



School Health Program - Bahrain

2021

Common Objective

Prevent Future Health Risks through Evidence-based Programs

Healthcapita

**Educational
Institutions**

**Prevent Future Health Risks
Reduce Healthcare Cost
Foster Healthy Habits
Healthy Students
Save life**

About Us

- **Health-Tech company** based in Bahrain with presence across Malaysia, Kuwait & Saudi Arabia
- Shifting focus from **'CURE to PREVENTION'** by providing 360° health & wellness solutions
- Cloud-based innovative health & wellness technology platform with highest **data security certifications (SSL & Green Labeling)**
- Bringing healthcare providers & healthcare seekers on a **single platform**
- **One Stop Solution** for all health seekers & healthcare providers

STUDENT
Well-being

CORPORATE
Well-being

INDIVIDUAL
Well-being

HEALTHCARE
Provider Benefit

Our School Programs focus on lifestyle modification & behavior change that help improve health & well-being

Healthcapita's Digital Health & Wellness

- **Health Card cum School ID Card**

- Health card cum School ID Card provided to students. Can be printed behind School ID card
- Saves life in emergency

- **Digital Medical Records**

- Review past medical history
- Monitor, upload and manage medical reports at any time, anywhere

- **Health Audits via Health Screening**

- To predict & prevent future health risks

- **Vaccination Chart**

- Health Capita provides a detailed vaccination chart for students

- **Health Awareness Programs**

- Evidence-based personalized well-being programs to inculcate Healthy habits
- Health talks on various health & well-being related issues at school premises

- **Special camps for ADHD/ ADD**

- **Nutrition Services & Diet Counselling**

- Diet & Nutritional counseling by our dietician for school canteen and students
- Healthy Diet Plan for the students

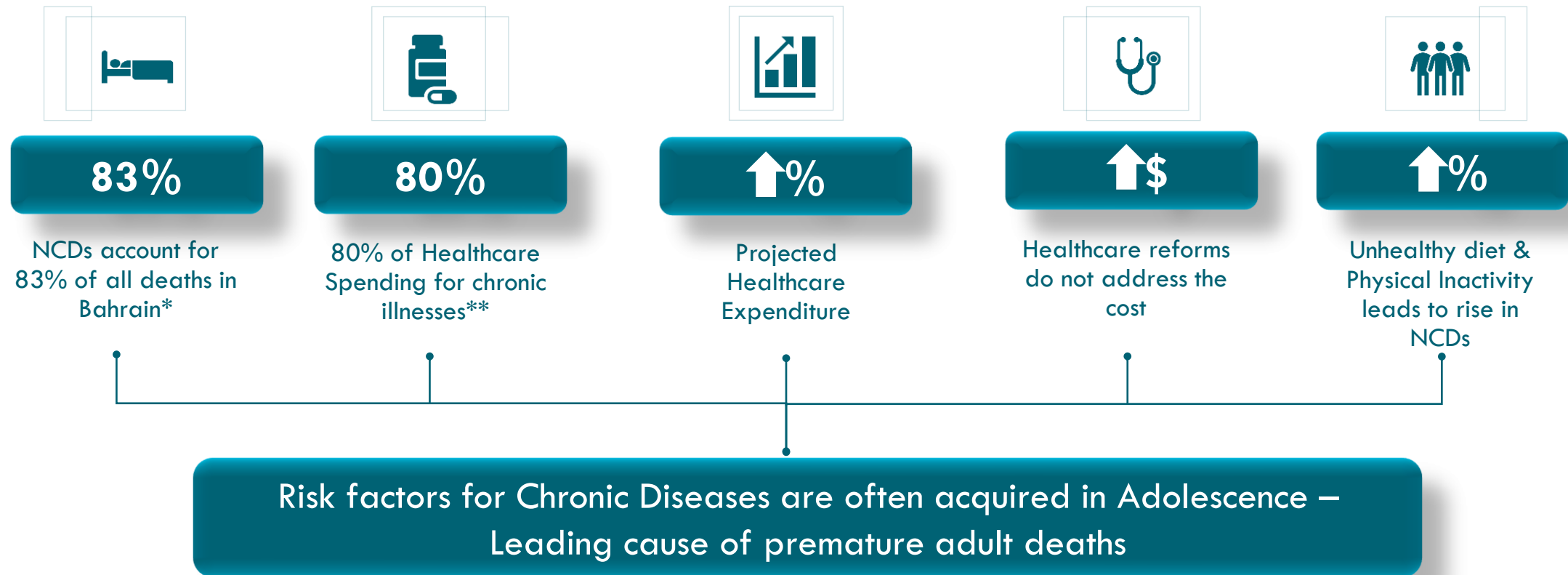
- **Adolescent Counseling**

- **School Staff Training**

- **Health Reminders**

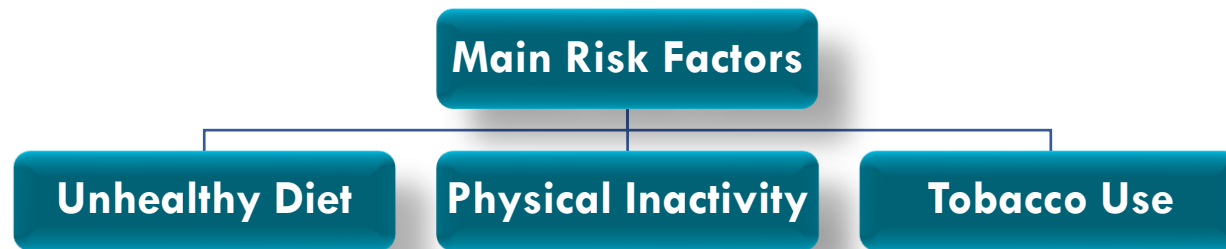
- Regular reminders for vaccination

Healthcare Challenges - Bahrain



Risk Factors in Adolescents

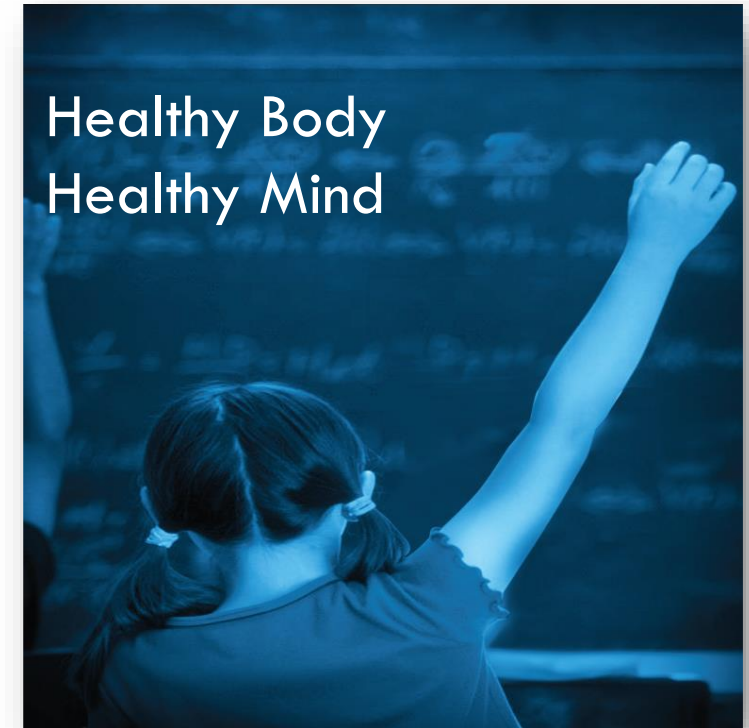
- Risk factors for noncommunicable diseases (NCDs), the leading cause of **premature adult deaths**, are often **acquired in adolescence**



This leads to an increased risk of:

- Overweight & obesity
- Diabetes
- Raised Blood Pressure

Ultimately leading to a Higher Risks of Chronic Conditions across Life Course



*Source: World Health Organization

Mental Health in Adolescents

- Younger & older adolescents suffer **the burden of mental health** problems.
- **Self-harm** is a leading cause of death for older adolescents worldwide
- **10–20%** of children & adolescents experience mental disorders globally
- **50%** of all mental disorders begin by the age of 14
- **75%** by the mid-20s

Mental Health Conditions in Adolescents

- Bullied More
- Social isolation
- Depression
- Lower self-esteem
- Suicidal

*Source: World Health Organization



Adolescents Health Risk Factors - Bahrain

Age Group	Health Risk Factors	Total	Males	Females
10-19	Adolescent Population (2021)	194,390	-	-
10-19	Prevalence of Obesity & Overweight (2016)	34%	34.7%	32.9%
11-17	Prevalence of insufficient physical activity among school going adolescents (2016)	81%	75%	87%
11-17	Prevalence of current drinking among adolescents (2016)	3.8%	5%	2%
13-15	Prevalence of current cigarette smoking (2016)	13.4%	-	-
13-15	Prevalence of current tobacco use (2016)	18.7%	-	-
13-17	Students who were in a physical fight one or more times during past 12 months (2016)	41%	52%	29%
13-17	Students who were bullied on one or more days during past 30 days (2016)	28%	34%	22%

*Source: World Health Organization, United Nations Population Division

Adolescents Key Facts - Bahrain

- Adolescents account for **11%** of total population in Bahrain (Age Group:10-19)
- **34%** Adolescent with prevalence of Obesity & Overweight (Age Group:10-19)
- **81%** Prevalence of insufficient physical activity among-school going adolescents (Age group:11-17)
- **28%** Students who were bullied on one or more days during past 30 days (Age Group:13-17)



Investing in School Health Programs makes good business sense

Children ➡ Future citizens of a Nation

Healthy body + Healthy Mind ➡ Healthy Future Citizens

Healthy Citizens leads to Healthy nation that boosts Healthy Economy

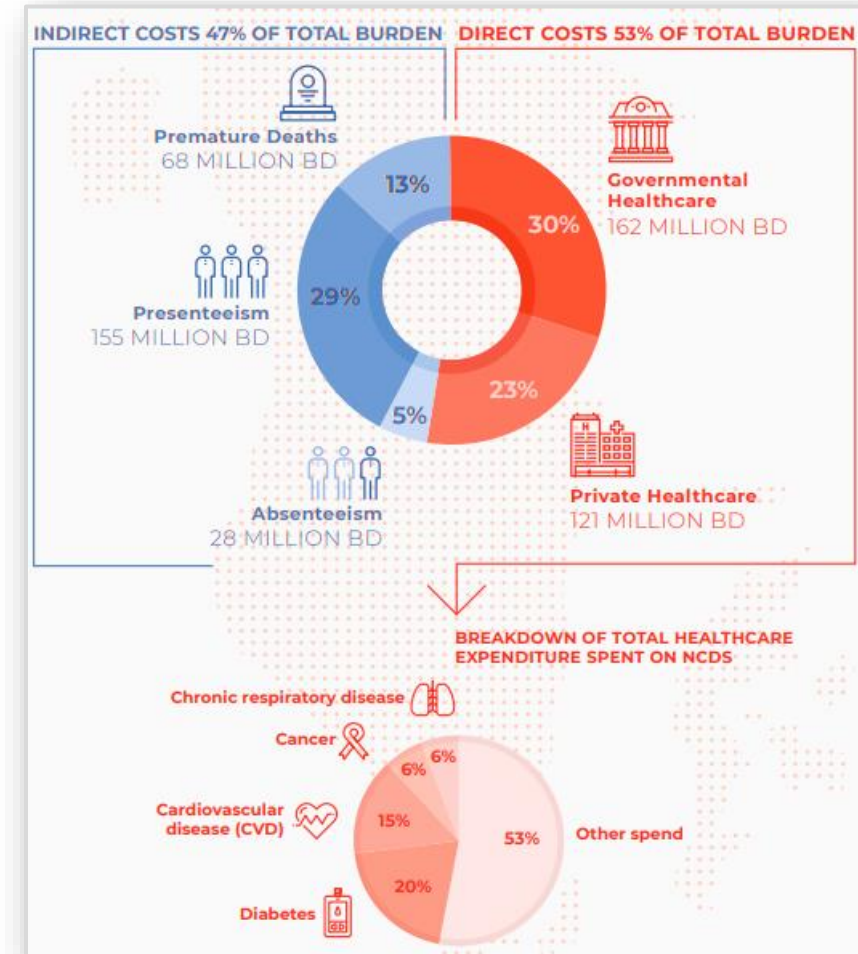
*Source: World Health Organization

Burden of Chronic Diseases - Bahrain

- NCDs kills nearly **2,000** people in Bahrain Every year
- Economic burden of NCD s in 2019 was **534 Million BD (3.8% of GDP)**
- NCDs accounted for **283 Million BD (53%)** of all Health Expenditure in 2019
- **Productivity losses** per year due to chronic conditions

Investing in School Health Programs makes good business sense, producing returns on investment through cost savings and increased performance

*Source: The United Nations Development Programme and World Health Organization, 2020.



Our Core Services



Health Awareness Programs

Evidence-based personalized well-being programs to **prevent Health Risks & inculcate healthy habits**



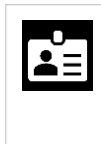
Health Audit Via General Health Checkups

Health Audit & General check-ups to prevent **future health risks** based on hereditary & current life style



Personal Health Record (PHR)

Access medical history & records on the go anywhere, anytime.
Your **medical record moves with you** rather you move with the records.



Health Card + School ID

Quick & easy access to medical vital information in case of medical emergency. **Saves a Life in Emergency.**



VALUE ADDED SERVICES

- Vaccination Charts
- Health Reminders
- Diet Counselling
- School Staff Training
- Nutrition Services
- Adolescent Counseling
- Special camps for ADHD/ ADD

Health Card cum School ID Card

“This Health Card might even save a life in case of medical emergency”

- Health Card cum School ID Card with all details on a single card
- Health Card is a **life saver in medical emergency**, by providing vital data like-Blood Group, Allergies, Family Contact and Insurance Details etc. This will be provided to every student.
- It has all necessary medical information that will save the life of student by eliminating unnecessary delays.
- Parents can use Health Card provides **discounts** from our Healthcare Providers Partners including hospitals, laboratories, pharmacies, optical centers, lifestyle & wellness centers, spas etc.

**Can be printed at the back of
School ID Card**



Personal Health Record (PHR)

“A Digital health repository that helps Medical Experts to diagnose the students more accurately”

- Digital Health repository of the member arranged chronologically
- Latest high-tech way of storing the medical history and reports on Cloud.
- Medical records are at your fingertips, to monitor, upload and manage medical reports at any time.
- Global access irrespective of where you go

HEALTH DETAILS OF STUDENT

Specific Medical History: _____

Allergy if any: _____

Emergency medicines & treatments: _____

Doctor Name: _____

Doctor's Contact No: _____

Emergency Contact No: _____



Health Check-up & Health Audit

“Detect early warning signs of diseases and prevent it before it is too late”

- After Biometric Screening, we provide personalized report with analysis and recommendation from a doctor
- This will help parents to know about health status of their child
- **Schools get a de identified, Cluster Analysis Report to find out overall health trends and key areas of concern for the overall children population**
- Health check up results will be entered in the permanent health records of the students
- The findings then allow for the creation of specific Health & Well-being Initiatives most suited to the needs of the children



Blood Group

Height Weight

Dental Check-up

Eye Check-up

ENT

Skin Diseases

Health Awareness Programs

- Our Health Awareness Programs are designed to improve the health **by preventing future health risks**
- These programs **reduce future health care service use & costs**
- Health talks on various health & well-being related issues at school premises
- Our programs are designed based on **Health Audit + Biometric Reports**

Our Health Awareness Programs are specially customized

Our School Health Program to focus on lifestyle modification & behavior change that help improve health & well-being



Digital Passport

On our APP members have access to:

- 1. Digital Passport*
- 2. Fit to School*
- 3. Fit to Travel*

1. Digital Passport

- COVID-19 PCR Test Certificate
- COVID-19 Vaccination Certificate
- COVID-19 Self Test



- Upload & Store COVID-19 Test Certificate & Vaccination Certificate

2. Fit to School
Self-Assessment Tool



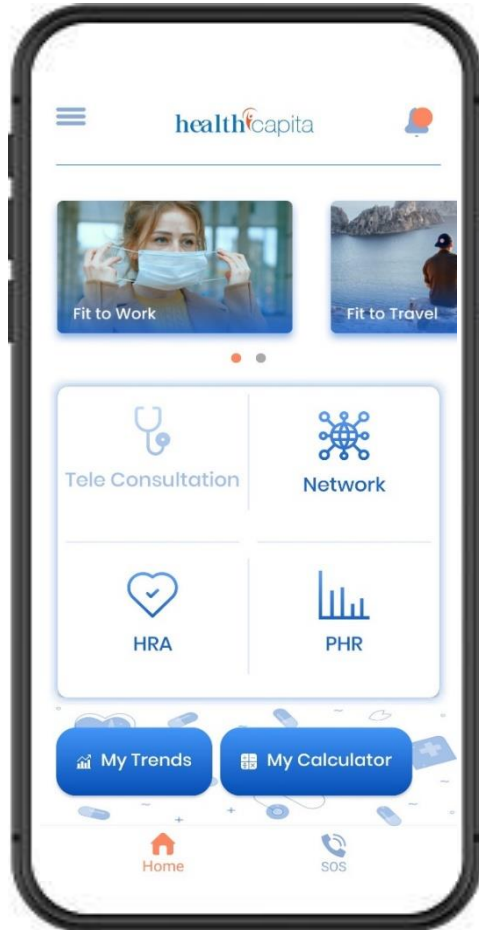
- To scan COVID-19 symptoms before coming in to work

3. Fit to Travel
Self-Assessment Tool

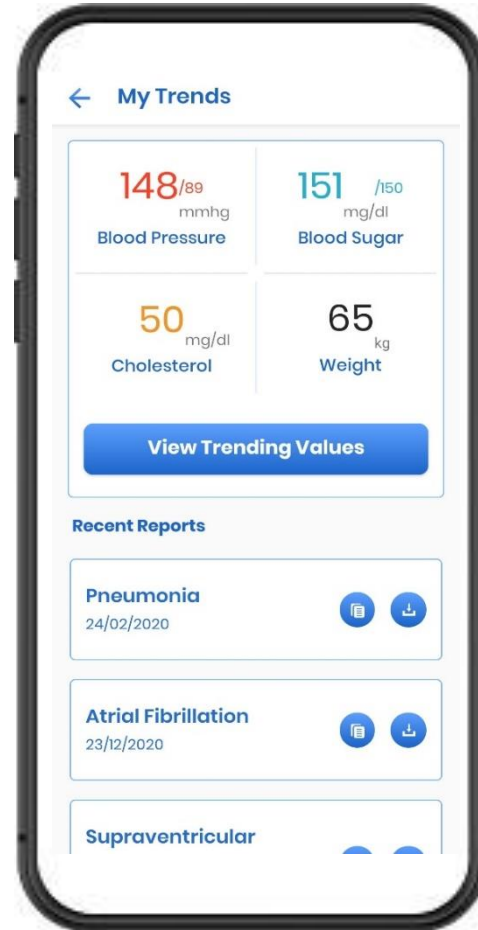


- To scan COVID-19 symptoms before travelling

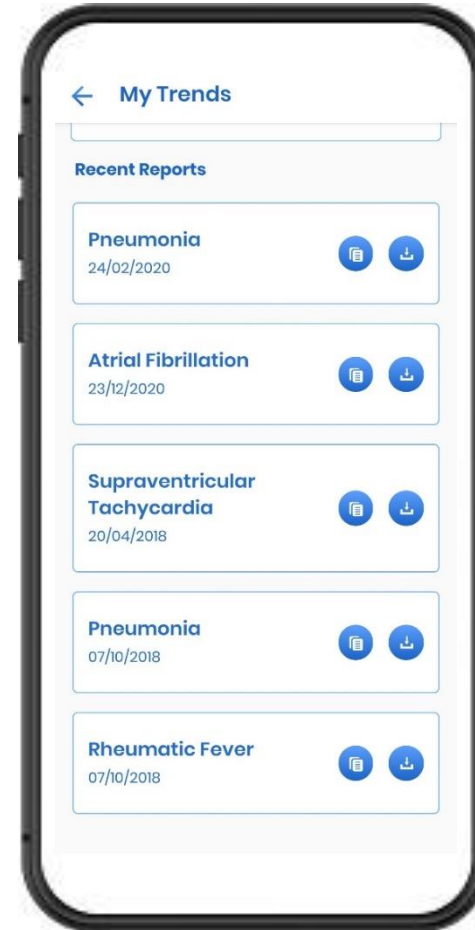
Healthcapita APP



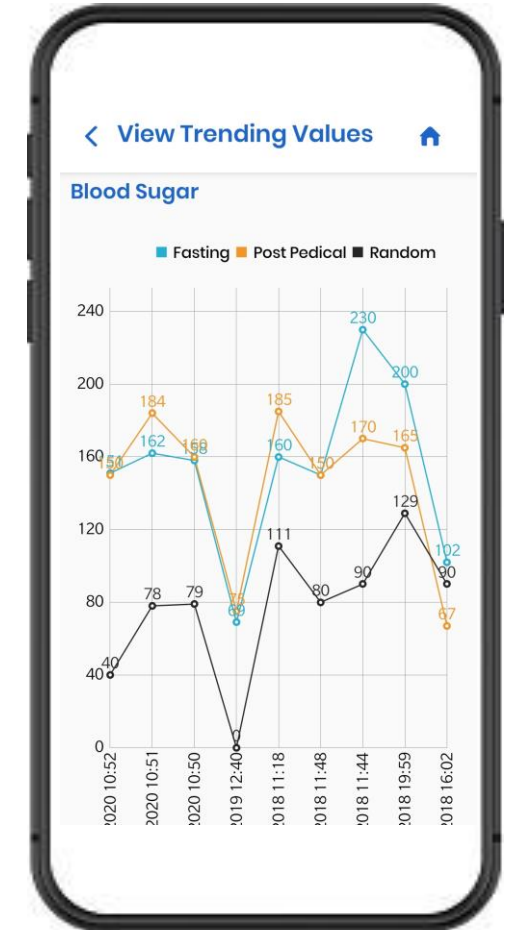
Home Screen



Health Metrics



Advanced Reports



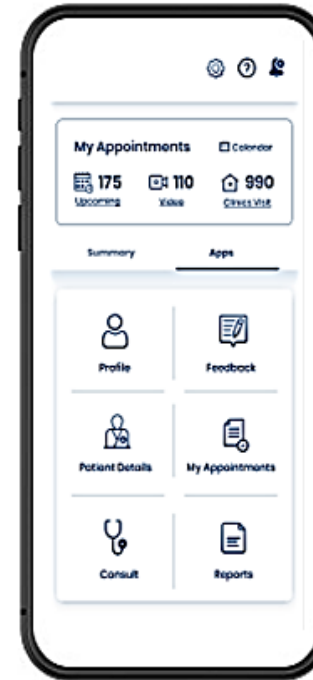
Monitor Chronic Conditions

Healthcapita Teleconsultation

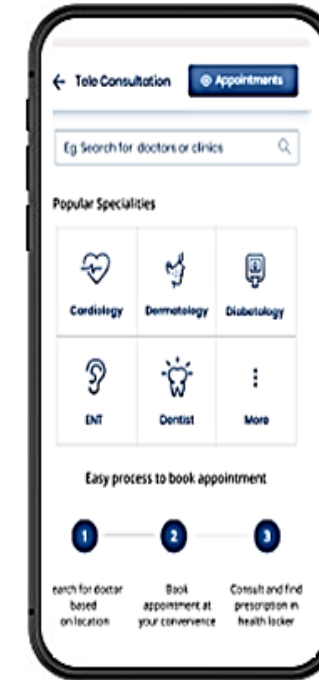
- The COVID-19 pandemic has turned the landscape of the healthcare industry upside down.
- Teleconsultation helps to provide healthcare services to patients from a distance.
- Today is the best time to integrate Teleconsultation, since this niche is still unoccupied, the demand for such services is growing and will continue to rise.



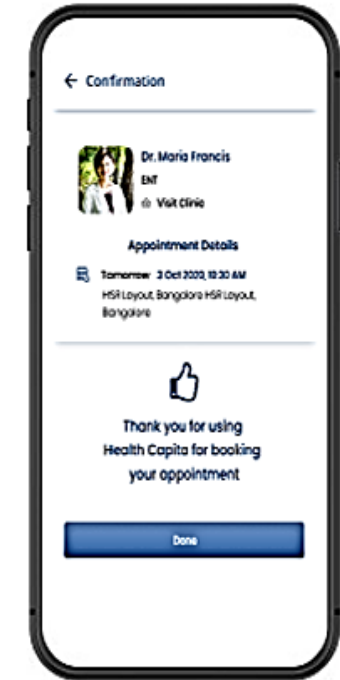
Doctor App



Doctor App

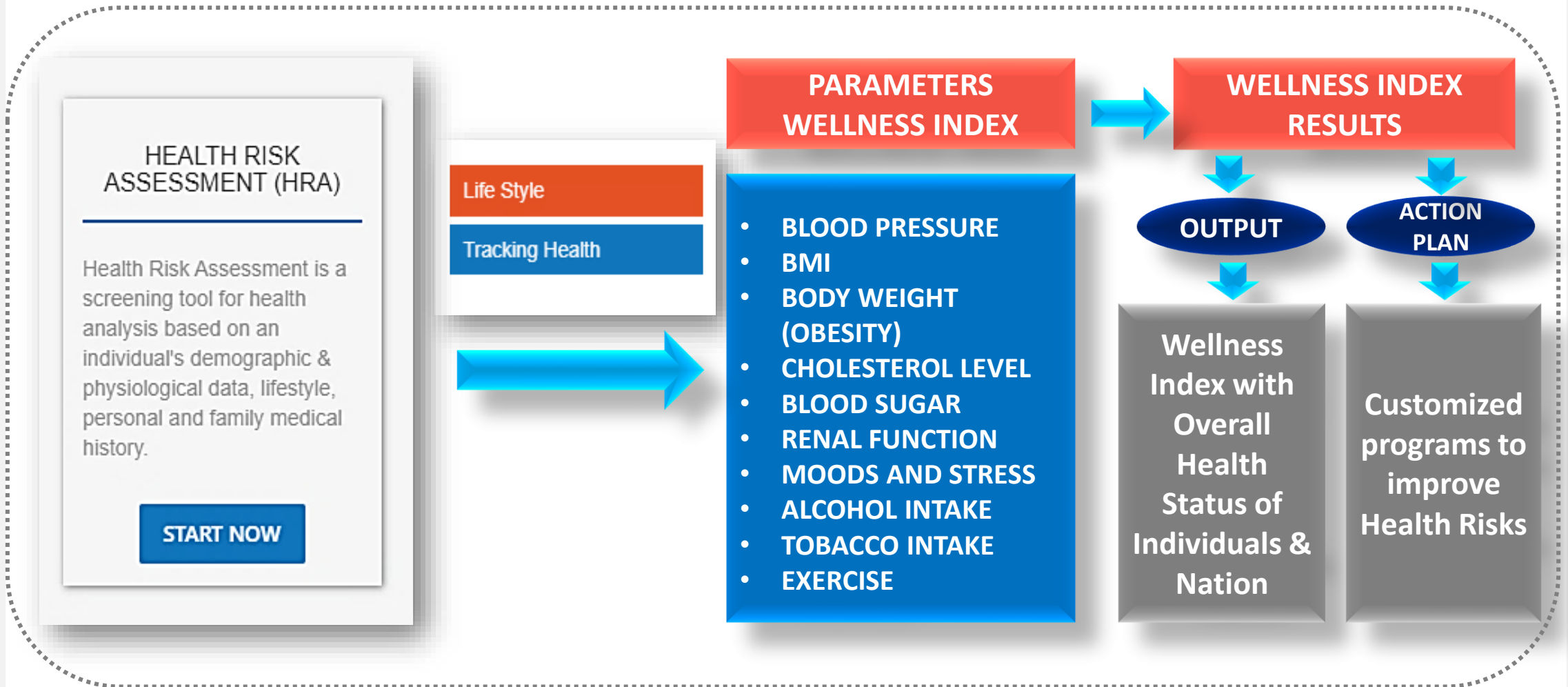


Patient App



Patient App

School Health Audit Index



Integrated School Health Program



Schools

School Health
& Well- Program



KINGDOM OF BAHRAIN
Ministry of Education

MOE

Benefits for MOE



KINGDOM OF BAHRAIN
Ministry of Health

MOH

Benefits for MOH



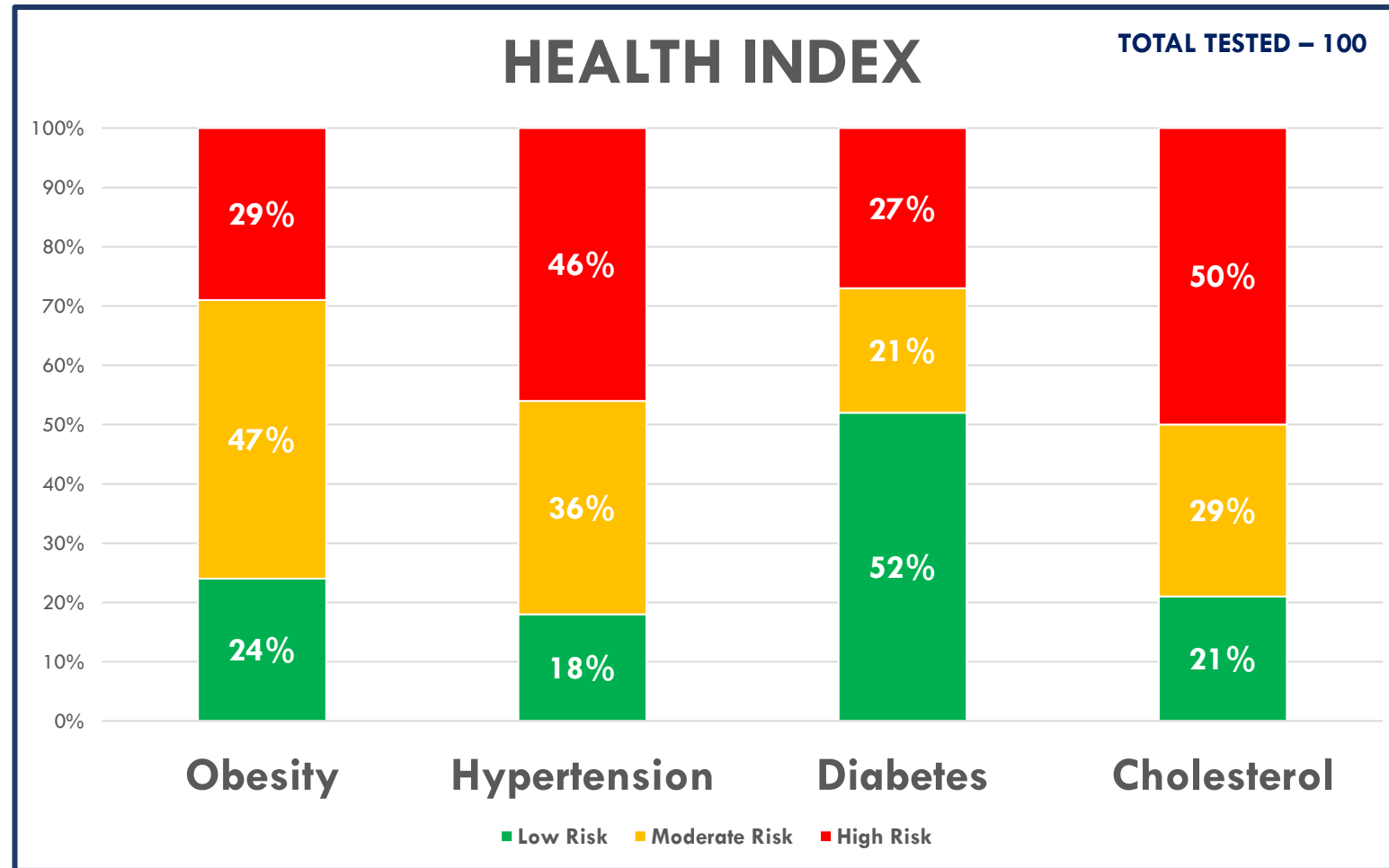
Partnerships

Strategic Partnerships

6 Strategic Areas of Emphasis



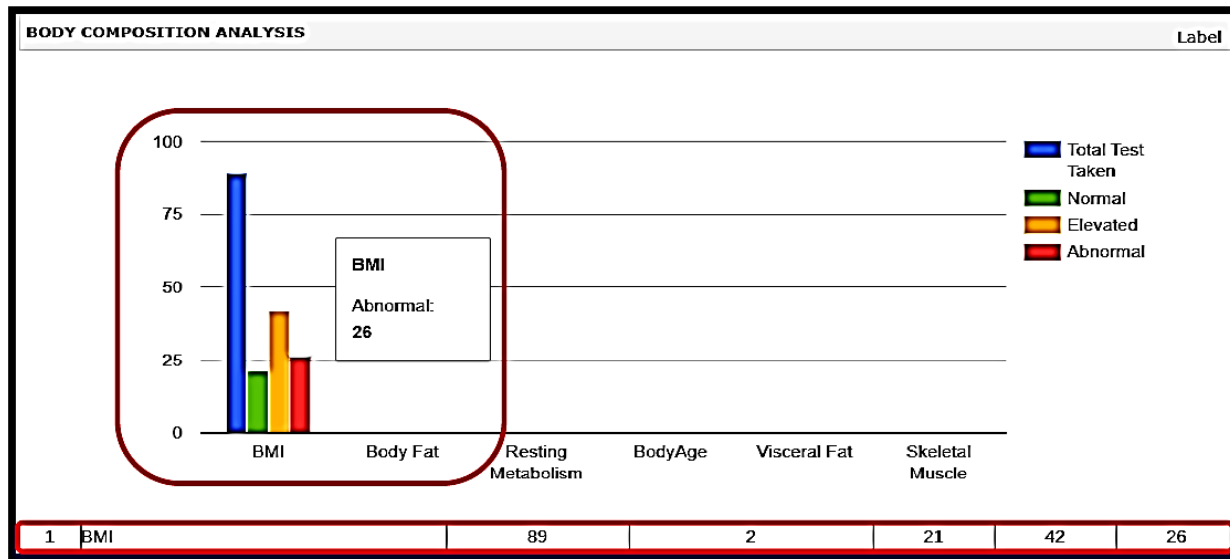
School's Health Index - Sample



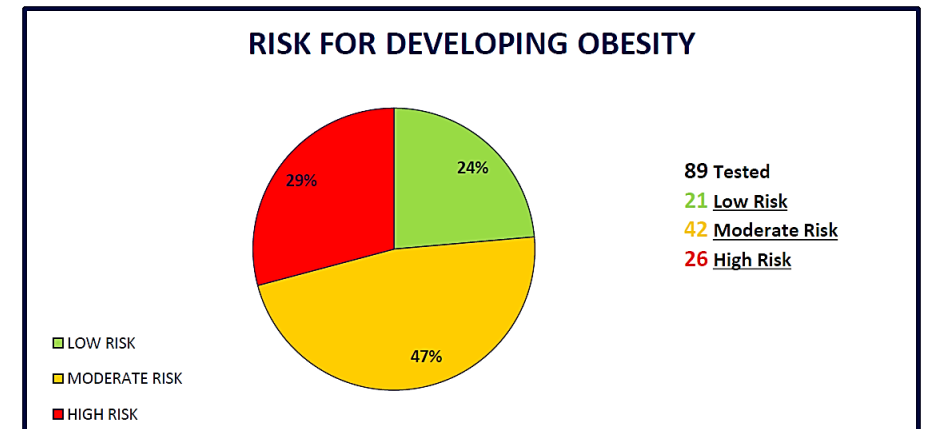
Healthcapita Dashboard- Sample

OBESITY DASHBOARD

BMI (Body Mass Index) is an important marker of Obesity.



OBESITY RISK ANALYSIS



Benefits for School



ROI Benefits

- Increased Academic Performance
- Reduced Absenteeism
- Reduction in Healthcare Expenditure
- Maintain Student health Statistics
- Reduction in Sick Leaves
- Enhanced efficiency in the school health sector
- Save lives



Well-being Benefits

- Reduce Premature Deaths
- Provides an insight into School health – School Health Audit Report
- Ensure safety by addressing mental health, ergonomics, & other risks that can cause injury in school
- Improving school health by eliminating risk factors.



School Benefits

- Increase in loyalty towards the School
- Boosts School's Image & Goodwill
- Improved engagement among students
- Healthy, Satisfied & Motivated Students
- Increase Youth awareness of future health risk factors



HEALTHY STUDENTS EQUALS HEALTHY SCHOOL

Benefits for Students



Student Benefits

- Complete School Health Risk Audit
- Customized Webinars/Programs
- Complete Digital Medical Records
- Health Card + ID Card - Quick access to Vital information in case of emergencies
- Parents can get Discount at Diagnostic Centers /Hospitals /Clinics/ Pharmacy/Gym



Student Benefits

- Cultivate healthy habits at early age
- Preventive Health Screening
- Less Absenteeism
- Better academics performance
- School Engagement Programs & Health Camps
- Early Identification & Prevention of future Health Risks



Student Benefits

- Diet Consultation
- Nutrition Services
- Special camps for ADHD/ ADD
- On time vaccination with reminders
- Adolescent Counseling
- Teleconsultation
- Digital Health Analysis/ One stop Digital health platform



HEALTHY STUDENTS EQUALS HEALTHY SCHOOL

Our Eco-Partners - Bahrain



Dr. Ibrahim Zayed Consultant Pulmonologist
الدكتور إبراهيم الزويد - استشاري أمراض الجهاز التنفسي



THANK YOU

Please contact us for more information

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