



**JVS Technologies  
Pvt. Ltd.**

A-401, Ganesh Plaza,  
Nr. Navrangpura Post Office, Navrangpura,  
Ahmedabad - 380009 (GUJ) INDIA.  
Phone: +91-79-40176666

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### **MyHealthData – A free personal medical assistant app launched by JVS Technologies**

Nowadays, mobile app feature an endless selection of health-related apps of which little more than a handful serve any really helpful purpose. The newly-released MyHealthData from JVS Technologies is one of those few apps, which can help users securely store health records in phones/tablets and share with family members or doctors during emergencies or other times of need.

Essentially, the app is a virtual repository of all health related information and documents, which makes it really easy for users to search recent lab reports or view current medications. It also helps doctors analyze the variation in glucose levels over time, just by a tap of the button. The application can record other vital details like blood pressure, pulse rate, temperature, height, weight, intake calories, calories burned, alcohol, caffeine, etc., along with storing all medical documents copy through camera capture.. It's pointless to say that concise and clearly available information helps better diagnosis and which in turn results in effective treatment.

Data collected with the app is always safe, and stays in the user's phone. This approach not only covers security, but also facilitates the flexible management of medical records, which allows users to take periodic backups and awards complete control over data. The company's unique data centric approach makes this app, one of its kinds, setting its mark high on practicality.

Forgetting to take medicines on time has become a common issue. MyHealthData app has its own "time for medicine" reminder feature, which promptly lets users to take medicine on time. Moreover, in the event users were not able to consume medicine, alerts are to the physician and family as well.

The app boasts seamless integration with Apple Health on iPhones, which enables the app to collect first-hand information like blood pressure, pulse rate and other important health information directly from the phone without user intervention. This ensures accuracy and reduces complexity on using the application.

Managing appointments with the doctor can be a hectic job. MyHealthData app takes care of appointments via gentle, pleasant reminders.

The app is currently available in nine languages, including English, Hindi, French, Spanish, Italian, Portuguese, Arabic, Romanian and Indonesian. The app is also free of cost and is currently available in the Apple App Store and Android Play Store.



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**Contact:**

Company: JVS Technologies Pvt. Ltd.

Address: A/401, Ganesh Plaza, Near Navrangpura Post Office, Navrangpura, Ahmedabad – 380009,  
Gujarat, INDIA

Phone: +91-79-40176666

Email: [contact@jvsgroup.com](mailto:contact@jvsgroup.com)

Website: [www.MyHealthDataApp.com](http://www.MyHealthDataApp.com)

Company: [www.JvsGroup.com](http://www.JvsGroup.com)

Contact: Mr. Saket Singhi, Managing Director