

Woman's age lifecycle





Spring

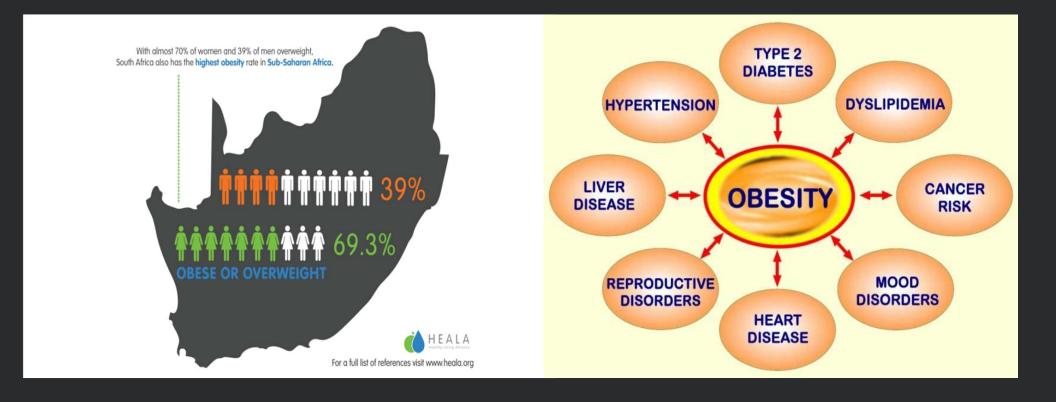
Summer

Autumn

Winter

Higher prevalence of overweight and obesity in South African women





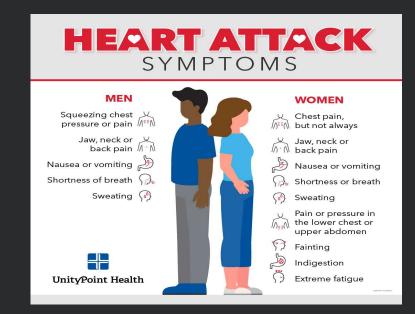
Coronary heart disease is the leading cause of death in women globally



Table 1. The 10 most common causes of death in women, globally and in selected countries and regions, 2017.

Rank	Global	United States of America	High-Income Countries	India	Low-Income Countries
1	CHD	CHD	CHD	CHD	Respir Infect
2	Stroke	Alzheimer's	Alzheimer's	COPD	Neonatal disorders
3	Alzheimer's	Stroke	Stroke	Diarrhoea	Diarrhoea
4	COPD	COPD	Lung cancer	Stroke	Malaria
5	Respir Infect	Lung cancer	COPD	Respir Infect	CHD
6	Diarrhoea	Breast cancer	Respir Infect	Neonatal disorders	Stroke
7	Neonatal disorders	Respir Infect	Breast cancer	TB	HIV/AIDS
8	Diabetes	CKD	Colorectal cancer	Asthma	ТВ
9	Breast cancer	Colorectal cancer	CKD	Diabetes	Congenital defects
10	Lung cancer	Diabetes	Diabetes	Falls	COPD

Data from The Global Burden of Disease study [1]. Income levels according to the World Bank; CHD = coronary heart disease; TB = tuberculosis; COPD = chronic obstructive pulmonary disease; Respir Infect = lower respiratory tract infection; CKD = Chronic kidney disease. Cardiovascular events are shown in bold.



Cardiovascular Disease and the Female Disadvantage Int. J. Environ. Res. Public Health 2019, 16, 1165; doi:10.3390/ijerph16071165

Common Chronic diseases and cancers in DHMS women



In June 2017, about 24% of all women on the scheme were registered for a chronic illness which increased to 32.7% by July 2023

Top 5 Chronic cxs in DHMS women

- 1. Essential hypertension
- 2. Hypercholesterolaemia
- 3. Asthma
- 4. Hypothyroidism
- 5. Diabetes mellitus type 2

Top 5 cancers in DHMS women

- 1. Breast
- 2. Colon and Rectum
- 3. Skin and Soft Tissue
- 4. Melanoma
- 5. Thyroid

Annual Health Check









Glucose test



Body Mass Index



Blood Pressure Test



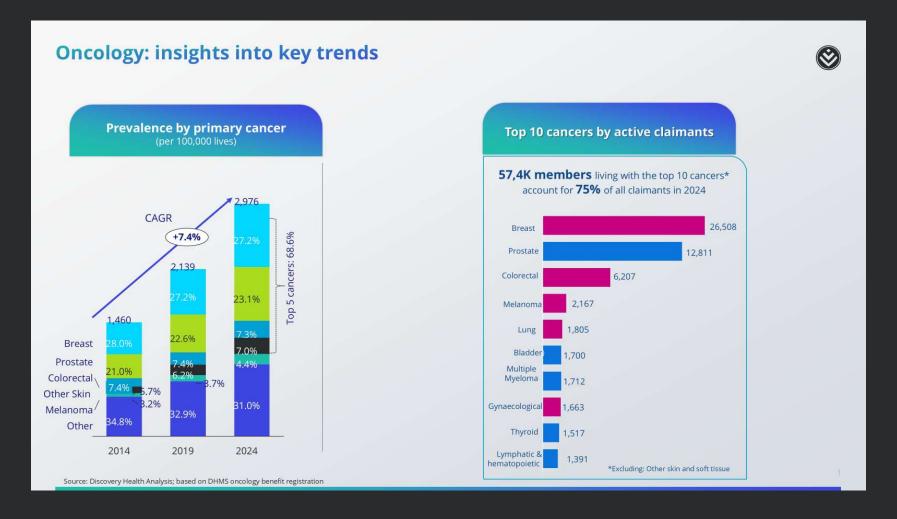
HIV test





Breast cancer is the most prevalent cancer in DHMS membership





Cancer Screening Benefits





CERVICAL CANCER

HPV screening

- Average risk every 5 years
- High risk –Every 3 years



BREAST CANCER

Mammography / Ultrasound

- Average risk every 2 years
- High risk Annual

MRI or genetic screening (where applicable)



COLORECTAL CANCER

- Stool based test every 2 years
- Colonoscopy high risk

Understanding the importance of mental health





Mental health is a state of mental well-being that enables people to:

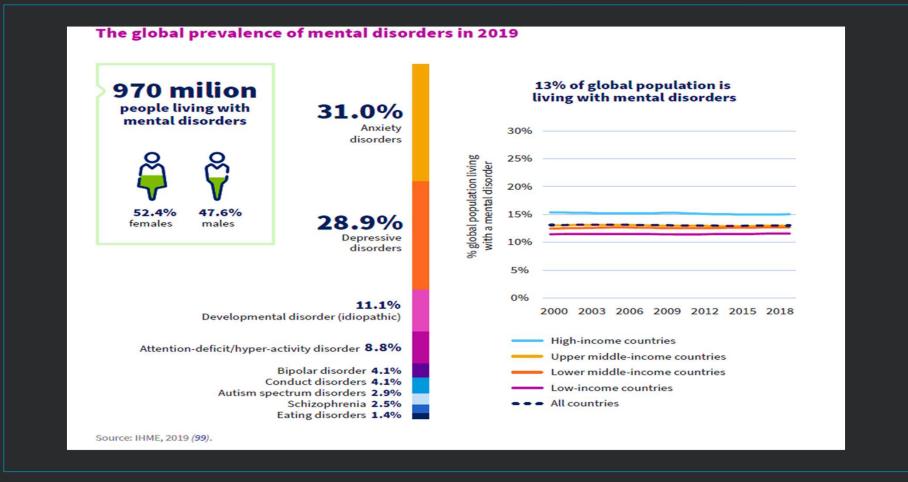
- cope with the stresses of life,
- realize their abilities
- learn well and work well
- and contribute to their community.

It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in.

Mental health is a basic human right and it is crucial to personal, community and socioeconomic development. (WHO)

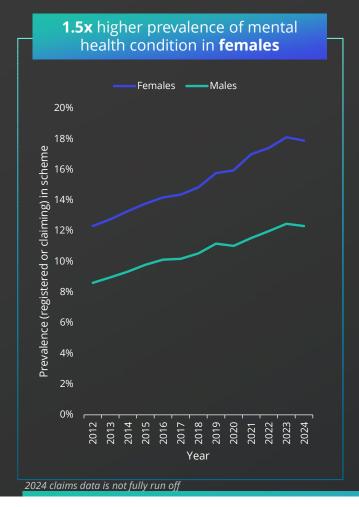
Higher prevalence of mental health conditions in women

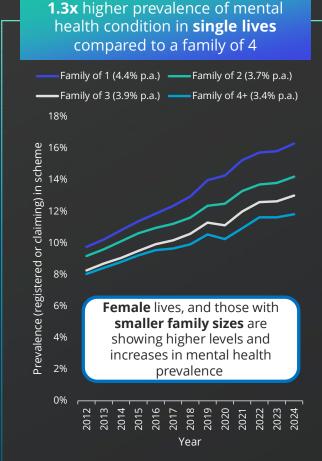


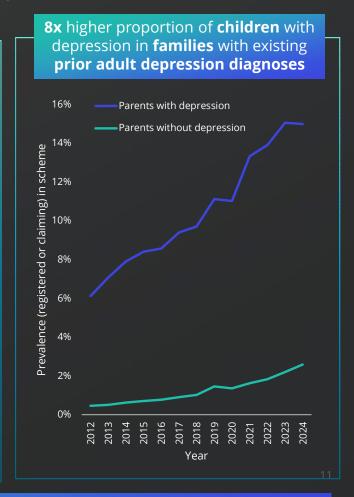


Trends | Mental health conditions are more prevalent in women and single lives. Children of parents with depression have higher depression prevalence.









Discovery Evolution of Mental Health



PMB/ADL coverage of mental health conditions

Mental Health Care Programme 2021/2

Mental wellbeing screening assessments available to all DHMS members

Mental Health Relapse Prevention Programme

Risk-reduction pilot

Formal training for GPs

CPD accredited webinars

HealthID enhancements

At-risk benefit

Managing the demand for care requires changes to how mental health care is delivered

Creating
comprehensive
mental health care
structures that
address both
diagnosis and risk
will target the full
population at scale

Mental Health Care Programme enhancement

Mental Health Care Programme Psychologist Network Digital Therapeutics (iCBT)

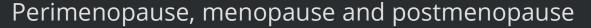
Depression Risk
Management Programme

PHQ-9 electronic delivery

SADAG 24/7 stress response on Discovery Health App

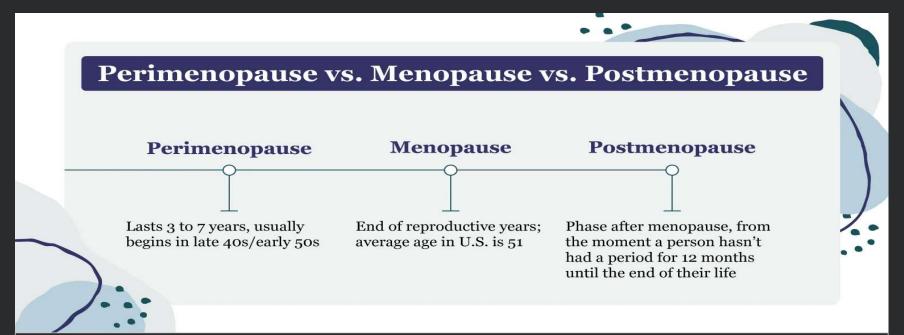
■ Thought leadership।

2023





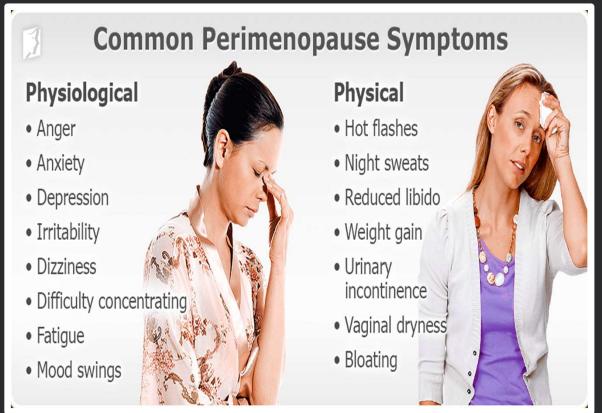
A natural part of aging which marks the end of a woman's reproductive years. The transition is divided into three phases.



- **Perimenopause** is the first stage of this transition, reproductive hormone levels rise and fall unevenly. While the body adapts, people may experience unpleasant side effects, such as hot flashes, brain fog, or perimenopause anxiety.
- **Menopause** is confirmed after a person has 12 months without a period. The ovaries stop releasing eggs, and a person can no longer become pregnant. Surgical menopause occurs after surgery to remove the ovaries which triggers a sudden end to menstruation.
- **Postmenopause** is the phase, from 12 months after an individual's last period to the end of their life. Some people have less intense or fewer symptoms in postmenopause, while others continue to experience some symptoms.

Common perimenopause and menopause symptoms







And more.....







Women's experiences of menopause: A qualitative study among women in Soweto, South Africa

Sostina Spiwe Matina ^{(1) a}, Emily Mendenhall ^{(1) a,b} and Emmanuel Cohen ^{(1) c}

^aSA MRC/Wits Developmental Pathways for Health Research Unit, Department of Paediatrics, Faculty of Health Sciences, School of Clinical Medicine, University of the Witwatersrand, Johannesburg, South Africa; bWalsh School of Foreign Service, Georgetown University, Washington, DC, USA; Eco-Anthropologie (EA), Museum National d'Histoire Naturelle, CNRS, Université Paris-Cité, Musée de l'Homme, Paris, France







Postmenopausal women attitudes on menopause

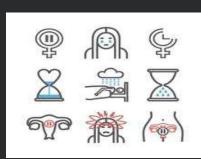
Postmenopausal women were more positive about menopause compared to premenopausal women. They saw menopause as liberating and a cost-effective period where they did not have to buy pads and could wear anything. One postmenopausal woman stated that,

The Good thing is no longer having to stress about buying pads and the stress of washing now and again. Going through this on a monthly basis. The protection process that comes with it, you know that you are free now and no longer need to put on pads.

In contrast, premenopausal women worried about losing their sexual desire when they reached menopause.

Table 2. Menopause symptoms.

Menopause symptoms		
Bulging belly (80%)		
Lower back pain (71%)		
Cramps (70%)		
Headaches (60%)		
Skin change (50%)		
Cravings (45%)		
Swollen and painful feet (40%)		
Wounds (30%)		



Discovery has partnered with world-class solution provider of Stella platform to bring personalized & specialized menopause care to all DHMS members



WHY MENOPAUSE CARE?

35% of women do not know whether they are in menopause or not

45-90% of women acknowledge experiencing menopause symptoms, incl.

Hot flashes Depression Weight changes Fatigue

Brain fog Painful sex & low libido
Night sweats Joint & muscle aches

Anxiety Poor sleep

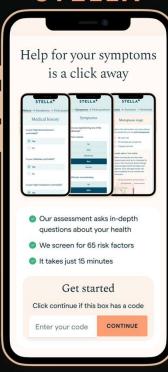
90% of women are unprepared for menopause

60% of women feel isolated during their menopause journey

99% of women say menopause negatively impact their careers

PERSONALIZED MENOPAUSE CARE IN PARTNERSHIP WITH STELLA

STELLA



Discovery Health has partnered with Stella to bring DHMS members access to groundbreaking end-to-end menopause care management



SYMPTOM ASSESSMENT TOOLS



PERSONALIZED
BEHAVIORIAL & LIFESTYLE
CHANGE PLANS



1-ON-1 COACHING SUPPORT



CURATED CONTENT LIBRARY



VIRTUAL CONSULTS
WITH SPECIALIZED
MENOPAUSE
PRACTITIONERS



SUPPORTIVE ONLINE COMMUNITY

COMING IN Q2 2025



Will be accessible via Discovery Health App

Women's wellness















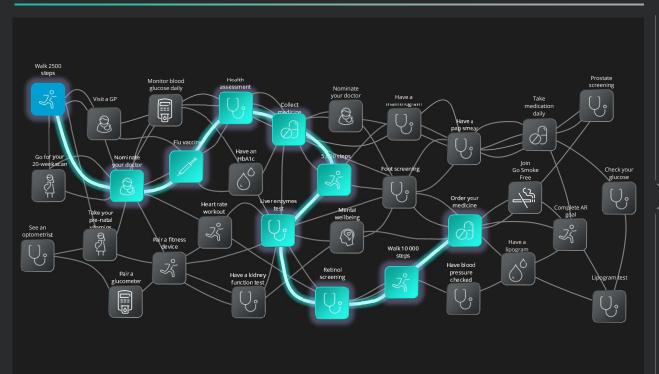




PERSONAL HEALTH PATHWAYS: precise and personalised health pathway for every adult member on DHMS



Personal Health Pathways



60 MILLION

LIFE YEARS OF DATA INCL. >6M WELLTH FUND DATA POINTS

MORE THAN **7 MILLION**POSSIBLE HEALTH PATHWAYS PER
MEMBER

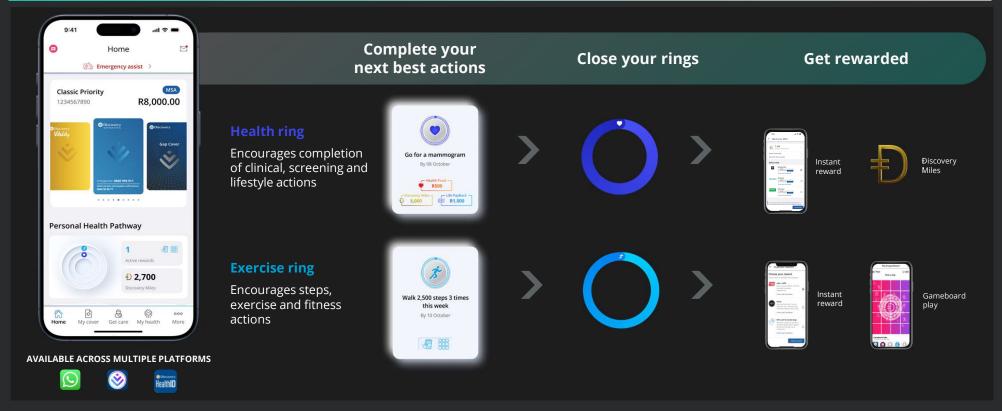
AVAILABLE TO ALL ADULT MEMBERS OF DHMS

Personal Health Pathways is a sophisticated managed care solution and platform, developed by Discovery Health, to prevent and reduce chronic disease

PERSONAL HEALTH PATHWAYS manifests as a simple and intuitive user experience



Personal Health Pathways



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