



Wellnessa

Bridging the journey from illness to well

IMPACT OF CRITICAL ILLNESS ON MENTAL HEALTH



1 in 3

Patients with a critical illness show signs of depression.^[1]



More than 50%

People report poor emotional health despite recovery.^[2]



3-5 x

People with critical diseases are 3 to 5 times more likely to have suicidal thoughts.^[3]



10-12%

Of those affected seek professional help due to stigma related to mental health and limited access to mental health services.^[4]



Social Withdrawal

Illness and treatment cause appearance changes, leading to social anxiety and withdrawal



Anxiety post treatment

Fewer cancer care visits and changes in family roles contribute to isolation and sadness. Fear of recurrence increases anxiety; patients become hyperaware of minor aches and pains.

1. [American Psychological Association](#)

2. [Centers for Disease Control and Prevention](#)

3. [JAMA Psychiatry](#)

4. [webforum.org](#)

OUR SOLUTION

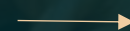
Wellnessa is an integrated mental healthcare solution designed to address comprehensive mental health needs, promote positive engagement throughout treatment, enable early symptom detection, and deliver timely, appropriate interventions.



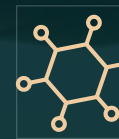
Patients are enrolled at the outset of their treatment journey.



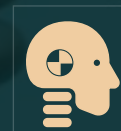
Regular assessments are initiated immediately following discharge.



Continuous evaluations over a next 6 months to support reintegration into daily life.



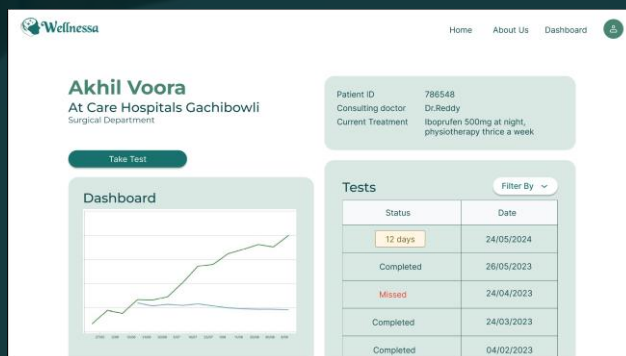
Emerging symptoms or concerns are proactively identified to enable timely action.



Recommend tailored interventions based on assessment outcomes.



Include meditation, yoga, breathing techniques, and therapy sessions as needed.



The screenshot shows a 'Health Assessment Q1 2024' form for a quarterly health and wellness assessment. It includes a progress indicator (Question 4 of 4, Answered: 5/4) and a question: 'How well do you manage stress?' with radio button options: 'Very poorly', 'Poorly', and 'Well'.

* Access www.wellnessa.in to try out the prototype

HOW IT HELPS



Reduced stress levels

Patients with a positive mindset can experience up to a **23% reduction** in stress levels.^[1] Furthermore, they are **25% less likely** to experience depression during their treatment.^[2]

1. [Stanford Medicine](#)



Improved treatment adherence

Those who maintain a positive outlook are **30% more likely** to adhere to their treatment plans, leading to better health outcomes.^[3]

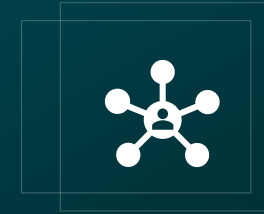
2. [Curtin University](#)



Enhanced immune Function

Studies show that positive thinking can lead to up to a **20% increase** in immune response.^[4] It also helps reduce the perception of pain, which can lead up to a **15% decrease** in chronic pain symptoms.^[4]

3. [Psychology Today](#)



Breaking the stigma

Incorporating mental health support into treatment plans can help **normalize it** and **reduce stigma**. This holistic approach ensures patients feel **supported both physically and emotionally**.

4. [Mayo Clinic](#)

WHAT SETS US APART



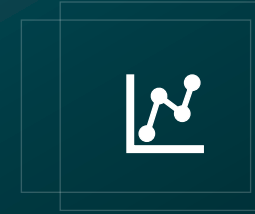
Holistic care collaboration

Most leading hospitals focus only on physical health. We bring mental+physical care together- a first-of-its-kind integrated model.



Tech Driven Personalization

Smart tech at every step- from diagnosis to recovery – enables custom treatment plans and reduces manual effort.



Solving the Specialist Shortage

India has just 0.29 psychiatrists and 0.07 psychologists per 100k people.^[1]

Our tech helps scale care and bridge this massive gap.

1. [Economic Times](#)

WHY PARTNER WITH US



Enhanced Treatment Outcomes

A comprehensive treatment approach can boost overall effectiveness and lead to higher patient satisfaction.



Increase In Revenue

Hospitals earn a commission for each patient who adopts our solution.



Strengthens Differentiation

Offering a unique, first-of-its-kind treatment plan helps hospitals stand out and elevate their brand value.



OUR MISSION

“ To ensure mental and emotional support for all during and after their illness treatment. ”





THANK YOU



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Founder



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