

United Action for Human Development (UAHD)

Current Activity Report 2025

Activity Report: Facilitation of Virtual Health Services in Jacobabad through Fitwell Hub

Date: January 2025

Project: Virtual Health Services in Jacobabad in Collaboration with Fitwell Hub

Executive Summary

This report details the ongoing activities regarding the facilitation of virtual health services in Jacobabad, achieved through the collaboration between **Fitwell Hub (UAHD)**. This initiative aims to enhance healthcare access by providing **e-clinic facilities, psychological support, and counseling services** to the community. In addition, the UAHD will counsel beneficiaries to obtain **health cards** from Fitwell Hub, enabling seamless access to healthcare services.

Project Overview

The collaboration between **Fitwell Hub** and **UAHD** seeks to bridge healthcare gaps in Jacobabad by offering virtual consultations, psychological counseling, and access to health services. The project will leverage technology to provide critical health services, especially to marginalized and underserved communities.

Key Components of the Project:

1. **Virtual Health Consultations** via Fitwell Hub's online platform.
2. **Psychological Support and Counseling Services** for community members.
3. **Health Card Distribution** for beneficiaries to facilitate access to ongoing healthcare.

Current Activities

1. Partnership Development with Fitwell Hub

A formal partnership has been established with **Fitwell Hub**, a leading provider of virtual healthcare services. The collaboration allows for the provision of the following services:

- **Virtual Medical Consultations:** Accessible remotely, allowing beneficiaries to consult healthcare professionals without the need for physical visits.
- **Psychological Counseling:** Offering mental health support and therapeutic interventions to individuals facing stress, anxiety, and other emotional challenges.



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his partnership ensures the delivery of high-quality healthcare services that can be accessed conveniently, thereby overcoming geographic and mobility barriers.

2. Infrastructure Setup at UAHD Facility

The **UAHD** has allocated a dedicated space for the setup of **Fitwell Hub's e-clinics**. This space will function as the operational base for the provision of virtual health services to the community.

- **Technology Integration:** High-speed internet and necessary digital infrastructure have been installed to support uninterrupted virtual consultations and counseling sessions.
- **Health Card Registration:** The UAHD will facilitate the process for individuals to register and obtain health cards through Fitwell Hub, ensuring that they can avail of all services seamlessly.

3. Health Card Counseling and Distribution

To streamline access to healthcare services, the **UAHD** will guide beneficiaries through the process of acquiring **health cards** from **Fitwell Hub**.

- **Health Card Benefits:** Health cardholders will have continuous access to virtual consultations, medical advice, and psychological support.
- **Counseling Sessions:** UAHD staff will conduct one-on-one counseling sessions with beneficiaries to explain the benefits of the health cards, the registration process, and how to make the most of the available health services.

4. Psychological and Counseling Services

Fitwell Hub will provide a comprehensive range of psychological services, which include:

- **Individual Counseling:** Offering confidential counseling sessions to address personal mental health concerns.
- **Group Therapy Sessions:** Facilitating group discussions and therapy for collective issues such as stress management, community wellness, and coping with socio-economic challenges.

These services will be available via video calls and telehealth platforms, ensuring accessibility for all community members.

5. Community Outreach and Engagement

The success of this initiative relies on raising awareness within the community. **UAHD** will lead outreach campaigns to inform residents about:

- **Virtual Health Services** available through Fitwell Hub.
- **Health Card Registration** and its benefits for accessing healthcare.
- **Mental Health Support** services available through psychological counseling.



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These campaigns will utilize local channels such as community meetings, social media platforms, and informational materials to reach the widest possible audience.

6. Monitoring and Evaluation

Continuous monitoring will be carried out to assess the effectiveness of the virtual health services provided by Fitwell Hub. This will include:

- **Feedback Mechanisms:** Surveys and interviews with beneficiaries to gather insights into their experiences and satisfaction levels.
- **Service Quality Assessment:** Regular reviews of the medical and psychological services to ensure high standards of care and efficiency.
- **Impact Analysis:** Evaluation of the health outcomes and well-being of the beneficiaries to measure the success of the program.

Expected Outcomes

1. **Enhanced Healthcare Access:** Virtual health services will provide remote access to consultations, reducing barriers related to physical distance and lack of healthcare facilities.
2. **Improved Mental Health:** The provision of psychological counseling will help address mental health challenges, particularly in underserved communities, improving overall well-being.
3. **Streamlined Healthcare Access through Health Cards:** The distribution of health cards will facilitate easier access to continuous health services, reducing administrative barriers for beneficiaries.
4. **Empowered Community:** By providing access to essential healthcare and counseling, the project will empower individuals to take control of their health, both physically and mentally.

Conclusion

The collaboration between **Fitwell Hub** and **UAHD** represents a significant step forward in improving healthcare access in Jacobabad. By leveraging technology, the initiative provides essential health services, including medical consultations, psychological counseling, and health card registration, to marginalized and underserved populations. This project has the potential to transform healthcare delivery in the district and provide lasting benefits to the community.

Next Steps

1. **Finalize e-clinic setup** at the UAHD facility.
2. **Launch health card registration** and community outreach campaigns.
3. **Monitor service uptake and beneficiary satisfaction** to refine the initiative and ensure its sustainability.

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Pictorial view:



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- **Training and Support:** Provide comprehensive training for UNITED ACTION FOR HUMAN DEVELOPMENT ORGANIZATION (UAHD) staff and ongoing technical support for virtual clinic operations.
- **Health Record Maintenance:** Manage and maintain the EHR system for all children and staff to ensure continuity and quality of care.

Timeline

The installation of virtual clinics and the delivery of healthcare services will follow the timeline below:

- **Phase 1: Virtual Clinic Installation:** The deployment will begin immediately after the signing of this MOU and is expected to be completed within 8 weeks.
- **Phase 2: Ongoing Healthcare Support:** Regular check-ups, mental health sessions, and nutritional guidance will commence immediately after the clinic installations.

Confidentiality

Both parties agree to maintain confidentiality regarding all shared information related to the children, staff, and services provided under this MOU. No data will be disclosed to third parties without written consent.

Amendment

This MOU may be amended or modified at any time by mutual written consent of both parties.

Termination

This MOU will remain in effect for a period of one (1) year from the date of signing, with an option for renewal upon mutual agreement. Either party may terminate the MOU with 30 days' written notice.

Signatures

For United Action For Human Development Organization (UAHD):

Mr. Muhammad Iqbal Naich

CEO

Date: 25-01-2025

Signature: _____

PRESIDENT

United Action for Human Development O:
Dist: Jacobabad

For Fitwell HUB:

Adnan Bakhsh

COO

Date: 25-01-2025

Signature: _____

Fitwell Hub (Private) LTD