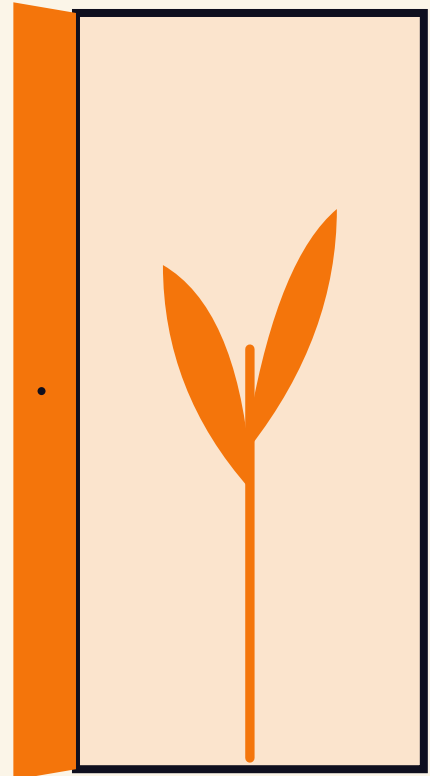




# Track your health daily. *Live longer.*

Your phone counts steps, watches your heart rate, logs blood pressure. A small daily habit that adds healthy years to your life.



## WHAT'S INSIDE

- ✓ Track steps automatically
- ✓ Log blood pressure & sugar
- ✓ Share reports with your doctor



— WHY THIS MATTERS

# What gets measured, gets better.

Doctors will tell you: small daily changes are more powerful than any pill. Walking 30 minutes a day. Sleeping 7 hours. Keeping BP under control.

Your phone helps you SEE these things — every step, every heartbeat, every BP reading. When you can see it, you can improve it.

## WHAT YOU'LL LEARN

- Use Google Fit (already on your phone)
- Track steps without doing anything extra
- Log your blood pressure and sugar
- Send reports to your doctor

 *Takes about 5 minutes to read*



1

STEP 1 OF 6

## Open Google Fit (Android) or Apple Health (iPhone)

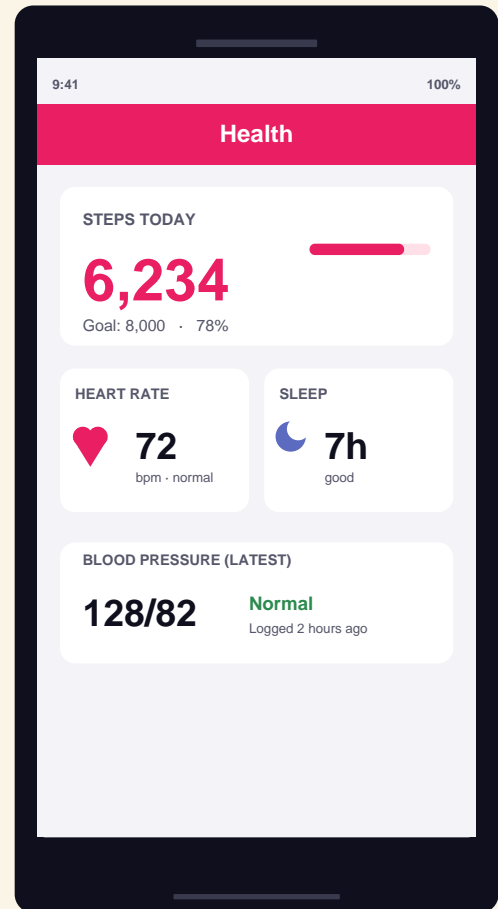
Both apps come pre-installed on most modern phones.

- Android: 'Google Fit' — colorful flower icon
- iPhone: 'Health' — white background with red heart

Tap to open. Allow access to motion data.

**TIP**

If not pre-installed, both are free in their respective app stores.





2

STEP 2 OF 6

## Set your goals

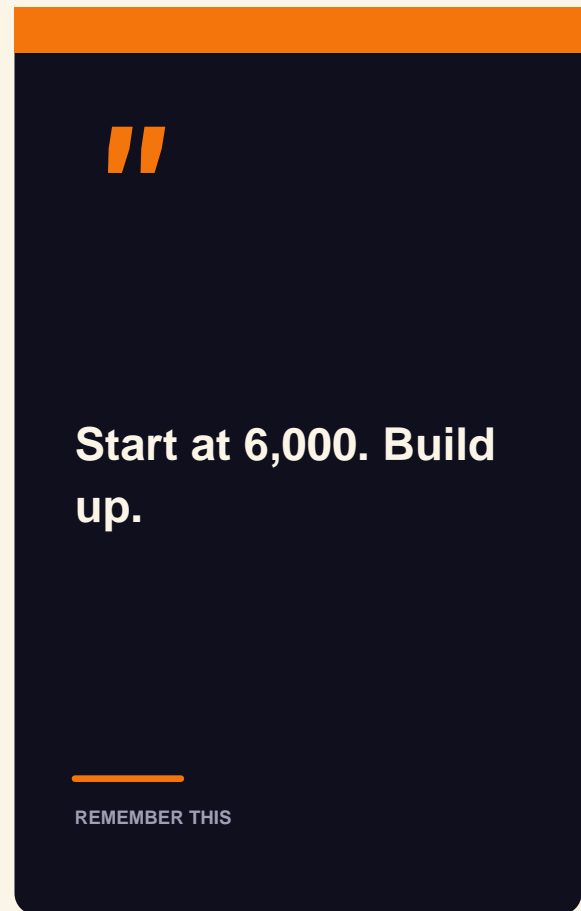
First time, the app asks:

- Your age
- Your height
- Your weight
- Daily step goal (start with 6,000)

Don't worry about being exact. The app uses these to calculate your daily activity.

● **TIP**

Doctors recommend 8,000-10,000 steps a day for general health. But for elderly, 6,000 is a great starting goal.





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STEP 3 OF 6

## Carry your phone everywhere

Your phone counts steps automatically — IF you carry it.

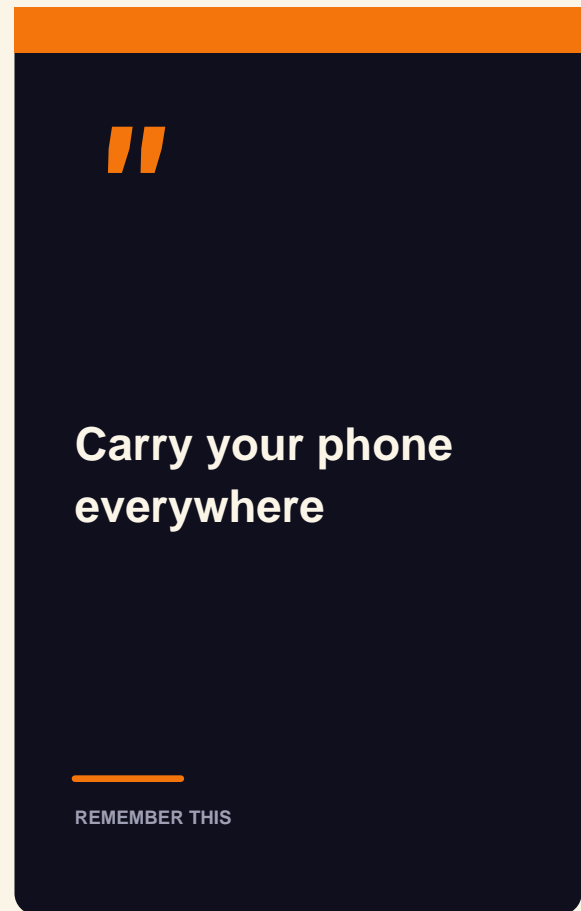
Keep it in:

- Your shirt pocket while walking
- Your hand bag at the temple or market
- Your trouser pocket on a stroll

It uses motion sensors. No charging or buttons needed.

● **TIP**

Phone in pocket, NOT in the bag while walking. Bags swing differently and may miscount steps.





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STEP 4 OF 6

## Log blood pressure manually

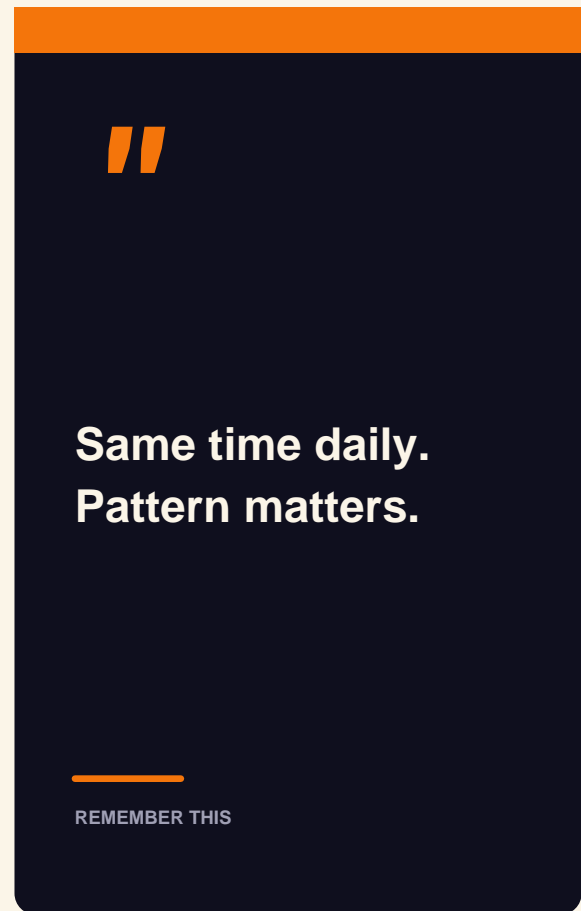
When you measure BP at home or doctor's clinic:

1. Open the health app
2. Tap '+' or 'Add data'
3. Pick 'Blood Pressure'
4. Type systolic (top number) and diastolic (bottom)
5. Save

Build a record over weeks. Your doctor will love it.

**TIP**

Log BP at the same time daily — like every morning before tea. Patterns over time matter more than one reading.





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STEP 5 OF 6

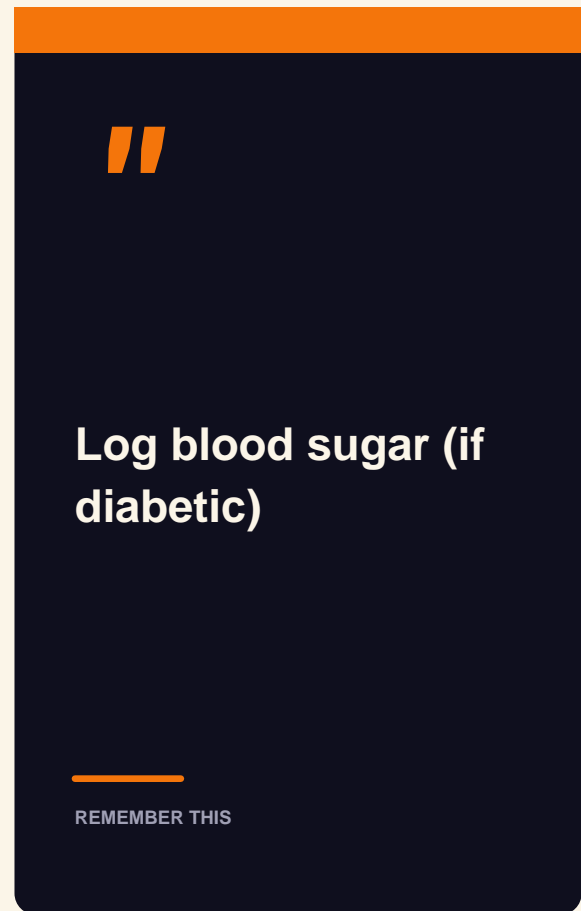
## Log blood sugar (if diabetic)

If you're diabetic, log fasting and post-meal sugar.

Same as BP — tap '+' > Blood Sugar > type the reading. The app draws charts over weeks. You can see if your sugar is stable or trending up.

**TIP**

Take a photo of your home glucometer reading. Easier than typing every time. Photo saves with the date too.





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STEP 6 OF 6

## Share with your doctor

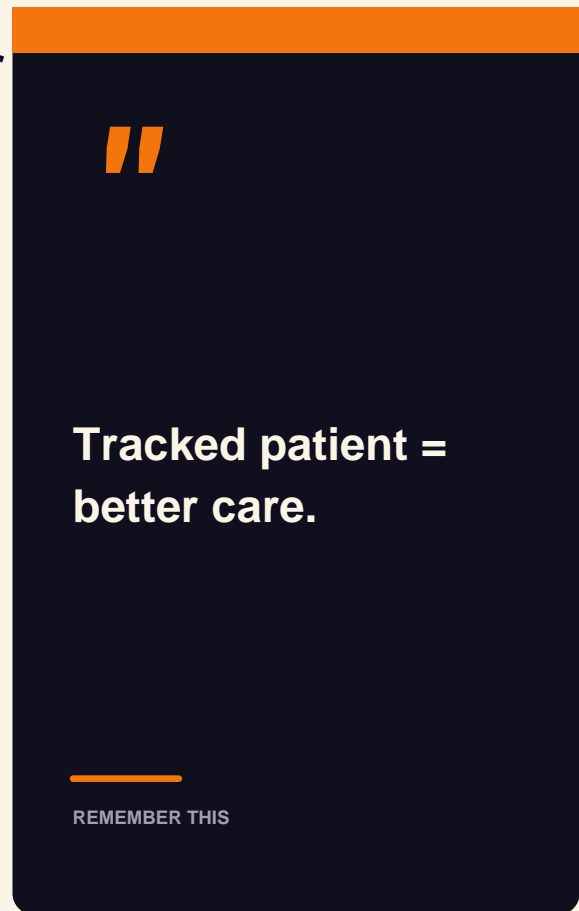
When you visit the doctor, show them the trend:

- Open the health app
- Pick the chart you want (BP, sugar, steps)
- Tap 'Share' or take screenshots
- Send to doctor on WhatsApp before visit

Doctors LOVE patients who track. They give better advice.

● **TIP**

Send your reports a day **BEFORE** the appointment. The doctor reviews them in advance — saves time at the clinic.





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— QUICK RECAP

# Daily tracking, lifelong health.

## 1 Pre-installed apps work fine

Google Fit (Android) or Apple Health (iPhone) come free with your phone. No need to install anything new.

## 2 Phone in pocket counts steps

Carry your phone in your pocket while walking. It counts steps automatically, no buttons to press.

## 3 Log BP and sugar at same time

Pick a daily time — like 7 AM. Log readings. Patterns over weeks matter more than one number.

## 4 6,000 steps is a great start

For elderly, 6,000 daily steps is excellent. Build up to 8,000 over months. Don't push too hard.

## 5 Share with your doctor

Send health charts to your doctor before appointments. They give better advice when they see trends.



School of *Elderly*

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***We're proud of you.***

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