My Health One Stop

A free health app that puts each patient’s key medical information in their pocket — for South Africa & Namibia

www.myhealthonestop.com · free · works in any browser · no installation, no app store

What it is

A virtual health card on the patient’s own phone: allergies, chronic conditions (ICD-10 coded), current medications with doses, blood type, previous operations, medical aid scheme & plan (full SA register + Namibian NAMAF funds), and emergency contacts — with a QR code any provider can scan for the essentials. **Privacy by design:** all data is stored only on the patient’s phone. Nothing is uploaded to any server, and there is no account to create.

★ Built-in Pre-Operative Health Questionnaire — for surgeons & anaesthetists

12 structured sections: procedure · allergies (drug, latex, food) · all medications incl. anticoagulants, insulin & steroids · medical & anaesthetic history (incl. family history of malignant hyperthermia) · cardiac/respiratory screen with STOP-BANG · liver & kidney function · musculoskeletal · airway assessment · fasting status · social history · signed declaration. Auto-fills from the saved profile; the patient sends it to the surgeon and anaesthetist by WhatsApp or email — or prints it as a PDF. A structured, legible pre-op history before the patient arrives.

Everything else it does

- ✓ Baby & child immunisation schedule — State (EPI) & private, with ‘what’s due’ by date of birth NEW
- ✓ Hospital Admission Helper — admission details for Netcare, Mediclinic, Life & state hospitals NEW
- ✓ Medical-aid pre-authorisation number & checklist
- ✓ New Patient Form — structured first-visit history
- ✓ Medication tracker by dose — twice-daily, three-times, weekly or monthly NEW
- ✓ Menstrual cycle tracker & Bump-to-Baby pregnancy diary
- ✓ Blood pressure & blood sugar logs (traffic-light feedback)
- ✓ Vaccination record · lab results & radiology (with photos)
- ✓ Prescription photo & medication barcode scanner
- ✓ PMB checker & coverage guide (SA schemes + Namibian NAMAF)
- ✓ Family profiles — children AND elderly parents
- ✓ Find Care · Emergency SOS · Share Details · AI assistant (60+ topics)

Why it helps us as clinicians: accurate medication lists and allergy histories at the bedside · structured pre-op information before theatre · scannable emergency data for unconscious or confused patients · fewer “I can’t remember my pills, doctor” consultations.

Want to share it from your own website? Inside the app (Profile → “What’s in this app?” → *Put it on your website*) there is a ready-made line of text or a small badge you can copy and paste onto your practice website — a plain link, with no scripts, tracking or cookies. Printable posters and pamphlets for your waiting room are in the same place, free to use.

Dr JA Geldenhuys · General Practitioner, Vredendal · feedback@myhealthonestop.com · www.myhealthonestop.com

Please have a look, share it with your patients and theatre teams, and send me your feedback and suggestions.