

How Can South African AI Companions Support Student Wellness: Self-Cav

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Self-Cav is an AI companion available via WhatsApp in South Africa with support for SRH, mental health, GBV, and more

Co-designed with youth across South Africa



SELF-CAV

Your Trusted AI Health Companion

FREE TO USE

NO JUDGEMENT

JUST ANSWERS



Have questions about your health & wellbeing? Your A.I. healthcare companion has got you.





Business info



Self-Cav by NDoH and Audere

+27 87 373 1548



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Search

[Add notes](#)

This line does not accept voice calls.
Please message us on WhatsApp for
support.

[Create new contact](#)

 Search for a client


GROUP TASKS BY CLIENT 


2 READY TO CHAT	230 FOR REVIEW	1 FOLLOW-UPS
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ACTIVE **COMPLETED**


(Oldest at top)

about 1 month ago

Sarah 
29 days ago

Pinky 
28 days ago

Dee  Negative test result
24 days ago


Zandile 
2 days ago

[< PREVIOUS](#) [NEXT >](#)

Zandile  English

HIV vulnerability Unknown Unknown Calculated 2 days ago	Clinical Portal ID 1429HD Partner ID Not set
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Working in record 



TASKS **NOTES** **COLLECTED DATA**

SHOW ONLY ACTIVE & RECENT 

[+ ADD NEW](#)

 **Conversation Summary** (2 active tasks) 
Jan 7, 2026, 00:07 GMT+2

Client Zandile reports relationship conflict; fears partner may be with another woman and refuses condom use. Client is worried about STI/HIV exposure and prefers HIV self-testing at home. Assistant advised calm communication, suggesting testing together or at-home self-test, condom use, PrEP, and HPV vaccination. Client asked about PrEP and was given contact details for loveLife; expresses interest in HPV vaccine and asked how to find a clinic. Conversation includes emotional support and relationship counseling; client named Zandile.

Self-Care for South Africa: Primary Care with HIV Support



Self-Cav: Support for youth in South Africa



Clinical Portal

HealthPulse AI Using demo group

Search for a client

GROUP TASKS BY CLIENT

- 0 READY TO CHAT
- 19 FOR REVIEW
- 0 FOLLOW-UPS

ACTIVE COMPLETED (Oldest at top)

Mel's Interest in self-testing 3 months ago

Zoe Self-reported HIV positive 3 months ago

Sarah Hate/harassment about 1 month ago

Bob Hate/harassment 15 days ago

Minnie 8 days ago

Tash 5 days ago

Joy 3 months ago

Sarah English

HIV vulnerability: Unknown | Unknown

Clinical Portal ID: 1024RZ

Partner ID: Not set

Partner ID: Not set

TASKS NOTES COLLECTED DATA

The data below is self-reported by clients during conversations with the AI chatbot

Client profile

- Age: 16
- Biological sex: Male
- Occupation: Student

HIV information

- HIV status: Negative
- Last HIV test result: Negative
- HIV under treatment: False
- Takes PEP: False
- Takes PrEP: False
- Requests PrEP or PEP: True

Sexual health & behavior

- Condom usage frequency: Never
- Sex with HIV positive: True
- Sex trade worker: False

General health

- Symptoms: Bad menstrual cramps

Conversation Summary (2 active tasks) Sep 2, 2025, 12:33 GMT+2

The client had unprotected sex with an HIV-positive partner two weeks ago and is considering getting tested for HIV to know their status and mentioned that PEP is not an option as it is not available at home and is advised to use it, keeping in mind that it might not detect a recent infection. The client also mentioned that they encountered an issue with the test results and is seeking guidance on how to use the self-test effectively and encountered an issue with the test results.

Follow-up Sep 2, 2025, 13:40 GMT+2

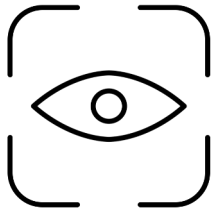
Interest in self-testing

Follow-up Sep 2, 2025, 13:40 GMT+2

Possible interest in PrEP/PEP

What are the various types of AI?

See



Computer Vision (CV)

Image Recognition
Visual Patterns

Hear



Automatic Speech Recognition (ASR)

Acoustic Signatures
Speech recognition

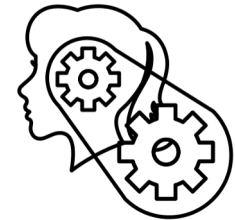
2-way Communication



Language Models (LLM, etc)

Digital Personal Assistants
Conversational Chatbots
Natural Language Processing (NLP)

Reason



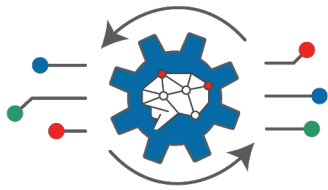
Big Data Analytics (BDA)

Data Pattern Recognition
Predictive Modeling



**Artificial General Intelligence (AGI) &
Multi-modal inputs/outputs**



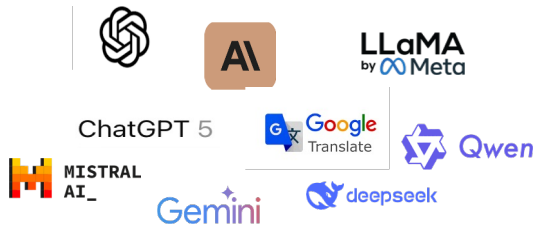


Audere's AI Integration Toolkit

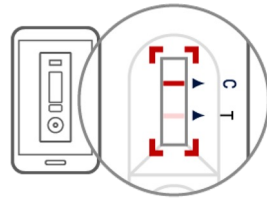
Bringing the best AI models to work in tandem to accelerate access to care



AI Companion Service



AI Model & Agent Orchestrator and Context Engine

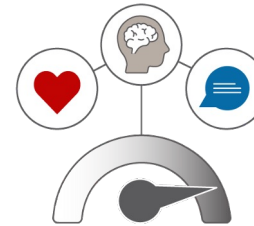


Computer Vision & Digital Guide Service

audere



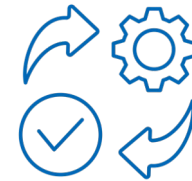
Deterministic CV & VLMs
Web service or offline SDK
Benchmarking & monitoring



Predictive Analytics Service



Data collection, structured data extraction, insights for care workflows & patient prioritization



Hybrid Monitoring & Evaluation Service



Real-time monitoring, harm detection, Human-in-the-loop reviews, clinician oversight, Periodic evaluations & adjustments



Human oversight: Real-time safety infrastructure



Harm detected

I'm concerned about you — can you tell me more about what's going on? I'm here to listen and you're not alone. If you need more support, I recommend reaching out to the Suicide Help line at 0800567567. Please feel free to chat with me until you're able to connect with them. 3:04 PM

AI companion immediately provides resources



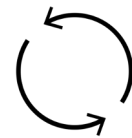
Support is available ❤️. Reply to continue chatting to VimbAI or confirm if you'd like to speak with a nurse.

Self-harm/suicide

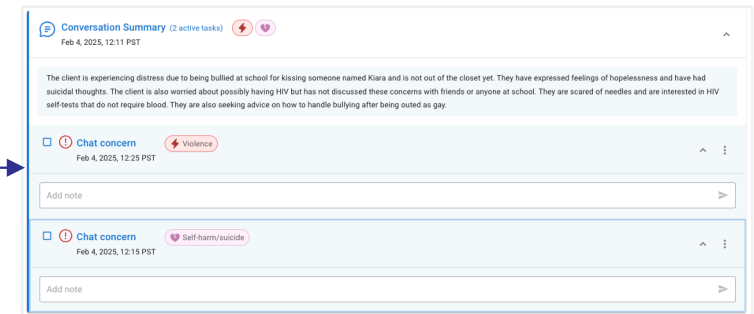
additional support: AI companion follows-up to check-in 3 hours later automatically



Real-time monitoring run on an ongoing basis to evaluate current state



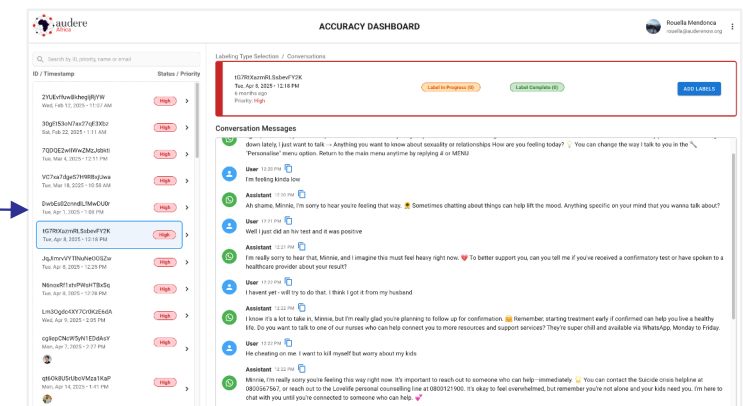
Sent to Hybrid monitoring and evaluation framework for accuracy & empathy automated and human labeling



Real-time alerts via task to trained clinicians



SOPs guide triage and, if needed, client outreach



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Independent labellers review all high-pri flagged conversations



Feedback loop ensures issues are escalated, trends are tracked

75% of new HIV acquisitions occur amongst youth in SSA

AGYW are disproportionately impacted

"But our local clinics they judge people, and they gossip it's not safe with us"

Stigma

"I'm not sure PrEP is right for me, I try to use condoms"

Education

"I don't want to take a pill every day of my life"

Choice



"I feel death is the only way out... I have no one to talk to about this"

"He gets so angry if I ask him to use a condom"

"We are only doing outercourse right now so I don't need PrEPs"

"The clinic is only open weekdays and my boss will fire me if I miss another day"

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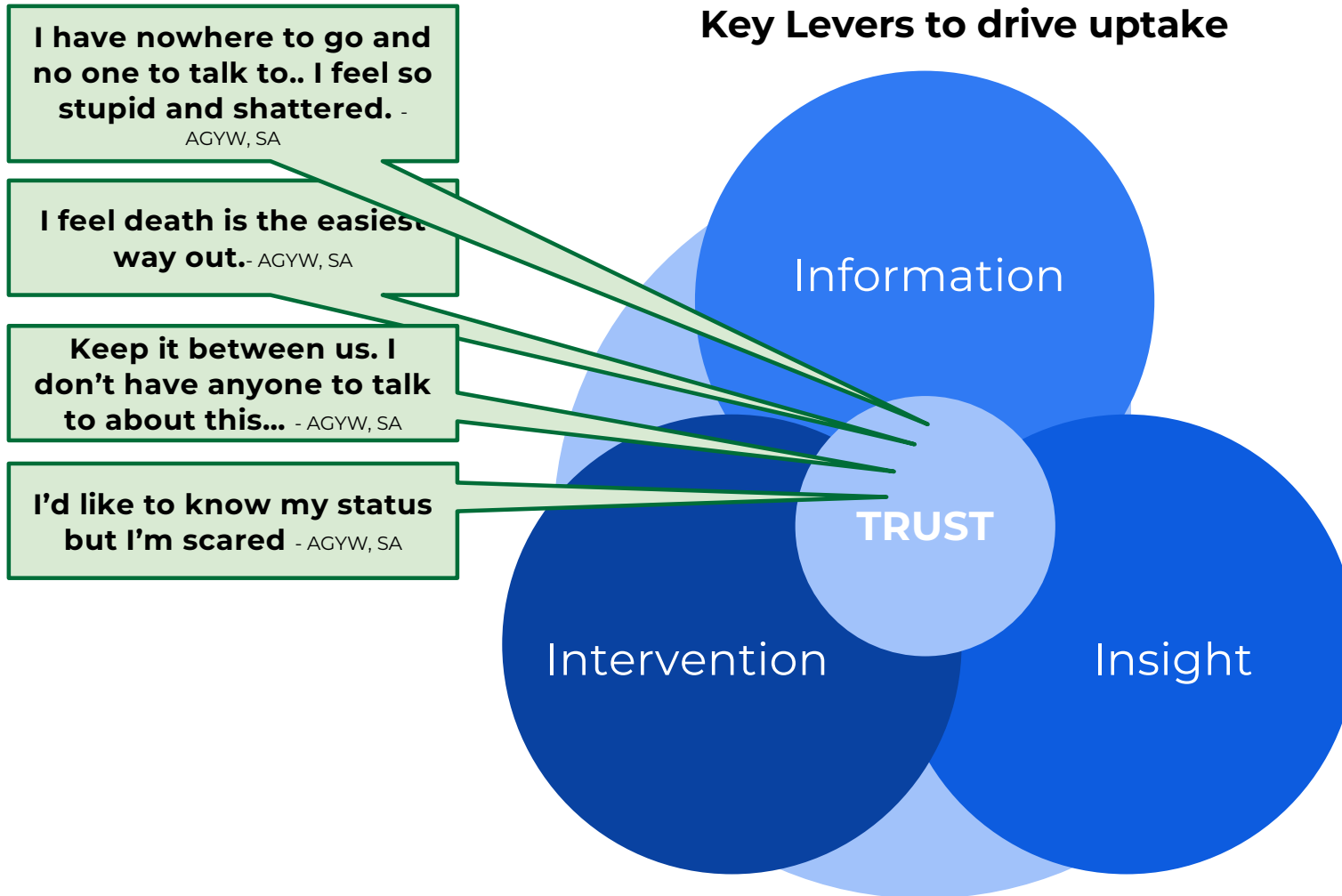


**Two key aspects
of uptake:**

Demand

Access

Key Levers to drive uptake





Aimee



My partner is cheating—can I get PrEP?

Info

... Yes, you may be vulnerable to HIV or other STIs if your partner is cheating, PrEP is an option

Insight

First, let's get you a self-test...

Congratulations on learning your status! A nurse will reach out...

Intervention

Aimee told me you tested and were interested in PrEP, let's make an appointment to pick up your first month!

TRUST

"I went and got PrEP, I'm feeling so much better, I feel like you just pulled through for me, Thank you."



Self-Care from Anywhere: Aimee Study, South Africa



9,960 people messaged Aimee, a “bestie” for AGYW.

65% engaged, >50% engaging on multiple days, 37% retaining M/M.

37%

Come back to talk to Aimee again after 30 days

This jumps to >59%

If the conversation starts with a mental health topic

Behavior/
Attitude
change
examples

Honestly haven't tested or thought about it...

I'm thinking of starting PrEP now

He won't listen even if I try so why bother?

I will convince him to come with me and test tomorrow

I'm so scared to test.

I went and tested! It was negative!



>25% of all clients who engaged with Aimee have taken up services

HIV testing, PrEP/PEP, STI testing, TB screening, Contraception, or Social Work/Mental Health support

~39% clients got HIV testing or PrEP after talking to Aimee

Of all users who HIV tested:
~53% got support & guidance from Aimee after testing and receiving results
47% got counseling from Aimee before testing, with 18% engaging in 'emotional support' discussion.



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Thank you

**Try out Self-
Cav**

Scan the QR code or visit
<https://bwisehealth.com/>



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<https://bwisehealth.com/>

