět

Overview of doctors' visits

The Preventee app allows you to keep track of all visits to doctors of various specialties, including allergist, anesthesiologist and intensivist, angiologist, surgeon, dermatovenerologist, diabetologist, endocrinologist, phoniatriest, gastroenterologist, geriatrician, gynecologist, hematologist, infectologist, internist, cardiologist, clinical pharmacologist, clinical geneticist, oncologist, psychologist, speech therapist, maxillo-facial surgeon, nephrologist, neonatologist, neurosurgeon, neurologist, ophthalmologist, orthopaedic surgeon, otorhinolaryngologist, pathologist, paediatrician, plastic surgeon, pneumologist, general practitioner, psychiatrist, radiologist, rehabilitation physician, rheumatologist, sexologist, dentist, traumatologist and urologist.





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