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Accessible Healthcare

One inhibiting factor that hampers the care and prevention of chronic conditions in rural environs is access to healthcare. The company has more than 270 clinics around the country, strategically located in and around smaller communities, to ensure that our service area is provided access to the care services it needs, no matter how remote a community may be.

THE SILENT KILLER CHALLENGE OF HYPERTENSION AND DIABETES IN RURAL NIGERIA

Hypertension and diabetes are most often referred to as the "silent killers." Much of the time, they develop gradually and may or may not produce easily identifiable symptoms. Hypertension almost always develops with no apparent recognizable symptoms. People usually only feel well when their BP becomes very high. All these relate constrainedly well to the constellation of challenges: more acute rates of poverty, limited access to health care, and a lower possibility of

engaging in an infrastructure for sufficient exercise and healthful eating habits.

WELLAHEALTH APPROACH TO AFFORDABLE SERVICE PROVISION

This is one of the first, if not the most significant barriers to care in combating the treatment and prevention of chronic illnesses typical of rural portions. To ensure this gap is bridged, WellaHealth has over 270 clinics located conveniently within our areas of operation. The setting of these was also done in a manner that would help provide the level of care needed even in the most rural of areas.

COMPREHENSIVE CARE PLANS

Managing diabetes and hypertension means a comprehensive approach to its care. We design individual care plans in consultation with all the patients, which consider the requirements and circumstances unique to all we treat. Our care plans include a few of the below:

Routine Monitoring:

It becomes highly cardinal that the checking of blood pressure and glucose level checks become a routine task. We provide regular checks at all our centers to benefit all our patients and make them monitor well towards healthiness.

Medication Management:

We will help the patients understand the correct ways to have the medicines and assist them manage the side effects. This is a goal in which both the pharmacist and health professional should strive with the patient to have an acceptable treatment regime. Lifestyle Changes: Education about diet, exercise, and lifestyle changes will be one of the primary targets of our plan. We advocate for the support of the resources and needs of the participants, leading to changes in health that are both sustained and feasible.

PREVENTATIVE HEALTH PROGRAMS

Preventing hypertension and diabetes in their earliest forms is a top priority at WellaHealth. Our preventative health programs are designed to educate and inform our patients. These include the following:

Early Detection and Screening:

Early detection of pre-hypertension and pre-diabetes helps greatly to lessen the risk of developing full-blown conditions. Early Detection We hold inexpensive screening events, much of which may be covered by a patient's health insurance, to establish early detection of those at risk. Our providers and their patients openly discuss possible preventive options so that intervention may begin at the earliest opportunity.

Counseling and Support:

Chronic disease comes with much frustration. Our staff and counselors make services and provide psychological and emotional services to patients. In so doing, the drive to work on their health issues is taken care of.

Technology:

In the present world, technology is a significant player in the health sector. WellaHealth taps into telehealth so that those patients that we cannot see in our clinics are given the same services. Telehealth enables patients to make virtual consultations and follow-up appointments, with the possibility of remote monitoring of their vital signs. The result is greater availability and ease of access to healthcare.

PHARMACIST PROGRAM:

Members on Hypertension and Diabetes in the pharmacist-led program receive ongoing engagement with the pharmacy team. Medication side effects, frequency, and dosing schedule from the provider's prescription are shared with the patient. This translates to better compliance with medication and improvement in general condition control.

In chronic care management, rural beneficiaries experience social determinants of health, including transportation and financial difficulties in access to beneficial prescribed medication. The WellaHealth Chronic Care Management team will work with our

Diabetic and Hypertensive Medicare beneficiaries every month to develop care plans to help them overcome such barriers. In turn, they help to improve their outcomes by coordinating their care with resources available from the payers and community-based services.

It is a question of adopting a more holistic approach in the management and prevention, he says, of these conditions. "At WellaHealth, we are committed to treating hypertension and diabetes just as much as their prevention from taking hold in the first instance," says our Chief Medical Officer, Dr. Chinedu Okeke. Our approach is very much person-to-person, and by spotting something early, explaining to that patient what is going on, we make a real difference in the health of our rural communities," says Dr. Okeke. Future Ambitions In the future, WellaHealth will continue to grow our programs in preventive health while reaching deeper into rural areas. The growth that we have planned into Arkansas and North Carolina speaks to our intent to work towards improving health in rural Nigeria, says WellaHealth. We understand the unique

issues of these communities when they want to manage better or prevent chronic conditions like hypertension or diabetes. Now, with the new branch of easily accessible health care, comprehensive care plans, preventive healthcare programs, and technology at our doorsteps, we could make a marked difference in the health and well-being of our patients. Thus, together, we shall fight these silent killers and cut a clear path to healthier, more vibrant communities.