

Healthji Is Your Personal Health Coach. An Online Solution To Preventive Health Care.

Seasonal Allergies

Fall marks the beginning of sneezing, coughing, cold and flu. Respiratory symptoms aggravate and become unbearable for many.

[Understand Seasonal allergies](#) so that you can take good care of self.

Know Your Health Risk



Use assessors that can evaluate your risks of cancer, diabetes, heart disease. Know your health scores and gain suggestive measures from Healthji.

[Read More](#) »

It's Hot & Free



It's Hot & Free: Calculate your Ideal Body weight using this easy-to-use mobile app.

Just type this URL www.m.healthji.com on your mobile browser and you are good to go.

Learn A to Z of: Diseases & Conditions

Healthji Offers Diet & Nutrition Center



Nutrition is important for a 'Healthy & Supple' body as well as mind. Learn all about your diet and requirements during special needs.

[Learn more](#) »

Good Health Good Life Resource on [All you need to know about your health](#)

Symptom Checker



[Know What's Wrong With You?](#)

Cook Like a Pro!

Healthji Offers A Healthy Recipe Bank

[Check it out...](#)

From our blogs

"Treatments For Bronchial Asthma"

Visit our

[Health Centers](#)

Home Remedies

[Learn The Quick Fixes From Your Pantry](#)

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Watch Health Videos

If you have any suggestions or face any problems please feel free to write to us at customer_service@healthji.com. We would love to receive your feedback!

Staying Healthy Was Never so Easy!
Wishing you Good Health and a Good Life!

Best Regards,
The Healthji Team

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Please note: All advice is intended to be for informational purposes only, and not a substitute for professional or medical advice and/or diagnosis/treatment. You should always speak with your doctor or other qualified healthcare provider before you start or engage in any weight management or physical activity plan.

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