



BADRI

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The Vitals

“

***There is hope, even
when your brain tells
you there isn't.***

—John Green

Medical Newsletter

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TOPIC 2

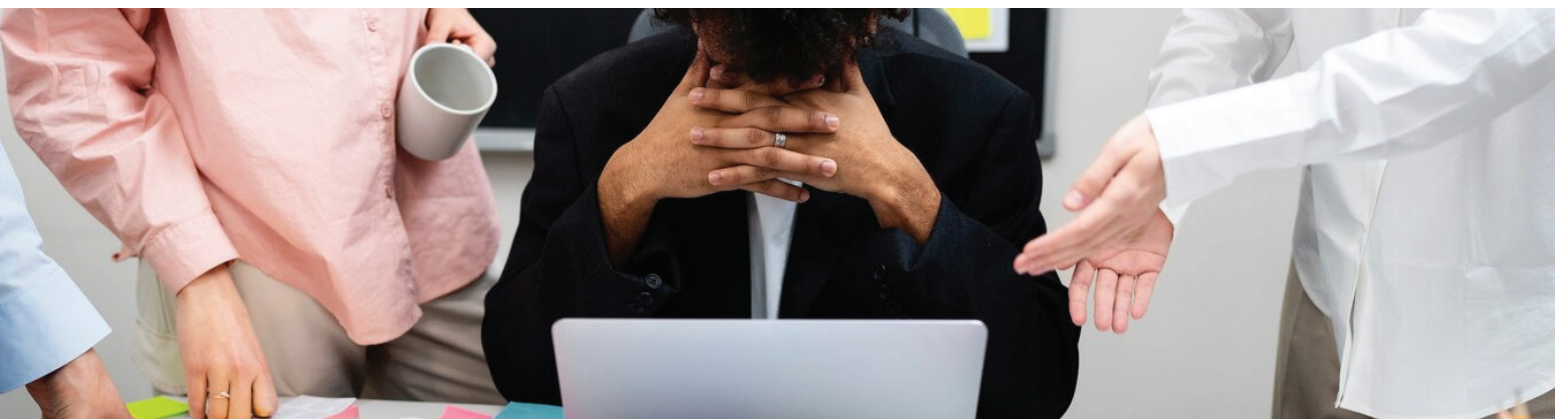
TELEHEALTH - Page 6





GLIMPSE OF OUR 2023 CONFERENCE





TOPIC 1: MENTAL HEALTH

On October 10, 2024, the world celebrated 'World Mental Health Day'.¹

Mental health is an essential part of people's lives and society. Poor mental health affects our well-being, our ability to work, and our relationships with friends, family, and community. Hundreds of millions suffer from them yearly; many more do over their lifetimes. It is estimated that 1 in 3 women and 1 in 5 men will experience major depression in their lives.²

Share of population with mental health disorders, 2021³



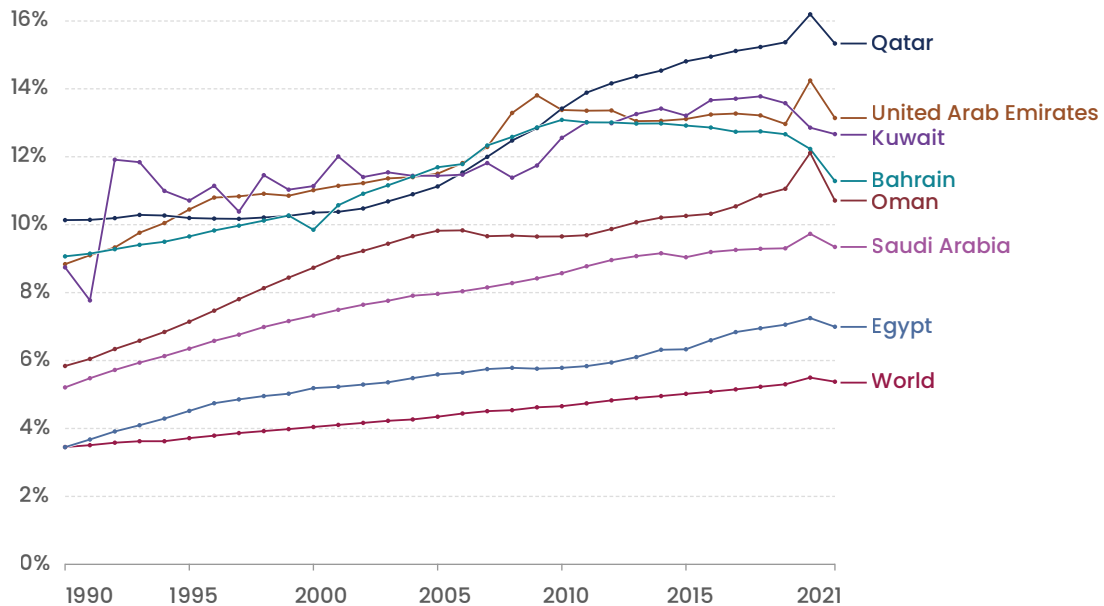
In 2021, 14.4% of Saudi Arabia's population was affected by mental health disorders, slightly higher than UAE's 13.9%. however, both are close to the global average of 13.6%.

References:

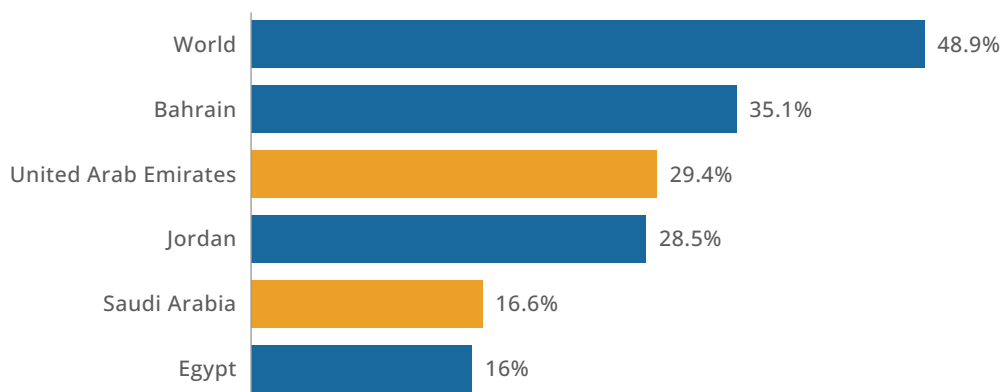
- 1 <https://wmhdoofficial.com/message-from-the-wfmh-secretary-general-2024/>
- 2 <https://ourworldindata.org/mental-health>
- 3 <https://ourworldindata.org/grapher/share-with-mental-and-substance-disorders?tab=chart>

Mental disorders as a share of total disease burden, 1990 to 2021 in Mena region

From 1990 to 2021, the mental health burden (as a share of total disease burden) in UAE rose from 7% to nearly 12%, and in Saudi Arabia from 6% to 10%, as shown in the graph below. ⁴



In 2020, the percentage of people who took prescribed medication for anxiety or depression was higher in the UAE compared to Saudi Arabia, still way below the world average. ⁵



References:

- <https://ourworldindata.org/grapher/mental-and-substance-use-as-share-of-disease?tab=chart&showSelectionOnlyInTable=1&country=ARE~SAU~OMN~EGY~IRN~JOR~QAT~IRQ~KWT>
- <https://ourworldindata.org/grapher/dealt-with-anxiety-depression-took-prescribed-medication?tab=chart&country=SAU~ARE~IRN~IRQ~JOR~EGY>



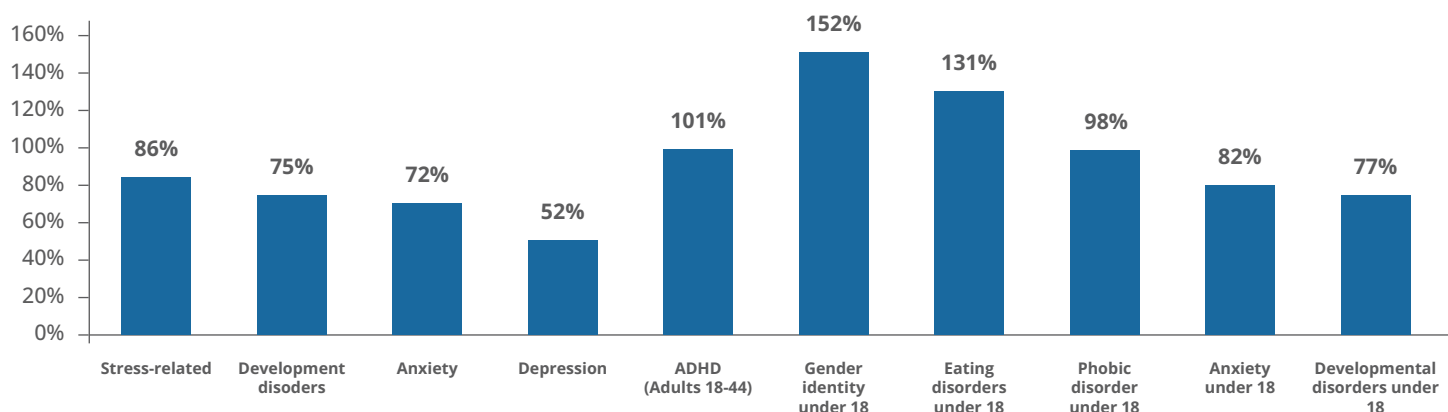
Mental Health Workforce in UAE ⁶

Public/Private	2020			2021			2022 (Preliminary)		
	Semi/Public	Private	Total	Public	Private	Total	Semi/Public	Private	Total
Mental Health Facilities providing the Services	26	103	129	29	122	151	32	135	161
Psychiatrists	174	205	379	177	210	391	237	257	494
Psychologists/Clinical Psychology	101	183	284	106	266	372	113	350	463
Social workers	77	6	83	65	5	70	80	10	90
Occupational Therapists	123	230	353	120	271	391	147	355	502
Speech Therapy	70	263	333	82	339	426	94	422	516
Mental health nurses	1914	1939	3853			3969	1492	2714	4206
Total Mental Health Workforce	2,459	2,826	5,285			5,619	2,163	4108	6,271

Increase in mental health conditions from 2019-2023

There is huge increase in many mental health conditions in US during the period 2019 & 2023, especially ADHD in adults aged 18-44 yrs, gender identity and eating disorders (both in under 18) have more than doubled. ⁷

Increase in mental health condition claims 2019-2023 increase %



References:

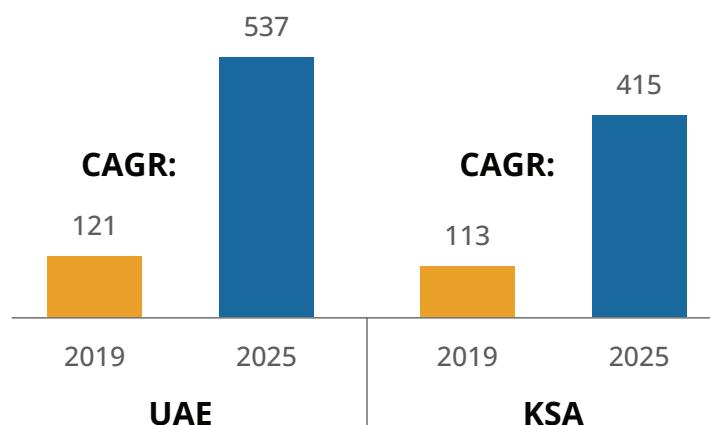
- <https://mohap.gov.ae/assets/download/5730a5ed/Mental%20Health%20Study-2022.pdf.aspx>
- <https://bhbusiness.com/2024/05/16/mental-health-claims-increased-56-from-2019-to-2022/>

TOPIC 2: TELEHEALTH

Telemedicine services in UAE have expanded significantly, especially post-COVID-19, with health insurers and providers increasingly adopting telehealth solutions. Key features include virtual consultations, remote patient monitoring, teletherapy, electronic prescriptions, and integration with health apps. These services offer convenience, cost savings, and accessibility, making healthcare more efficient and accessible, especially in remote areas.

In UAE, the market is expected to increase at a CAGR of 28.2% in 6 years from 2019 to 2025. During the same period in KSA, it is anticipated to rise by a CAGR of 24.2%. ⁸

Telehealth market size in UAE & KSA (AEDmn)



Telemedicine providers in UAE

Leading telemedicine providers in UAE include Health at Hand, Okadoc, Medcare, Abu Dhabi Telemedicine Center, TruDoc 24*7, and Mediclinic. These platforms offer a range of services, such as 24/7 consultations, chronic disease management, mental health support, electronic health records, and seamless insurance integration. This shift aligns with global trends towards digital-first healthcare, ensuring continuous patient care while reducing the need for in-person visits. ⁹

TruDoc charges AED 750 for its yearly plan, however, the charges for these services should vary by provider and plan. ¹⁰

References:

- 8 <https://insights.omnia-health.com/saudi-arabia/government-led-digital-health-initiatives-drive-adoption-telehealth-uae-and-ksa>
- 9 <https://healthcarebusinessclub.com/articles/consumer/telemedicine-providers-in-uae/>
- 10 <https://portal.myfatoorah.com/En/ARE/ProductsCatalogue/ProductLink/05031298543442>

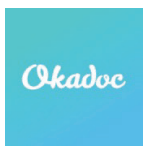
UAE is Rapidly Emerging as a Healthcare Investment Destination ¹¹

Health-tech Start Ups Funded in the UAE



Sehteq is a digital health insurance platform that offers affordable insurance plans for individuals and companies.

Last Funding- \$52 million from 971 Capital and others



Okadoc is the region's 1st instant online appointment booking platform that connects healthcare providers with patients

Last Funding- \$12.3 million from Abu Dhabi Investment Authority and Ithmar Capital



Klaim is a provider of AI-based claims management software for healthcare professionals.

Last Funding- \$1 million by Techstars



Altibi is a Calls-based telemedicine platform and community for doctors

Last Funding- \$23 million in around led by Southeast Asian VC Arbor Ventures and Mubadala Capital.



Vezeeta is an appointment management platform for healthcare providers and is available to doctors as a subscription model.

Last Funding- \$63 million from STV, Vostok New Ventures and other Investors



Bayzat is a comparison platform for health insurance and offers a platform for administration, payroll and health insurances.

Last Funding- \$31 million from Precinct Partners, Bolurfrushan International Group, Silicon Badia and others



Healthcare Exchange Network connecting various stake holders across the continuum of care

Last Funding- \$1million from National Incubation Centre

References:

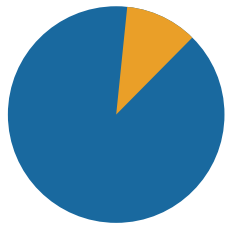
- 11 https://www.moec.gov.ae/documents/20121/1121099/2021+06+27+Healthtech+Investment+Heatmap+_WhyUAE+-.pdf/c57cfd49-8c6f-1eb9-e789-dff90ee937cf?t=1646194070038

Telehealth rise under Covid-19 and its Adoption

COVID-19 has caused a massive acceleration in the use of telehealth. Consumer adoption has skyrocketed from 11% US consumers using telehealth in 2019 to 76% consumers interested in using telehealth now. ¹²

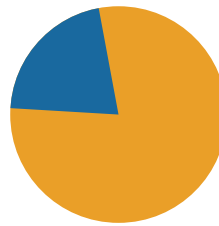
Consumer

Shift from:



11%
use of telehealth in 2019

To:



76%
now interested in using
telehealth going forward

Physicians' adoption of Telehealth technology

84%

of physicians use telemedicine weekly

40%

incorporate telehealth their daily practice

84%

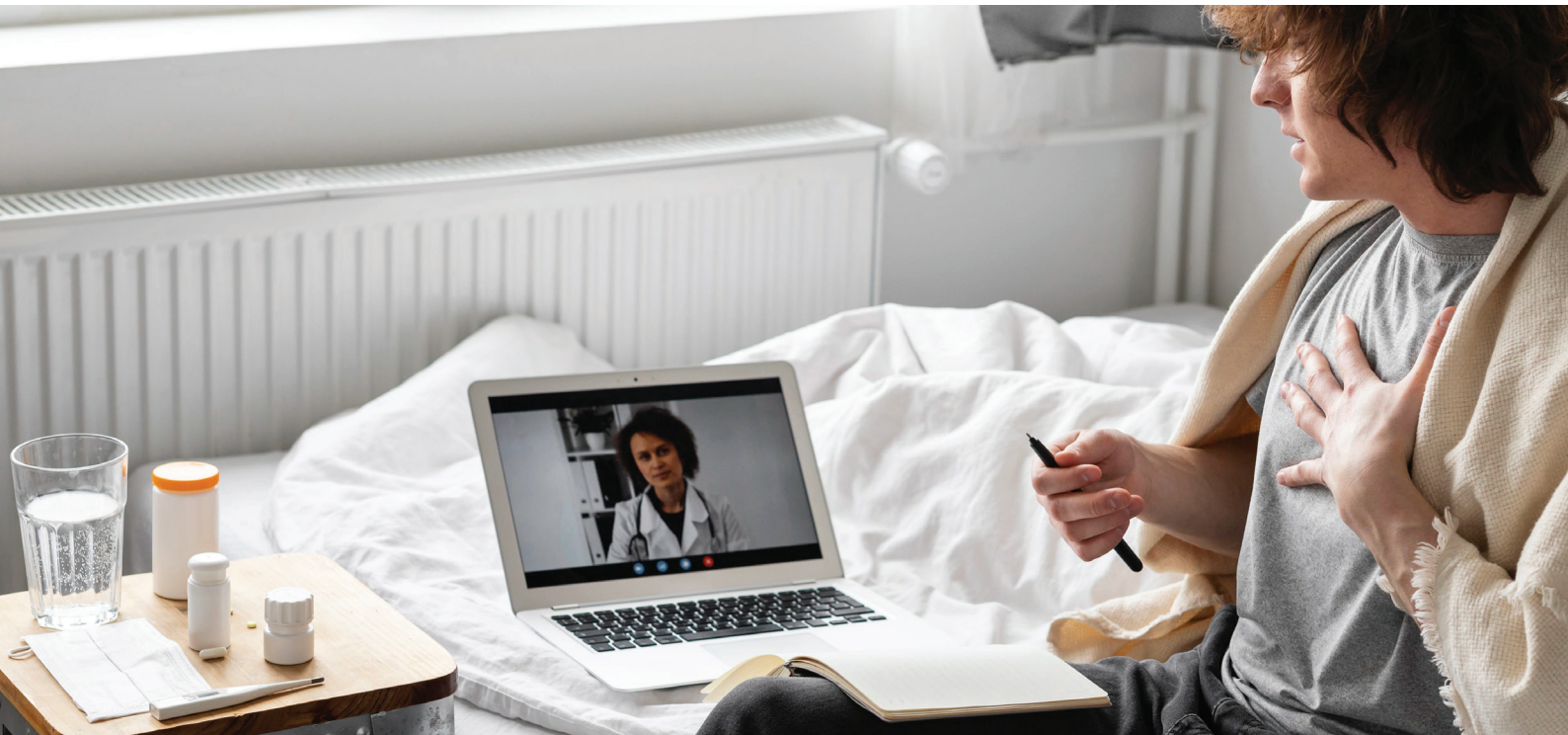
of psychiatrists have the highest telemedicine usage

57%

of endocrinologists have the highest telemedince usage

References:

- 12 <https://www.mckinsey.com/industries/healthcare/our-insights/telehealth-a-quarter-trillion-dollar-post-covid-19-reality>



Future telehealth related trends ¹³

Future telehealth trends are set to revolutionize healthcare in 2024 and beyond, key developments include:

Embedded Telehealth:

Integrating telehealth with Electronic Health Records (EHR) enables seamless access and updated data in one place, reducing errors and improving efficiency.

Telehealth IoMT and Wearables:

The growing Internet-of-Medical-Things (IoMT) market, projected to reach \$588.9 billion globally by 2030, including medical wearables and cross-platform apps, allowing real-time health data exchange and independent health tracking.

Augmented and Virtual Reality (AR / VR):

Combining telemedicine with AR/VR improves medical imaging, navigation systems, and training, enhancing both patient care and medical education.

Generative AI:

AI applications, such as automated reports and healthcare chatbots, are streamlining operations and supporting more efficient telehealth services.

References:

¹³ <https://empeek.com/insights/telehealth-trends/>

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