



健康管理

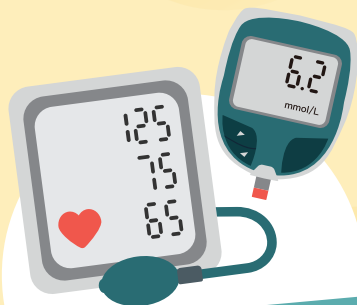
# 隨時查看您的 血壓血糖日記

Health Management – Blood Pressure /  
Blood Sugar Diary at your Fingertips



隨時隨地下載 / 分享報告

Download / share your report  
anytime, anywhere



記錄血壓 / 血糖好輕鬆

Keep track of your blood pressure /  
blood sugar record with ease



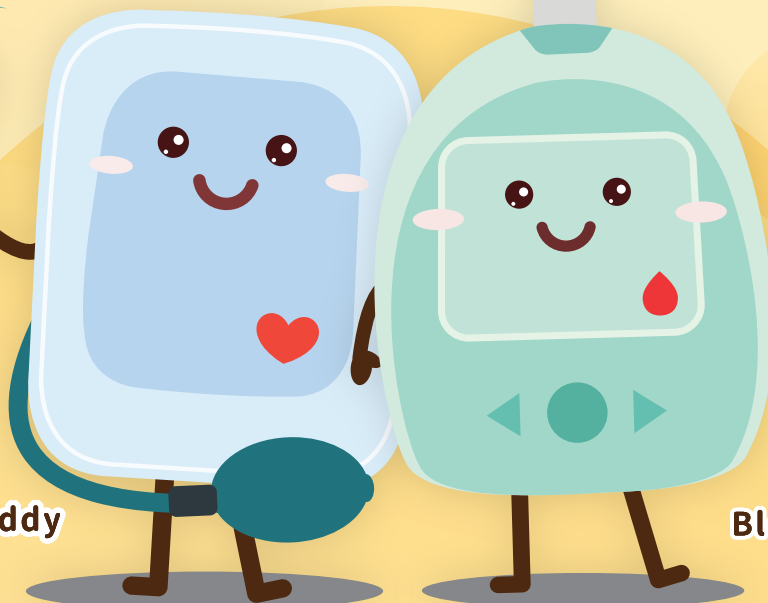
寶寶們可以提醒您  
定時量度健康指數

Buddies can remind you to  
measure your health data regularly



血壓寶寶

Blood Pressure Buddy



血糖寶寶

Blood Sugar Buddy

醫健通  
eHealth  
香港特別行政區政府 HKSARGOV

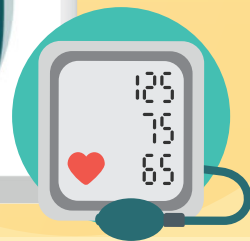
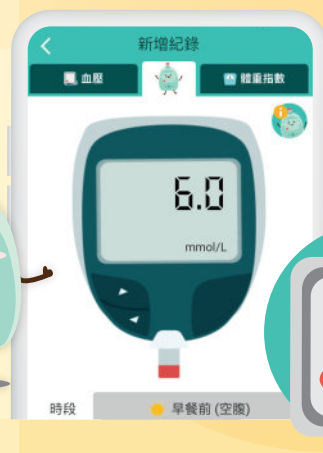
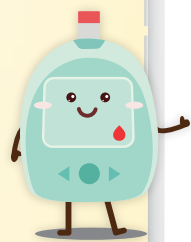


立即下載醫健通流動應用程式!  
Download eHealth App Now!



## 添加血壓 / 血糖紀錄，只需幾個步驟，簡單又容易

Only a few steps to add blood pressure / blood sugar record, it's simple and easy



## 按「紀錄」，輕鬆查閱詳細紀錄及趨勢

Tap "Record" to view detailed records and trend easily



健康管理		
2022年11月		
報告		
紀錄詳情		
*按一下紀錄進行編輯		
日期 (日/月)	血壓 (mmHg)	心跳 (bpm)
10/11	120 / 80	78
09/11	125 / 81	79



## 提醒功能助您定時量度健康指數

Reminder function helps you measure your health data regularly



## 隨時隨地下載及分享報告給您的照顧者和醫護專業人員

Download and share your report with your family or healthcare professionals



請觀看短片以了解詳細功能!

Watch the videos to know more about the functions!



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@electronic\_health\_record



醫健通

Electronic Health Record Sharing System

