



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



The image features the Self-Cav logo, which includes a stylized human figure composed of colored segments (yellow, red, green, blue) and the text "SELF-CAV" in a bold, white, sans-serif font. Below the logo is the tagline "Your Trusted AI Health Companion". To the right of the logo, there are three white speech bubble-like boxes on a blue background, each containing a bold, black, sans-serif text: "FREE TO USE", "NO JUDGEMENT", and "JUST ANSWERS". At the bottom left is a circular badge with a green and white border, containing the text "AVAILABLE 24/7 ON WHATSAPP" in a curved font. To the right of the text blocks is a photograph of a smiling Black man with a beard and glasses, wearing a black beret and a dark jacket, looking down at a smartphone he is holding in his hands.

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



Share



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	230	1
READY TO CHAT	FOR REVIEW	FOLLOW-UPS

ACTIVE

COMPLETED

(Oldest at top)

about 1 month ago

Sarah 

29 days ago

Pinky 

28 days ago

Dee 

24 days ago

Zandile 

2 days ago

N >

Zandile  English

HIV vulnerability
Unknown | Unknown
Calculated 2 days ago
Clinical Portal ID
1429HD
Partner ID
Not set

Working in record

N



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 () about 1 month ago

Bob (Hate/harassment) 15 days ago

Minnie () 8 days ago

Tash () 5 days ago

Joy () 3 months ago

Minnie (English)

HIV vulnerability: Unknown | Clinical Portal ID: 1067JG

Unknown | Partner ID: Not set

Tasks **Notes** **Collected Data**

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 a test at home and is advised to use it, keeping in mind that it might not detect a recent infection. Guidance on how to use the self-test effectively and encountered an issue with the test.

Follow-up (Interest in self-testing) Sep 2, 2025, 13:40 GMT+2

Follow-up (Possible interest in PrEP/PEP) Sep 2, 2025, 13:40 GMT+2

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

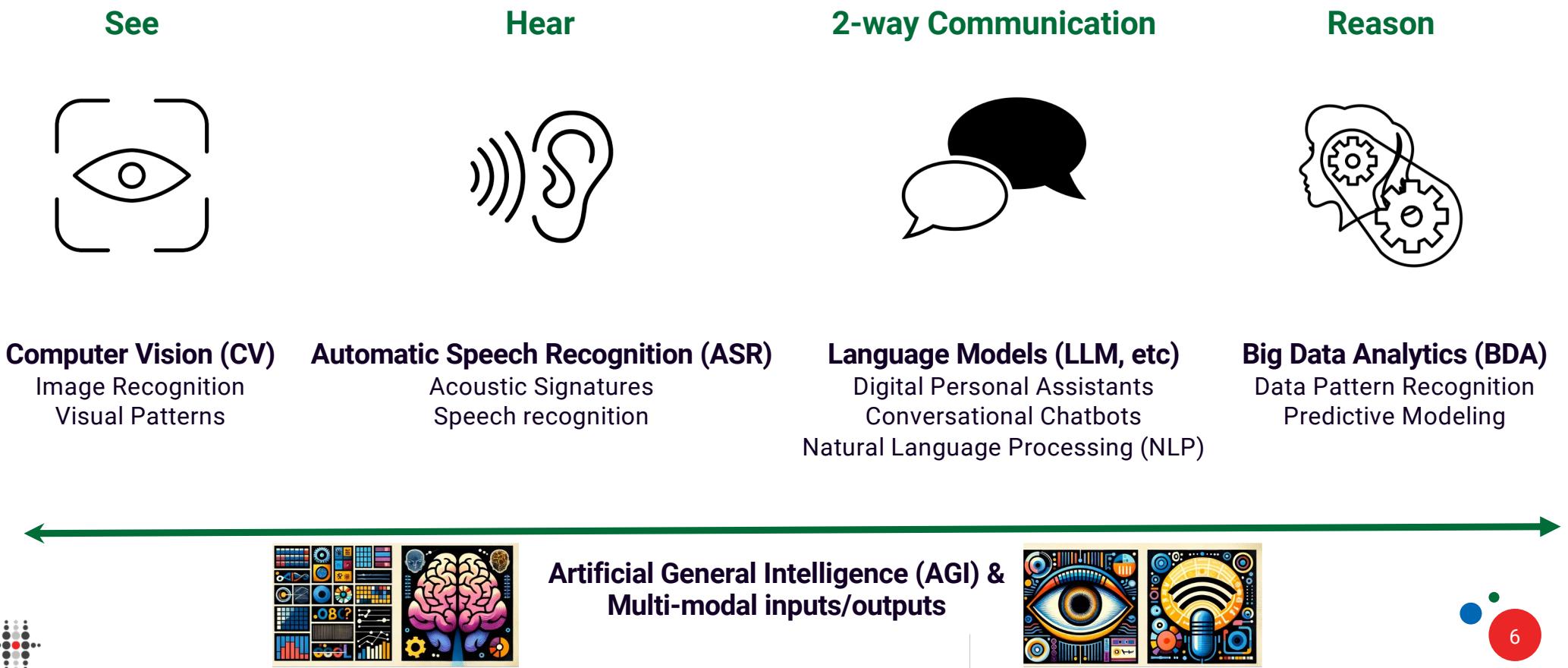
Sexual health & behavior

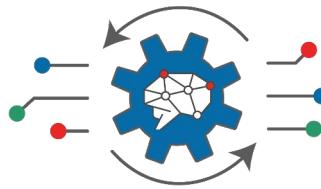
- Condom usage frequency: Never
- Sex with HIV positive: True
- Sex trade worker: False

General health

- Symptoms: Bad menstrual cramps

What are the various types of AI?



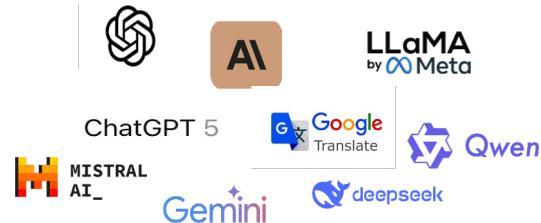


Audere's AI Integration Toolkit

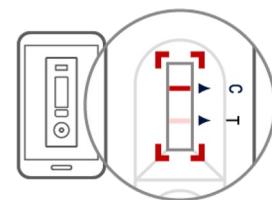
Bringing the best AI models to work in tandem to accelerate access to care



AI Companion Service



AI Model & Agent Orchestrator and Context Engine

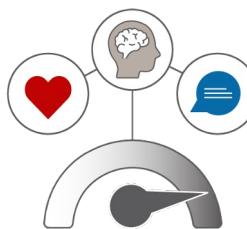


Computer Vision & Digital Guide Service

audere



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



Predictive Analytics Service



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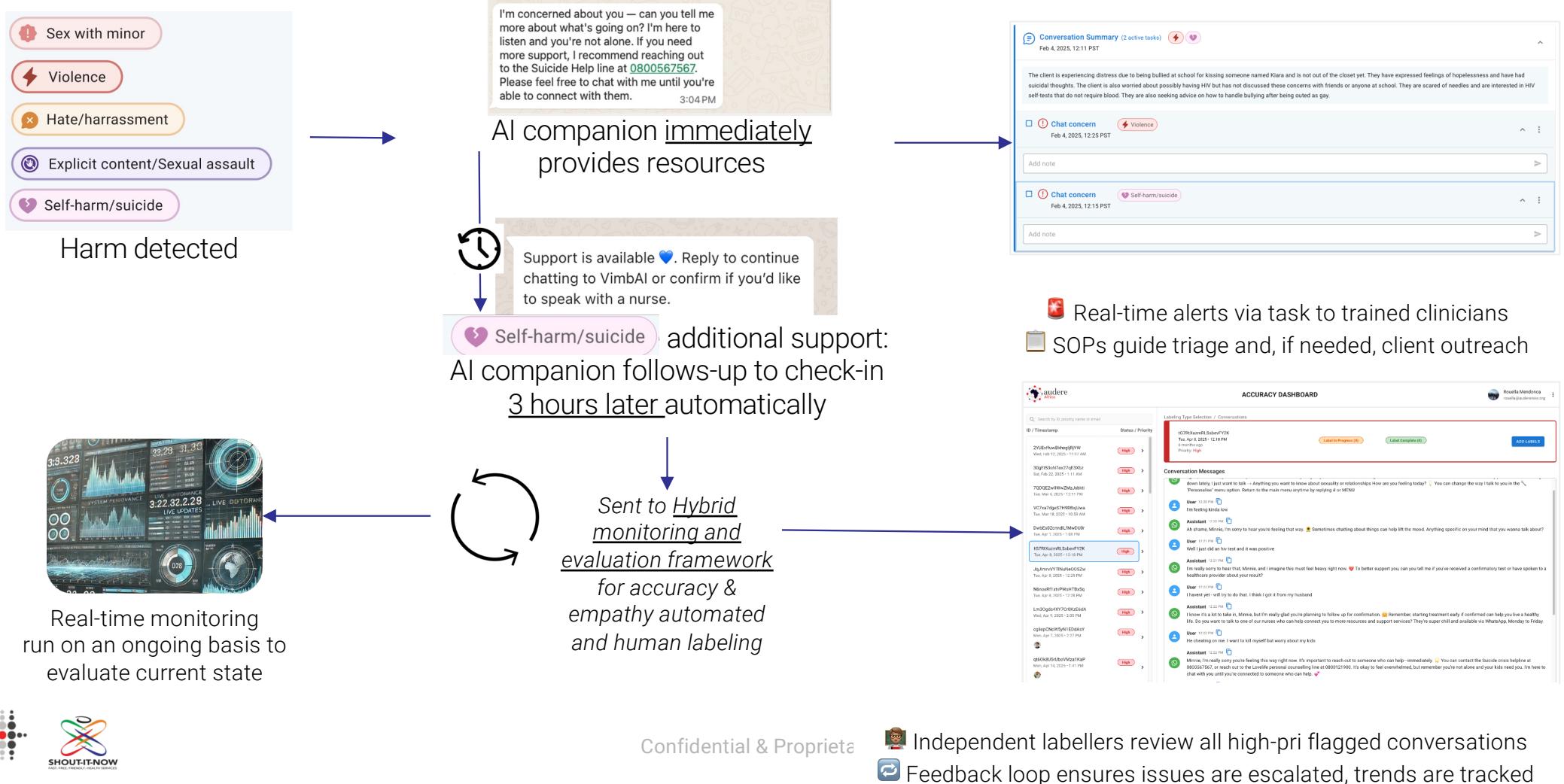
Hybrid Monitoring & Evaluation Service



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

7

Human oversight: Real-time safety infrastructure



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"

Confidential & Proprietary



Two key aspects of uptake:

Demand

Access

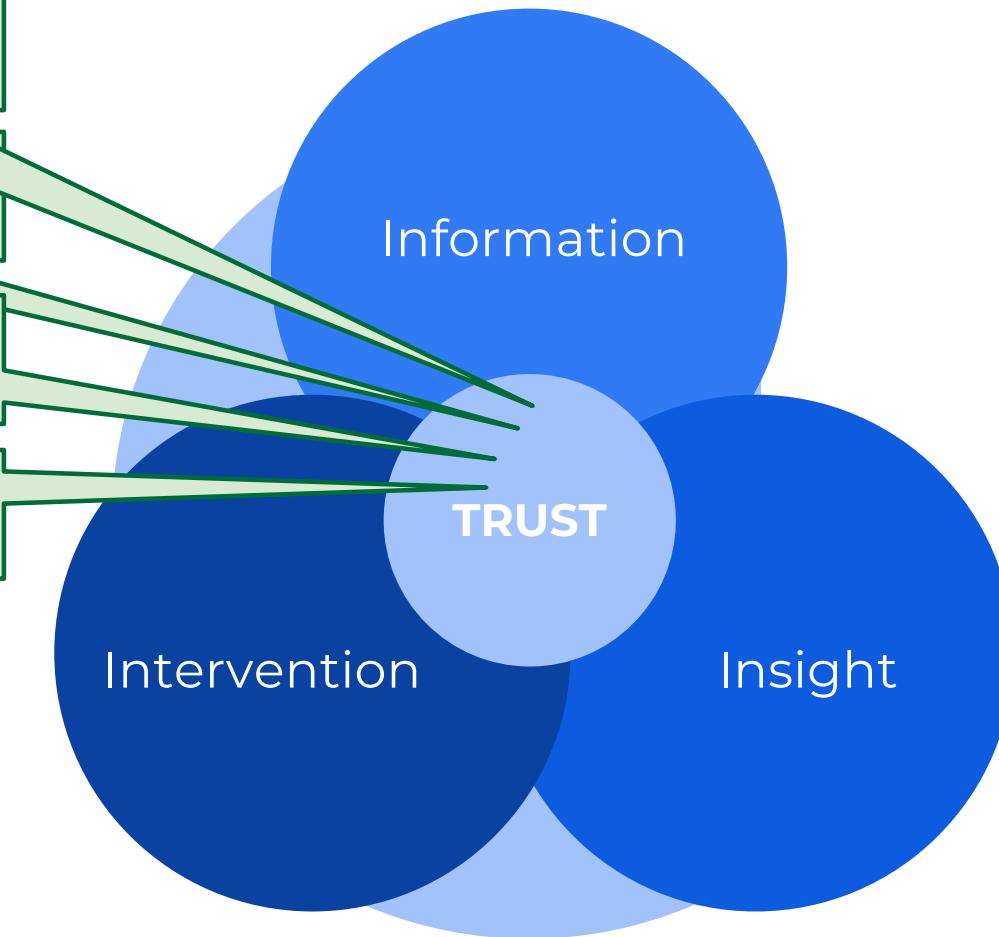
I have nowhere to go and no one to talk to.. I feel so stupid and shattered. -
AGYW, SA

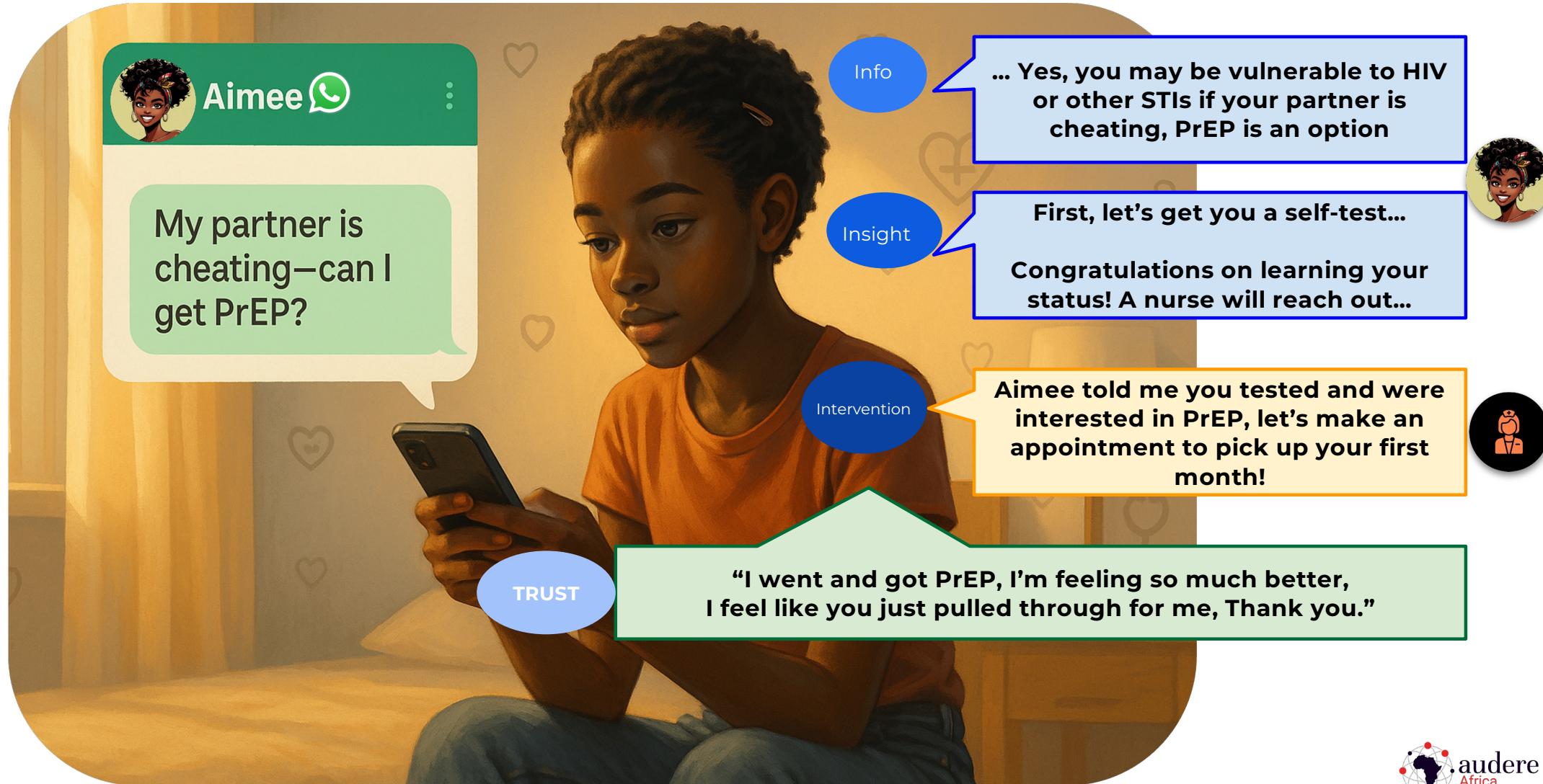
I feel death is the easiest way out.- AGYW, SA

Keep it between us. I don't have anyone to talk to about this... - AGYW, SA

I'd like to know my status but I'm scared - AGYW, SA

Key Levers to drive uptake





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/>

