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**
- ✓ **Hospital admission & medical-aid authorisation helper**
- ✓ **Check what your medical aid covers (PMB / NAMAF)**
- ✓ **Medicine reminders, blood pressure, sugar & vaccination records**
- ✓ **Cycle tracker, pregnancy diary & pet health cards**
- ✓ **AI chat for everyday health · one-tap emergency SOS**

How to put it on your phone (takes 20 seconds)

1. Open **www.myhealthonestop.com** in your phone's browser.
2. **iPhone:** tap the Share button (square with an arrow), then "Add to Home Screen".
   Android: tap the menu (⋮ three dots), then "Add to Home screen" or "Install app".
3. Tap Add — the icon appears just like a normal app.

Your privacy: everything you type stays on your own phone. Nothing is uploaded, nothing is shared, and you are never asked to create an account.

Get it now — free, no app store needed:

www.myhealthonestop.com

Works on any phone — iPhone, Samsung, Huawei and others.

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