



SEE A DOCTOR ANYTIME ANYWHERE

Health at Hand is a video consultation app that connects you to a highly qualified DHA licensed doctor within minutes, wherever you are.

Download the app today!



SIMPLE, FAST AND CONVENIENT



CONSULTATIONS AVAILABLE
7 DAYS A WEEK



SAVE TIME BY SEEING A
DOCTOR FROM THE **COMFORT**
OF YOUR HOME OR OFFICE



**ENGLISH, URDU, HINDI AND
ARABIC** SPEAKING DOCTORS



PRESCRIBED **MEDICINE**
DELIVERED TO YOUR DOOR



CONFIDENTIAL AND SECURE



FOR MEMBERS: **FULLY
COVERED** FOR ALL TYPE OF
PLANS **WITHOUT CO-PAY**

**The service is available from
Saturday to Thursday
(6AM to 10PM GST) and on
Friday (9AM to 6PM GST)**

All Health at Hand doctors are licensed in the UAE and are fully qualified and trained to provide the service

Download the app today!



ALWAYS WITH YOU



**DOWNLOAD THE HEALTH
AT HAND APP FROM**



**LOGIN WITH YOUR EMAIL
AND PASSWORD**



**CLICK 'SEE A DOCTOR
NOW' AND CONNECT
WITHIN MINUTES**

THE DOCTOR WILL SEE YOU NOW

Health at Hand doctors (speaking English, Arabic, Hindi and Urdu) can provide medical advice, recommend treatments and offer prescriptions (when needed) for non-emergency medical concerns. They can treat a wide range of medical conditions such as:

- ✓ Cold
- ✓ Cough
- ✓ Sore throat
- ✓ Earache
- ✓ Urinary symptoms
- ✓ Diarrhoea
- ✓ Indigestion
- ✓ Eye infection
- ✓ Rash
- ✓ Sinus congestion/allergy
- ✓ Headache



Health at Hand

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www.myhealthathand.com



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