

The Human Five

App By **Group 34**

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Health Assistant App

→ Allows users to rate themselves in multiple areas, balancing their stress & performance levels to get max efficiency, scale themselves using other standards to improve themselves over time

Features

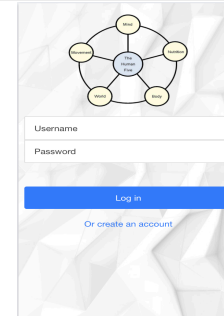
- Self-Assessment: Allows the user to rate themselves and manage goals on a regular basis
- Progress Evaluation: The user is able to see his/her data in a graphical way and thus evaluate the progress overtime
- Server Synchronisation: Users can store their information and ratings on the server allowing them to access their account on any device
- Group Goals: Allows users to share goals with other people to achieve common goals

Thought behind the app

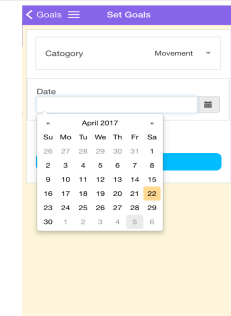
→ 'The Human Five' aims to improve the health and mental well-being of the NHS staff by means to a health assistant in the form of a healthcare and data visualisation app.

The Human Five

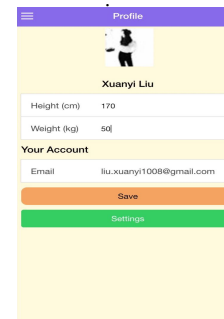
→ The app will soon be in effect on the Google Play Store (Android Market) and the iOS App Store. Once up, it will change the world!



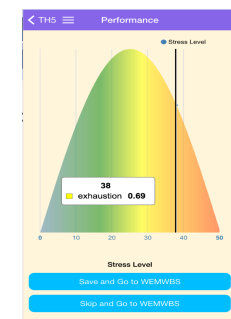
Login: Login Page that allows users to login or proceed to



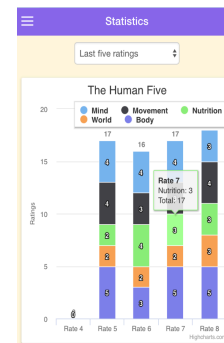
Goals: Creation and Management of Goals



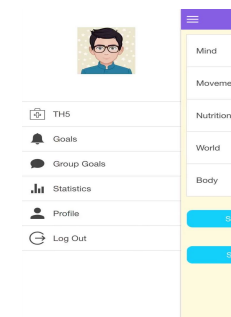
Profile: Modification of Profile



Rating: Part of the self evaluation where user enter rating



Statistics: Human Five Ratings v/s Time Graph



Slide Menu: Menu to access different parts of the app