From Lifespan to Healthspan: Investing along the healthcare-wellness spectrum

SPEAKER

Presenting: Chinta Bhagat

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Richer, older and more demanding populations are driving fundamental shifts across the healthcare-wellness spectrum, requiring businesses to adopt more specialised, integrated and technology-driven models, argued Chinta Bhagat, founder of Aries Holdings, at HBI 2025.

In a data-rich session focused on investment perspectives, Bhagat illustrated how companies are navigating increased regulatory, payer and scientific risks while responding to patients evolving into proactive health consumers.

Bhagat outlined key industry dynamics, including ageing populations with rising chronic disease burdens, growing consumer wealth and expectations, alongside supply-side trends such as hospital deconstruction, expansion of ambulatory care, and slow but steady moves towards value-based care. He highlighted the complexity of investing across this spectrum, where traditional healthcare and wellness sectors increasingly blur, driven by motivations ranging from fear to vanity.

Drawing on case studies from global markets, Bhagat showcased innovative business models: Chinese platform Ping An's 'Good Doctor' telemedicine platform leveraging insurance integration, Senseonics' advanced continuous glucose monitoring technology, Thorne's science-backed premium supplements, Equinox's integration of diagnostics within fitness centres, and Tally Health's longevity-focused epigenetics venture.

He concluded that merging wellness with serious healthcare is essential to contain rising costs and represents a compelling opportunity for investors seeking sustainable growth.