



# The rise of home health testing

## Healthcare is undergoing a profound shift with innovative at-home tests

Recent advances in biotechnology, digital health and artificial intelligence are enabling individuals to measure key health biomarkers from the comfort of home. What once required multiple hospital visits, laboratory appointments and specialist consultations can increasingly be achieved through simple at-home tests connected to intelligent digital platforms. This transition reflects a broader movement in modern medicine — a move away from reactive treatment and towards proactive health management.

Camtech Health is at the forefront of this revolution, building a platform designed to bring scientifically validated health testing and AI-driven insights directly to the individual. By equipping people with the tools to better understand their unique physiology, the goal is to optimise long-term wellbeing through data-driven decisions.

## TURNING HEALTH DATA INTO PERSONAL INSIGHTS

At the centre of this ecosystem is the Camtech Health App, which integrates testing, health data and personalised insights into a single digital interface. One of its standout features is AI food tracking, which uses image recognition technology to analyse meals, nutritional intake and metabolic health.

For many users, the app functions as a personal health command centre. By integrating biomarker test results with lifestyle data, such as sleep patterns and activity levels, the platform's health dashboard provides a clearer overview of how daily habits influence physiology. This is particularly valuable for those using tools like the LH ovulation test kit to monitor hormonal rhythms and reproductive health.

## UNDERSTANDING STRESS & RESILIENCE

A primary focus of the platform is stress monitoring. Cortisol, often described as the body's primary stress hormone, plays a central role in metabolism, immune function and the response to physical or psychological pressure.

Regularly monitoring cortisol levels could help individuals identify patterns related to chronic stress exposure, burnout risk and recovery capacity. By observing how lifestyle factors such as work stress or exercise affect physiological responses, users can take actionable steps to improve their resilience. This proactive approach to mental and physical health is a cornerstone of preventative wellness.

## LONGEVITY & METABOLIC HEALTH

Interest in longevity and metabolic health has grown significantly. One biomarker gaining increasing attention is NAD (nicotinamide adenine dinucleotide), a molecule

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involved in cellular energy production and DNA repair. Testing NAD levels may provide insights into metabolic efficiency and aspects of biological ageing.

Furthermore, personalised genomics is becoming an essential component of health management. DNA insights could help individuals understand how their bodies respond to nutrition, exercise and stress. When combined with epigenetic testing and biomarker data, these genomic insights enable more personalised health recommendations, moving beyond a one-size-fits-all approach to medicine.

## RAPID SCREENING FOR PEACE OF MIND

The platform also supports rapid testing for common infections. At-home tests for respiratory viruses, such as the 3-in-1 COVID-19 and Influenza A/B test, allow individuals to identify potential cases quickly. These accessible screening tools support both personal health decisions and broader public health awareness, ensuring that individuals can monitor their status between traditional medical visits.

As digital health tools continue to evolve, they provide an additional layer of information for those

seeking to take an active role in their wellbeing. The future of healthcare lies in this integration of biotechnology and real-time data, making “health for all” a more attainable reality.

“Advances in biotechnology and digital health are making it possible to measure certain health biomarkers outside the lab,” says Dr Meng Han Kuok, CEO of Cambridge-based Camtech Innovations Ltd, which developed the Camtech Health platform. “By combining validated testing with digital tools, while maintaining strong safeguards for personal data privacy and security, we hope to help people gain clearer insights into how lifestyle, stress and metabolism interact.”

## CAMTECH HEALTH APP

Scan the QR code to download the Camtech Health App from App store and Google play.



## For further information

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