

LEARN ABOUT COVID-19  
[Click Here](#)

# HEALTH APP

keep ypur heath in track in home

## LOGIN

999999999

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Forget your password?  
[click here](#)



let's chat!

Sign in

# SIGN UP

First Name:

Paulo

Last Name:

Gomes

Date of Birth:

04 / 04 / 1945

N° Utente / Email:

000000000

Password:

\*\*\*\*\*

LET'S START



## Policy and Terms

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I Accept the terms





## Paulo Gomes

Health Unit:

UFS Ruães

Family Doctor: Margarida Marques

Date of subcription: March 18 2020

[CONTACT YOUR DOCTOR](#)

[Learn how to protect  
against covid](#)

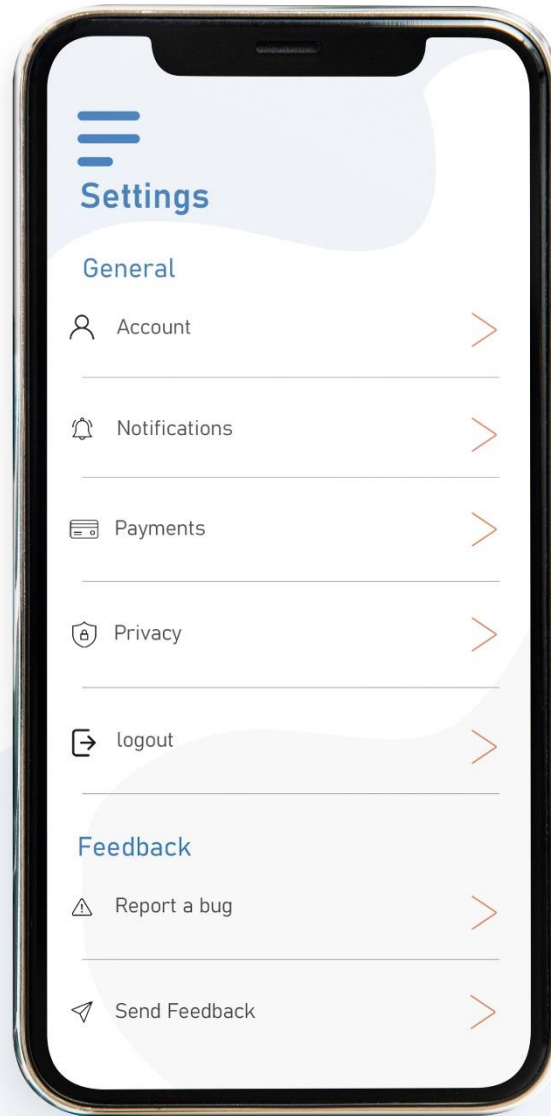


[Make your apoitment](#)



[Keep your Health in  
track](#)





## Settings


### General

 Account >


 Notifications >

 Payments >

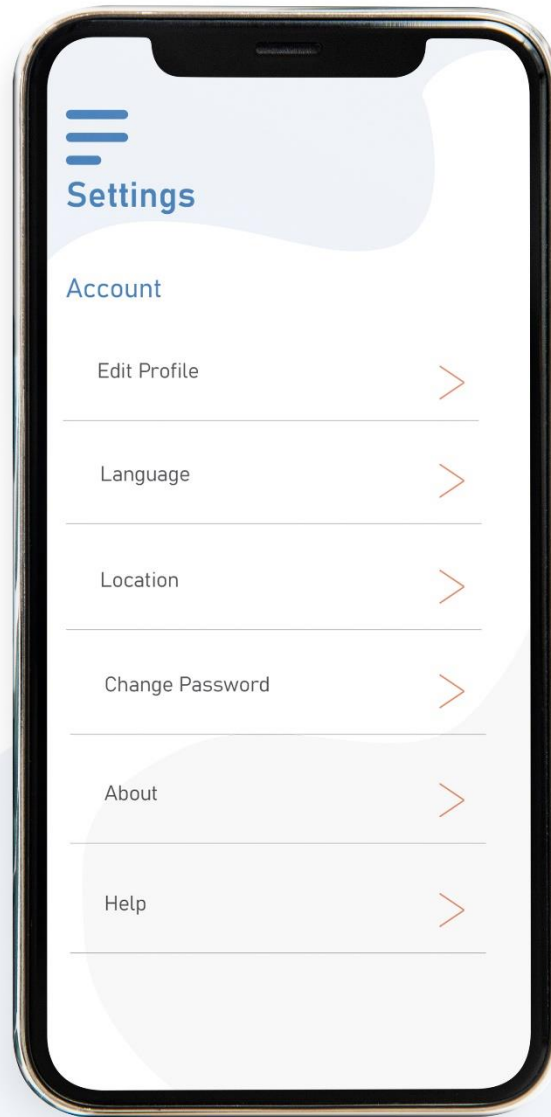
 Privacy >

 logout >

### Feedback

 Report a bug >

 Send Feedback >



## Settings

### Account

Edit Profile >

Language >

Location >

Change Password >

About >

Help >

## How to protect against covid



### WEAR A MASK

#### Information from DGS

Para evitar a propagação da COVID-19:

Mantenha uma distância segura de outras pessoas (pelo menos, 1 metro), mesmo que não pareçam estar doentes.

Use máscara em espaços públicos, especialmente em ambientes fechados ou sempre que o distanciamento físico não for possível.

Opte por espaços abertos e bem arejados em vez de espaços fechados. Abra uma janela se estiver num ambiente fechado.

Lave frequentemente as mãos. Utilize água e sabão, ou uma solução à base de álcool.

Vacine-se quando chegar a sua vez. Siga as orientações locais relativas à vacinação.

Cubra o nariz e a boca com o cotovelo fletido ou um lenço quando tossir ou espirrar.

Se se sentir doente, fique em casa.

KNOW MORE IN  
[WWW.COVID.COM](http://WWW.COVID.COM)

# Make your appointment

Your Doctor: Margarida Marques

Hey Paulo  
What's upsetting you?



HEART



BREATH



GENERAL

## Available openings

JUN  
16

2:30PM

JUN  
20

9:15AM

JUN  
23

3:00PM

[NEXT >](#)

[CONFIRM IN AGENDA](#)

SOS



**YOU REQUEST A  
EMERGENCY CALL**

Your call will start  
in

**5**

your location cordenates

Rua da Gandra, N°40  
Padim da Graça  
Braga - Portugal

**Cancel Emergency**

# Kepp your health in track

My Agenda



My Prescriptions



How can i improve my  
Health?



# My Agenda

< June 2022 >

WE, 15 — no appointments

TH, 16 — **Family Doctor Apoitment**  
Margarida Marques  
Hearth Problems **14:30PM**

FR, 17 — no appointments

ST, 18 — **Go to the Framacy**  
Prescription of pills  
Hearth Problems **16:30PM**

# My Prescriptions

## For my Heart



Abaloparatida



Baricitinibe

## For my Blood Pressure

Abaloparatida



Baricitinibe



## How can i improve my Heath?

### Follow this Diet and Exercise

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