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Online platform allows patients to watch heart health

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Dr Lee (left) and Dr Khoo at the launch of the OurCheckup programme that empowers individuals to take charge of their heart health.

IHEAL Heart Group Sdn Bhd's (iHeal) OurCheckup programme is an effort that empowers individuals to take charge of their heart health.

The programme's launch was attended by Deputy Health Minister Dr Lee Boon Chye.

During the same event, iHeal signed a memorandum of agreement (MoA) with Takaful Malaysia as its strategic insurance partner, ASP Medical Clinic and Permai Polyclinics Group as strategic clinic partners as well as iHeal Medical Centre as the strategic medical centre, to promote the adoption of the OurCheckup medical technology.

Touted as the world's first doctor-assisted connected health platform and personal health data management services, OurCheckup is an online, cloud-based data repository that stores individual/patient's data including vital signs such as blood pressure, calorie expenditure and weight and body composition.

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These data, collected from the Bluetooth-enabled wearable devices, will then be transmitted electronically and are viewable by the patients and their doctors, making the important data accessible within the established clinical workflow.

iHeal Heart Group Sdn Bhd chairman and group managing director as well as a practising heart surgeon Dr David Khoo Sin Keat said, "iHeal is increasingly looking for new ways to collaborate with patients outside the healthcare setting.

"We strongly believe patient-centricity is the way forward for heart health.

"We need to be able to understand and gain an important perspective of our patients: their behaviour, concerns and lifestyle, not just through office visits.

"OurCheckup programme is designed to make heart healthcare more proactive, population-based and patient-centered, by allowing patients to easily and securely share personal health data with their care team using the consumer health device," Dr Khoo added.

"Analysis of these data sets will allow for a 10-year cardiovascular risk scoring, which will determine the individual/patient's risk of having cardiovascular complications in the next 10 years. The interaction with doctors and data presentation will motivate the individuals/patients to adopt lifestyle changes towards lowering cardiovascular risk," he said.

Takaful Malaysia group chief executive officer Datuk Seri Mohamed Hassan Kamil said, "This strategic alliance represents an important milestone in the execution of our strategic priority to enable our business with digital technology in providing our customers with personalised healthcare service and excellent customer experience.

"Our focus now is to promote wellness and healthy living among our customers as we want them to take charge and be accountable for their own health. We are introducing this healthcare platform and its tool that can be downloaded in the form of a mobile application to provide customers with immediate access to their automated health data collection for monitoring and follow-up purposes with just a few clicks," Mohamed Hassan added.