Exploring the link between telehealth and healthcare

Why Telehealth Is Significant
The opportunity to make healthcare facilities available remotely and introducing systems that can provide healthcare facilities is a huge opportunity. Healthcare is a very interesting area, especially elder care and lifestyle diseases. Commuting is a challenge these days and we all want convenience and services at our doorstep. Also, the consistent and uninterrupted access to healthcare is very important and this need is largely felt in case of lifestyle diseases. Attention to lifestyle diseases is important, because they are equally hazardous like any emergency situation. These are the areas where telecare and connected healthcare can play a very dominant role.

Helps Avoid Crises
The idea of telehealth and IoT (Internet of Things) is to make one able to take steps right away, instead of realizing the problem in the future. Its motive is to teach you how you can derive value predictably and avoid crisis situations. It’s about technology playing an influencing in changing behaviour. That is the whole concept of IoT - driving behaviour. It’s not about just reacting but reacting in the larger context; it’s about driving behavioural change.

Encourages Alertness
It’s a gentle nudge to a better life. Or else, we would have gradually degraded into that situation, but today we have a way to be actually alert. Through telehealth and IoT one can see millions of people around them and have an opportunity to refine their own learning engines by analyzing a larger database. That’s the beauty of IoT. You’re not dealing with isolated instances; even doctors today are leveraging data systems to be able to make sure that their diagnosis is right.

Keeps Track Of Health
The healthcare sector is getting digitized with the evolution of connectivity. Different devices are developed and introduced into the markets such as wearables and fitness trackers. Furthermore, there are many apps that can keep track of health factors from fitness to basic health aspects. With such devices in the market, there is no requirement for the patient to be in the physical presence of the doctor. Through an IoT network, the doctor can keep track of his/her patients through sensors and data transfer, in real-time.
Our experts

For your diet, your fitness, your health

Dr Sudhir Kumar
MD (Medicine),
DM (Neurology)
Senior Consultant Neurolgie

Dr Ravi Andrews
Senior Consultant Nephrologist,
Apollo Health City

Dr Ashutosh Misra
Plastic Surgeon,
Enhance Clinics

Dr Panchal Moitra
Nutritionist,
Weight Management Consultant
Kolkata

Dr Shilvra
Consultant Gynaecologist,
Panchkula

Khyati Rupani
Nutritionist
And Founder
www.balanconutrition.in

Dr Mickey Mehta
Global Leading
Holistic Health Guru

Mihira A R Khopkar
Practicing Dietitian
And Animal Lover

Mayura Mehta
Founder
Healthittrend
Consultancy
Singapore

Ramona Braganza
Celebrity Fitness Expert,
Author of "Feel Fit, Look Fantastic in 3-2-1"

Shruti Sinhal
Psychotherapist -
YourCOST

Bharti Taneja
Cosmetologist
And Aesthetician,
Director, LPS Beauty Clinics

Parimala Guruprasad
Student Counsellor

Mamta Gupta
Owner And
Founder
Buzzazz

Ankita Shreem
Travel Enthusiast,
Mumbai

Dr Geeta Chopra
Chief Pathologist And
Lab In-Charge,
Metropolis Healthcare

Dr Sampa Tripathy
Lifestyle Counselor,
Bhubaneswar

Dr Jaishree Manchanda
Cosmetologist And Founder,
Youthful Secrets Clinic

Dr Indra Ganesan
Director, Iere IVF Centre
Safdarjung Enclave, New Delhi

Dr Vikas Agrawal
Sleep Apnea And Thoracic
Robotic Surgeon,
Asian Heart Institute And ENT Hospital, Mumbai

Naresh Jain
CEO, Ziqita Healthcare
Limited

Shambhu Das
Indian Vocalist (Hindustani Discipline) And Doctorate in Indian Classical Music
www.swaraya.com

Sadhguru
Yogi, Spiritual Leader And
Renowned Speaker Of
International Repute

Indrayani Pawar
Team leader
Distillers, Mumbai

RR Bipin
VP, Digital Services IoT,
Embedded Product Design
Division, Tata Elxsi

Mansi Mahajan
Yoga Alliance Teacher

K. Sneha
Clinical Nutritionist/ Dietician

Dr Syed Faiz
Fitness Trainer