



Preventive Health, Integrated into Community Living

Moving beyond episodic health camps toward accessible, dignified preventive care where people live

Residential communities are increasingly designed as lifestyle ecosystems, with clubhouses, wellness zones, and dedicated medical rooms forming the heart of everyday living. While fitness and recreation are well addressed, preventive health screening within communities remains fragmented often limited to occasional health camps or reliance on individual home devices.

Most residents depend on personal BP monitors or glucose meters for routine checks. While convenient, these devices operate without calibration oversight, supervision, or reliability alerts. Factors such as low battery, expired or contaminated strips, and user technique can significantly affect readings, often without the resident being aware. As a result, early health risks may remain unnoticed or misunderstood.

This use case presents an alternative: community-based preventive health screening using clinically validated systems. By integrating hPOD within clubhouses or designated medical rooms, communities can offer reliable, assisted screening that delivers consistent and repeatable health insights bridging the gap between casual self-monitoring and hospital-grade preventive assessment.

A central focus of this model is women's health, particularly breast cancer screening, where fear, inconvenience, and access barriers delay early detection. Non-invasive, community-based screening enables dignified participation in a familiar, trusted environment.

For RWAs and estate managers, this approach improves participation without operational complexity. For developers, it elevates wellness from an amenity to a meaningful, long-term value proposition embedding preventive care seamlessly into community living.



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Why Preventive Health Is Missing in Residential Communities

Residential societies place strong emphasis on lifestyle amenities such as gyms, pools, and social spaces. However, preventive health screening within communities remains limited and inconsistent. Most initiatives rely on occasional health camps that are episodic, logistically complex, and difficult to sustain. Participation is often uneven, follow-up is rare, and outcomes are difficult for RWAs to measure or improve over time.

In the absence of structured community screening, residents depend on unsupervised self-monitoring through home devices. While convenient, these methods provide variable results influenced by device condition, consumable quality, and user technique without any system-level assurance of reliability or continuity. As a result, early health risks may be missed, misunderstood, or ignored.

Communities continue to invest in wellness infrastructure, yet preventive health remains reactive rather than proactive.

hPOD A Community-Integrated Preventive Health Platform

hPOD enables clinically validated preventive health screening directly within residential communities. Designed for deployment in clubhouses or designated medical rooms, it delivers assisted, calibrated assessments that bridge the gap between casual self-monitoring and hospital-grade preventive assessment.



Clinically validated AI technology

- Assesses 44+ health parameters within minutes using calibrated, clinically validated systems designed for consistent community screening.

Higher community participation

- On-site access within clubhouses or medical rooms removes time, travel, and coordination barriers for residents.

Actionable, resident-friendly insights

- Secure digital reports support individual awareness and encourage timely medical follow-up when required.

Operationally simple by design

- Deployments integrate easily into residential environments with minimal disruption to daily community life.

Value Delivered

For Residents

Convenient, assisted screening close to home

Reliable, clinically aligned health measurements

Early awareness supporting timely medical consultation

For RWAs

High participation, low coordination effort

Structured, repeatable wellness programs

Improved trust and engagement

For Developers

Differentiated wellness positioning

Higher community value

Scalable foundation for women-centric and family health initiatives



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Women's Health At The Centre

Breast cancer affects women across age groups, yet participation in preventive screening remains low due to fear, inconvenience, and discomfort associated with conventional screening methods. Outside formal workplace or hospital settings, many women delay assessment until symptoms appear, reducing opportunities for early risk identification.

hPOD enables community-based, hospital-grade breast health screening designed to preserve dignity and reduce anxiety. By bringing non-invasive screening into familiar settings such as clubhouses or designated medical rooms, communities can offer voluntary, private, and accessible screening that encourages earlier participation without disrupting daily life.

Why “Thermalytix” for Community Screening

This requires technology designed specifically for community realities.

Clinically validated AI-powered thermal imaging

- Thermal imaging analysed by machine learning is 50x more sensitive than traditional thermography, without physical contact.

Designed for younger women and dense breast tissue

- Outperforms mammography in women under 50 and those with dense breast tissue ; Conventional imaging often produces inconclusive results.

No radiation. No compression. No contact.

- A non-invasive, no-touch screening experience that reduces fear and improves participation in community settings.

Rapid assessment and referral readiness

- Fast screening and reporting support same-day insights and clearly defined clinical referral pathways when required.

Clinical performance

- Demonstrates 91–95% sensitivity, with 100% sensitivity in dense breast tissue and 77.22% specificity, addressing limitations of conventional imaging where incomplete scans are common. Detects tumours as small as 4 mm, enabling earlier clinical intervention.



Impact at the Community Level

For Women Residents

Dignified, private screening

Reduced anxiety – non invasive assessment

Earlier risk awareness

For RWAs and Community Leadership

Higher participation in women health initiatives

Credible, clinically defensible approach

Strong alignment with wellbeing objectives

Compliance and Governance

Clinically certified screening technology
Secure digital integration aligned with India's ABDM framework

Voluntary participation with strict confidentiality controls
Designed to complement clinical diagnosis and medical care



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Embedded preventive access for everyday environments

Disclaimer

hPOD provides structured preventive screening and does not replace medical consultation, diagnosis, or treatment.

Results generated through the platform are intended to support awareness and informed decision-making. Individuals are encouraged to consult qualified healthcare professionals for clinical interpretation and follow-up care.

Data is collected and stored with explicit consent and handled in accordance with applicable privacy and regulatory requirements. Records remain under the control of the individual and may be shared only when authorised.

Deployment models and service configurations may vary by location, regulatory framework, and institutional partnership.

Images and visual representations used in this document are illustrative and for representative purposes only.



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