

# Parkinson's Care App

## Manage Your Symptoms

Track your Parkinson's symptoms and access useful videos, information and guides - all from your mobile phone!

- ✓ Medicine reminder
- ✓ Exercises to help with Parkinson's Disease symptoms
- ✓ Support Groups... *and more!*



Parkinson's Care is now available in **SingHealth Health Buddy!**

**Download** the App now!

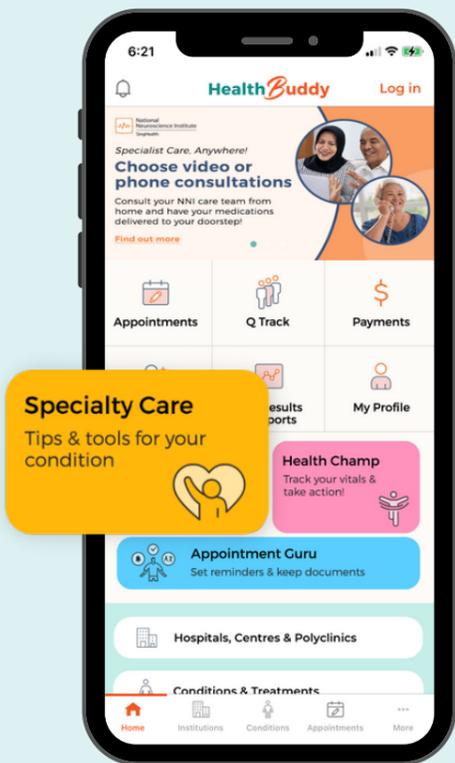


# Parkinson's Care App

## Where do I begin?

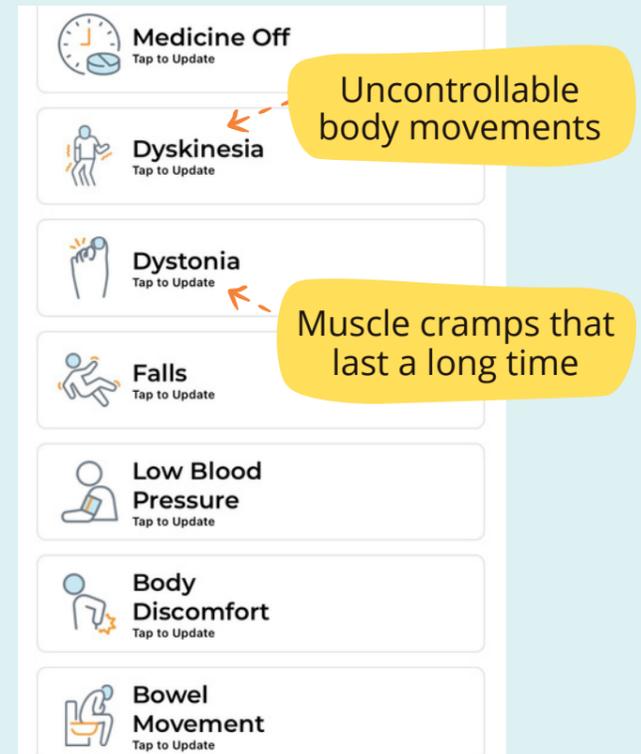


- 1** Download Health Buddy, click on Specialty Care & launch Parkinson's Care.
- 2** Fill in your profile details, for first-time Parkinson's Care users.
- 3** Complete the Symptom Tracker to monitor common complications of Parkinson's Disease (PD).



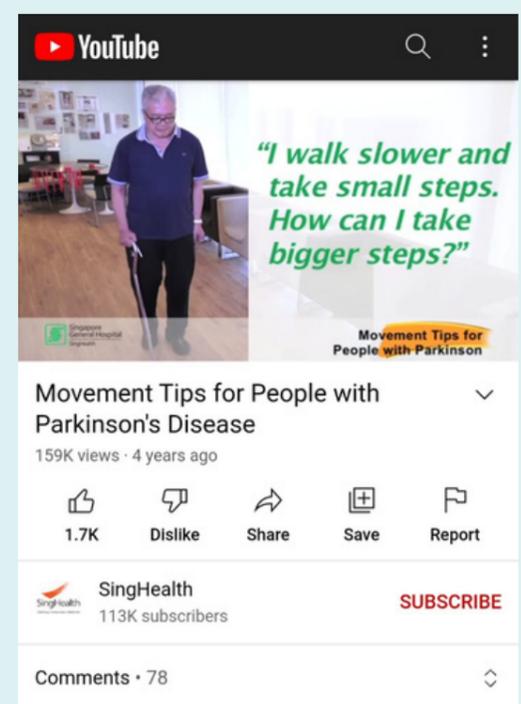
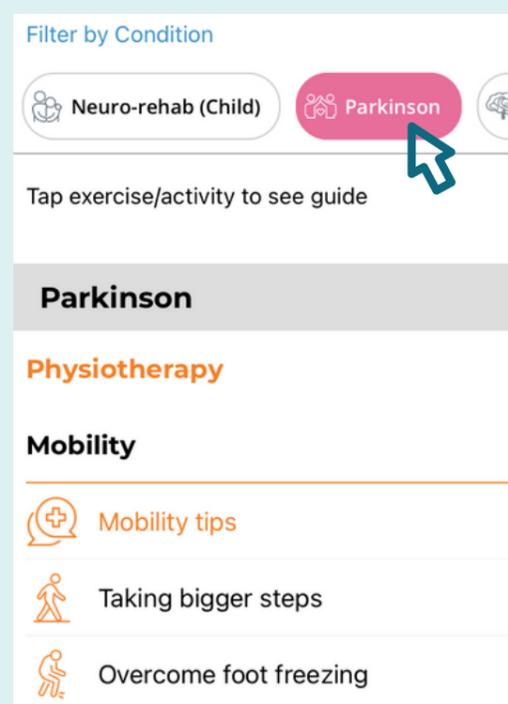
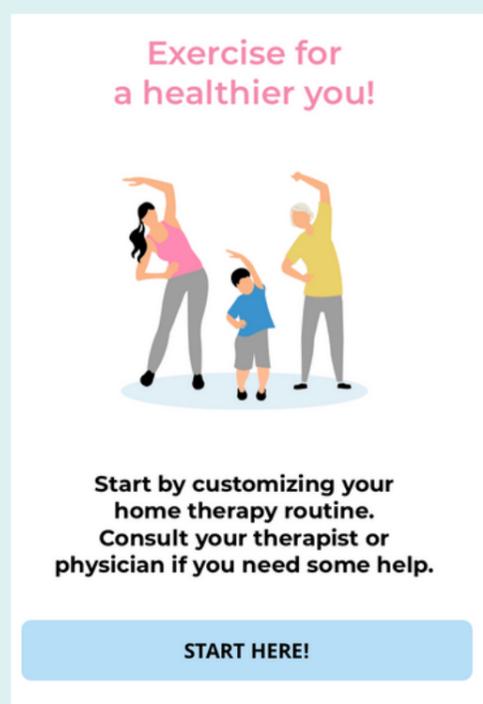
The screenshot shows the profile setup screen with the following fields:
 

- Year of Birth:** 1960
- Gender:** Select
- Year of Parkinson's diagnosis:** YYYY
- What goals would you like to set for yourself?:** + Add
- My Average Systolic Blood Pressure:** Select
- Height, Weight & BMI:**
  - Height: [ ] cm
  - Weight: [ ] kg



## Exercise Diary

- ✓ Schedule and set exercise reminders
- ✓ Click on Parkinson to view the list of recommended exercises.
- ✓ Tap exercise name to view videos (English and Chinese) and guides (English).



*Other useful features*

**Parkinson's Resources**  
Get access to community resources and support groups

**Medicines Reminder**  
Set reminders & receive notifications to take medicines