



## Health Programmes for Women and Girls

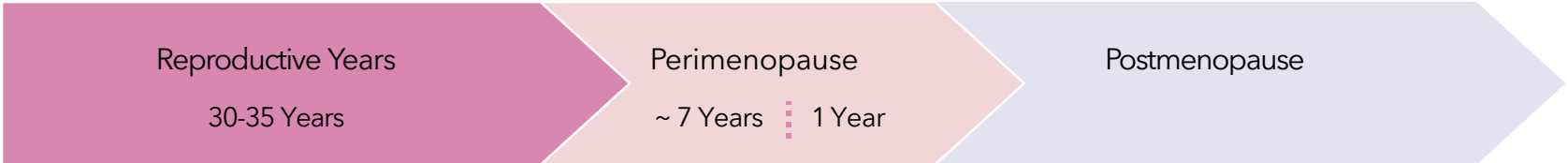
For more information on Women's Health Programmes contact us at [info@womanon.org](mailto:info@womanon.org)



### Overview

Across Sub-Saharan Africa health burdens for women are systematically underestimated, with an absence of data that exclude or undervalue important conditions. Women face barriers to care, diagnosis, and treatment. In addition, there has been lower investment in women's health conditions relative to their prevalence, reinforcing a cycle of weaker scientific understanding about women's bodies and limited data to de-risk new investment.

Womanon lays the foundation for a holistic approach to enable women and girls with access to care, and pathways for research, diagnosis, and treatment over their life course to reduce suffering and improve quality of life.



### Custom programmes

Womanon addresses women's health through nine programmes that incorporate **seminars, workshops, digital platforms,** and **toolkits** spanning best care practices, diagnostics, and treatments. The programmes provision women and girls with access to critical products and services empowering them with control of their health over a life course.

### Areas commonly covered include:

- |                         |                   |                            |                               |                            |
|-------------------------|-------------------|----------------------------|-------------------------------|----------------------------|
| ▪ AUB                   | ▪ Cervical cancer | ▪ GSM                      | ▪ Nutrition                   | ▪ Postpartum depression    |
| ▪ Adenomyosis           | ▪ Chlamydia       | ▪ Heart health             | ▪ Osteoporosis                | ▪ Pregnancy                |
| ▪ Amenorrhea            | ▪ Contraception   | ▪ Heavy menstrual bleeding | ▪ Ovarian cancer              | ▪ Screening                |
| ▪ Anorexia nervosa      | ▪ Depression      | ▪ Human papillomavirus     | ▪ Ovarian cysts               | ▪ Thyroid disease          |
| ▪ Anxiety disorders     | ▪ Diagnostics     | ▪ Insomnia                 | ▪ Ovulation                   | ▪ Uterine cancer           |
| ▪ Bacterial vaginosis   | ▪ Dysmenorrhea    | ▪ Iron-deficiency anemia   | ▪ PCOS                        | ▪ Uterine fibroids         |
| ▪ Binge eating disorder | ▪ Endometriosis   | ▪ Mammograms               | ▪ Pelvic inflammatory disease | ▪ Vaginitis                |
| ▪ Bladder pain          | ▪ Fertility       | ▪ Menopause                | ▪ Pelvic organ prolapse       | ▪ Vulvar disorders         |
| ▪ Bleeding disorders    | ▪ Fibroids        | ▪ Menorrhagia              | ▪ Pelvic pain                 | ▪ Vulvodynia               |
| ▪ Breast cancer         | ▪ Fibromyalgia    | ▪ Menstruation             | ▪ Perimenopause               | ▪ Vulvovaginal candidiasis |
| ▪ Bulimia nervosa       | ▪ Fitness         |                            | ▪ PMS / PMDD / PME            | ▪ Weight                   |
|                         | ▪ Folic acid      |                            |                               |                            |

# Programmes for Women and Girls



Programme	Description
Corporate Social Investment	
	<p>In conjunction with Corporate Social Investment initiatives, these programmes are tailored to specific <b>interventions on women's health</b> within <b>communities</b> with a focus on closing the women's health gap.</p> <p>The programmes are dedicated to educating, energising, and empowering women to embrace self-care. We believe that women who care for their physical, mental, and emotional health take charge of their destinies. When they become stronger healthcare advocates for themselves, their families, and their communities, they can create positive change in the world.</p>
Womany	
	<p>Womany is a mobile application serving as a health companion to women. Deployment examples include:</p> <ul style="list-style-type: none"><li>Monitoring <b>mental health</b> (e.g., stress, anxiety, and depression), <b>physical activity</b>, and <b>environmental factors</b> to classify any behavioural patterns underlying clinical manifestations of menstrual diseases and disorders related to stress, nutritional and other lifestyle factors.</li><li>Best care practices on how to manage and reduce the negative physical, psychological, and social symptoms of various menstrual diseases and disorders by encouraging <b>new skills acquisition</b> and <b>adaptive behaviour changes</b> to improve overall quality of life.</li><li>Translating <b>best care practices</b> in women's health into <b>local languages</b>.</li></ul>

Programme	Description
Education	
	<p>The programmes address period poverty and <b>women's health challenges</b> in <b>rural</b> and <b>impoverished communities</b>, with a focus on <b>schools</b>. This includes providing sustainable period care and comprehensive educational workshops on menstrual hygiene, puberty, reproductive health, and women's well-being.</p>
Corporate	
	<p>The programmes raise awareness and understanding in women's health in reproductive years, perimenopause, and postmenopause, including chronic disorders and diseases, best care practices, diagnostics, treatments, and pathways to cures. Delivered through <b>in-person workshops</b> to empower women with knowledge on their health to <b>improve quality of life</b> and <b>productivity in the workplace</b>, and to foster an environment to close the data gaps in women's health.</p> <p>The workshops and seminars provide critical information to both male and female employees on women's health, its impacts, and how to support colleagues, promoting empathy and understanding within the workforce.</p> <p>In addition, we guide organisations in the creation and implementation of <b>workplace policies</b>, that recognise and support women's health, attracting the best talent, improving retention, and productivity.</p>

Programme	Description
WomanyHealth	
	<p>WomanyHealth is a health platform supporting integrated health system strengthening, including next generation Electronic Health Records. The programmes provision an individual's <b>healthcare information</b> across contexts, ensuring women and girls have full agency over their information.</p> <p>The platform enables the provisioning of <b>digital health services</b> encompassing medical conditions, procedures, and medications including side effects and dosage.</p> <p>Example programmes include deployment with individuals, care providers, and across government and industry, to provision <b>AI services</b> in support of a healthcare model providing predictive, preventative, and personalised care.</p>
WomanyGo	
	<p>WomanyGo is a smart dispenser provisioning critical women's health products. The programmes include deployment of WomanyGo in <b>workplaces</b> and <b>communities</b> as well as the provision of connectivity with the dispenser in the communities.</p>

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Programme	Description
WomanyStudies	<p>WomanyStudies is a research platform with programmes to advance <b>research in women’s health</b> through which stakeholders can communicate traversing silos to share learning and enhance <b>collaboration</b> across initiatives to improve collective effort.</p> <p>Together with Womany, WomanyStudies connects patients to verified information on best care practices, medical professionals, clinical trials, and similar patients near them to <b>create community</b>.</p> <p>Examples of WomanyStudies deployment pathways:</p> <ul style="list-style-type: none"><li>▪ Support a women’s health <b>medical reporting platform</b> for healthcare professionals to know about the newest best practices, symptoms, or side effects they notice in women populations.</li><li>▪ Research nuances in women receiving psychotropic therapies, specifically <b>measuring hormonal levels</b> across the menstrual cycle (e.g., estrogen, progesterone) and life course to determine the potential impact on pharmacodynamics and medication efficacy.</li></ul>
Menopause	<p>Every woman experiences menopause differently. Some women have few or no symptoms over the menopause transition while others have severe symptoms that impair their <b>quality of life</b> and <b>mental health</b> and may be persistent. Symptoms can last from a few months to several years and up to <b>80% of women</b> experience physical and/or emotional symptoms during this time. Many women feel unsupported as they transition menopause.</p> <p>To better prepare and support women, Womanon provides programmes that go beyond specific treatments to empower women with <b>high-quality</b> information, <b>tools</b> to support decision making, <b>empathic</b> clinical care, and <b>workplace</b> adjustments as needed.</p>

Programme	Description
Health Maintenance	<p>Womanon helps women to get <b>answers</b> to important questions about their well-being, including guidance on their unique and changing medical needs from adolescence to mature adulthood. The programme provides detailed information on the <b>wellness checks</b> over a <b>life course</b>, and when and where to go for screening. In certain circumstances the programme includes screening for several conditions.</p>

