

## What is it?

This wellness application is a comprehensive digital health platform developed to support the physical, mental, and emotional wellbeing of foreign workers. It bridges healthcare access gaps by providing appointment bookings, symptom tracking, mental health resources, and lifestyle support—all through a mobile-friendly, multilingual platform.

## How is it used?

Workers can easily search for nearby clinics, schedule appointments, track health metrics, receive medication reminders, and access educational wellness content. Employers and support organizations can also monitor workforce wellbeing and run targeted health programs.

## Who is it for?

- **Foreign workers** in Malaysia seeking accessible healthcare and wellness tools
- **Employers** who want to support employee wellbeing and reduce absenteeism
- **NGOs and health providers** aiming to deliver community health services digitally



## Why this Wellness Platform?



### Centralized Access

Everything from medical bookings to mental health tips in one place



### Multilingual & Inclusive

Designed for users with varying languages and literacy levels



### Empowerment-Oriented

Encourages proactive self-care and health awareness



### Trusted Support

Backed by healthcare providers and industry collaborations

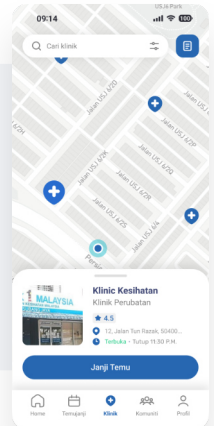
## Challenges & Solutions

Common Issues	Our Solutions
Language & literacy barriers	Multilingual interface and voice instructions
High healthcare costs	Access to negotiated affordable providers
Disconnected care & records	Unified health dashboard with reminders
Mental health stigma	Discreet access to mental wellness tools
Limited time & access to clinics	Telehealth, home care & booking flexibility

## Core Features

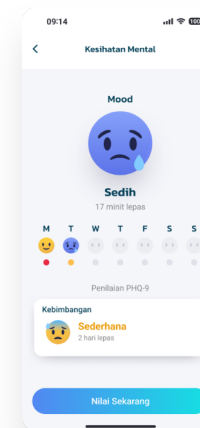
### Medical Appointment Booking

Easy access to clinics, home visits, and teleconsultation



### Personal Health Tracker

Monitor vitals, symptoms, medicine intake & sleep



### Wellness Content & Alerts

Daily health tips, mental wellness support, and emergency info





## FAQs

### Is the app available anywhere?

Yes, it is accessible via web and mobile, anytime.

### Is it free?

Basic features are free; additional features require payment.

### Points & Rewards System

Encourages healthy behavior with incentives and gamification



### Emergency Assistance

Quick SOS feature with location-based services



### Multilingual Experience

Supports Bahasa, English, Bengali, Nepali, Tamil & others



## About Us

We are a healthcare technology provider committed to inclusive digital health solutions. Our focus is on empowering vulnerable and underserved populations with tools that promote lifelong wellness, self-care, and connectivity to health resources.



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# Wellness Application for Foreign Workers

Empowering Accessible Healthcare & Wellbeing for All

