

# Self-care from Anywhere: An interoperable platform with Multimodal AI for Primary Health & Lifestyle support

## Empathetic Conversation

Engaging, stigma-free lifestyle conversations & connection to care

I'm sorry PrEP makes you sick, want to talk about other options?

Ya someone said a shot's coming?

Yes! A 6-month shot will be available in January, can you share a bit more info so we can see if its right for you?

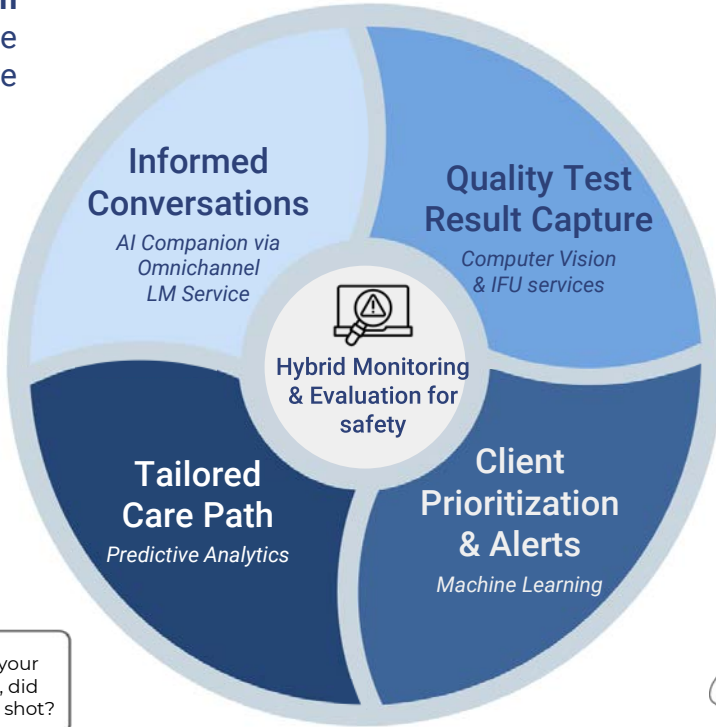


## Personalized Experiences

Nudges based on behaviors, attitudes, and needs



How was your clinic visit, did you get the shot?



## Guided Testing

Accessible digital instructions & result support for quality assurance

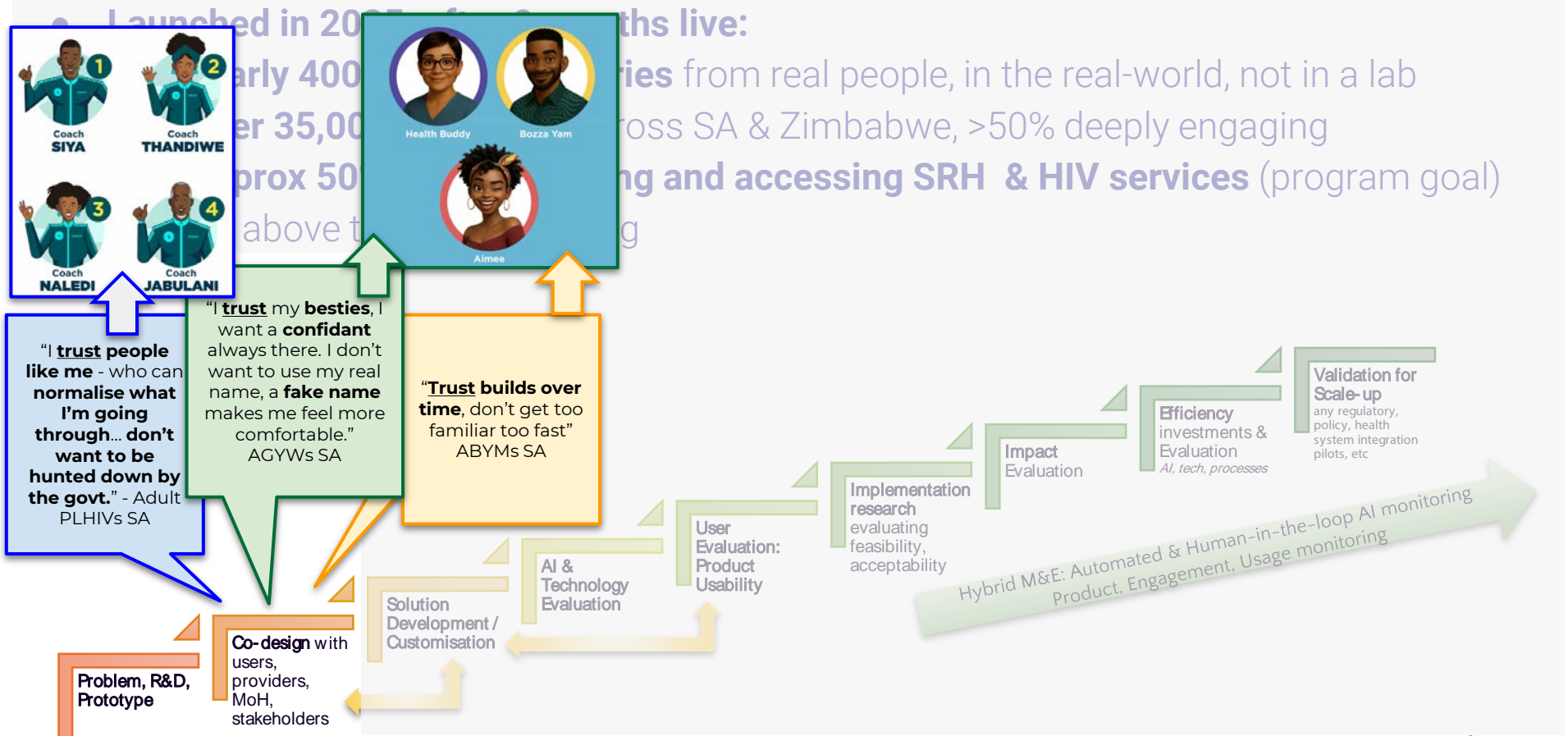
## Clinician Efficiencies

Web portal highlights anomalies, chat summaries, & enables client connections

HealthPulse AI

HIV vulnerability score  
**HIGH | Confident**  
LEN candidate: **HIGH**

# Why does co-design with communities, care orgs, & MoH matter?



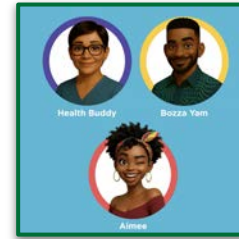
# Self-Care from Anywhere Platform for Lifestyle & Primary Health

Adaptable, multilingual, locally contextual tools with customisable  
Nudging for population and intervention specific goals



**Coach Mpilo:** for Adults & People **Living with HIV**, support for **treatment adherence**, TB & anxiety, depression, alcohol screening  
*Study w/PSI*

**VimbAI for HIV Prevention:** FSW, EoSW in Zimbabwe  
*Study w/CESHAR*



**Self-Cav:** Support for sexual health, **HIV prevention, contraception, and mental health** for Youth in SA through the NDoH  
<https://bwisehealth.com>

**Aimee for HIV Prevention:** AGYW in South Africa  
*Study w/Shout-it-Now March-Nov 2025*



**Validation for Scale-up**  
any regulatory, policy, health system integration pilots, etc

**Efficiency investments & Evaluation**  
*AI, tech, processes*

**Impact Evaluation**

**Implementation research**  
evaluating feasibility, acceptability

**User Evaluation: Product Usability**

**AI & Technology Evaluation**

**Solution Development / Customisation**

**Co-design with users, providers, MoH, stakeholders**

**Problem, R&D, Prototype**

**Hybrid M&E: Automated & Human-in-the-loop AI monitoring**  
Product, Engagement, Usage monitoring



# Key Learnings

## Lifestyle counseling, vs. single health condition builds trust & meets client needs

- Unlike traditional chatbots, companions built on the Self-Care platform **provide answers to any question, building trust and escalating to clinicians** for diagnosis & care plans.

## AI Companions act as triage support for clinical staff

- **30% of AI chats take place outside of clinic hours**, with GBV, self-harm, relationships (*barriers to care*) discussed significantly more often with AI than clinicians.

## AI supports info seeking before & after care uptake

- Half got counseling **before HIV testing**, with nearly **20% engaging in emotional support discussions with AI. BUT >50% got support from AI after testing** and receiving results, and/or taking up contraception, PrEP, ART, or other STI treatment.



Your Trusted AI Health Companion

**FREE TO USE**

**NO JUDGEMENT**

**JUST ANSWERS**



Go to [bWisehealth.com](https://www.bWisehealth.com) to chat!

