

A young woman with voluminous curly hair is smiling warmly while looking at a laptop screen. She is wearing a white ribbed turtleneck sweater. The background shows a kitchen with a wooden countertop, a stove, and a printer. The scene is brightly lit and has a warm, inviting atmosphere.

DISCOVERY HEALTH

Online Patient Communities

Social networks for members living with diabetes, heart disease and COVID.

A decorative graphic on the right side of the page, consisting of several overlapping white and green geometric shapes, including rectangles and triangles, arranged in a vertical stack.

Discovery Health online patient communities

POWERED BY  myHealthteam

MyHealthTeam is a global leader in delivering highly effective online patient communities that enlighten, share, unite and empower.

In 2022 Discovery Health is offering more support to people living with diabetes and heart disease, and those who've been affected by COVID.

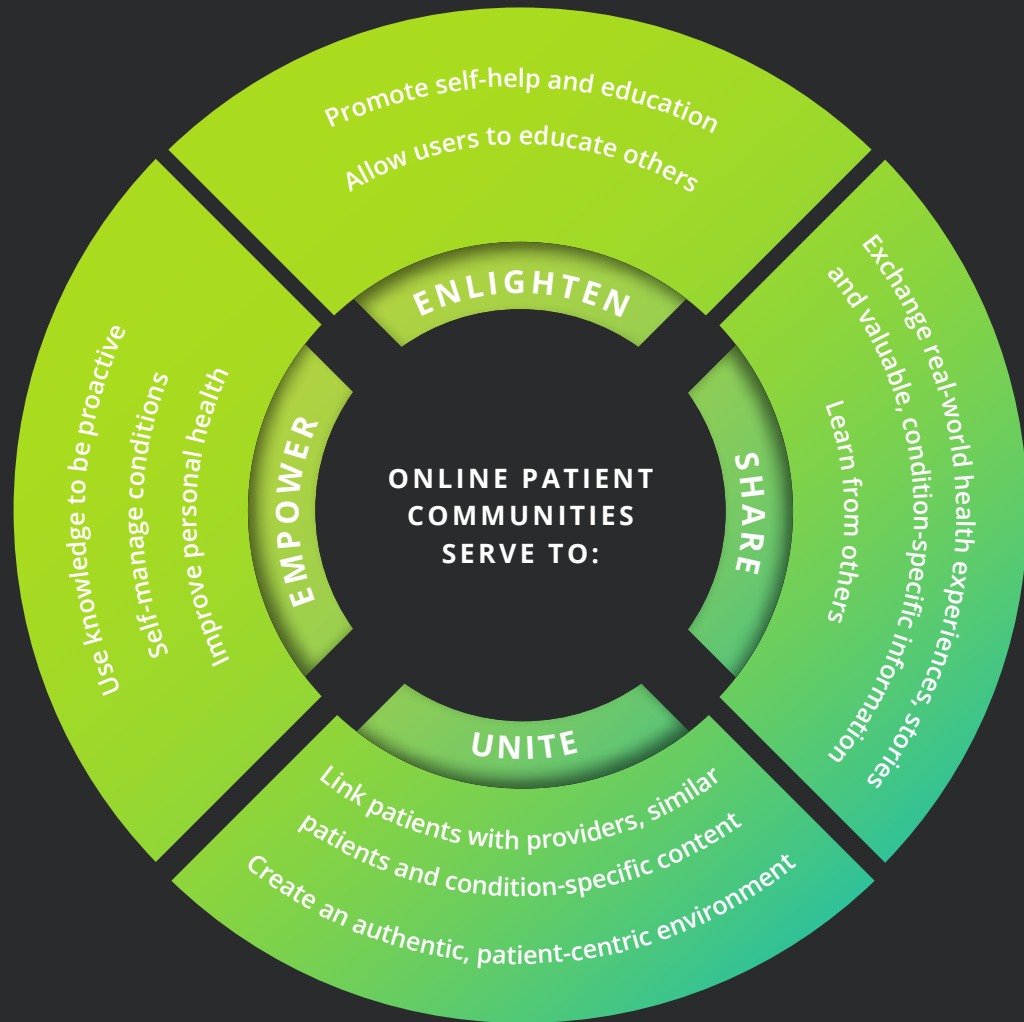
We've partnered with MyHealthTeam to give you access to an online community of people living with the same condition.

Online patient communities are patient-led, online groups where patients, caregivers, doctors, researchers, and others come together with a focus on a particular disease. They share stories, offer support and information, and even develop solutions where needed.









ONLINE PATIENT
COMMUNITIES

What value do online patient communities offer to you?

PATIENT EMPOWERMENT IMPROVES HEALTH OUTCOMES

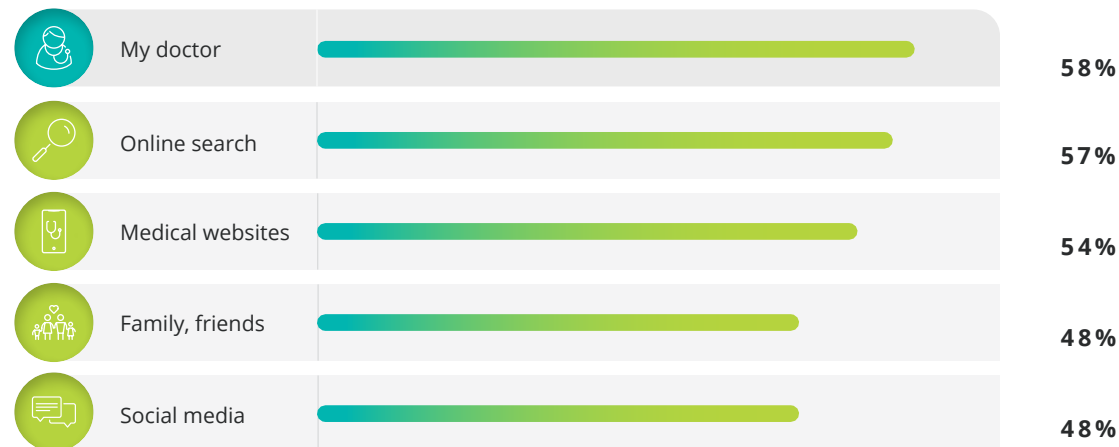
Research has shown that health outcomes improve when people who have the same chronic condition can connect with and learn from each other.

Online patient communities support patient empowerment, which in turn helps to improve health outcomes. Patient empowerment complements traditional healthcare and encourages healthcare professionals to have a more positive attitude to patients' use of online patient communities.

Through these communities, members can ask questions, get referrals and share tips with other people who understand what it's like to live with the same condition. Health outcomes improve as these communities help to:

- Empower patients
- Encourage follow-through with treatment and therapy
- Promote effective self-management.

% OF PATIENTS USING SOURCE FOR MEDICAL INFORMATION AND EMOTIONAL SUPPORT



KEY FEATURES OF EFFECTIVE ONLINE PATIENT COMMUNITY PLATFORMS

01 

SOCIAL SUPPORT

Connects patients living with the same chronic illness to exchange real-world health experiences and stories

02 

ACCURATE CLINICAL INFORMATION

Active engagement by medical experts to ensure all conversations and patient-to-patient exchanges are clinically reviewed

IMPROVE
YOUR HEALTH
OUTCOMES

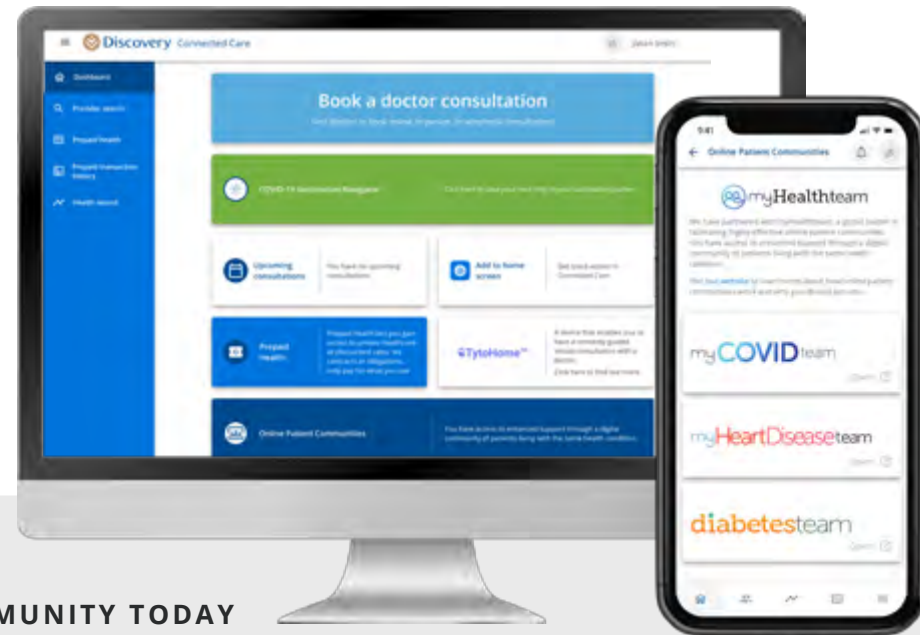
¹ Johansson, V; Islind, AS; Lindroth, T; Angenete, E & Gellerstedt, M (2021). Online Communities as a Driver for Patient Empowerment: Systematic Review. Journal of Medical Internet Research, 23(2), e19910. <https://doi.org/10.2196/19910>

Meeting you where you are, with the information you need

Online patient communities create connections for patients who are already looking for information.

To make sure the information shared in the online community is relevant and accurate, medical experts are actively engaged in all conversations and review all patient-to-patient exchanges.

Visit the Discovery website for more information and share your journey to better health.



JOIN YOUR COMMUNITY TODAY

01 

Sign-up for your MyHealthTeam community using either:

- Discovery Connected Care app; or
- Discovery app or
- [Discovery website](#)

The first time you sign up you will be prompted to register a new profile on MyHealthTeam. Once you've done this, you're set and won't need to provide these details again.

02 

Go to Online patient communities

This will take you to the MyHealthTeam community, where you can:

- Engage with local and international members
- Access exclusive Discovery content, healthcare professional interviews, Q&As and more, all focused on the South African healthcare context.

Connected Care is brought to you by Discovery Health (Pty) Ltd; registration number 1997/013480/07, an authorised financial services provider and administrator of medical schemes.

JOIN YOUR COMMUNITY



Download the Discovery app



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