Abstract

Tackling Non- Communicable diseases though AI enabled programs

NCDs contribute to around 38 million (68%) of all the deaths globally and to about 5.87 million (60%) of all deaths in India(WHO, 2014). India has lost $237 billion between 2006 and 2015 from premature deaths due to heart disease, stroke, and diabetes (WHO, 2005) and will lose 4.58 trillion dollars before 2030 due to NCDs like heart disease and mental health disorders based on estimates of the world economic forum report. Raised blood pressure , glucose and tobacco use were responsible for majority of deaths in the south Asian region. Poor lifestyle, stress and lack of awareness and delayed intervention leads to a higher cost of hospitalisation and care. Recent studies have showed that those with heart diseases, diabetes, obesity, hypertension and chronic lung diseases had severe complications in COVID-19 as compared to those without these lifestyle diseases or had it under control. Mental health also has taken a toll due to persistent anxiety, fear and uncertainty about the future.

Apollo hospitals has been a pioneer in delivering healthcare and with an experience of 37 years and 22 million health checks and have designed a scientific, cutting edge program to combat NCDs called ProHealth. Apollo ProHealth is a multisystem based , holistic preventive health management program with long term guidance and wellness support powered by expert doctors and Artificial Intelligence. Unique features of the program include a health risk assessment customising care, comprehensive screening, care continuum delivered by dedicated health mentors and holistic wellness components like yoga, meditation, mental health support, tobacco cessation services and nutrition advice delivering personalized health and lifestyle modification leading to better health outcomes , supplemented by a ProHealth app nudging one towards healthy behavior. The program aims to prevent the preventable deaths in the Indian population and propel the country to a better health and economic future.

Speakers-

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Biography-

Dr. Udhaya Balasubramanian is a senior physician and administrator with over 50 years of experience and has been a part of the founding team of Apollo Hospitals , India which has

pioneered healthcare across the world. She heads the preventive healthcare vertical and her core drivers have been to push the frontiers of preventive care.

Dr. Sachin Ganorkar is a physician and administrator. He has worked in the primary care domain to deliver affordable care solutions over the past 15 years.