

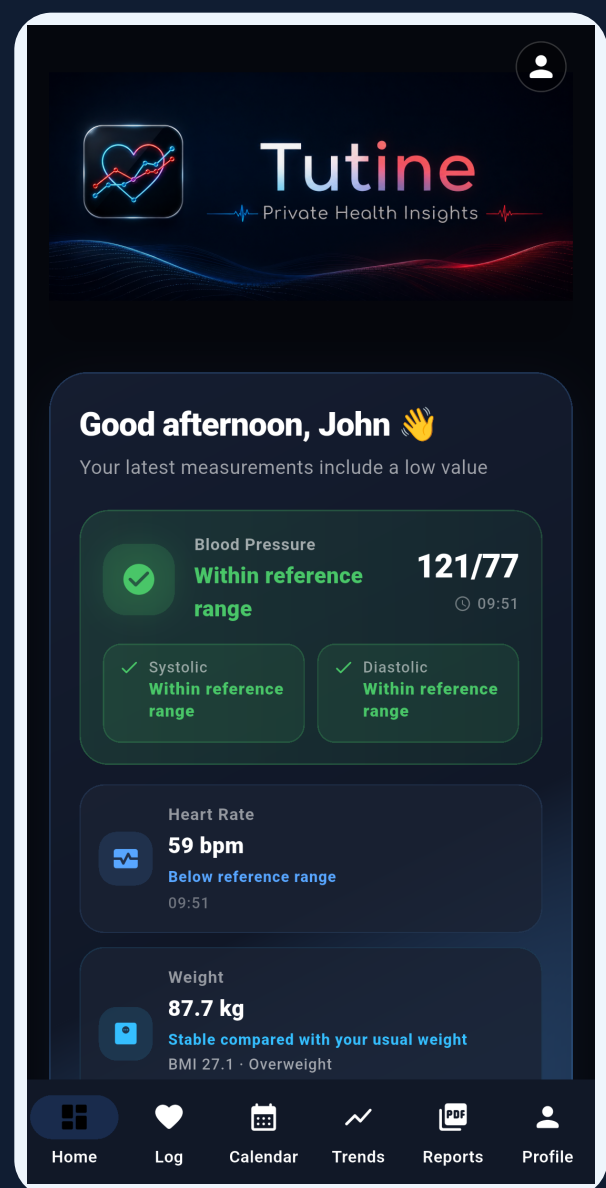
YOUR EVERYDAY OVERVIEW

Understand your health patterns. Not just the numbers.

Your measurements, personal insights and reports. Together in one private health companion.

Google Play: coming soon

Explore Tutine at tutine.app

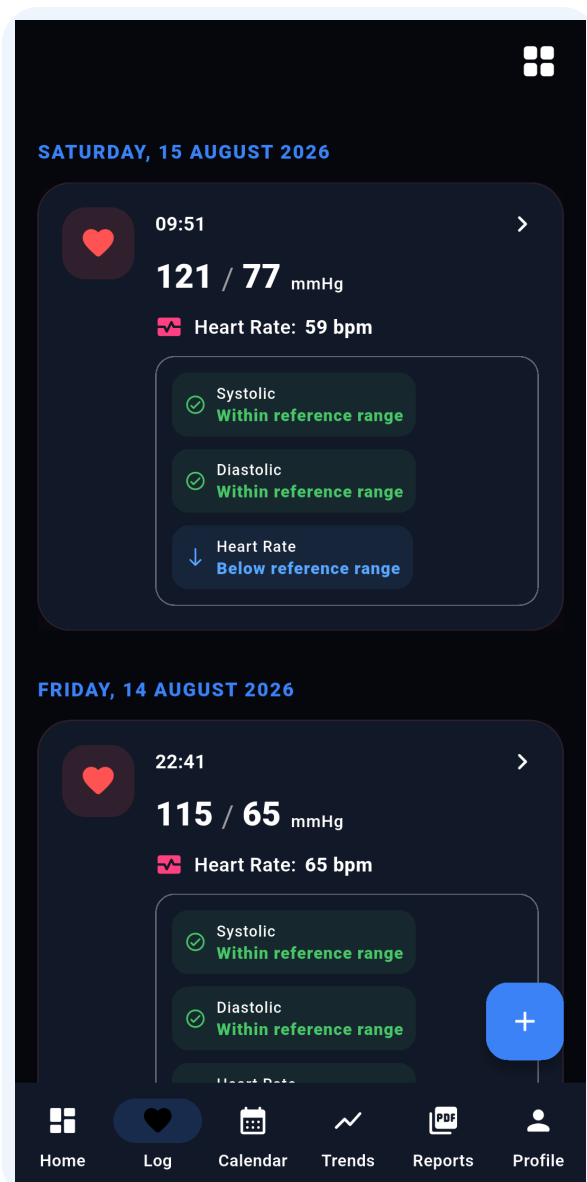


Tutine supports understanding of recorded health information. It does not diagnose conditions, detect emergencies or replace medical advice.

MEASUREMENTS IN CONTEXT

Keep the detail. See the bigger picture.

Blood pressure, heart rate and weight become more useful when you can look back. Keep readings connected to their dates, trends and details, rather than trying to remember isolated numbers.



Your recorded history

01

One connected history

Move between your journal, calendar and trends.

02

Only the modules you use

Blood pressure, heart rate, weight, oxygen saturation and glucose.

03

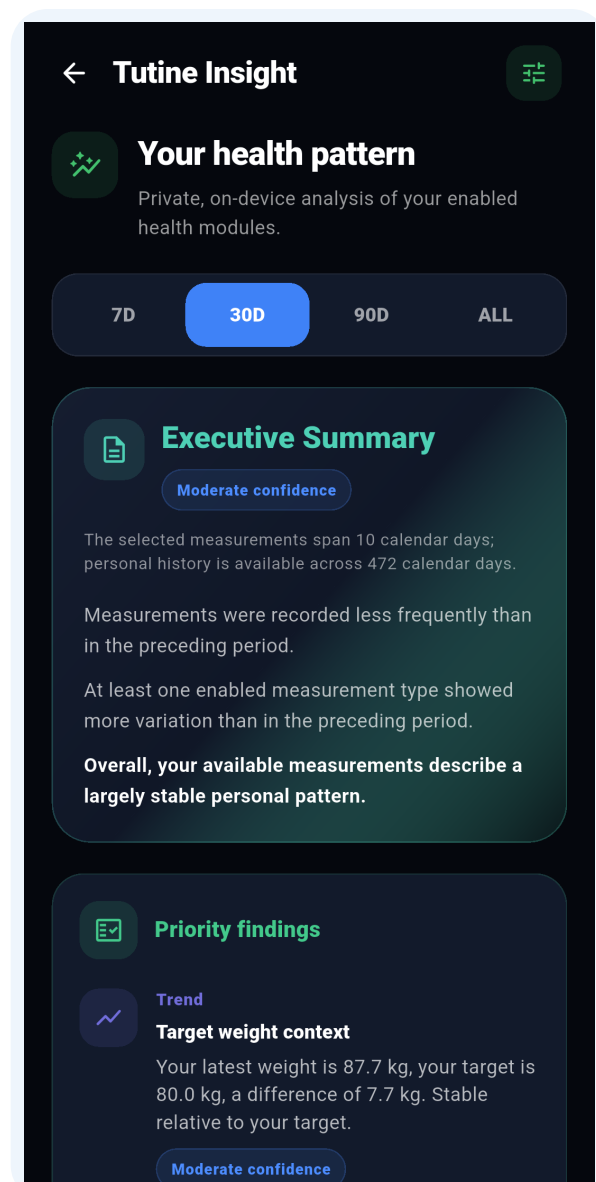
Clear component context

Systolic, diastolic and heart-rate values retain their own meaning.

TUTINE INSIGHT

Your own pattern is the starting point.

A graph shows change. Tutine Insight helps put it in context: your usual range, variation over time and whether a change keeps appearing. All using the history on your device.



Patterns across time

01

Look beyond one reading

Separate isolated variation from recurring change.

02

A personal reference

See how recent measurements relate to your own earlier history.

03

Know the limits

Less data means less certainty. Patterns support understanding, not diagnosis.

WEIGHT & PERSONAL CONTEXT

Weight changes slowly. Context matters.

Compare weight with your own earlier measurements, see its longer-term direction and keep BMI as additional context. A single unusual entry should prompt a closer look, not define your whole pattern.



Weight in context

01**A slower-moving measure**

A longer view can be more helpful than a few days.

02**BMI is context**

It does not make a different blood-pressure range normal.

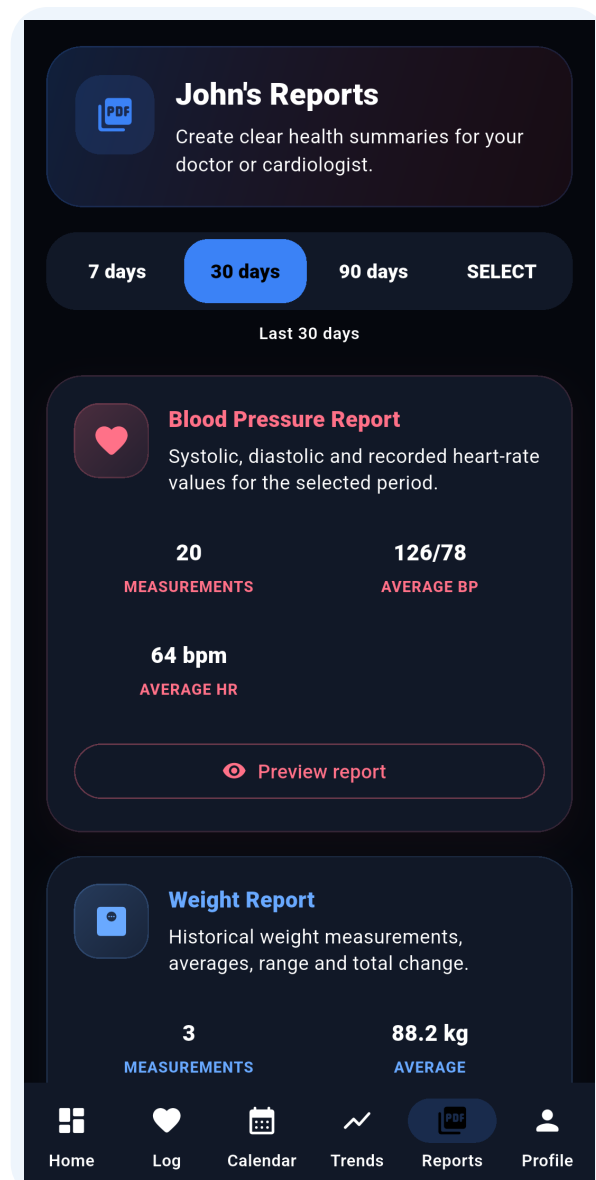
03**Review unusual entries**

Check a surprising value before drawing conclusions.

READY FOR YOUR NEXT VISIT

A clearer conversation starts with your history.

Choose a period and create a focused PDF report. Keep a copy, print it or share it when you choose. Bring an organised overview to your healthcare professional.



Reports for a chosen period

01

Choose your focus

Blood pressure, heart rate, weight or a broader health overview.

02

Choose your period

Keep the report relevant to the conversation.

03

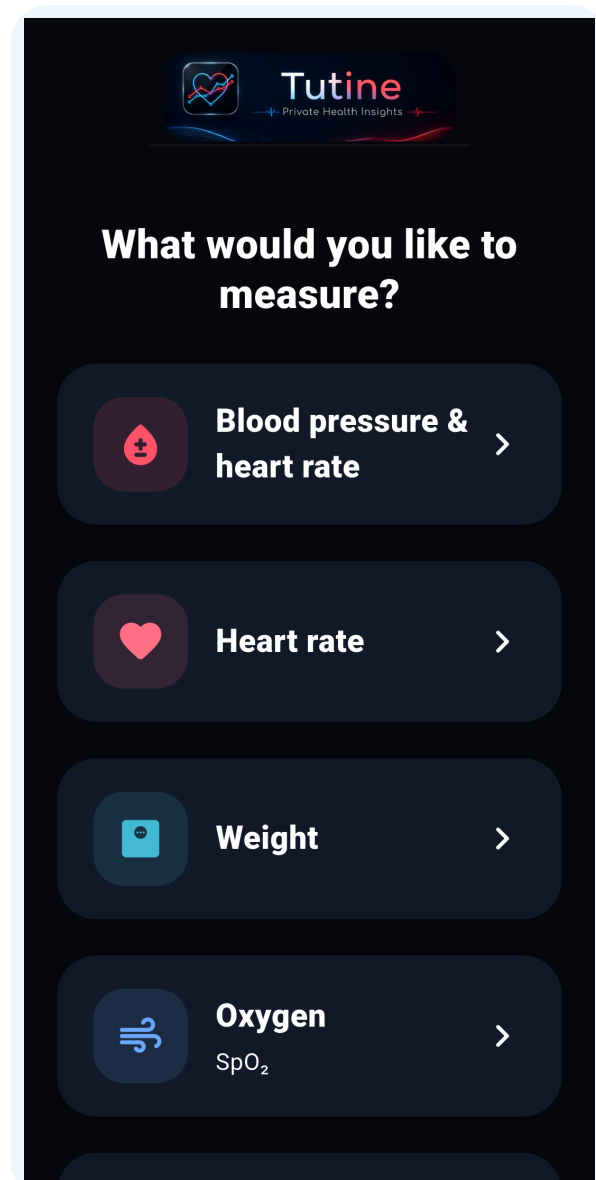
You decide what leaves the device

Reports and backups are created or shared at your initiative.

ONE APP. YOUR WAY.

Full or Easy. Always your Tutine.

Choose the detailed Full experience or the guided simplicity of Tutine Easy. Both use the same measurements and profile - switching experience does not mean starting over.



01

Easy when you want it

Large controls and a step-by-step measurement flow.

02

Private by design

Normal tracking and Insight analysis stay on your device.

03

Your data, your choice

Local backup and restore help you keep control.

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The same history, a simpler way in
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