

Health Assistant User Guide

Your Personal Health Companion

Welcome to Health Assistant

Health Assistant is an intelligent health companion designed to help you with your health-related questions and concerns. Unlike generic assistants, our Health Assistant specializes exclusively in health matters and can understand your queries in multiple languages.

Important: Health Assistant provides factual health information and guidance, but is not a substitute for professional medical advice.

Getting Started

Step 1: Access the Application

Visit <https://healthassist.cybint.app> on your web browser (desktop or mobile).

Step 2: Enter Your Voucher Code

- You'll see a voucher entry screen when you first visit
- Enter the voucher code provided to you
- Click "Submit"
- If you see "Invalid voucher. Please try again" - double-check your code and try again
- With a valid voucher, you'll be taken directly to the Health Assistant interface

Step 3: Start Your Health Conversation

Once you enter a valid voucher, you'll see:

- "How can I help you today?" welcome message
 - A text input field with "Ask anything" placeholder
 - File attachment and voice input options (voice input does not work now)
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Using Health Assistant

What You Can Ask

Health Assistant is designed to help with:

- Symptoms and health concerns
- Medical conditions and treatments
- Medication information

- Nutrition and dietary advice
- Exercise and fitness guidance
- Mental health and wellness
- Preventive care questions
- Analysis of medical documents and test results

What Health Assistant Cannot Help With

- Non-health related queries will be politely declined with "Not a health query"
- Health assistant will not answer queries on alternative medicine systems or mental health
- The assistant focuses exclusively on health-related matters

Language Support

You can communicate in:

- **English**
- **Indian Languages:** Hindi, Tamil, Telugu, Kannada, Malayalam, Bengali, Gujarati, Marathi, Punjabi, and other major Devanagari and Dravidian script languages

Example: You can ask "मुझे ि सरदद हो रहा है" (Hindi) or "எனக் தைலவ இக்ற" (Tamil)

Enhancing Your Experience

Location and Personal Information

While not mandatory, sharing the following information will significantly improve the quality and relevance of responses:

- **Location/City:** Helps recommend local medicine brands, nearby clinics, testing laboratories, and region-specific health advice
- **Age:** Enables age-appropriate health guidance
- **Gender:** Allows for gender-specific health recommendations

Example: "I'm a 35-year-old male from Bangalore experiencing chest pain"

Privacy Note: This information is used only to provide better health assistance and is not shared with anyone outside the application.

Document Upload Feature

Supported File Formats

Upload your medical documents for analysis:

Images: .png, .jpg, .jpeg, .bmp, .webp, .tiff

Documents: .pdf, .docx, .txt, .csv

What You Can Upload

- Prescription slips
- Lab test reports
- Medical reports
- X-ray or scan images
- Medication lists
- Symptom tracking sheets
- Photos of injuries, bruises, inflammation, skin rashes, or other visible symptoms

How It Works

1. Click the attachment icon (📎) in the input area
2. Select your file
3. Health Assistant will analyze the document
4. Ask questions about the uploaded content
5. The analysis is remembered throughout your conversation

No file size limits currently apply

Conversation Features

Intelligent Memory

- Health Assistant remembers your entire conversation history
- All uploaded documents remain accessible during the session
- Context from previous messages enhances subsequent responses

Internet Research

- When needed, Health Assistant searches current medical information online
- Provides up-to-date health guidance and research findings
- Combines its knowledge with latest available information

Unlimited Queries

- No limit on the number of questions you can ask
- Build a comprehensive conversation about your health concerns

- Ask follow-up questions for clarification
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Mobile Access (Android)

Installing as a Progressive Web App (PWA)

First Time Setup:

1. Open Chrome or your default browser on Android
2. Navigate to <https://healthassist.cybint.app>
3. Enter your voucher code as usual

Installing the App Icon:

1. In your browser, tap the three-dot menu (:)
2. Select "Add to Home screen" or "Install app"
3. Choose a name for the app (default: "Health Assistant")
4. Tap "Add" or "Install"
5. The Health Assistant icon will appear on your home screen

Using the PWA:

- Tap the Health Assistant icon on your home screen
 - The app opens in full-screen mode (no browser address bar)
 - All features work exactly like the web version
 - Faster loading and better mobile experience
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Tips for Best Results

Writing Effective Queries

- Be specific about symptoms: "Sharp pain in lower right abdomen" vs "stomach pain"
- Include duration: "Headache for 3 days" vs "headache"
- Mention relevant context: "After eating dairy products" or "During exercise"

Building Conversations

- Start with your main concern

You: "I've been having persistent cough for 2 weeks"

HA: "Can you describe the cough? Is it dry or productive..."

You: "It's a dry cough, worse at night. I'm 28, female, from Mumbai"

HA: "Given the duration and symptoms, here are possible causes..."

You: [Uploads prescription image] "Doctor gave me this yesterday"

- Provide additional details when asked
- Upload relevant documents early in the conversation
- Ask follow-up questions for clarification

Example Conversation Flow

HA: [Analyzes prescription] "I can see the medication prescribed..."

Future Features (Coming Soon)

We're continuously improving Health Assistant with exciting new features:

Conversation Summaries

- Generate comprehensive or focused summaries of your health conversations
- Download as PDF for your records or to share with doctors
- Perfect for tracking health progress over time

Questions for Your Doctor

- AI-generated relevant questions based on your conversation
- Downloadable PDF format for your next medical appointment
- Ensures you don't forget important points to discuss

Voice Mode

- Speak your health questions naturally
- Voice responses from Health Assistant
- Hands-free health assistance

WhatsApp Integration

- Access Health Assistant directly through WhatsApp
- Convenient messaging interface you already use
- Same powerful health assistance on your preferred platform

Troubleshooting

Common Issues

Voucher Problems

- Double-check spelling and case sensitivity

- Ensure no extra spaces before or after the code
- Contact your voucher provider if issues persist

Upload Issues

- Verify file format is supported
- Try a different image format if upload fails
- Ensure stable internet connection

Language Issues

- Try typing in English if regional language isn't understood
- Use common medical terms in your preferred language
- Mix languages if needed ("मुझे fever है" is perfectly fine)

Getting Help

Since this is a testing version, please report any issues to the person who provided your voucher code. Your experience will make the Health Assistant more useful. You can also send a mail to the address created for collecting feedback for this test **healthassistant023@gmail.com**

Privacy and Safety

- Health Assistant maintains conversation privacy during your session
 - No personal health information is shared with anyone other than you
 - Document analyses are used only to improve your current conversation
 - It is important to consult and validate Health Assistant information with qualified healthcare professionals
 - In emergencies, contact your local emergency services immediately
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Final Notes

Health Assistant is designed to be your knowledgeable health companion, available 24/7 to help with your health-related questions. The more context and detail you provide, the better assistance you'll receive.

Remember: While Health Assistant provides valuable health information and analysis, it's designed to complement, not replace, professional medical care.

Start your health conversation today at: <https://healthassist.cybint.app>

This user guide covers the current version of Health Assistant. Features and functionality may be updated regularly to improve your experience.