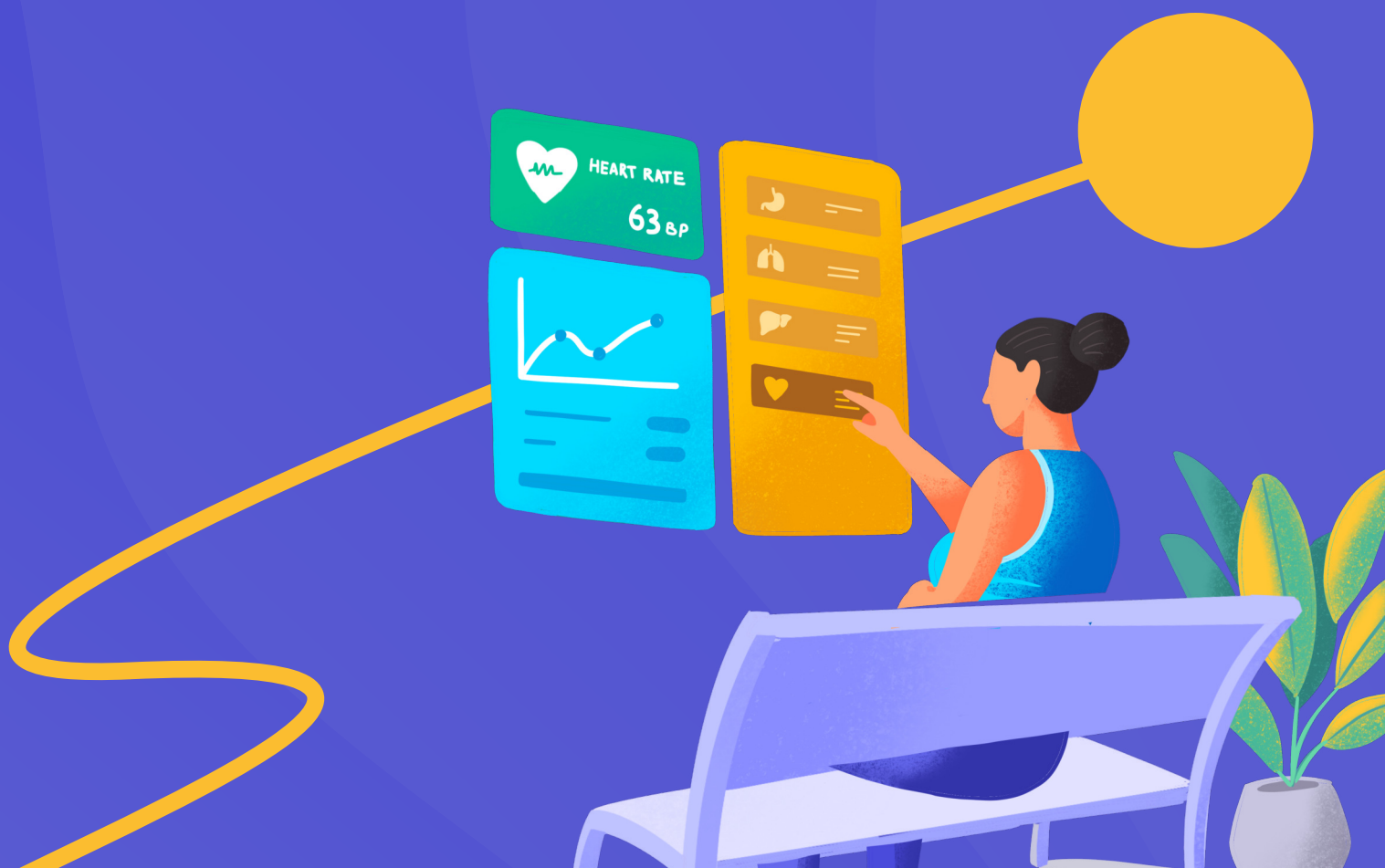




2022

# Annual Health Report



# Ēka's Health Mission

*Health is one of the most important assets we have in life.*

Yet, most people attend to it only when it's critical. Mostly because there's **no immediate advantage**, or it's **too much effort**, or simply because it's **hard to understand**.

We started **Eka Care in 2021** to change this belief in every Indian. The products we are building are designed to **make health your top-most priority**.

Our products **make it easy** for you to manage your and your family's health, give you a **better understanding of your health**, and help you see the long-term benefits of maintaining all your **health information in one place**.



# Eka's Products

## Health Locker

**Health Locker** has helped lakhs of Indians to stay on top of theirs and their family members' health records. **Gmail sync was a game changer for us and our users in 2022.** With Gmail sync, you can easily bring health records sitting in Gmail to Eka's secure locker in an automated way.



More **men** took charge of managing **family health records** in 2022.

## Self-Assessment

Whether it was to check about a sharp pain in the left toe, or a dry cough that persisted for more than 3 days, **people did not simply rely on Google to know what their symptom meant.** They took our science-based **Self-Assessment** and felt at ease knowing what they needed to do as their next step.



**Diabetes** was the most checked condition in 2022.

## Heart Rate Monitor

Prioritizing your health in essence means making sure your heart is in good condition. **Heart disease is largely preventable, but rarely reversible.** Which is why we built a **Heart Rate Monitor** that provides accurate readings to keep check of your heart health at regular intervals.



A single user took **5228 heart rate readings** – that's real dedication to heart health in 2022!

—  
Insights taken from

# Eka users in 2022

We have created this report for you by finding interesting patterns and insights from the anonymized data of 50L+ people who used Eka Care app in 2022. The idea of this report is to give you a better picture of where you stand amongst other Indians and help you focus on your health in the coming year.



## Data privacy and security

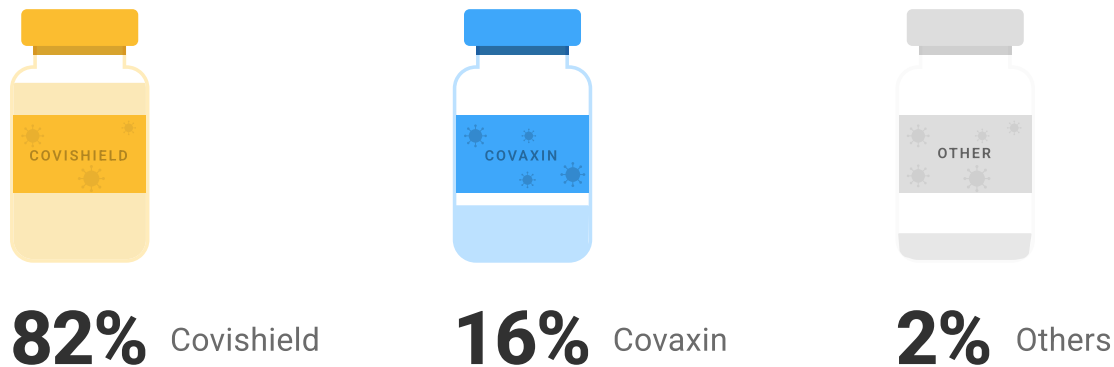
The insights for this report were developed to understand the health patterns of Indians in 2022. The analysis was completely based on aggregated and anonymized set of data that adheres to our stringent data security and privacy policy of users. Eka Care will continue to ensure that it is the most secure and private PHR app to manage patients' health information.



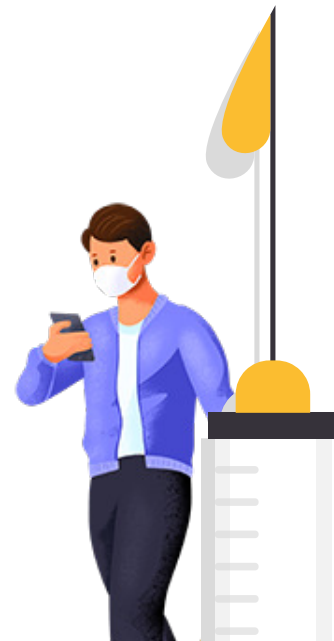
COVID-19

# Vaccine status of India

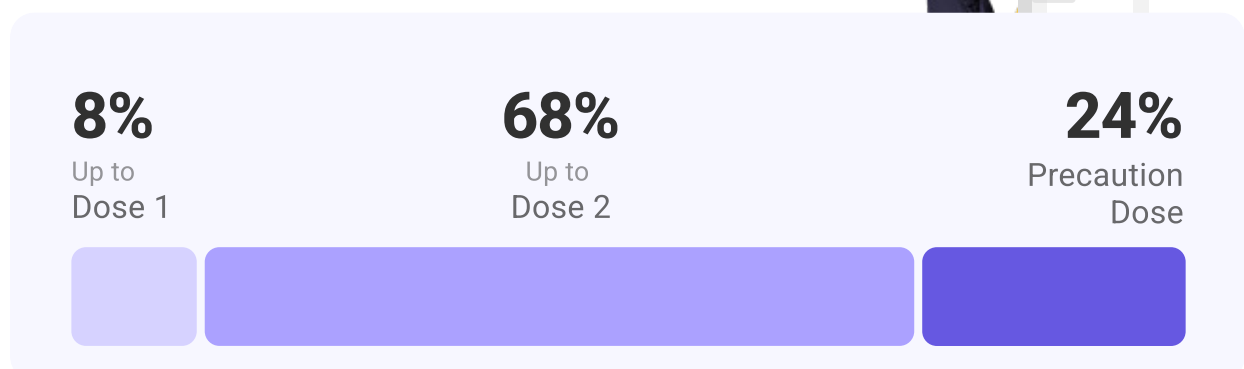
Majority of Indians opted for **Covishield vaccine**.



Nearly 30% of people took their 2nd dose of Covishield within the first week of the recommended vaccine schedule.

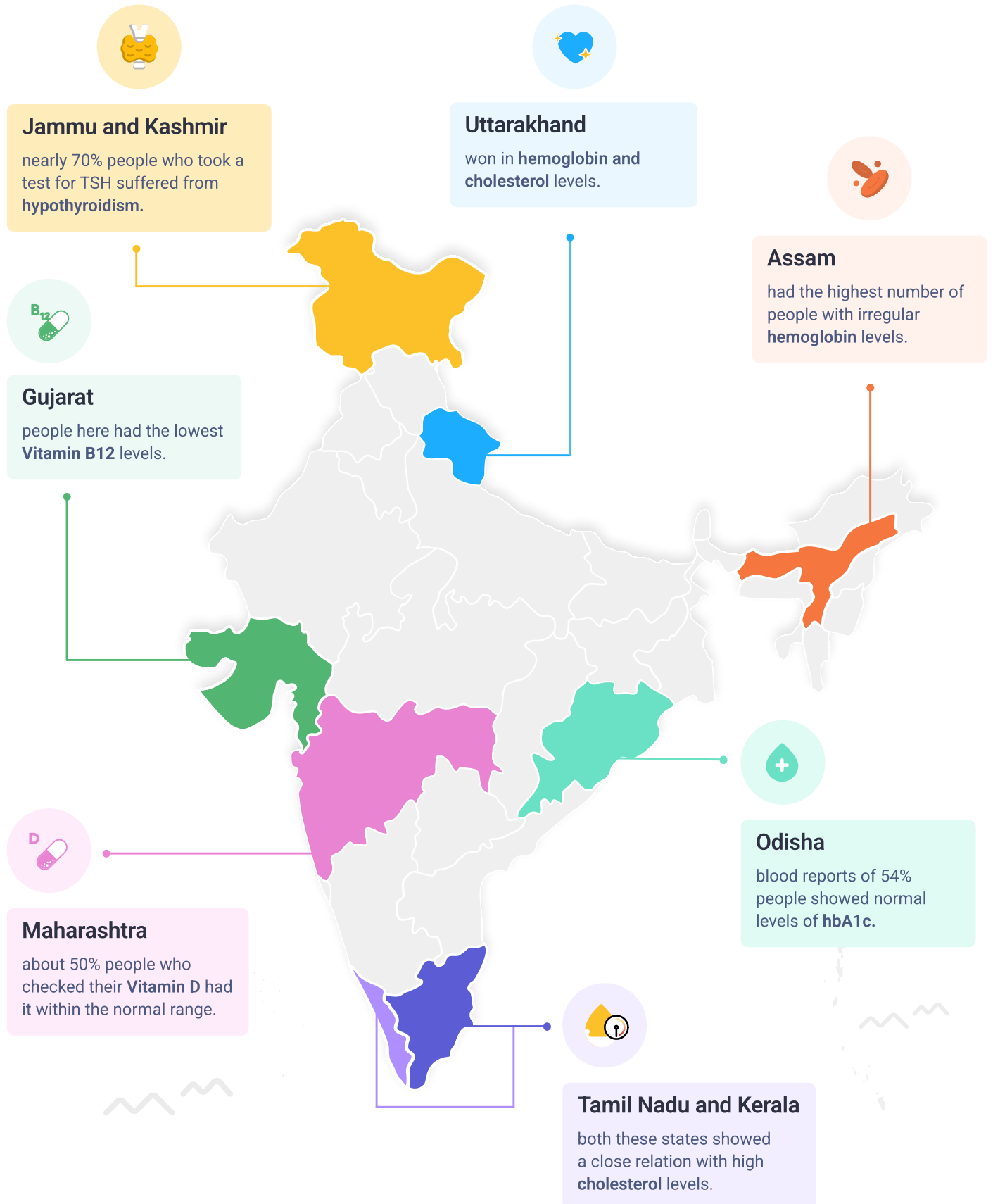


Completed doses based on recent data



Through the lens of

# Health across India



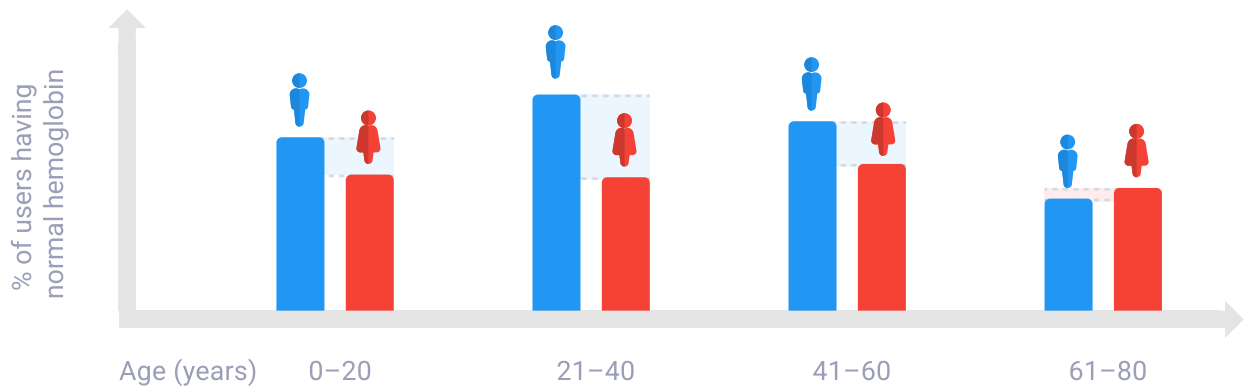
A closer look at

# Gender and health



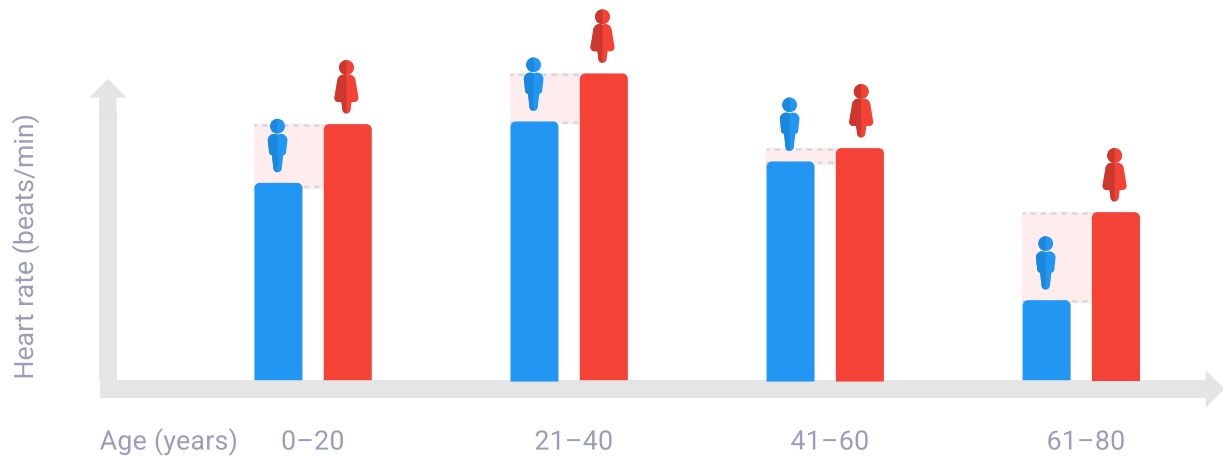
## Hemoglobin

Hemoglobin levels were notably lower in women compared to men.



## Heart Rate

Mean heart rate was higher for women than men.



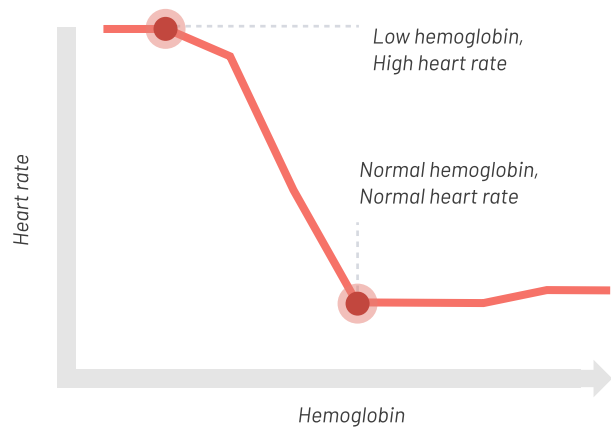
A closer look at

# Gender and health



## Hemoglobin vs Heart Rate

Our data confirmed the medically known relation between hemoglobin and heart rate. Heart usually pumps more blood when hemoglobin levels are low to get us the oxygen we need.

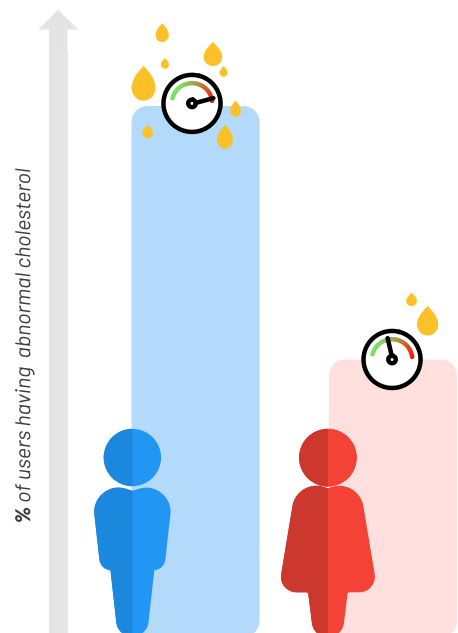


## Cholesterol

Cholesterol was a serious concern for men in the **30–40 age** group.

Factors that affect cholesterol levels:

- Unhealthy food habits
- Smoking
- Alcohol
- Lack of exercise





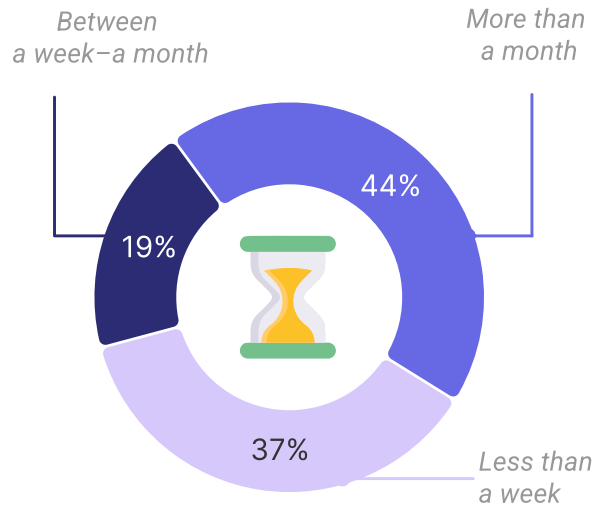
How we are

# Neglecting health



## Symptoms

While people did care about their health in 2022, some waited a bit longer than others to check their symptoms and take action.



Time spent without checking symptom



## Medical History

Around **65% people** who reported a **family history of chronic diseases** such as diabetes, hypertension, and premature heart diseases also reported **unhealthy lifestyle choices**.



**25%**  
Unhealthy eating



**25%**  
No Exercise



**13%**  
Alcohol



**2%**  
Smoking



Habits reported by users with family history of chronic diseases

Doctors consulted in 2022

# Popular specialities



## By Men

- 1 Nephrologist
- 2 Oncologist
- 3 Urologist
- 4 Physiotherapist
- 5 Cardiologist



## By women

- 1 Gynecologist
- 2 Rheumatologist
- 3 Pulmonologist
- 4 Dermatologist
- 5 Homeopath



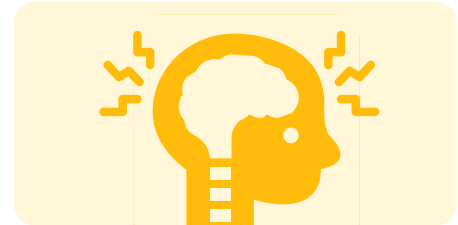
### Food for thought

Ratio of men consulting Psychologists and Ayurvedic doctors was higher than women. But, women followed up with these specialists more often than men.



# Other interesting findings to Wrap up 2022

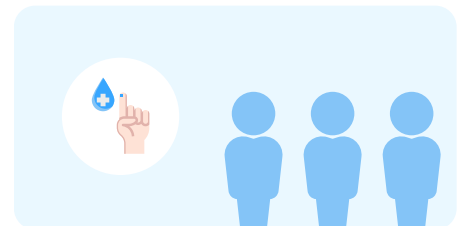
People going to psychological therapy were mostly in the 20-40 age group with **2x more men than women.** But therapy-goers drastically dropped in the 50+ age.



At the age of 44-45 (**recommended age for women to get their mammograms done**), there was a huge peak in women visiting oncologists.



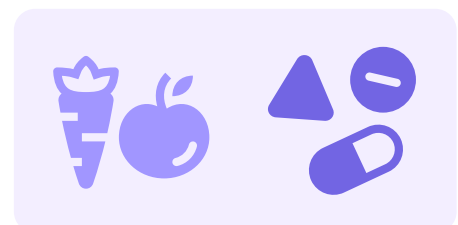
Before they hit 50, it was mainly women visiting diabetologists. But **after 50, men took the lead.**



More men consulted **cardiologists and urologists** than women.



Women were prescribed more **nutrition supplements** and the difference between genders was more noticeable in the years of female fertility. **Folic acid** was the most prescribed supplement to women in 2022.



# One of our Biggest wins in 2022

Topping the charts in healthcare and wellness category on Google Playstore was all the confirmation we needed that we're making progress in the right direction.



100% safe and secure

# Data Privacy and Security

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Prioritize Health

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