Shyft

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Shyft brings all your health & well-being needs to one app. From understanding your health - what’s good for you and what’s not, finding the right solutions, to having all your medical records & measuring health vitals in one place for health tracking, recorded yoga & meditation classes, sleep stories, and healthy recipes - you can find it all on Shyft! We also help users at every stage of their health journey through our comprehensive and personalized services which include interactive yoga classes, need-specific nutrition plans, and meditation with an added focus on lifestyle-based conditions such as Hypertension, Diabetes, Thyroid, and women’s health and wellness.

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