

Playing its role in virus fight

A MULTI-AWARD winning digital healthcare platform, BookDoc is offering its users an end-to-end, comprehensive solution to healthcare at their fingertips.

It is headquartered in Malaysia with operational presence in four other countries – Singapore, Indonesia, Hong Kong and Thailand – and 20 cities.

BookDoc takes a holistic approach to digital healthcare with the aim of improving access to healthcare as well as promoting general health and wellness.

As a player in the digital healthcare industry amid the Covid-19 pandemic ravaging the nation, BookDoc has taken on an active corporate social responsibility (CSR) role to help in combating the pandemic.

Chief among its CSR efforts is its collaboration with the Health Ministry (MOH) on its special Covid-19 digital mobile platform, which includes the following:

Online appointments

An online appointment system for over 600 government health clinics across Malaysia.

Users are able to book appointments in advance with the government health clinics to reduce long queues, waiting times and congestion at the relevant locations, thereby enabling further compliance with social distancing requirements.



Multi-award winning digital healthcare platform, BookDoc is offering its users an end-to-end, comprehensive solution to healthcare at their fingertips. BookDoc's initiatives to fight Covid-19 was endorsed by the Science, Innovation and Technology Ministry.

"Uberisation" of Covid-19 lab tests

Individuals or corporations can order Covid-19 RT-PCR tests to be conducted in the comfort of their home or office, with the results being sent to them electronically.

Webinars on Covid-19

A collaboration with public health professionals and experts from the MOH to conduct live

webinars on Covid-19-related topics. Users can view the webinars for free and ask questions during the sessions and reviews are also available for those who missed the live sessions.

Virtual clinic services

A platform to enable teleconsultations where in-person consultations are not required (especially for follow-up cases) to avoid crowding and for

social distancing purposes.

Apart from the virtual clinic services in collaboration with government clinics, BookDoc's general teleconsult feature is further available to all of its users, where doctors of all specialisations are available for remote consultations via chat or live video calls.

By utilising the feature, users can select the healthcare provider of their choice for virtual consultations to reduce the risks of being required to attend physically at a

clinic or hospital.

In light of the increasing concern regarding mental health issues during the pandemic, BookDoc has also taken initiatives on this front by introducing a section in its teleconsult feature where users can speak to someone regarding any mental health challenges they might be facing. This is in addition to the mental health medical professionals and counsellors available on the platform.

Other features available on BookDoc's digital health ecosystem include Activ, a rewards programme to promote a healthy lifestyle with over 5,200 touch-points for redemption of rewards from major retailers and brands and Marketplace, an e-commerce platform for BookDoc's premium users with over 5,000 discounted healthcare products or services.

There is also Health Coaching where users can reach out to BookDoc's in-house team of nutritionists and dietitians to seek nutritional and weight management advice, Employee Benefits, a seamless, automated and cashless platform for employers to administer their employee benefits as well as Events and News, where users can access the latest medical and health information and events such as health talks and marathons in their area.

■ The BookDoc App can be downloaded for free from the Google Play Store, Apple App Store and Huawei Play Store and is accessible online at www.bookdoc.com

For softer, radiant and youthful-looking skin

LOOK in the mirror – do you notice that fine lines and wrinkles are starting to set in around your eyes, mouth, forehead or neck? These visible signs of ageing occur with increasing age.

At a younger age, our skin has an ample amount of collagen, so skin remains elastic, firm and youthful.

However, after our 20s, we tend to lose a certain amount of collagen every year – by then, you can feel your skin getting dry and dull in place of your once youthful, bouncy skin and radiant complexion.

Younger skin starts today

It is never too early to start. Try Total Image Collagen or Total Image Collagen Plus.

Collagen helps rebuild the skin's cell structure, visibly reducing fine lines and wrinkles and improving skin elasticity.

Collagen, in its natural form, has molecules that are too large to be absorbed properly by the body.

Total Image Collagen and Collagen Plus are specially made from Pure Hydrolysed Collagen, which has finer molecules that



Total Image Collagen and Total Image Collagen Plus are specially made from Pure Hydrolysed Collagen, which has finer molecules that allow faster penetration into skin cells.

allow faster penetration into the skin cells for optimum results within a short time to fight signs of ageing.

Skin becomes younger-looking, firmer, more supple and smoother with a healthier glow.

Total Image Collagen or Total Image Collagen Plus?

Total Image Collagen, which comes in a pink packaging, has been a trusted brand in the market for over 28 years. It is recommend-

ed for those aged 20 and above.

Total Image Collagen Plus comes in an orange packaging and is added with vitamin C and E.

Vitamin C helps to enhance collagen production in our body while vitamin E is a powerful antioxidant

that protects skin cells against harmful oxidative damage. This is recommended for those aged 35 years and above for extra skin protection.

Whether Total Image Collagen or Total Image Collagen Plus, both are being trusted in providing younger-looking and firmer skin.

Total Image Collagen and Total Image Collagen Plus are made in the US and certified halal by the Islamic Services of America.

These products are suitable for men and women. They are also registered and approved by the Health Ministry to be safe for consumption. They are available at Guardian, Watsons, Caring and all leading pharmacies nationwide.

Take two tablets daily before meal preferably in the morning for optimum results. It is recommended to start as early as in your 20s to keep your skin younger-looking, firmer, smoother and softer with a more radiant complexion.

■ For details, call the Total Image customer hotline at 03-2276 1366 or email info@totalimage.com.my

This is a supplement product advertisement.

KKLIU No.1629/2019

Vi-Tec Care
of you

“Celebrate This Parents’ Day
With Your Love One”

LAUNCHING
REBATE
50%

THE 1st
AI VI-TEC
MASSAGE HAND

S7⁺
SUPER CHAIR

NEW
LAUNCH

Mother's Day
Free Gift

GINTELL (M) SDN BHD (386685-U) *
Terms and Conditions apply.



www.gintell.com
1800-88-6332 / 03-6277 9333



Follow Us
GINTELL MALAYSIA

Subscribe to Us
GINTELL TV

GINTELL (M) SDN BHD
(386685-U)

GINTELL WELLNESS FAIR

IOI City Mall, Putrajaya, LG Centre Court
27 April - 16 May 2021

Vivacity Megamall, Kuching Sarawak, C Atrium
7 May - 16 May 2021

GINTELL
HEALTH • LOVE • LIFE



Anthocyanins have natural anti-inflammatory properties, and are thus helpful in reducing swelling and pain in joints associated with gout and arthritis.

Natural remedy to relieve pain and swelling

DID you know that tart cherries and super fruits – like blackcurrants, blackberries and blueberries – are packed with anthocyanins?

Anthocyanins have natural anti-inflammatory properties, thus they are excellent in helping with swelling and pain in joints associated with gout and arthritis.

However as tart cherry contains a higher sugar content, consuming its juice in the long term might not be the best option.

Additionally, tart cherries and superfruits are also highly beneficial for people that are prone to urinary tract infections (UTI) as these foods can help prevent the bacteria from adhering and possibly eradicate the bacteria from your body more effectively.

The oxygen radical absorb-

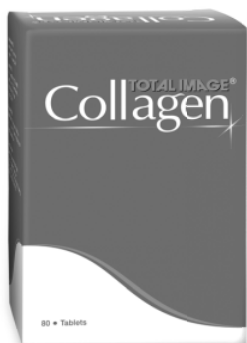
ance capacity (ORAC) measures antioxidant potency of foods and it indicates that tart cherries have higher ORAC value compared to cranberries – making it the better alternative for UTI than cranberries.

URIX combines 1,000mg of pure concentrated tart cherry extract (extracted from US Montmorency tart cherries) and 350mg of super fruits extract which includes cranberries, acai berries, goji berries, pomegranate, elderberries, blueberries, blackberries, raspberries and strawberries.

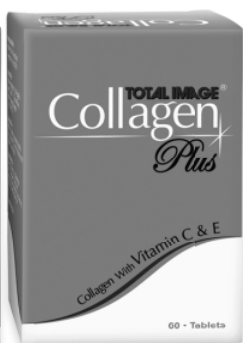
This complete formula is 100% natural, with no added sugar.

■ For more information on URIX, call 03-8023 3770 or purchase directly from the website at www.phm.net.my or from selected pharmacies and Aeon Wellness nationwide.

TOTAL IMAGE®
— creating wellness since 1984 —



Collagen
MAL 20040328 XR



Collagen Plus
MAL 09072802 XR

Suitable for Men and Women



SIGNS OF SKIN AGING GETTING VISIBLE?

Start taking collagen for firmer & younger looking skin

- Made from Pure Hydrolyzed Collagen which has smaller molecules for faster penetration into skin cells
- Optimum results within a short time to fight signs of aging
- Reduces fine lines, wrinkles, saggy skin, eye bags & dry, dull skin
- Skin looks younger, firmer, smoother & with a healthier glow

Wash your bedding with a lavender scent or something sweetly floral to promote relaxation.



Getting a good night’s rest

IF you’re all tense, you might be going to bed exhausted, yet still find yourself unable to sleep. Here are some tips for getting some quality shut-eye.

Switch off your phone an hour before bed

You’re going to unwind before bed time so unless you have a genuine emergency, switch it off and take back your quiet time. Keep it off during the night so you aren’t interrupted by random beeps. Also, the shine from such tools also tricks the brain into thinking it’s daytime, which means your body is getting mixed messages about sleep and wake times.

Clean your bedding

Freshly laundered sheets make sleeping

much easier. If you can, use a lavender scent or something sweetly floral in order to promote relaxation. Avoid refreshing scents such as lemon, lime and menthol.

Buy some pyjamas

It’s just as simple to wear a Tee to bed, but the mind has an odd way of creating associations. So, just like you might wear your red power blouse or tie for important meetings because it gives you extra pep, it helps to have clothes that say to your body, “Time to power down now for a while.”

Practise progressive muscle relaxation

About five minutes before bed, or in it if you prefer, clench and relax your toes.

Then flex and relax your ankles. Then move up through the body systematically. This kind of exercise has a calming influence and will help you to settle.

Tell yourself a story

If you’re uptight, your mind will go to whatever your current number one obsession is the second you hit the pillow. By telling yourself a story, you prevent this. Great relaxing stories include walking down your favourite beach, swimming in your favourite pool or some other visually pleasing, physically relaxing occupation.

Good for the skin and hair

SWEET, beautiful delicious mangos are definitely the “Queen of Fruits” as they are fantastic for your health. Slice one average-sized fruit into strips and benefit from a powerful mix of dietary fibre, all the vitamin C you need for a day plus lots of vitamins B6, A and E as well as dietary copper.

For a simple dessert, pound one ripe fruit into two cups of ice, add a little honey and a splash of fresh lime.

Freeze, pound again to break up the crystals and refreeze. This will give you a delightful sorbet, perfect for finishing dinner.

Mango face packs give your skin a chance to soak in moisture. Pulp half a mango in a blender.

Stir in a handful of oats and a tablespoon of honey. Then apply to your face. Leave for 15 minutes and then rinse off with lukewarm water.

The oats should help to gently scrub your skin and the honey helps to soften and moisturise. Be sure to eat the other half of the fruit.

For dry hair, make a mango-intensive conditioner. Mango contains vitamin A, which helps fight dandruff and is a good moisturiser, making it a popular ingredient in hair products.

Mash up a fruit and then put in two tablespoons of jojoba oil (available at most pharmacies and organic product shops).

Jojoba oil is a super conditioner and will help boost your hair’s softness and sheen.

To use it, wash your hair and then apply the conditioner, making sure your scalp is covered. Leave on for 15 minutes. Rinse off with cool water.

Tip: if you can’t find jojoba oil, you can also use coconut oil.

As this is somewhat heavier, consider applying the conditioner and then washing it out with a gentle neutral pH shampoo.

Multi-functional Turmeric

ANTIOXIDANT PROTECTION

ANTI-INFLAMMATORY

JOINT HEALTH

Turmericcare

Turmeric extract
With Black Pepper extract & Turmeric powder
Traditionally used to relieve joint pain

Once-a-day dose
60 tablets

MALAYSIA Health & Wellness BRAND AWARDS 大馬保健品牌獎 2019

✓ **HIGH STRENGTH**
500mg Curcumin C3 Complex® turmeric extract

✓ **HIGH BIOAVAILABILITY**
Enhanced with BioPerine® black pepper extract

✓ **HIGH CONSISTENCY**
95% curcuminoids

✓ **COMPREHENSIVE TURMERIC GOODNESS**
With turmeric powder

KKLIU0978/2021 • This is a traditional product advertisement.
Available at all leading pharmacies.
VitaHealth Malaysia Sdn. Bhd. 200001031874 (534481-V) • Toll-free no.: 1800-18-3288

FRUSTRATED BY WEIGHT GAIN DUE TO COVID-19?

The reinstatement of Movement Control Orders (MCO) has impacted your physical activity, contributing to unhealthy weight gain? Don't worry, BookDoc **HEALTH COACH** is here for you!

Our **TELE-CONSULT** is also available for those who wish to seek assistance in maintaining & improving mental well-being.

For tips & personal coaching, click **HEALTH COACH** & talk to our in-house nutritionists/dietitians.

You can access BookDoc **TELE-CONSULT** at your convenience, anytime, anywhere.

Scan Here

BOOKDOC IS HERE FOR YOU!

Scan to download the BookDoc App for FREE

care@bookdoc.com 1300-88-2362 BookDoc4u BookDoc

Pampering gift for mums

BEING a mum is the toughest job in the world and we seldom get opportunities to thank her sincerely.

She needs some pamper time to unwind – relaxation to release all the tension in daily life.

Mother's Day is high time to stop and reflect on all of her hard work, showing her our gratitude by honouring her with a delightful massage.

As action speaks louder than words, this Mother's Day, Gintell offers you a great opportunity to be grateful by caring for her health, body, mind and soul.

Just let her close her eyes and experience a healthy therapeutic massage from head to toe – let SuperChAiR take care of Mom.

Introducing the Gintell S7 SuperChAiR – your home health manager with unique and pre-set massage programmes that offer an array of irresistible healthcare advantages. This massage chair represents the Guardian of Health for the entire family.

The Gintell S7 SuperChAiR lets you indulge in three unique features that deliver the most enjoyable massage: Mental Care – AI Vi-Tec Massage Hand, 230 CL Stretch and 4D Airflex Spa.

The Gintell S7 SuperChAiR Mental Care programme with AI Vi-Tec Massage Hand provides an advanced auto protrusion up to 13cm (17cm Twin 3D) humanised massage technology with up to 875 combinations of massage technique.

This programme cares for the health of all your limbs and joints by pushing, pulling and stretching, among other massage modes.

The 230 CL Stretch Program can stretch your legs and waist through the leg rest and backrest to effectively relieve fatigue and joint pain, and restore vitality. Besides, it



Let mum enjoy healthy therapeutic massage from head to toe with the Gintell S7 SuperChAiR.

also helps to promotes blood circulation and reprogramme your muscles.

The S7 SuperChAiR's 4D Airflex Spa is equipped with an exclusive feature of 360 Air-Calf massage, covering calf to sole for a soothing yet effective massage that enhances blood stimulation and offers comfort and relaxation to reduce stress and stiffness on the legs and ankles.

Mother's Day Promotion: ViTec Care of Your Mum

In conjunction with Mother's Day, Gintell

is introducing the ultimate Mothers' Day promotion of 50% discount for you and your beloved mum.

Get the AeroBike worth RM 2,288 for free with the purchase of the S7 SuperChAiR now.

This is limited to 300 units on a first come, first served basis (terms and conditions apply).

■ For more information, log on to Gintell's website at www.GINTELL.com or follow the Gintell Facebook page and Instagram #GINTELLMALAYSIA

You can also call Gintell's customer careline at 03-6277 9333.

Gintell spreads love and care for the less fortunate to cultivate a caring society according to its brand tagline – "Health, Love, Life".

Get perfect foundation, every time

DO you get those irritating little streaks of foundation at the edge of your nose or chin where your skin is dampest?

Living in a tropical moist climate as we do makes perfect make-up a challenge.

Here are some tips on how to get your foundation perfect, every time.

Type

Mineral-based powders are smooth, easy, don't clog and absorb oil too. However, they don't provide as much coverage as liquids and creams.

Liquids and creams help to fill tiny lines and give a super smooth effect.

The downside is that you need to match your skin tone closely or it looks painted on. Also, some don't go well with oily skin.

Prepping your skin

Clean skin isn't enough. Most of us have combination skin with dry and oily areas.

When you just apply foundation, those changes in surface conditions make it hard to put on smoothly.

Conceal problems

If you have pimples or blemishes, use a little concealer. Dab and go lightly, making sure you don't build up too much product.

Apply cover

Start in the middle and blend out. Apply foundation on and around your nose and then blend outwards.

It does not matter whether you use a little sponge or a brush, the main thing is to sweep away from the centre lightly.

This can help to prevent clumps around bones and your hairline.

Plus!

9 superfruits blend

URI

TART CHERRY

Nature's Powerful Antioxidants!

HIGHLY Rich in Anthocyanins!

- ✓ 100% PURE MONTMORENCY CHERRIES FROM USA
- ✓ RICH IN ANTHOCYANINS, ANTIOXIDANTS
- ✓ GREAT FOR OVERALL WELLBEING

ORDER NOW!
WWW.PHM.NET.MY

SCAN ME

SCAN ME TO FIND OUT MORE!

PHM
PRO HEALTH MEDICS SDN. BHD. (681876-T) 20-G, JALAN USJ 21/7, SUBANG JAYA, 47630 SELANGOR DARUL EHSAN 03-8023 3770

herbs of gold

Ashwagandha + Lavender

250mg KSM-66 Ashwagandha extract With lavender extract Traditionally used for sleeping difficulty

Traditional Formula

60 Vegetable Capsules

MAL15100004TC

Find your inner peace

Herbs of Gold Ashwagandha + Lavender contains a patented KSM-66™ Ashwagandha extract, which has been clinically trialed to improve quality of life. It also contains lavender extract, which is known as a natural sleep aid remedy.

Brought to you exclusively by **CARING PHARMACY**

Herbs of Gold Sdn. Bhd. (1056572-U) 1800-18-3288 herbsofgold.com.my This is a traditional product advertisement. KKLIU 1696/2020 (31 Dec 2022)

PROUDLY AUSTRALIAN SINCE 1989