



MyHealthOneStop

Your personal health assistant

Built by a doctor · South Africa & Namibia · 100% FREE

- ✓ **Virtual health card with emergency QR code**
- ✓ **Whole family on one card, with dependant codes**
- ✓ **Find a GP, specialist, pharmacy or hospital near you**
- ✓ **Baby & child vaccine schedule — State & private**
NEW
- ✓ **Hospital admission forms & authorisation to hand over** **NEW**
- ✓ **Check what your medical aid covers (PMB / NMAF)**
- ✓ **Track BP, sugar, vaccinations & your cycle** **NEW**
- ✓ **One-tap emergency & local ambulance numbers**
- ✓ **AI chat for everyday health · works offline**
- ✓ **100% FREE — your info stays on YOUR phone**

No app store needed — open in your phone's browser:

www.myhealthonestop.com

Then save it to your home screen — ask us how!

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Scan with your camera