

A Summary of Key Socio-Medical Insights in Ghana

Drawing from **400,000+** data points collected in 2024

RIVIA



Silent “Killer” Diseases on the Rise in Ghana



Over 80% of individuals **aged 27-62** in research covering over **23,000** patients are hypertensive, with a prevalence of 68% among men.



50% of a sample population of **80,000** has undiagnosed or poorly managed diabetes.



Lifestyle factors such as high-salt diets, excessive alcohol consumption, and stimulant misuse are driving rising cases of kidney diseases, particularly among younger populations.



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Source: Anonymous user data from Rivia Network, combined with findings from blood donation drives, health screenings, and community outreach programs.

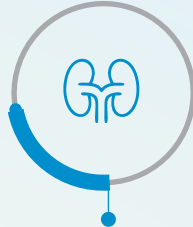
Top 5 chronic conditions affecting Ghanaians between 27-62



Hypertension/High
Blood Pressure



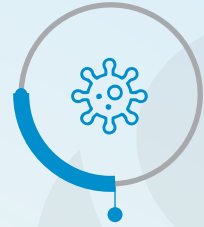
Diabetes



Kidney disease



Mental
health problem



Cancers



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384 Hours



Employees in Ghana lose up to **384 hours** annually—nearly two months of work—due to health-related issues, costing the economy **billions of dollars** in lost output.



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1 Week

- 8 hours of lost productivity.

1 Month

- 32 hours lost productivity

1 Year

- 384 hours lost, equivalent to;
- 48 full 8-hour workdays
- 2 months of work annually.

Ghana: The Cost of Poor Health for Businesses and the Broader Economy

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Top 5 reasons for worker absenteeism in Ghana



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Hypertension

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Chronic Diseases

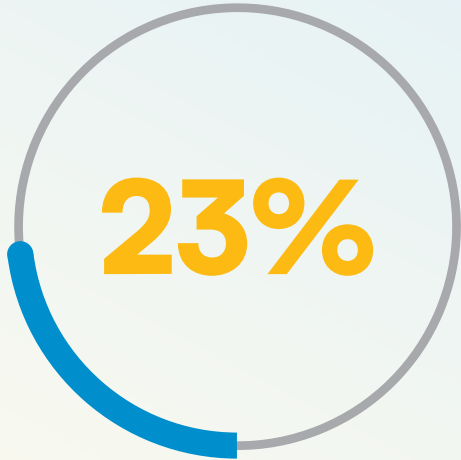


50% of a sample population of **80,000** has undiagnosed or poorly managed diabetes.



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Rising Renal Conditions



Lifestyle factors like high-salt diets, excessive alcohol intake, and stimulant misuse are fueling the rise in kidney diseases, now affecting 23% of respondents—particularly younger populations.



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Interventions to Address Poor Health in Ghana



Government Policies

- Tax incentives for corporate health programs.
- Mandate subsidized annual health screenings promoted by companies, unions and associations.
- Enforce food labeling laws to reduce salt and sugar intake.



Workplace Wellness:

Implement and encourage:

- Health screenings for chronic diseases.
- Stress management, mental health support, and fitness programs.
- Employee health benefits like RiviaCare



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Preventive Healthcare Infrastructure

- Mobile health units and expanded CHPS Compounds for underserved areas.
- Public campaigns on regular checkups and disease prevention.
- Training for healthcare workers on chronic disease management.



Individual Lifestyle Changes

- Healthier diets with less salt and sugar.
- Community workshops and online education on prevention.
- Regular health monitoring with apps and devices






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Corporate Mental Health Support

- Policies to reduce stigma and promote mental well-being.
- Counseling services and wellness spaces.
- Manager training to identify and support stressed employees.



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About Rivia

Never take your health for granted

Rivia operates a rapidly growing network of **tech-powered primary care clinics** in Ghana, delivering **membership-based** healthcare tailored for individuals, families, and companies.



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Our Services Include:

-  Doctor Consultations
-  Pharmacy Services
-  Lab & Diagnostic Services
-  Telemedicine
-  Healthcare Research

Our Promise

The **WOW**TM Experience

Exceptional care, convenience,
uncompromising privacy and
personalized service powered
by innovation.





Theresa Clinic
North Kaneshie



Koforidua Clinic
Koforidua



Bethel Clinic
Kasoa



Rivia Clinic
Dzorwulu



Rivia Clinic
Labone

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