



**Redefine Your
Health Check with
Apollo ProHealth Program**

Apollo ProHealth

Apollo ProHealth is India's first personalized, predictive preventive health screening program curated just for you to guide targeted intervention, continuum of care, and a path to wellness.

The program has been designed based on data from 22 million health checks, building on Apollo's pioneering efforts in preventive care for almost 40 years!

Apollo ProHealth integrates personalized health screening, predictive risk scores, and cutting-edge diagnostics with clinical evaluations from a dedicated team of medical experts to steer you towards a healthy tomorrow.

PROHEALTH PLATFORM



Predict your risk

- Health risk assessment based on your demographics, personal, medical, and family history
- Multi-organ evaluation of your body through diagnostic and imaging tests
- Artificial Intelligence-powered predictive risk scores



Prevent

onset of chronic lifestyle diseases

- Personalized management protocol, including lifestyle modifications (e.g., diet and nutrition, physical activity and exercise, sleep hygiene, stress management, tobacco, and alcohol avoidance)
- Physician consultations and follow-up assessments to monitor health status
- Access to specialist consultations via the Apollo network (virtual/in-person)



Overcome

barriers to wellness & care

- Personalized health goals for your path to wellness
- Health mentors for regular reminders, health guidance, and tips to stay on track
- Digital interventions to remind you to remain proactive towards your health and improve quality of life

APOLLO PROHEALTH

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PROGRAM FEATURES



Personalized health risk assessment

To identify your risk for health conditions



AI-powered predictive risk scores

To help you know if you are at minimal, moderate, or high risk of certain chronic conditions



Diagnostic evaluation

Laboratory and imaging tests to screen for the onset of any medical conditions and monitor response to treatment



Path to wellness

Personalized guidance through App, messages, and health mentor calls



Physician consultations

To help you understand your health status and take proactive steps to improve clinical outcomes



Digital health record

Keeping all your health reports together



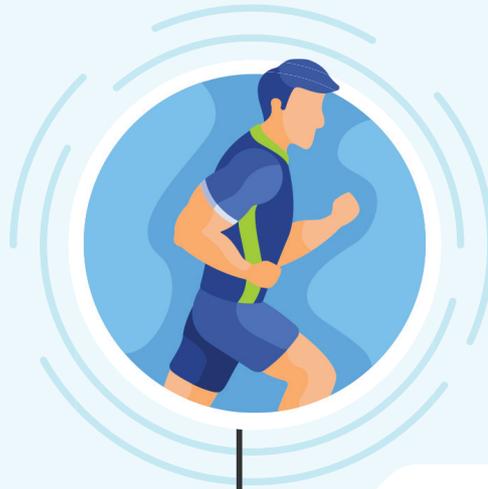
Scan to download the **Apollo 24|7 App** and stay connected with us



APOLLO PROHEALTH VS STANDARD HEALTH CHECK

Package Coverage	Apollo ProHealth Program	Standard Health Check
Pre - Assessment:		
Health Risk Assessment (HRA)	✓	✗
Personalized additional test recommendation (Based on HRA)	✓	✗
AI Predictive Risk Scores:		
AI Cardiac Risk Score	✓	✗
AI Pre-Diabetes Score	✓	✗
AI Chronic obstructive pulmonary disease score	✓	✗
Diagnostics Test:		
Multi-organ system diagnostic evaluation	✓	✓
Physician Consultation	✓	✓
Care Continuum		
Goal setting	✓	✗
Health Mentor services (Follow up calls to achieve personalized goals)	✓	✗
Lifestyle Assessment and Counselling including Diet and Exercise.	✓	✗
Personalized nudges through SMS, In app notification	✓	✗
Reports:		
Personalized Health Progress Report with trend analysis	✓	✗
Corporate Health Pulse for Companies	✓	✗
Value Added Services:		
Home delivery of Medicines (from Apollo 24x7 App or website)	✓	✗
Discount on additional tests within 1 week	✓	✗

OUTCOMES FROM PROHEALTH PROGRAM



NOT UNDER PRESSURE

88%

ProHealth Users with severe (>100) Diastolic BP manage their pressure better



STRESS NO MORE

68%

of ProHealth users started their physical activities



NO STRESS, ONLY GAIN

100%

ProHealth Users with severe (>180) Systolic BP showed marked improvement



NO SMOKING

66%

of the ProHealth users quit smoking through the smoking cessation sessions



BACK IN SHAPE

60%

ProHealth Users reduced their weight by 4.2kg on average



PROHEALTH IN APOLLO 24|7 APP

ProHealth in Apollo 24|7 app is an innovative, fun, and engaging way to stay on track with your reports and progress, personalized health and wellness tips, and the entire Apollo ecosystem of world-class care.

The features of the app include:



Did you Know?

The Government of India recognises the importance of Preventive Health and has granted a tax benefit under Section 80D of Income Tax Act, 1961 for any expenses incurred for preventive health programs. You can avail Rs. 5,000 for the cost incurred for preventive health check-ups for self, spouse, children or parents or Rs 7,000 for your parents who are 60 years or above.



Scan the QR code to experience
ProHealth Journey

To enrol call **08045588582**

Visit <https://www.apollo247.com/apollo-pro-health> to know more

