



MyHealthOneStop

Your personal health assistant — free, built by a doctor

For South Africa & Namibia · 100% FREE

- ✓ Virtual health card with emergency QR code
- ✓ Your whole family on one card — children & elderly parents
- ✓ Find a GP, specialist, physio, pharmacy or hospital near you
- ✓ Baby & child vaccine schedule — see what's due next **NEW**
- ✓ Hospital admission & pre-authorisation helper **NEW**
- ✓ Check what your medical aid covers (PMB / NAMAFA)
- ✓ Track blood pressure, sugar & vaccinations
- ✓ Cycle tracker, pregnancy diary & pet health cards **NEW**
- ✓ AI chat for everyday health · one-tap emergency SOS
- ✓ 100% FREE — your info stays on YOUR phone

Get it now — free, no app store needed:

www.myhealthonestop.com

Works on any phone — open in your browser, then save to your home screen.

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