



SMART Health India - Prevention Case Study



Sappide Kannarao is a 49-year-old farmer in rural India. He's hard working, earns roughly Rs5000 (US\$80) per month and is the sole breadwinner for his household, which includes his wife, three children and parents.

The family teeters dangerously close to the poverty line. Should anything happen to Sappide that stops him from working, the entire family would be destitute.

Fortunately, that is less likely to happen since we enrolled Sappide in our SMART Health pilot project in Andhra Pradesh. Using a backend software solution and analysing a series of simple questions and answers, we diagnosed Sappide to be at clinically high risk of cardiovascular disease.

This news was a shock to Sappide because he has no personal history or family history of cardiovascular disease.

We recommended that Sappide stop smoking (for which we provide support), go see a doctor, begin taking specific blood pressure lowering medication, and come back for screenings every three to six months.

Thanks to the SMART Health program, he is now taking medications for his cardiovascular disease to help prevent a catastrophic event.

