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R E P O R T

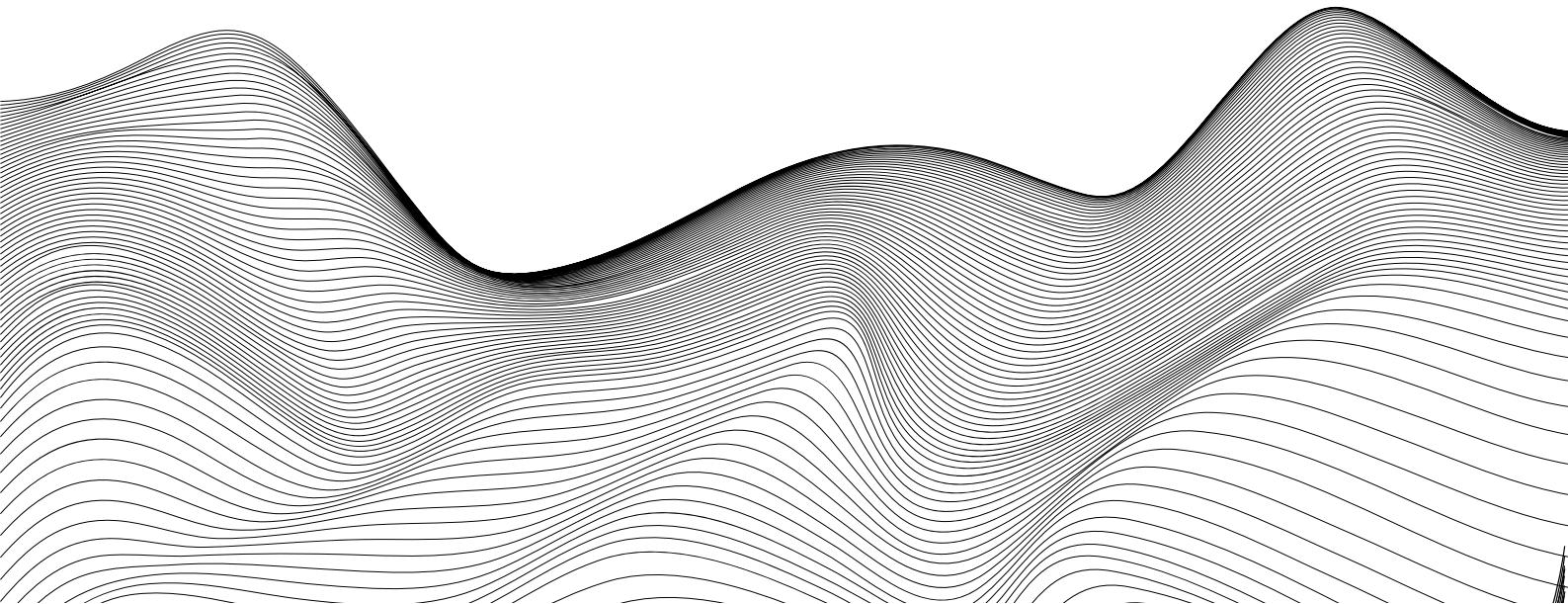
THE KPX BIOMARKERS EDITION

**NAME:** ABC

**AGE:** 55

**GENDER:** MALE

**OCCUPATION:** OFFICE MANAGER





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# SUMMARY INSIGHTS



# SUMMARY: HEALTH INSIGHTS

**NAME:** ABC

**AGE:** 55

**GENDER:** MALE

**OCCUPATION:** OFFICE MANAGER

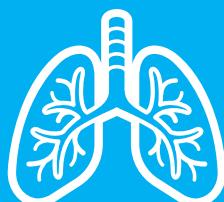
## Overall Health Condition

The patient, a 55-year-old male office manager, presents with multiple concerning health issues:



### Cardiovascular Health

The patient has consistently high blood pressure (hypertension) and may need to be prescribed with Lisinopril, a blood pressure medication. Additionally, he is on Metoprolol, a beta-blocker, indicating potential heart concerns.



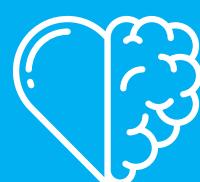
### Respiratory Health

The patient has a history of chronic obstructive pulmonary disease (COPD), indicated by the use of Albuterol, a bronchodilator. This suggests ongoing respiratory challenges.



### Vital Signs

There is a consistent trend of increasing heart rate, declining oxygen saturation, and fluctuating body temperature over the sessions. These indicate cardiovascular and respiratory distress.

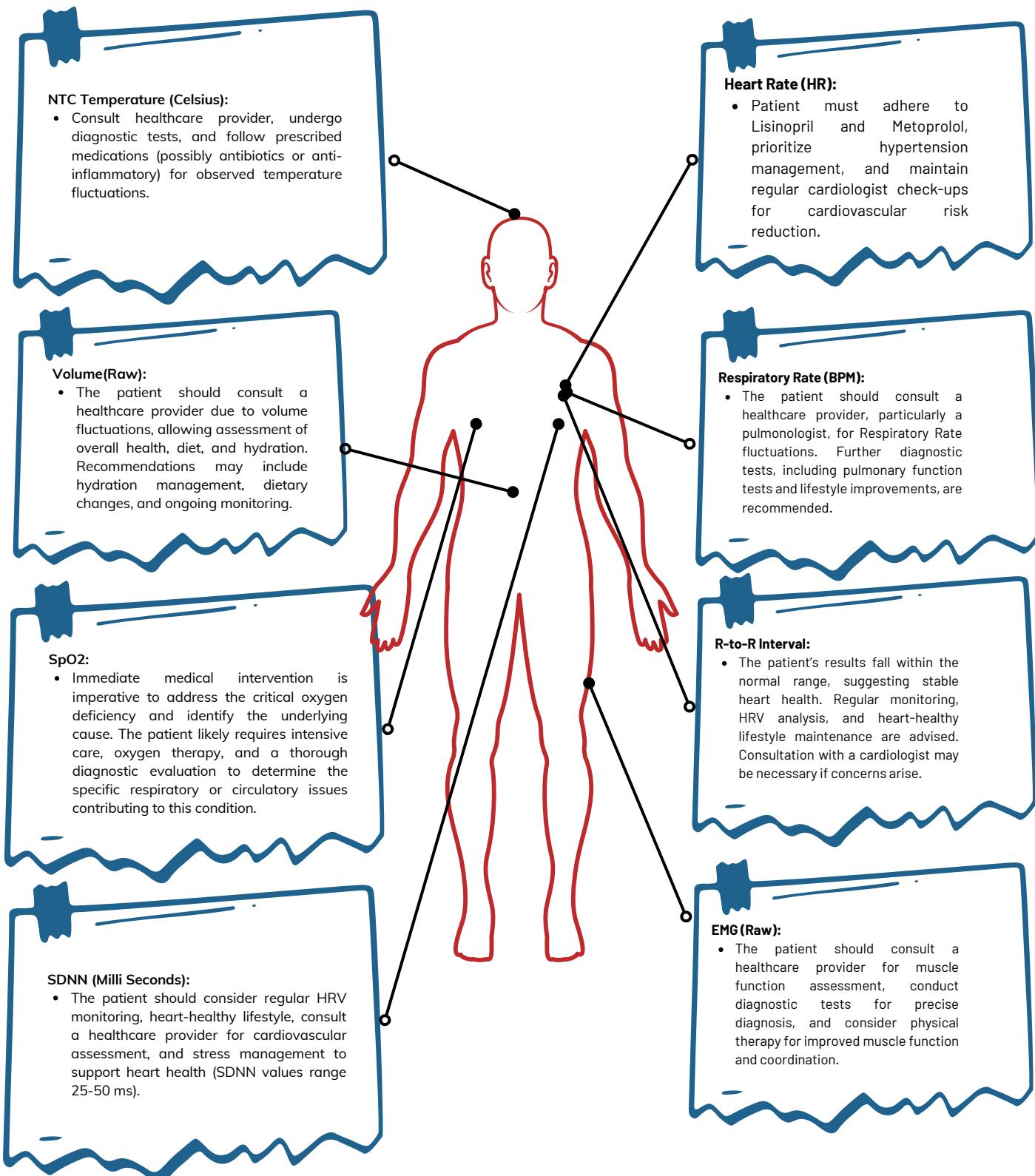


### Mental Health

Psychological counseling (therapy sessions) has been recommended, suggesting potential mental health concerns or psychological impact due to his health conditions.

# The Biomarkers Visualizer

The patient's health assessment reveals crucial insights across parameters. Adherence to medication for hypertension management is essential, with Lisinopril and Metoprolol. Temperature fluctuations demand immediate consultation and possible antibiotic or anti-inflammatory medication. Stable R-to-R Interval suggests heart health. Volume fluctuations require healthcare consultation for hydration assessment. EMG findings indicate the need for muscle function evaluation and physical therapy. Respiratory Rate fluctuations warrant consultation, pulmonary tests, and lifestyle adjustments. SDNN suggests HRV monitoring, a heart-healthy lifestyle, and stress management. Critical SpO<sub>2</sub> levels necessitate urgent intensive care, oxygen therapy, and comprehensive diagnostic evaluation for respiratory or circulatory issues.

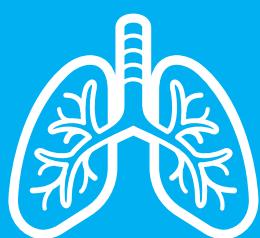


# RECOMMENDED STEPS: SUMMARY



## Cardiovascular Health

The patient must strictly adhere to his medication regimen (Lisinopril and Metoprolol) to manage hypertension and reduce the risk of cardiovascular events. Regular check-ups with a cardiologist are essential.



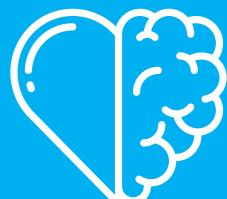
## Respiratory Health

Proper and consistent use of Albuterol for managing COPD symptoms is crucial. The patient should also consider pulmonary rehabilitation to improve lung function.



## Vital Signs

Urgent consultation with a healthcare provider is required to investigate and address the consistent worsening of vital signs (heart rate, oxygen saturation, and body temperature). This could indicate a severe underlying health issue.



## Mental Health

Attend regular therapy sessions to address any psychological challenges arising from the health conditions. Open communication with a mental health professional is essential.



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# INDIVIDUAL PARAMETER INSIGHTS

**BASED ON AVAILABLE BIOMARKERS PROVIDED BY KPX**

# P1: Heart Rate



The patient must strictly adhere to his medication regimen (Lisinopril and Metoprolol) to manage hypertension and reduce the risk of cardiovascular events. Regular check-ups with a cardiologist are essential.

**Overview:** The trend in heart rate suggests a heightened state of physiological arousal or stress in the patient. This could be due to various factors, including underlying health conditions, emotional distress, or physical exertion. It's essential to monitor and manage this parameter closely to identify potential cardiovascular issues and address them promptly.

**Key Summary Findings:** the data for Patient ABC across multiple sessions showed a concerning trend:

- The heart rate initially started at 69 beats per minute (BPM) and gradually increased over time.
- It reached 78 BPM, indicating an elevated resting heart rate, which is often associated with stress or illness.
- The heart rate subsequently showed fluctuations but consistently remained above 75 BPM.
- There were a few instances where the heart rate spiked to 78 BPM, suggesting episodes of increased stress or physical activity.

However, it's important to note that a comprehensive evaluation of the patient's cardiovascular health would require additional parameters such as blood pressure, ECG data, and clinical assessments.

# P2: NTC Temperature (Celsius)



The patient should promptly consult a healthcare provider for the observed temperature fluctuations, undergo diagnostic tests for accurate diagnosis, and follow prescribed medications, which may include antibiotics or anti-inflammatory drugs.

**Overview:** The patient's body temperature appears to be within normal limits, indicating no significant abnormalities or feverish conditions.

## Key Summary Findings:

- The patient's body temperature fluctuated within a narrow range, averaging around 31.4 degrees Celsius.
- There was minimal variation in temperature, suggesting overall temperature stability.
- The recorded temperatures align within the typical range for human body temperature.

However, it's important to consider this parameter in conjunction with other vital signs and clinical assessments for a comprehensive understanding of the patient's health.

# P4: R-to-R Interval (Milli Seconds)



The patient's results fall within the normal range, suggesting stable heart health. Regular monitoring, HRV analysis, and heart-healthy lifestyle maintenance are advised. Consultation with a cardiologist may be necessary if concerns arise.

**Overview:** The patient's cardiac health, as indicated by the R-to-R intervals, appears to be within a healthy range. The consistency and absence of abnormal variations in these intervals are reassuring.

## Key Summary Findings:

- Average R-to-R Interval: The average R-to-R interval over multiple sessions is approximately 810 milliseconds.
- Consistency: The R-to-R intervals have shown remarkable consistency with minimal fluctuations, indicating stable cardiac performance.
- Normal Range: The average R-to-R interval falls within the normal range for adults, typically between 600 to 1200 milliseconds.
- Heart Rate Variability (HRV): HRV, which measures the variation in time between successive R-waves, reflects the autonomic nervous system's influence on the heart. A higher HRV suggests better adaptability to stress. In this case, HRV data should be further analyzed to assess the patient's stress levels and overall cardiovascular health.
- No Abnormal Spikes: There are no significant spikes or irregularities in the R-to-R interval data, which is a positive sign of cardiac stability.

However, it's essential to complement this analysis with data from other parameters and consider the patient's medical history for a comprehensive assessment of their cardiovascular well-being.

# P5: Volume (Raw)



The patient should consult a healthcare provider due to volume fluctuations, allowing assessment of overall health, diet, and hydration. Recommendations may include hydration management, dietary changes, and ongoing monitoring.

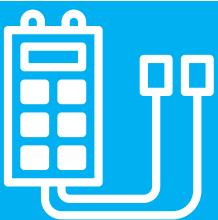
**Overview:** Overall, the patient's volume parameter highlights inconsistencies in fluid management. Proper hydration is essential for overall health, and these fluctuations may have implications for hydration status.

## Key Summary Findings:

- **Volume Fluctuations:** The patient's volume data shows significant fluctuations across sessions. This indicates variability in fluid intake or output, suggesting an inconsistent pattern.
- **No Clear Trends:** There is no clear upward or downward trend in volume measurements over the sessions. The data demonstrates irregular fluid intake patterns without a specific direction.

It's advisable for the patient to consult with a healthcare provider to assess and address any concerns related to hydration and fluid balance.

# P7: EMG (Raw)



The patient should consult a healthcare provider for muscle function assessment, conduct diagnostic tests for precise diagnosis, and consider physical therapy for improved muscle function and coordination.

**Overview:** It's advisable for the patient to consult with a healthcare provider, ideally a neurologist or a specialist in electromyography. Additional diagnostic tests, such as nerve conduction studies or imaging, may be necessary to pinpoint the causes of these observed fluctuations in muscle function.<sup>1</sup>

**Key Summary Findings:** The EMG data for this patient reveals fluctuations and irregularities over multiple sessions:

- **Muscle Function Variability:** The EMG data indicates inconsistent muscle function and coordination, with irregular patterns of electrical activity in the muscles.
- **Lack of Clear Trends:** There is no specific upward or downward trend in EMG measurements. Instead, the data shows erratic muscle responses without a distinct direction.

Depending on the diagnosis, the healthcare provider may recommend physical therapy or rehabilitation exercises to improve muscle function and coordination. It's crucial to address these issues promptly to maintain optimal muscle health and overall well-being.

# P8: Respiratory Rate (BPM)



The patient should consult a healthcare provider, particularly a pulmonologist, for Respiratory Rate fluctuations. Further diagnostic tests, including pulmonary function tests and lifestyle improvements, are recommended.

**Overview:** The observed variations in respiratory rate might be influenced by various factors, including physical activity, emotional state, or underlying health conditions. While the values remain within the normal range, monitoring respiratory rate over time is essential to detect any significant changes or abnormalities.

**Key Summary Findings:** The data analysis for Patient ABC reveals the following:

- Inconsistent Trends: The patient's respiratory rate demonstrates inconsistent trends across sessions, with no clear pattern of improvement or deterioration.
- Fluctuations: The data indicates fluctuations in respiratory rate, suggesting variability in breathing patterns.
- Normal Range: The recorded values generally fall within the normal range for adults, which typically ranges from 12 to 20 breaths per minute.

A comprehensive evaluation of the patient's respiratory health would require additional assessments and clinical examinations.

# P11: SDNN (Milli Seconds)



The patient should consider regular HRV monitoring, heart-healthy lifestyle, consult a healthcare provider for cardiovascular assessment, and stress management to support heart health (SDNN values range 25-50 ms).

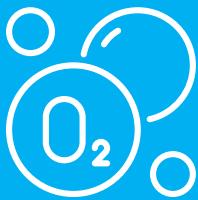
**Overview:** These findings suggest that the patient's autonomic nervous system, responsible for regulating heart rate, is functioning well. Healthy HRV is associated with better cardiovascular health and adaptability to stress.

**Key Summary Findings:** For Patient ABC, the following observations are made:

- **Within Normal Range:** The patient's SDNN values consistently fall within the normal range for HRV, indicating overall good heart rate variability.
- **Stability:** Across multiple sessions, there's no significant upward or downward trend, suggesting stable autonomic nervous system function.
- **Healthy HRV:** Normal SDNN values typically range from 25 to 50 ms, and the patient's data consistently falls within this range.

While the patient's SDNN values appear normal, it's essential to consider other clinical factors when assessing overall heart health. Regular monitoring and maintaining a heart-healthy lifestyle are advisable.

# P30: SpO2



Immediate medical intervention is imperative to address the critical oxygen deficiency and identify the underlying cause. The patient likely requires intensive care, oxygen therapy, and a thorough diagnostic evaluation to determine the specific respiratory or circulatory issues contributing to this condition.

**Overview:** This alarming trend in oxygen saturation levels signifies a severe and life-threatening condition. Such low SpO2 levels can lead to organ damage and even organ failure. It suggests that the patient is not receiving an adequate oxygen supply, which may be due to respiratory distress, lung issues, or circulatory problems.

## Key Summary Findings:

Analyzing the data for Patient ABC across multiple sessions reveals the following insights:

- The SpO2 levels began at a relatively healthy 98%.
- Over the course of the sessions, there was a steady decline in SpO2 levels.
- It reached a dangerously low point of 53%, indicating severe hypoxemia (low oxygen levels).
- The SpO2 levels then showed fluctuations but consistently remained below 60%, which is far below the normal range (typically 95% to 100%).



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# SCENARIO INSIGHTS

# BEST CASE



In the best-case scenario, the patient proactively manages their health conditions, follows treatment plans, and experiences positive health outcomes.

## 1. Cardiovascular Health:



- Blood Pressure (BP): Systolic BP consistently below 120 mm Hg; Diastolic BP consistently below 80 mm Hg.
- Heart Rate (HR): Maintains a stable resting heart rate around 70-75 bpm.
- Medication: Lisinopril and Metoprolol effectively control blood pressure without side effects.

## 2. Respiratory Health:

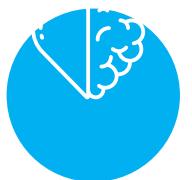


- COPD: COPD symptoms well-managed with Albuterol, allowing for improved lung function.
- Oxygen Saturation (SpO2): SpO2 consistently above 95%.
- Medication: Albuterol used as needed, with no adverse reactions.



## 3. Vital Signs:

- Stable vital signs within healthy ranges: HR, BP, SpO2, and body temperature.
- Regular monitoring shows consistency.



## 4. Mental Health:

- Positive progress in mental health through therapy sessions.
- Better coping strategies and emotional well-being.

# BASE-CASE



In the base-case scenario, the patient experiences some health improvements but faces ongoing challenges.



## 1. Cardiovascular Health:

- BP remains slightly elevated but shows some reduction (Systolic BP around 130-140 mm Hg, Diastolic BP around 80-90 mm Hg).
- Heart Rate fluctuates but generally below 80 bpm.
- Occasional mild side effects from Lisinopril and Metoprolol.



## 2. Respiratory Health:

- COPD symptoms are managed with Albuterol, but lung function remains compromised.
- Oxygen Saturation fluctuates between 90-95%.
- Occasional wheezing and shortness of breath.



## 3. Vital Signs:

- Vital signs show occasional variations but generally manageable.
- Some fluctuations in HR, BP, and SpO2.



## 4. Mental Health:

- Therapy sessions provide moderate relief.
- Occasional emotional challenges but overall improving mental health.

# WORST-CASE



In the worst-case scenario, the patient's health deteriorates significantly due to non-compliance or unforeseen complications.



## 1. Cardiovascular Health:

- Severe hypertension (Systolic BP consistently above 160 mm Hg, Diastolic BP consistently above 100 mm Hg).
- Increased risk of cardiovascular events.
- Severe side effects from Lisinopril and Metoprolol.



## 2. Respiratory Health:

- COPD symptoms worsen, leading to frequent exacerbations.
- Oxygen Saturation consistently below 90%.
- Difficulty breathing despite Albuterol use.



## 3. Vital Signs:

- Unstable vital signs with frequent alarming readings.
- Severe fluctuations in HR, BP, and SpO2.



## 4. Mental Health:

- Mental health deteriorates significantly.
- Anxiety, depression, and emotional distress become overwhelming.



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## PROPOSED SCHEDULE

# Proposed Schedule



Here's a table outlining the weekly schedule for the patient, incorporating medication, treatment processes, potential side effects, psychological aspects, and a healthy lifestyle plan

Day	Morning	Afternoon	Evening	Night
Monday	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Beta-Blocker (Metoprolol)</li> <li><b>Dosage:</b> 25-50 mg - Light Exercise (e.g., short walk)</li> <li><b>Hydration:</b> (6-8 glasses of water)</li> <li><b>Balanced Breakfast:</b> (low sodium)</li> </ul>	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Amoxicillin (if prescribed)</li> <li><b>Dosage:</b> 500-1000 mg</li> <li>Rest</li> <li>Nutritious Lunch</li> <li>Hydration</li> <li>Monitor Body Temperature</li> </ul>	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Lisinopril <b>Dosage:</b> 5-10 mg</li> <li><b>Relaxation Techniques:</b> (e.g., deep breathing)</li> <li>Low-Sodium Dinner</li> <li>Hydration</li> </ul>	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Albuterol (if prescribed)</li> <li><b>Dosage:</b> 100-200 mcg</li> <li>Evening Walk Light Snack</li> <li>Monitor Respiratory Rate</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Beta-Blocker (Metoprolol)</li> <li><b>Dosage:</b> 25-50 mg</li> <li>Light Exercise</li> <li>Hydration</li> <li>Balanced Breakfast</li> </ul>	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Amoxicillin (if prescribed)</li> <li><b>Dosage:</b> 500-1000 mg</li> <li>Rest</li> <li>Nutritious Lunch</li> <li>Hydration</li> <li>Monitor Body Temperature</li> </ul>	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Lisinopril</li> <li><b>Dosage:</b> 5-10 mg</li> <li>Relaxation Techniques</li> <li>Low-Sodium Dinner</li> <li>Hydration</li> </ul>	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Albuterol (if prescribed)</li> <li><b>Dosage:</b> 100-200 mcg</li> <li>Evening Walk</li> <li>Light Snack</li> <li>Monitor Respiratory Rate</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Beta-Blocker (Metoprolol)</li> <li><b>Dosage:</b> 25-50 mg</li> <li>Light Exercise</li> <li>Hydration</li> <li>Balanced Breakfast</li> </ul>	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Amoxicillin (if prescribed)</li> <li><b>Dosage:</b> 500-1000 mg</li> <li>Rest</li> <li>Nutritious Lunch - Hydration - Monitor Body Temperature</li> </ul>	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Lisinopril <b>Dosage:</b> 5-10 mg Relaxation Techniques</li> <li>Low-Sodium Dinner</li> <li>Hydration</li> </ul>	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Albuterol (if prescribed) <b>Dosage:</b> 100-200 mcg</li> <li>Evening Walk</li> <li>Light Snack</li> <li>Monitor Respiratory Rate</li> </ul>
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Saturday	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Beta-Blocker (Metoprolol)</li> <li><b>Dosage:</b> 25-50 mg</li> <li>Light Exercise</li> <li>Hydration</li> <li>Balanced Breakfast</li> </ul>	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Amoxicillin (if prescribed)</li> <li><b>Dosage:</b> 500-1000 mg</li> <li>Rest</li> <li>Nutritious Lunch</li> <li>Hydration</li> <li>Monitor Body Temperature</li> </ul>	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Lisinopril</li> <li><b>Dosage:</b> 5-10 mg</li> <li>Relaxation Techniques</li> <li>Low-Sodium Dinner</li> <li>Hydration</li> </ul>	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Albuterol (if prescribed)</li> <li><b>Dosage:</b> 100-200 mcg</li> <li>Evening Walk</li> <li>Light Snack</li> <li>Monitor Respiratory Rate</li> </ul>
Sunday	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Beta-Blocker (Metoprolol)</li> <li><b>Dosage:</b> 25-50 mg</li> <li>Light Exercise</li> <li>Hydration</li> <li>Balanced Breakfast</li> </ul>	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Amoxicillin (if prescribed)</li> <li><b>Dosage:</b> 500-1000 mg</li> <li>Rest</li> <li>Nutritious Lunch</li> <li>Hydration</li> <li>Monitor Body Temperature</li> </ul>	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Lisinopril</li> <li><b>Dosage:</b> 5-10 mg</li> <li>Relaxation Techniques</li> <li>Low-Sodium Dinner</li> <li>Hydration</li> </ul>	<ul style="list-style-type: none"> <li><b>Medication:</b> 1. Albuterol (if prescribed)</li> <li><b>Dosage:</b> 100-200 mcg Evening Walk</li> <li>Light Snack</li> <li>Monitor Respiratory Rate</li> </ul>



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# **FINANCIAL PLANNING & ESTIMATES**

# Estimated Healthcare Cost



## Medication and Dosage



Lower range

\$10 - \$30 per month

Upper Range  
\$30 - \$100 per month



Lower range

\$5 - \$15 per course  
(10 days)

Upper Range  
\$15 - \$50 per course  
(10 days)



Lower range

\$10 - \$30 per month

Upper Range  
\$30 - \$80 per month



Lower range  
\$20 - \$40 per inhaler  
(200 doses)

Upper Range  
\$40 - \$80 per inhaler  
(200 doses)

Beta-Blocker (Metoprolol)

Amoxicillin

Lisinopril

Albuterol

## Treatment Process



Lower range  
\$100 - \$300 per visit

Upper Range  
\$300 - \$600 per visit



Lower range  
\$50 - \$150 per test

Upper Range  
\$150 - \$300 per test



Lower range  
\$200 - \$500 per test

Upper Range  
\$500 - \$1,000 per test

Doctor's Consultations  
(Including Cardiologist and  
Pulmonologist)

Pulmonary Function  
Tests (Spirometry)

Cardiac Monitoring  
(EKG, Echocardiogram)

## Healthy Lifestyle Costs



Lower range  
\$20 - \$100 per visit

Upper Range  
\$100 - \$300 per visit



Lower range  
\$50 - \$150 per session

Upper Range  
\$150 - \$300 per session



Lower range  
\$50 - \$150 per month

Upper Range  
\$150 - \$300 per month



Lower range  
\$20 - \$50 per month

Upper Range  
\$50 - \$100 per month

Monitoring and  
Management of Side Effects

Psychological Counseling  
(Therapy Sessions)

Healthy Diet  
(Groceries, Low-Sodium)

Light Exercise  
(Gym Membership,  
Fitness Classes)



# Financial Planning Tips

To manage costs effectively, the patient can consider options within the price ranges provided. Prioritize necessary medications (Metoprolol, Lisinopril), opting for generics if available, and monitoring potential side effects within the specified cost range. Consult with specialists selectively, maintain a balanced lifestyle, and seek psychological counseling as needed, budgeting within the suggested ranges.

To effectively plan and manage these costs, the patient should consider the following:

## 1. Medication Costs:

- Consult with the healthcare provider about potential generic alternatives or prescription assistance programs to reduce medication expenses.
- Ensure medication adherence to prevent worsening health conditions that may lead to additional costs.

## 2. Treatment Process Costs:

- Schedule specialist consultations strategically, focusing on critical appointments.
- Inquire with healthcare providers about cost-effective options or payment plans for tests and monitoring.

## 3. Side Effects Management Costs:

- Communicate openly with the healthcare provider about any side effects to address them promptly and avoid prolonged treatments.

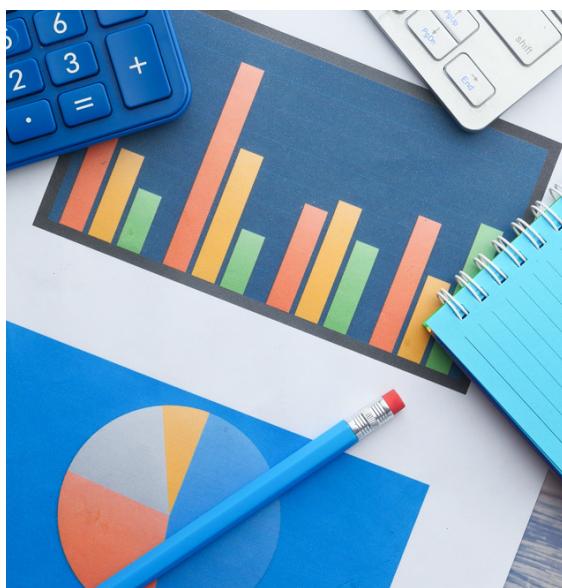
## 4. Psychological Counseling Costs:

- Discuss frequency and duration of therapy sessions with the counselor to create a cost-effective plan.
- Consider alternative options such as support groups or online therapy platforms, which may offer more affordable rates.

## 5. Healthy Lifestyle Costs:

- Plan meals and groceries mindfully, opting for budget-friendly yet nutritious options.
- Explore free or low-cost exercise alternatives like outdoor activities or home workouts to stay physically active.

## Top 3 Financial Tips



### Create a Health Budget:

Develop a budget specifically for healthcare-related expenses, including medication, consultations, and tests. Allocate funds accordingly to avoid unexpected financial strain.



### Ask for Generic Medications:

When prescribed medications, inquire about generic alternatives, which are often more affordable but equally effective. Discuss options with the healthcare provider.



### Regular Financial Check-Ups:

Just as one monitors their health, it's crucial to regularly review and adjust the health budget and seek financial assistance when needed. Stay informed about available resources and support.

# DISCLAIMER

## IMPORTANT NOTE

The information provided by MedGiver, its AI model, and its partners is intended for general informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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P A T I E N T  
R E P O R T

FOR CAREGIVERS

***END OF REPORT***