Health Custodian

Stewarding the Art of Care

Health Custodian User Guide & Site Tour

Welcome to your complete guided tour of Health Custodian. Discover how to search our evidence-based clinical library, utilize 100% private interactive health tools, explore our medical dictionary, and make the most of every feature on desktop and mobile.

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1. Welcome to Health Custodian: Identity & Guiding Principles

Our mission, clinical independence, and privacy-first architecture.



The Emblem & Slogan

"Stewarding the Art of Care"

Our visual identity unites the **Protective Shield** and the **Two-Toned Interlocking Clinical Cross**:

- **The Protective Shield:** The outer black shield outline represents active guardianship of medical evidence, protecting patients against health misinformation, unverified claims, and commercial bias.
- **The Interlocking Clinical Cross:** A stylized two-toned cross featuring signature **Teal** and **Crimson (Coral Red)** geometric elements. This symbolizes clinical precision, evidence-based science paired with compassionate bedside care, and clinician-patient partnership.
- **"Stewarding the Art of Care":** Reminds us that healing is both an exact science and a deeply human, compassionate practice.

Safety of Information & Independence

Health Custodian is an independent, physician-curated educational platform:

- **No Commercial Influence:** Zero pharmaceutical sponsorships, kickbacks, or promotional bias.
- **Evidence-Based:** Cites WHO, CDC, AHA, ADA, and peer-reviewed journals.
- **Favicon & Tab Marker:** The shield and two-toned cross in your browser tab confirms verified Health Custodian content.
- **Copyright:** Educational content is protected by law to preserve clinical integrity.

Cookies, Privacy Choices & Global Privacy Control (GPC)

What happens when you accept cookies? We use minimal, privacy-respecting cookies solely to remember your interface settings (such as Dark Mode or Light Mode) and collect anonymized, aggregated visit counts. We never sell personal data or track you across external sites.

Opt-out & GPC: You can click *"Your Privacy Choices"* in the site footer anytime to adjust settings. If your browser transmits a Global Privacy Control (GPC) header, our site honors it automatically.

2. Navigating the Site: Desktop vs. Mobile Experience

Engineered for seamless accessibility across monitors, tablets, and smartphones.

On Desktop / Laptop

- **Top Utility Bar (Black):** Quick social links, universal live search bar, French language translate selector, and dark mode toggle.
- **Sticky Primary Navbar:** Logo (returns home), Articles dropdown, Resources Hub, Medical Glossary, Awareness Calendar, and User Guide.
- **“Health Tools & Guides” Mega-Pill:** Highlighted pill button providing one-click access to all interactive calculators and diaries.

On Mobile / Smartphone

- **Compact Top Bar:** Keeps the screen clear with quick access to the Green Search Button, Dark Mode icon, and Hamburger Menu (☰).
- **Offcanvas Navigation Drawer:** Tapping the menu button slides out a dedicated drawer featuring quick-launch tool cards, primary category links, and social channels.
- **Mobile Search Button:** Tapping 🔍 pops up a focused search sheet with one-tap trending category tags.

3. Header Notifications: What to Expect

Stay informed with interactive real-time clinical alerts.

Global Health Awareness Ticker

A gently cycling strip below the top bar highlighting active WHO and international health observances (e.g. World Diabetes Day, World Malaria Day). Click any alert to read its prevention guide.

Quick Facts Notifications

High-yield clinical rules of thumb that appear in the header. Tapping opens a focused popup with clinical takeaways and backdrop blur.

Community Outreach Alerts

Notices of free health screenings, community vaccination drives, and humanitarian health missions organized by Health Custodian.

Maintenance Schedule Notifications

Polite, dismissible alerts informing visitors during scheduled server upgrades so tool usage and reading remain predictable.

4. Universal Search: Find Answers in Seconds

Instant search across articles, glossary terms, tools, and awareness events.

Whether you are on desktop or mobile, Health Custodian offers instant typeahead search:

- **Desktop Top Bar Search:** Click the search bar at the very top of any page and start typing. Suggestions appear immediately in a floating dropdown with colored category badges: Article Glossary Health Tool Awareness Site Guide
- **Homepage Hero Search:** Centrally placed with quick-filter pills for popular topics like *Hypertension*, *Diabetes*, *Cholesterol*, and *Vaccines*.
- **Mobile Quick Search Sheet:** Tapping 🔍 on mobile opens a distraction-free search sheet optimized for touchscreens.

5. 100% Private Interactive Health Tools

Zero cloud uploads. All calculations run strictly inside your browser.

Privacy First Guarantee

Your systolic numbers, glucose values, weight, and medications are **never sent to our servers**. What you enter stays on your device screen. You can also print out clean copies for your physician with zero digital footprint.

Core Health Tools Available:

Adult BMI Calculator

Calculate Body Mass Index, healthy weight boundaries, and WHO/AHA risk categories.

Open Tool → (https://www.healthcustodian.org/resources/health-tools/bmi-calculator/)

Blood Pressure Log

Track systolic & diastolic readings with AHA hypertension staging and printable tables.

Open Tool → (https://www.healthcustodian.org/resources/health-tools/blood-pressure-log/)

Blood Glucose Diary

Log fasting and post-meal sugar levels in mg/dL or mmol/L with ADA target zones.

Open Tool → (https://www.healthcustodian.org/resources/health-tools/blood-glucose-log/)

Ovulation & Fertile Window Estimator

Estimate fertile days, peak conception timing, and reliable pregnancy testing dates based on menstrual cycle lengths.

Open Tool → (https://www.healthcustodian.org/resources/health-tools/ovulation-estimator/)

Weight & Waist Ratio Tracker

Measure waist-to-height ratio for visceral fat distribution and cardiometabolic risk.

Open Tool → (https://www.healthcustodian.org/resources/health-tools/weight-waist-tracker/)

Travel Advisory

Country-by-country vaccine requirements, malaria prophylaxis, and travel safety for 240+ nations.

Open Tool → (https://www.healthcustodian.org/resources/everyday-health/travel-advisory/)

Medicine Passport

Create a printable, wallet-ready record of all your prescriptions, dosages, and drug allergies.

Open Tool → (https://www.healthcustodian.org/resources/medicine-safety/my-medicine-list/)

Doctor Visit Prep

Structure your symptoms, timeline, and top questions before stepping into the doctor's office.

Open Tool → (https://www.healthcustodian.org/resources/prepare-for-healthcare/appointment-prep/)

Urgent Care vs. ER Guide

Clinical decision support to help you triage symptoms between clinic and emergency room care.

Open Tool → (https://www.healthcustodian.org/resources/prepare-for-healthcare/urgent-warning-signs/)

6. Medical Glossary & Clinical Dictionary

Demystifying medical language with instant definitions and clinical distinctions.

- **In-Article Instant Tooltips:** As you read any article, underlined medical terms show an instant definition when hovered (desktop) or tapped (mobile) without leaving the article.
- **A–Z Letter Navigation:** Browse alphabetically or search terms directly in our Clinical Dictionary.
- **"Related Terms or Commonly Confused With":** Clarifies critical differences between easily confused diagnoses (e.g. Type 1 vs Type 2 Diabetes; Atherosclerosis vs Arteriosclerosis).
- **Scientific Names Italicized:** Scientific names and biological vectors (e.g. *Salmonella typhi*, *Aedes aegypti*) are properly formatted in italics according to binomial nomenclature rules.
- **Citations & Sources:** Verified against peer-reviewed literature and international guidelines.

7. Editorial Content: The 5 Categories & The Blog

Distinct editorial pillars designed for clinical clarity, practical living, and reflection.

Medicine without Jargon

Translating complex human biology, laboratory values, and drug mechanisms into lucid, accessible layman language without sacrificing scientific accuracy.

Health in the Wild

Investigating everyday health in the real world: environmental quality, nutrition, physical activity, occupational hazards, and community disease prevention.

Cases & Narratives

Anonymized, real-world clinical encounters, diagnostic journeys, and bedside lessons from hospital wards and clinics.

Hard Parts of Medicine

Facing challenging diagnoses, ethical dilemmas, palliative care, chronic illness burdens, caregiver burnout, and healthcare equity.

Unstraight Lines (Poetry & Reflections)

Our unique literary sanctuary for clinical poetry, contemplative prose, and human meditations on illness, healing, and the doctor-patient relationship.

Unique Format: Articles in Unstraight Lines feature an artistic, line-by-line poetic cadence with centered typography and thoughtful spacing, inviting you to slow down and reflect.

8. Interface Controls & Accessibility

Customizing your reading environment.

Dark Mode

Toggle between Light, Dark, or System mode to protect your eyes at night.

French Translation

Translate the entire site into French via the top bar language selector. Additional international languages are planned for future updates.

Blurred Popups

Focused popups with clean backdrop blur so you never lose your place.

Back to Top

Floating bottom-right button for smooth one-tap return to the top.

9. Connect With Us: WhatsApp Channel & Social Platforms

Daily clinical pearls, health alerts, and educational videos across all official channels.

Join Our Official WhatsApp Channel

Get bite-sized daily health updates, travel alerts, and interactive tool shortcuts sent directly to your WhatsApp without sharing your phone number:

- **100% Private:** Your phone number and profile are completely hidden from other channel members and admins.
- **Zero Spam:** Only curated, high-yield clinical advice, urgent health advisories, and site updates.



Scan to Connect

Official Social Media Platforms:

YouTube

@healthcustodian (https://www.youtube.com/@healthcustodian)

X (Twitter)

@HealthCust (https://www.x.com/HealthCust)

LinkedIn

healthcustodian (https://www.linkedin.com/in/healthcustodian)

Instagram

@healthcustodian (https://www.instagram.com/healthcustodian)

Facebook

healthcustodian (https://www.facebook.com/healthcustodian/)

TikTok

@healthcustodian (https://www.tiktok.com/@healthcustodian)

10. Governance, Disclaimers & Contact

Clinical rigor and transparent communication.

Medical Review Board & Editorial Policy

All medical content is peer-reviewed by certified physicians before publication. Reviewers verify clinical validity, citations, and clarity. Explore our Medical Review Board (https://www.healthcustodian.org/medical-review/) and Editorial Policy (https://www.healthcustodian.org/editorial-policy/).

Medical Disclaimer

Health Custodian does not provide individual clinical diagnosis or personalized medical therapy. In an emergency, contact your local emergency services (911, 999, 112) or go to an emergency room immediately.

Have a question, clinical correction, or suggested topic for our editors?

Contact & Feedback (https://www.healthcustodian.org/contact/)