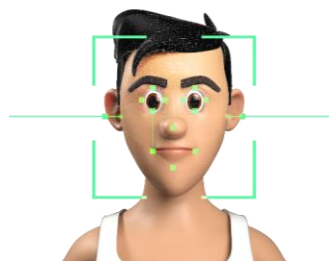# A one stop app to gain health and be rewarded

Hong Kong's first one-stop AI-powered health and wellness mobile app that enables you to assess your health status, guide your healthy lifestyle and earn points for rewards* anytime anywhere.

AI HealthShot
Get a quick snapshot of your physical and mental health status in just 30 seconds, anywhere and anytime.

AI Fit PT
Simple workout guided and counted by AI with mobile camera

Keep moving
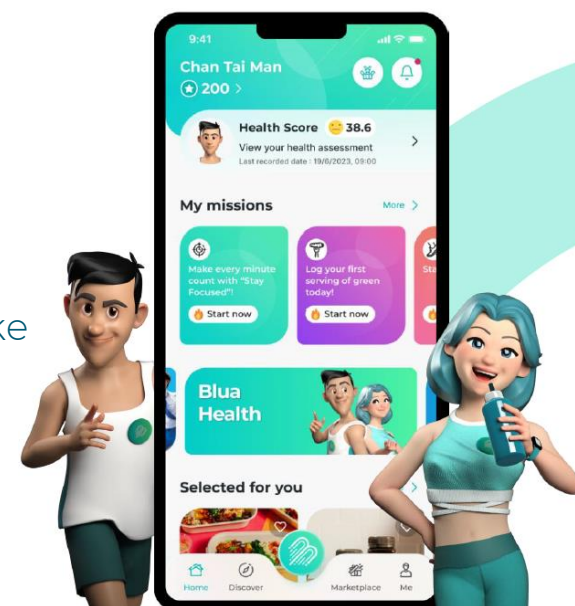Track your daily steps against your fitness goals.

Eat green
Keep track of your servings and earn rewards for making healthy choices.

Get hydrated
Track your water intake and get reminders to stay hydrated throughout the day.

*Terms and conditions apply. Please refer to Blua Health app for details.
Blua Health is a digital health and wellness program offered by Horizon Health and Care Limited.

如對**Blua Health** 有興趣，請聯絡我們的專業團隊了解服務詳情。 **If you're interested in Blua Health, please contact our dedicated team workplacehealth@bupa.com.hk for subscription details.**
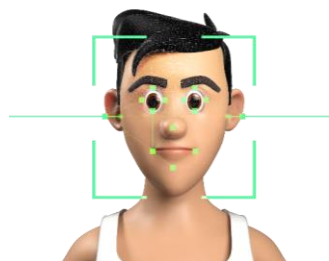
AI健康好拍檔 贏健康 領獎賞

Blua Health 是香港首個由人工智能支援的一站式健康管理及獎賞手機應用程式，用戶可隨時隨地評估自己的健康狀況、使用健康習慣提醒功能，更可賺積分換獎賞*，「賞」你掌握健康，由你話事。

AI HealthShot
無論你在何時何地，都可透過應用程式內的AI科技，只需用30秒即可快速評估你的身心健康。

AI Fit PT
隨時隨地都可以跟AI教練一起健身，配合手機的攝像鏡頭來計算你的健身動作及次數，打造更健康的體魄。
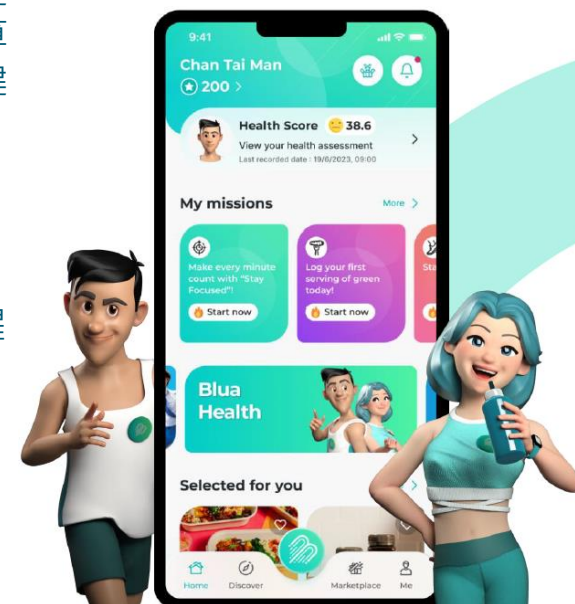
行多啲
連接手機來追蹤你的步數，目標是每日行多啲路。

食Green啲
記錄你的蔬果攝取量，助你維持均衡飲食。

飲多啲
記錄你的飲水量，並提醒你要補充水分。

*受條款及細則約束。 Blua Health 是由Horizon Health and Care Limited提供的數碼健康及保健計劃，詳情請參閱 Blua Health 流動應用程式。

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Bupa 保柏 | **blua. health**

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體驗AI科技，30秒即可評估你的身心健康	每日完成健康任務，獎勵你的健康好習慣	探索健康課程、活動及瀏覽專家健康貼士	加入尊尚團體會員享有更多額外福利
Assess your health your health status using your phone anytime, anywhere.	Complete simple daily health tasks and reward your healthy lifestyle	Discover Wellness Class for free and read health tips from experts	Enrol in Elite group members to receive extra benefits

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