



HealthBenefits.co.in Launches Global Wellness Platform with Smart Health Tracking Tools

HealthBenefits.co.in empowers everyday users with free tracking tools, health calculators, and beginner-friendly wellness content.

NEW YORK, NY, UNITED STATES, July 1, 2025 /EINPresswire.com/ -- [Health](#)-conscious Americans and global users now have a smarter way to manage their wellness. [HealthBenefits.co.in](#), a digital health platform, has officially launched to provide free health tracking tools and expert wellness content — all in one easy-to-use website.



Quote: We created HealthBenefits.co.in to turn complex wellness info into easy, actionable tools for everyday people.”
Madhusmita Sahu, Founder of HealthBenefits

From BMI and calorie calculators to wellness blogs on nutrition, mental health, and immunity, the platform helps users take actionable steps toward a healthier lifestyle — without the need to download an app or pay for premium

services.

“We created HealthBenefits.co.in to make health support more accessible,” said the site’s founder. “Wellness isn’t just for experts — it’s for everyone. Our tools and articles help users make smarter choices, every day.”

Originally launched in October 2023, the site is now expanding its reach to a global audience — including the United States, where interest in holistic wellness, stress management, and digital health tracking continues to grow.

□ Key Features for U.S. Users:

Free Tools: Track BMI, calories, hydration, and more

Science-Backed Wellness Content: Easy-to-read tips on fitness, nutrition, sleep, and immunity

No Signup Required: Start using instantly — no login or downloads needed

Optimized for Mobile: Works seamlessly on phones and tablets

Weekly Updates: Fresh content added regularly

Whether you're a college student looking to stay healthy, a busy parent trying to manage stress, or just someone who wants to track personal progress — HealthBenefits.co.in offers tools designed to support everyday wellness.

□ About HealthBenefits.co.in:

HealthBenefits.co.in is a global health and wellness website founded in India. It offers free, user-friendly digital tools and expert content to help users track health data, build better habits, and stay informed. With a growing international audience, the platform is committed to making health guidance simple and accessible for all.

□ Website:

□ <https://www.healthbenefits.co.in>

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Logo of HealthBenefits.co.in – A Smart Health & Wellness Platform

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