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**If I could event something new**

To event something means to discover something. If given an opportunity, I would invent a device called “health guard pro”.

This device would combine the functionalities of a smart watch and a fitness tracker but with additional features to enhance daily life. It would be a revolutionary device. This device would not only track physical activities and health metrics but also provide personalize recommendation for overall wellbeing and fitness goals.

This device would be a health monitoring system that combines advanced technology with artificial intelligence to provide personalized and real­-time health insights for individuals, it could have advanced sensors to track stress levels and provide feedback on relaxation techniques.

The health guard pro would be a wearable device that continuously monitors vital heath metrics such as heart rate, blood pressure, blood glucose levels, oxygen saturation and even signs of potential issues. It would use state-of-the-art sensor and steps to track this health metrics accurately and inform or alert users immediately for any signs of abnormalities.

One of the key features of this device would be its ability to perform non-invasive diagnostics, allowing users to conduct basic medical tests at home, such as detecting infections, monitoring organ functions and even screening for early signs of diseases. This would empower the user of the device to be more informative of their health and health care and seek medical attention immediately when needed.

Furthermore, this innovative device could integrate with smart homes technology to control your environment based on your health data like for instance, if it detects high stress levels, it could automatically adjust the lightening and temperature in your home to create a more calming atmosphere.

Additionally, this device could have a built-in virtual assistant that helps you plan and organize your day, set reminders for hydration, meal-times and workouts, and even provide healthy recipes suggestions based on your dietary preferences and nutritional need. It could also have a built-in GPS for navigation during outdoor activities and emergency location service for added safety.

It would be, in terms of design, a sleek and customizable device that can be worn comfortably throughout the day, in work places, at home E.T.C and it would have interchangeable bands to suit different occasions.

This device would help users to be more informed about their health. The display on the screen of the device about the user’s health would be vibrant, very visible and easy to read, providing clear feedback on your health metrics/condition and daily progress towards your physical fitness.

In conclusion, this invention could empower individuals to live a healthier, more balanced lifestyle in a connected and efficient manner and can prolong the lifespan of every human being with initiatives of making to know more and be more informed of their health status and live a comfortable and informed life. This machine can also be referred to as the “personal doctor” or “health guard pro”.