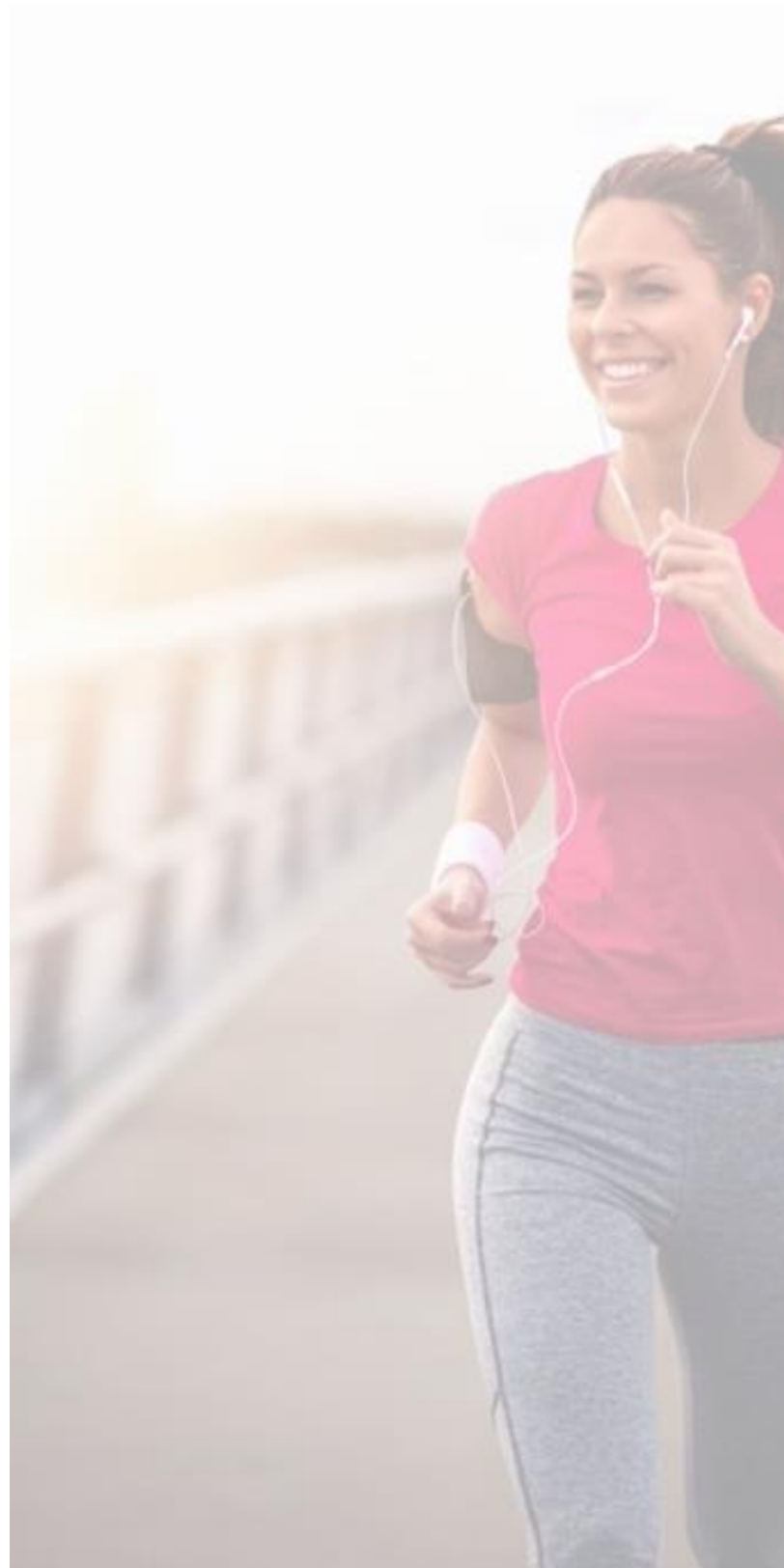




Womany® for Women's Health

For more information on Women's Health Programmes
contact us at info@womanon.org



Overview

Womany is a mobile application serving as a **health companion** to women. The Womany programmes support the development, deployment, and scaling of the application in communities to address critical health needs.

Womany provides the foundation for a holistic approach to enable women and girls with access to best care practices, pathways for research, diagnosis, treatment, and medical professionals over their life course to reduce suffering and improve quality of life.

Reproductive Years
30-35 Years

Perimenopause
~ 7 Years : 1 Year

Postmenopause

Approach

Examples of Womany development and deployment pathways:

- Monitoring **mental health** (e.g., stress, anxiety, and depression), **physical activity**, and **environmental factors** to classify any behavioural patterns underlying clinical manifestations of menstrual diseases and disorders related to stress, nutritional and other lifestyle factors.
- Best care practices on how to manage and reduce the negative physical, psychological, and social symptoms of various diseases and disorders by **encouraging new skills acquisition** and **adaptive behaviour changes** to improve overall quality of life.
- Translation and delivery of **best care practices** in women's health into **local languages**.

