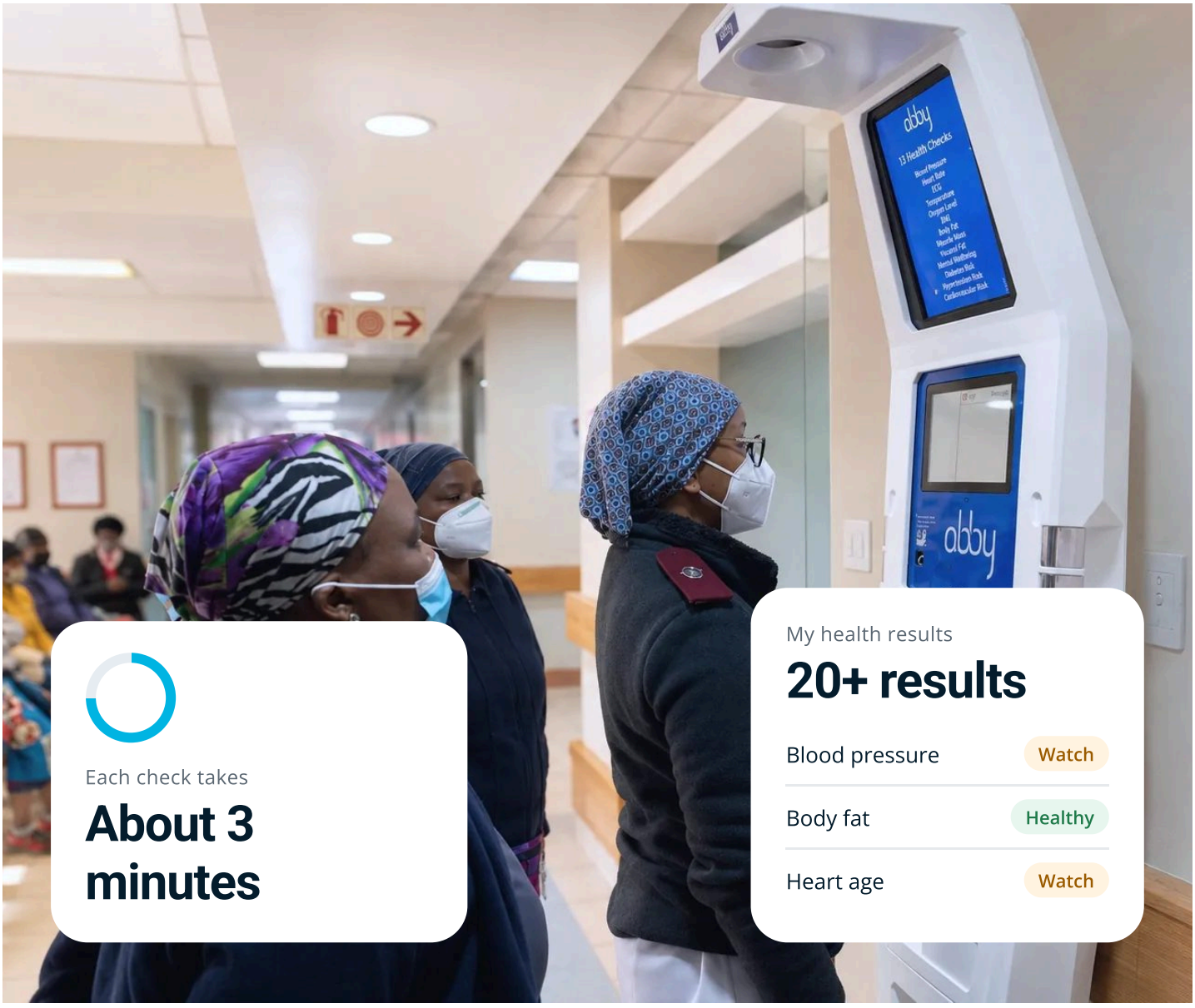
Abby Health Station

Health screening, where people already are.

Over 20 health results in about three minutes, with no needles.

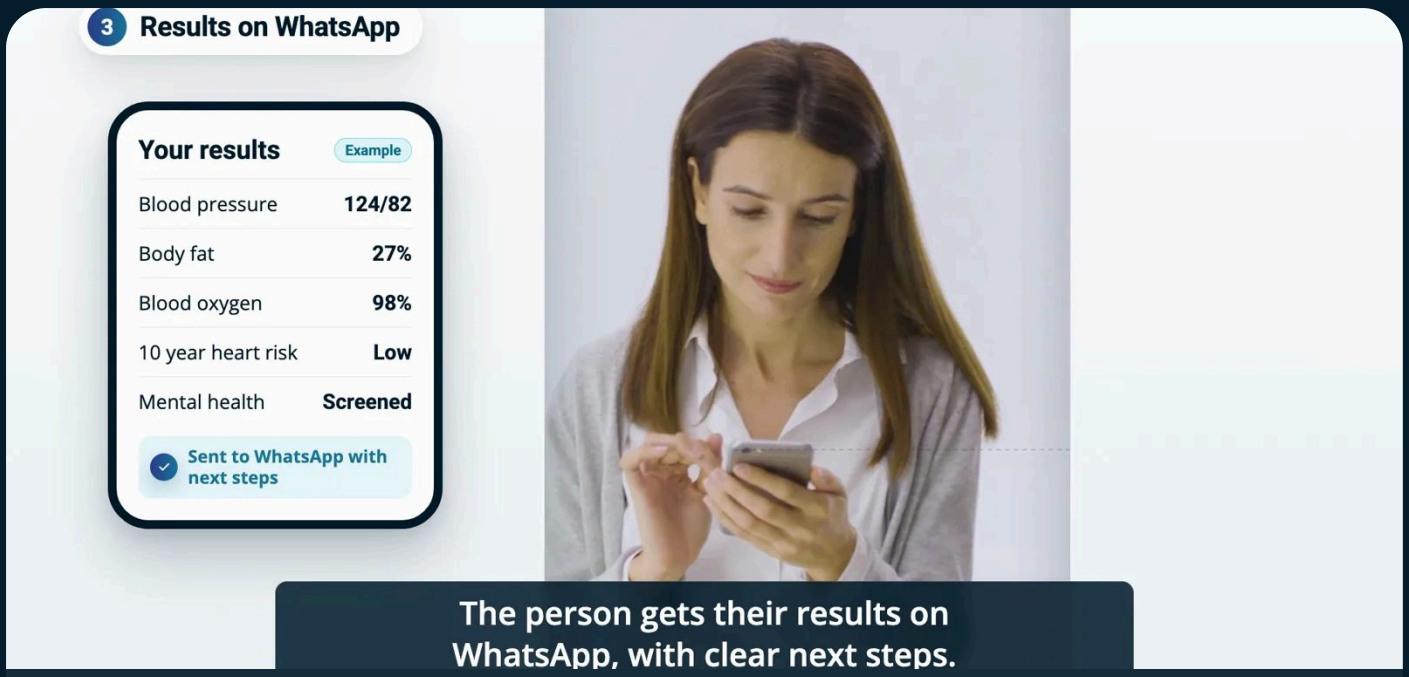
Get a quote

See the live version at overview.go-abby.co.za



The film

See it in two minutes.



Watch the two minute film.
Scan the code, or visit overview.go-abby.co.za

At a glance

Quick for people. Proven at scale.

3 min

About three minutes per check, with no needles.

20+

Over 20 health results across body, mind and money.

2 million+

2 million+ health checks in four countries.

How it works

Three minutes. Then the follow up.

01

Step on. Self service.

Each person does the check themselves, in about three minutes.

02

Results on their phone.

Straight away, by WhatsApp, SMS or email.

03

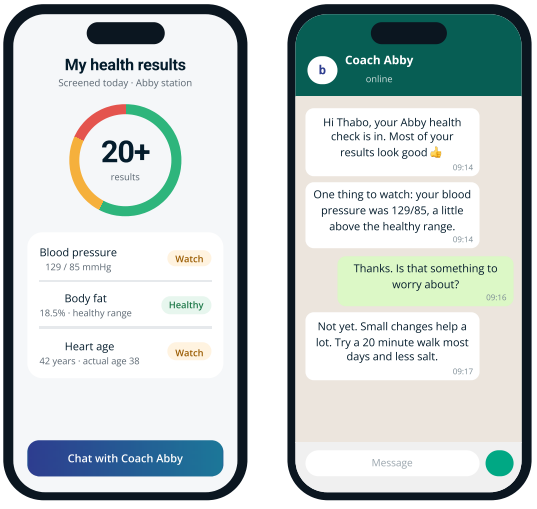
The right follow up.

Coach Abby can follow up on WhatsApp with guidance and next steps. Your nurse sees every flagged result.

Results and next steps

Results they understand. On the phone they use.

Coach Abby can follow up on WhatsApp with guidance and next steps.



Alongside your nurses

The station works alongside your nurses.

It takes the routine vitals. Your nurse sees every flagged result.

Up to 20
people an hour, per station

About 3 min
per check, with no needles

Every flag
seen by your nurse

WHO SEES WHAT

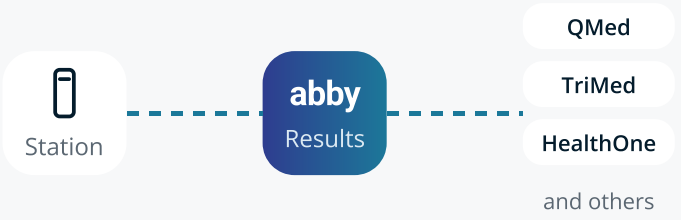
The person
Sees their own results.

The nurse
Sees each result.

HR and executives
See team trends.

Access is by role.

CLINIC SYSTEMS



Live with QMed, TriMed and HealthOne, and others.

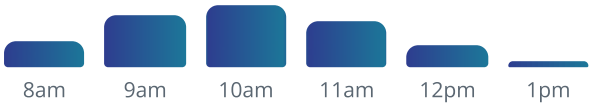
Built with POPIA in mind: consent before every check, results stored in South Africa.

Screenings today

Example

146

people screened so far today



Group report

Example

People screened	**312 of 380**
Raised blood pressure	**1 in 4**
Body fat above healthy range	**2 in 5**
Screened as stressed	**1 in 5**
Under money pressure	**1 in 4**

Export **CSV** **Excel** **PDF** **Dashboard**

Built for you

One station. Built to solve your problem.

Who it is for. Insurers · Corporate Wellness · Occupational Health · Clinics · Gyms · Community and wellness events

THE PROBLEM

Most of the people you look after never get checked. And once the event ends, nothing more happens.

WITH ABBY

The station checks up to 20 people an hour, right where they are, alongside your nurses. Each person gets their results on WhatsApp.

Holistic screening

Many signals. One clear view of risk.

One short check. Over 20 health results across body, mind and money.

Heart and circulation

Blood pressure, pulse, heart age

Metabolic health

Metabolic age, 10 year risk

Body composition

BMI, body fat, water, fat free mass

Vital signs

Temperature, blood oxygen

Mental wellbeing

How a person is coping

Financial wellbeing

Money stress that drives health

Proven at scale

Real people, real results.

About 1,000

Worksites and clinics a year.

92%

of workers seen at one of our mining clients in the past year **have screened more than once.**

4

Four countries. South Africa, Botswana, Namibia and Zimbabwe.

"Abby literally saved my life."

Colleen Livanos, Rand Water Wellness

"Highly engaging, non-invasive and super efficient."

Tania, CEO, Unu Health

Trusted by insurers, mines, corporates and healthcare providers

Sanlam · Old Mutual · momentum · Standard Bank · absa · miwaylife · gems · Medshield medical scheme · AngloAmerican · Glencore · Clicks Group Limited · Virgin active · Implats · Seriti · thungela · Rand Refinery · Bomaid The medical aid you can trust · bpomas

The full picture

What Abby screens for.

Measured by the station

VITALS

Weight, height, BMI, blood pressure, pulse, temperature, blood oxygen

BODY COMPOSITION

Body fat %, water %, total body water, fat free mass

RISK SCORES

10 year cardiovascular risk, metabolic age, heart age, standard body weight

Answered by the person

HEALTH

Smoker, diabetes, chronic medication and HIV status

MENTAL WELLBEING

A short check on how a person is coping

FINANCIAL WELLBEING

A read on the money stress that drives health

These checks use short questionnaires. You choose the set, from standard question sets to your own questions.

Wellness days. With a nurse on site we also do finger prick glucose and cholesterol, and HIV testing. We can arrange the nurse, or work with yours. We can bring massage therapists too.

See what Abby could screen for your people.

Tell us who it is for and how to reach you. We reply within one working day.

Get a quote at go-abby.co.za/get-a-quote

info@go-abby.co.za

011 830 1042

CE FDA ISO 13485 MANUFACTURER SAHPRA LICENCE 1576/32354

Abby Health is licensed by SAHPRA · Licence 1576/32354. This device has been licensed by SAHPRA. The device therefore complies with SAHPRA's minimum safety requirements, but its clinical efficacy has not been evaluated.

Made by a manufacturer certified to ISO 13485. CE marked and FDA cleared.

The Abby Health Station screens and does not diagnose. Results are indicative. Always speak to a doctor, nurse or pharmacist about your health and before acting on a result.

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