



HEALTHPEDIA

THE W COMMUNITY MONTHLY NEWSLETTER | Vol.4

OCTOBER 2025

Community
Impact Story:

Operation Pad A Girl

Unmasking Fibroids: What Every Woman Should Know

W PRESENTS

an exclusive interview session with

Stephanie Coker

THE SILENT THREAT
WE CAN BEAT:

HPV and Cervical Cancer



health
month **7th**
EDITION

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October is here! The final quarter of the year has begun, and it comes with a renewed sense of excitement and purpose. It is even more special for us at W, because October is W Health Month, a special season dedicated to helping every woman in our community thrive as a beacon of health, strength, and vitality.

In this edition, we are going bigger and better! Get ready for a month packed with exclusive discounts, and engaging health sessions across our branches and beyond. Every activity has been thoughtfully designed to support you on your journey to optimal well-being.

This edition of our newsletter is also curated with rich, empowering content to keep you informed, inspired, and equipped to prioritise your health.

So, join us as we celebrate W Health Month 2025! Follow us on Facebook, Instagram, and X @thewcommunity, and subscribe to our YouTube channel @The W Initiative for educational and inspiring health content this October.



**Health
Pedia** October
2025





October is for your health

Join us for the 7th edition of **W Health Month** as we celebrate over 6 years of impact and bring you even more reasons to prioritize your wellbeing.

Here's what's happening this year:



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Health Without Limit:

How the W Health Loan is Changing Lives



For too many women, the journey to good health is delayed not by courage, but by cost. From surgical procedures to fertility treatments, from emergency care to cancer support, medical bills can pile up faster than expected. But what if finances never had to stand in the way of healing?

The W Health Loan, a unique financing solution under the W Initiative of Access Bank, was created to make healthcare accessible, affordable, and timely for women and the families who love them. Here is how it works, and why hundreds of women are already calling it a life-saver:

The W Health Loan is not "one size fits all".

It has three variants, each tailored to meet specific health needs:

- **Maternal Health Service Support (MHSS):** designed for fertility treatments, childbirth, and gynaecological procedures like fibroid surgery.
- **Medical Emergency Support:** for urgent or unexpected medical procedures, whether local or abroad.
- **Cancer Support Loan:** for diagnosis, treatment, and surgery, ensuring no woman faces cancer alone.

Why Women Choose It

The W Health Loan stands out for its benefits:

- Up to ₦10 million in financing for local or international procedures.
- Discounted interest rate of 14% per annum.
- No hidden charges or fees.
- No collateral required for salary earners; only a guarantor for business owners.
- Flexible repayment plans up to 36 months.
- Accessible not just by the woman herself, but also by her spouse, family, or even a 3rd party, as long as the beneficiary is a woman or child.

What is Covered?

The loan is versatile, covering a wide range of procedures, including:

- Fibroid and fertility treatments (IVF, ICSI, surrogacy).
- Childbirth support (home or abroad)
- Dental implants & orthodontics
- Eye surgeries like LASIK
- Corrective and medical aesthetic surgeries
- Cancer treatment
- Orthopaedic and spine surgeries
- Cost-intensive diagnostic tests

Who Can Apply?

- Salary Earners: Must have a salary domiciled with Access Bank for the loan duration (minimum 1 month proof)
- Business Owners: Must have a registered business with at least ₦8 million annual turnover and a business account with Access Bank for at least 30 days, plus a guarantor or fixed deposit.

Legacy of Hope

The W Health Loan is not just about numbers but real stories. Over 100 babies have been born through the fertility and childbirth loans, and countless women have overcome medical challenges due to timely access to care. Health emergencies do not give notice and beautiful experiences like motherhood shouldn't be deferred because of cost. With the W Health Loan, women now have a safety net that turns fear into hope.



bright smile & clear vision

with **W Health Loan**

From clearer vision to a healthier smile, the W Health Loan can finance your necessary optical and dental procedures.

Click here

<https://forms.office.com/r/Jx0KLA2hmF>

to apply for a W Health Loan today.

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Beyond the Breakouts:

What Your Skin is Really Telling You



Pimples always seem to show up at the worst possible time, before a big meeting, a wedding, or even that school reunion you have been looking forward to. For many women, acne feels like a teenage battle that should have ended years ago, yet it continues into adulthood, leaving not just marks on the skin but sometimes dents in our confidence. Pimples are not just “random”; they often carry signals about what is happening inside your body.

Hormones and Your Cycle

Have you ever noticed breakouts that appear right before your period? That is your hormones at work. Fluctuations in oestrogen and progesterone can trigger excess oil production, leading to clogged pores and pimples, especially around the jawline and chin.

Stress Speaks Through the Skin

When you are under pressure, whether at work, at home, or even in relationships, your body produces cortisol. This stress hormone can inflame oil glands, making acne flare-ups worse.

Diet Matters More Than You Think

High-sugar snacks, dairy, and processed foods can all contribute to acne. On the flip side, foods rich in omega-3s (like fish and walnuts), antioxidants (berries and spinach), and water-rich fruits can calm inflammation and nourish your glow from within.

Beyond the Breakouts:

What Your Skin is Really Telling You

The Skin-Care Trap

Sometimes, it is not what you are eating but what you are applying. Heavy makeup, harsh scrubs, or even skipping sunscreen can worsen acne. Gentle cleansing, non-comedogenic products, and daily SPF go a long way in preventing breakouts.

When to Seek Help

Remember that clear skin is not the definition of beauty, and breakouts do not define your identity. Instead of seeing them as flaws, treat them as signals, your body's way of speaking to you. With the right care, inside and out you can move beyond the breakouts and step fully into your glow.



Confessions for My Body & Mind

- I speak life to my body; every cell, every bone, every organ responds to health and wholeness.
- My heart beats steady and strong. My legs carry me with strength. I do not tire easily, nor do I faint under pressure.
- I choose to treat my body with respect, not neglect. Food, rest, and stillness are gifts I give myself with intention.
- My scars, my stretch marks, and my curves are part of my uniqueness. I honour it without shame.
- I am more than my physical appearance. My beauty is not defined by societal standards or validation.
- Every day, I am becoming stronger, healthier, and more at peace with myself.

wellness at your fingertips

Your health journey is unique, but every step matters.
Here are some essentials to keep in mind:

A**Active Living:**

A brisk walk a day keeps the doctor away.

B**Balanced Diet:**

Fuel your body with colors, not just calories.

C**Check-Ups:**

Regular screenings could save your life.

D**De-Stress:**

Protect your mind as much as your body.

Stay informed. Stay healthy.

Stay empowered with



The Fourth Trimester: Life After Childbirth

Childbirth is often seen as the finish line after nine months of waiting, but in reality, it is only the beginning. The fourth trimester (the first three months after delivery) is where the hidden realities of recovery, bonding, and emotional well-being come to light, and it is where many women quietly face their hardest battles.

Healing the Body You Live In

Recovery after childbirth is rarely simple. From stitches and swelling to exhaustion and hormonal shifts, your body is learning to find its rhythm again. Add the demands of breastfeeding, sleepless nights, and body image changes, and it is clear that the postpartum journey is not about “snapping back”. It is about gentle healing: body, spirit and soul.

Take note:

- Healthy meals must not be compromised: Iron-rich meals (like beans, leafy greens, and lean meat) help rebuild blood lost during delivery. Protein restores strength, while water keeps both body and breast milk flowing.
- Rest as much as you can. Sleep may come in fragments, but even short naps help replenish energy.
- Gentle movement: When cleared by your doctor, light walks and stretches improve circulation and mood.

Your body is not betraying you; it is rebuilding you.





The Emotional Landscape:

Baby Blues and Beyond

The arrival of a newborn brings joy but also unexpected waves of emotion. For up to 80% of women, the “baby blues” hit within the first two weeks: mood swings, tears, and irritability that often fade on their own.

But for some women, the feelings linger or deepen. This is postpartum depression (PPD), a medical condition that affects 1 in 7 mothers. Symptoms may include:

- Persistent sadness or hopelessness
- Feeling detached from your baby or yourself
- Overwhelming anxiety or guilt
- Trouble sleeping or eating, even when the baby rests
- Thoughts of being a “bad mother” or of giving up

These are not signs of weakness; they are signs to seek help. With the right support, whether through counselling, medication, or community, postpartum depression is treatable. Silence should never be an option.





Bonding With Baby

The fourth trimester is about building connections. Skin-to-skin contact, breastfeeding where possible, and responding to baby's cues all strengthen attachment. However, bonding doesn't always happen instantly. If you don't feel that rush of love right away, you are not alone. Many mothers grow into it, and that is perfectly normal.

Relationships in Transition

Motherhood reshapes more than the body. It shifts marriages, friendships, and family dynamics. Physical intimacy may take time to return. Friendships may fade or deepen. Extended families may feel closer or more complicated. The key is communication, boundaries, and leaning into support systems when needed.

Redefining Balance

The fourth trimester teaches women that balance is not about "doing it all". It is about prioritising the essentials: rest, feeding, recovery, and small pockets of self-care. A shower can feel like victory; a meal eaten warm can feel like luxury. In this season, self-care is not always about grand plans.

Why the Fourth Trimester Matters

Too often, society praises "bouncing back" instead of honouring the reality of postpartum life. By acknowledging the fourth trimester, we create space for women to heal, adjust, and speak openly about struggles like postpartum depression without shame. Motherhood is not measured by perfection. Some days will feel triumphant, others overwhelming, and that is okay. Life after childbirth is not just about recovery; it is about transformation, healing, and rediscovering yourself as you care for your baby.



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Presents

an exclusive interview session with

**Stephanie
Coker**



W

You've had such an inspiring career journey; from media to entrepreneurship to motherhood. Looking back, what key values or moments have shaped you most as a woman?



Thank you so much. For me, independence has always been a driving force, the desire for both financial and lifestyle freedom. I've also learned the importance of shutting out the outside noise, which can be challenging in today's social media-driven world. Staying focused on what truly matters, my purpose, my values, and most importantly, the legacy I am building for my children, has shaped me into the woman I am today.



In a world that often defines us by what we do, what personal practices or values keep you grounded outside the spotlight?



Anyone who knows me will tell you that I'm very carefree. I love my freedom, and I value being able to show up as my authentic self. In an industry where perfection is often expected, I treasure the moments when I can drop the façade, just relax, breathe, and be me, without worrying about who is watching. Those unfiltered moments keep me grounded and connected to my truest self.



You juggle many roles: wife, mother, creative, entrepreneur. How do you find balance, especially on the tough days?



Honestly, I'm still searching for the person selling this "balance" (laughs). But what I do is prioritize the things that matter most, like quality time with my kids, and I'm not afraid to outsource the smaller, menial tasks. One thing that's non-negotiable for me is enjoyment: make a conscious effort to travel, spend time with friends, and just have a good time. I want to look back and say I lived fully, loved deeply, and raised my beautiful girls with joy. On the tough days, I call my friends and vent about how much of a scam adulthood can be, and sometimes that laughter and connection is all the therapy I need.



You've always been admired for your openness. What made you decide to share your personal health journey publicly, when it might have been easier to keep it private?



I always knew I wanted to share my story to help other women and couples. PCOS is such a complex condition, and it's about so much more than fertility. Being blessed with a platform comes with responsibility, and I felt it was important to use mine to raise awareness, break stigmas, and encourage women who might feel alone. Sharing my journey has been about turning pain into purpose and hopefully making someone else's journey a little lighter.



Before your diagnosis, were there any misconceptions you had about PCOS that you would like other women to better understand?



I honestly thought I'd be stuck with adult acne forever. I didn't realize how many of my struggles were linked to PCOS until I started learning more about it.



What has been the biggest challenge PCOS has brought into your life, and how did you find strength, both emotionally and physically, during those times?



The PCOS belly, the insomnia, and the constant hormonal imbalance have all interfered with my goals at different points. But what I've learned is that strength doesn't come from pretending it's easy. It comes from finding coping mechanisms, seeking support, and giving myself grace. My husband, my children, my friends, and my faith keep me going, even on the hardest days.



Many women living with PCOS or similar conditions often feel isolated. How has sharing your story connected you with others, and what have you learned from their experiences?



Through sharing my story, I've met some truly remarkable women and even had the honor of being part of their journeys. One couple, for instance, received a free IVF cycle through my foundation, The Future is Her, in partnership with Fertil City Clinic. They are now expecting their first child. Stories like that bring me joy I can't put into words. It's deeply humbling to know that by speaking up, I've played a small part in bringing new lives into the world. That's a legacy that goes beyond me.



Beyond health, what lessons from this journey have influenced how you approach your work, finances, or personal growth?



I've learned that change is constant and life is unpredictable, so preparation is key. I also now see life in full color. It's not just black and white, or even shades of grey. There is a whole rainbow, and embracing that mindset has shaped how I approach my career, my money, and my growth as a woman.



What lifestyle choices (diet, exercise, or mental health routines) have helped you feel more in control of your wellness?



I've fallen in love with paddle, and I make time for spa days because self-care is essential. One ritual I hold onto is not checking my phone first thing in the morning. After I drop my daughter at school, I step outside to soak in some sunshine and Vitamin D. That small practice sets the tone for a calmer, more intentional day.



Finally, if you could leave every woman reading this newsletter with one message of hope or encouragement, what would it be?



I'd say this: Your journey is uniquely yours, so don't let comparison rob you of joy. Whether you're chasing dreams, healing, raising children, or simply figuring things out, know that you are enough. Take care of yourself, allow yourself to enjoy life, and never be afraid to rewrite your story. We are stronger, more resilient, and more beautiful than we sometimes give ourselves credit for, and every chapter, even the hard ones, adds to the masterpiece of who we are.



your wellness checklist



This October, put your health first.

Tick **every** box. Live healthier.

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for more information

DID YOU KNOW?

- Did you know that drinking at least 2 litres of water daily can improve focus, energy, and mood?
- Did you know that exercising for just 30 minutes a day can reduce your risk of heart disease by up to 35%?
- Did you know that eating more fruits and vegetables boosts your immune system and helps fight off illnesses?
- Did you know that regular stretching improves flexibility and reduces stress ?
- Did you know that spending just 15 minutes in the sun helps your body produce Vitamin D, which strengthens bones and immunity?
- Did you know that laughter lowers stress hormones and boosts your heart health?



Unmasking Fibroids:

What Every Woman Should Know

For many African women, the word 'fibroids' is whispered in hospital corridors, family discussions, or among friends who have struggled silently. Yet, fibroids are far from rare. In fact, studies show that up to 80% of Black women may develop them by the age of 50. Despite how common they are, fibroids remain shrouded in silence, stigma, and misinformation.

It's time to unmask them.

Relationships in Transition

Fibroids are non-cancerous growths that develop in or around the uterus. They vary in size, some as small as a seed, others large enough to distort the uterus. Many women may not even know they have them until they experience certain symptoms.

The Signs You Shouldn't Ignore

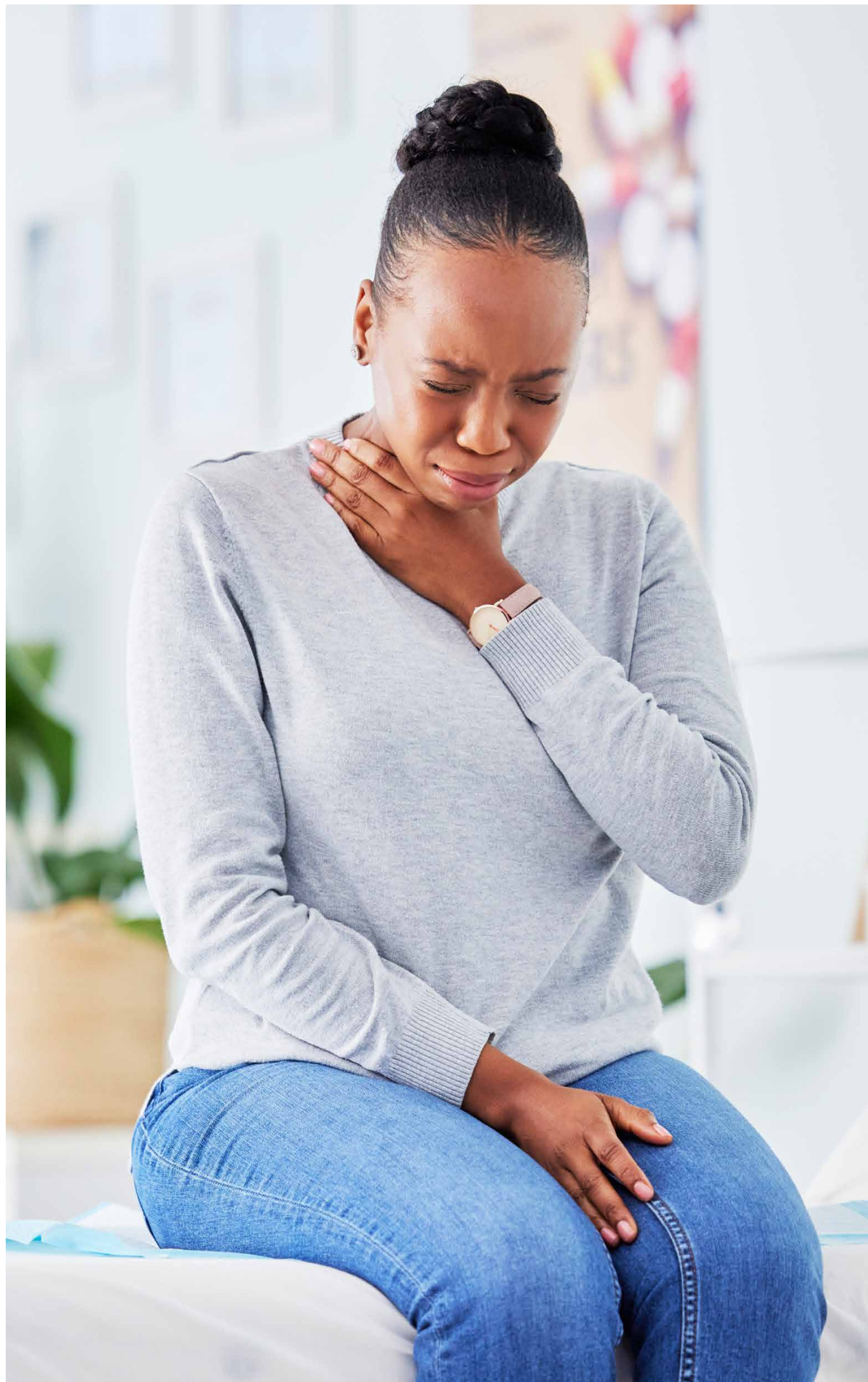
Fibroids don't look the same in every woman, but some common red flags include:

- Heavy or prolonged menstrual bleeding
- Severe cramps and pelvic pain
- Frequent urination or difficulty emptying the bladder
- Pain during intimacy
- Bloating or pressure in the lower abdomen
- Struggles with conception or pregnancy complications



Unmasking Fibroids:

What Every Woman Should Know



The Fertility Question

One of the biggest fears women face when diagnosed with fibroids is, “Will I ever have children?” The truth is, while fibroids can affect fertility depending on their size and location, many women with fibroids go on to conceive naturally and have healthy pregnancies. Advances in medicine mean there are more treatment options today than ever before.

Treatment Options

Fibroid management isn’t one-size-fits-all. Options range from:

- Regular Monitoring (Watchful Waiting): For small, symptom-free fibroids, doctors may simply keep an eye on them with routine check-ups.
- Medications: To manage pain, control heavy bleeding, or shrink fibroid growths.
- Minimally Invasive Procedures, such as uterine fibroid embolisation (blocking blood supply to shrink fibroids).
- Surgical Options: Myomectomy (removing fibroids while preserving the uterus) or hysterectomy (removing the uterus), depending on age, fertility goals, and severity.

Breaking the Silence

Too often, women live in pain because they have been told it’s “normal”, or they hide their struggles with fertility because of cultural pressures, but silence only makes fibroids more powerful. By speaking up, asking questions, and seeking care, we reclaim control over our bodies. Fibroids don’t define you, and a diagnosis is not the end of your story. The more we unmask the truth, the more women can access timely care, preserve their fertility, and live free from unnecessary pain.

quality fibroid care

within reach

The W Health Loan makes it easy to access quality fibroid treatment, helping you manage the costs of your care.

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Don't Ignore the Signs: Deal With It Before It Deals With You

Women are often taught to endure pain. We shrug off cramps, dismiss fatigue, and normalise headaches because we have been conditioned to be “strong”. But what if those “little” signs are not random inconveniences but your body’s way of waving a red flag? Pain, discomfort, or unusual changes are not weaknesses; they are messages. Ignoring them may seem harmless at first, but silence often allows small issues to grow into battles that are harder to win.

Why We Stay Silent

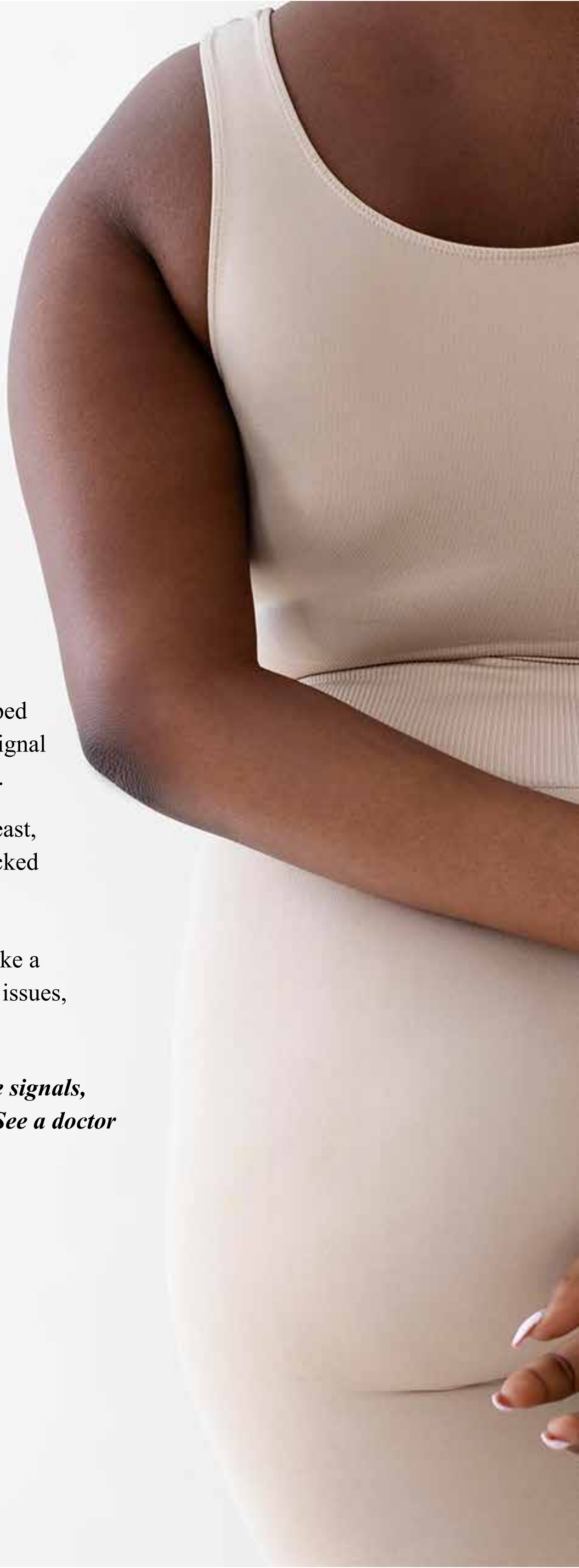
Many women keep quiet about their health concerns because of fear; “What if it’s something serious?” Other times it is about stigma; we don’t want to be labelled dramatic or fragile, and too often, it’s simply because we are busy. Between careers, family responsibilities, and the pressure to “keep it all together”, our own well-being gets pushed to the bottom of the list. Here is the danger: every time we dismiss a symptom with “It’s just stress” or “It will pass”, we are giving a potential condition more time to grow unchecked. Silence does not equal strength. Silence often equals risk.

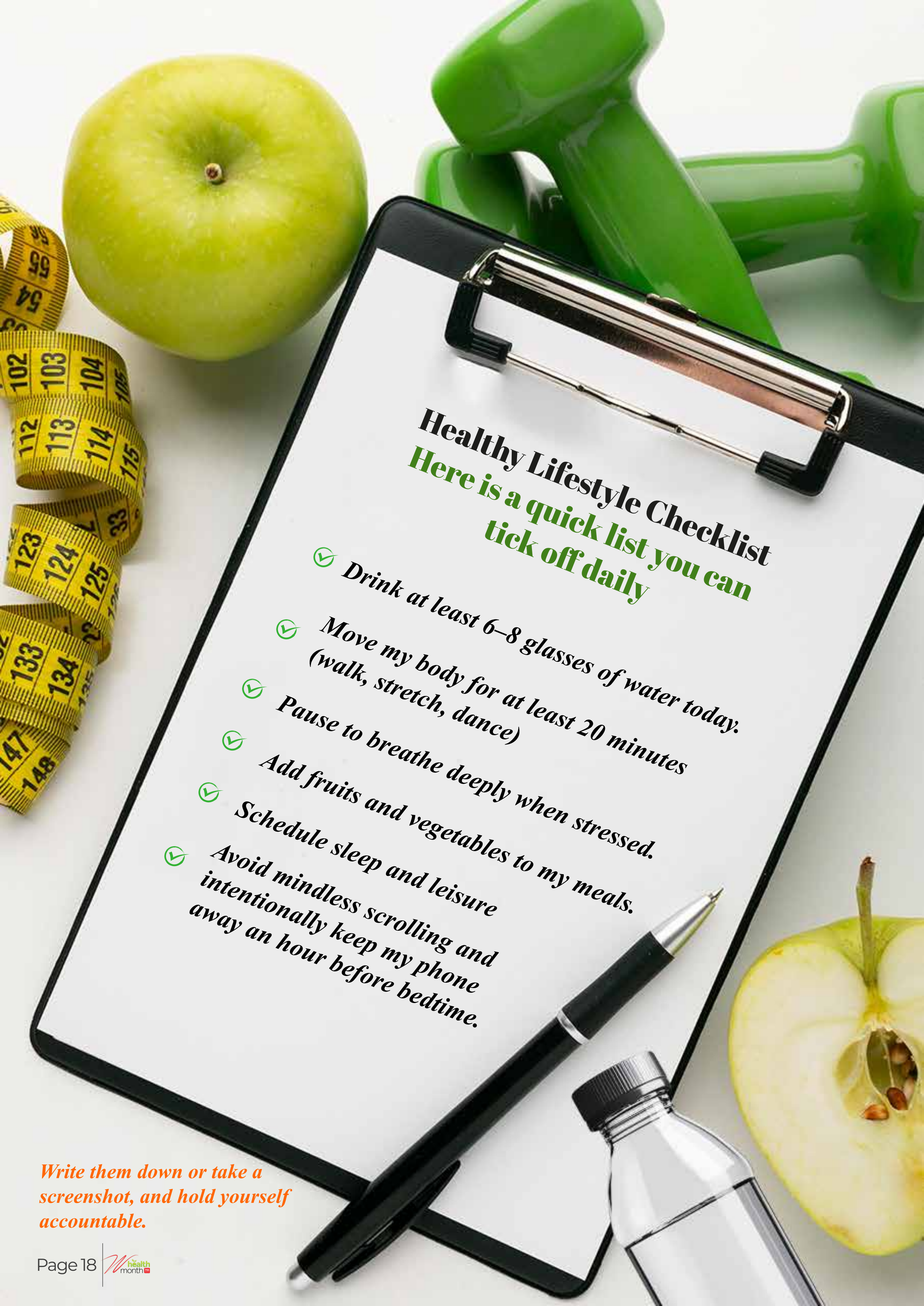
The Body's Early Warnings

Your body rarely breaks down suddenly; it almost always whispers first. Learning to pay attention to those whispers could save your life. Some signs to never ignore include:

- Unexplained weight loss or gain: This could point thyroid problems, diabetes, or even certain cancers.
- Persistent fatigue or dizziness
- Changes in your cycle: Sudden heaviness, skipped periods, severe pain, or irregular bleeding can signal fibroids, endometriosis, or hormonal imbalance.
- Lumps or unusual growths, especially in the breast, underarms, or pelvic area. These should be checked immediately.
- Constant indigestion or bloating: What seems like a “stubborn stomach” could be related to ovarian issues, ulcers, or gastrointestinal conditions.

These are not just random happenings. They are signals, your body's way of asking you to pay attention. See a doctor immediately, and stop making assumptions.





Healthy Lifestyle Checklist

Here is a quick list you can tick off daily

- ✓ Drink at least 6–8 glasses of water today.
- ✓ Move my body for at least 20 minutes (walk, stretch, dance)
- ✓ Pause to breathe deeply when stressed.
- ✓ Add fruits and vegetables to my meals.
- ✓ Schedule sleep and leisure
- ✓ Avoid mindless scrolling and intentionally keep my phone away an hour before bedtime.

Write them down or take a screenshot, and hold yourself accountable.



Community Impact Story: Operation Pad A Girl

Authors

- *Opemipo Ephraim-Emmanuel – Healthscope by Hemworks*
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In Bayelsa State, Nigeria, we witnessed a silent crisis that has been sidelining girls from classrooms, not because of school fees, but because of the cost and accessibility of sanitary pads. Every month, many girls in community and low-resource private schools miss classes, while others resort to unsafe alternatives such as rags, tissue, or old clothes. These practices compromise their health, dignity, and education. This is why we launched the Operation Pad A Girl Initiative. Our goal was simple yet urgent: to ensure that no girl misses school because of her period.

What We Did

With support from the Bayelsa State Ministry of Education and consent from school principals, we reached 1,200 girls in four secondary schools in Yenagoa. Our intervention included:

- Distribution of sanitary pads
- Health education sessions with both boys and girls
- Private conversations where girls could ask questions they had never felt safe to ask before.

During the interactive sessions, we debunked myths around menstruation, demonstrated proper pad use, and provided answers to over 50 questions from both girls and boys. We also engaged boys directly, encouraging them to support their peers rather than shame them.

What We Found

The impact was striking.

- 18% of girls confessed they had always stayed silent about menstruation until our sessions gave them a voice.
- 35% of girls admitted it was the first time anyone explained menstruation as a normal, healthy process.
- Boys who initially laughed at the idea of pads later began to ask meaningful questions, like, “Does it mean I can support my sister by buying her sanitary pads? Still, deeper challenges remain; many schools lack private toilets, running water, and safe washrooms, making menstrual hygiene difficult to sustain.

This project reminded us that menstruation is not a choice and no girl should be denied education because of it. While sex-related health programmes receive significant focus, menstrual health, something beyond choice, remains neglected. This imbalance must change. The Operation Pad A Girl Initiative was not just about distributing pads; it was about restoring dignity, empowering girls with accurate health information, and teaching boys empathy as future fathers and leaders. Each pad, each conversation, and each classroom brings us closer to ending the shame and ensuring that a period never ends a girl’s education.



THE SILENT THREAT WE CAN BEAT:

HPV AND CERVICAL CANCER

When women talk about health concerns, fibroids and breast cancer often dominate the conversation. But there is another threat that lurks quietly, often unnoticed until it is too late: cervical cancer. The most concerning fact about this cancer is that, despite being largely preventable, it continues to claim the lives of thousands of African women each year.



Embrace Imperfection

At the heart of this disease is the Human Papillomavirus (HPV), one of the most common sexually transmitted infections in the world. Many strains of HPV are harmless and clear up on their own. But the high-risk types, like HPV 16 and 18, can cause changes in the cervix that may develop into cancer if left untreated. This is why cervical cancer is called a silent threat. By the time symptoms like pelvic pain, unusual bleeding, or foul-smelling discharge appear, the disease may already be advanced.

Prevention is Power.

The good news is that cervical cancer is one of the most preventable cancers in women, and prevention comes in three key steps:

The HPV Vaccine

The vaccine offers powerful protection against the strains of HPV that cause up to 70% of cervical cancers. It is most effective when given before sexual activity begins, but even if you have been sexually active, the vaccine can protect against strains you have not yet encountered.

Routine Screening (Pap Smear and HPV Test)

Regular Pap smears or HPV DNA tests detect abnormal cervical changes before they turn into cancer. Early detection means simple treatments and life-saving interventions. For women aged 21–65, screening every 3 years is strongly recommended.

Lifestyle and Awareness

Practising safe sex, limiting multiple sexual partners, and not ignoring unusual symptoms all help reduce risks. But above all, awareness is the first step. Many women in Africa have never heard of HPV, let alone been screened for it.



Why African Women Are at Higher Risk

Cultural silence around sexual health, low vaccination rates, and limited access to regular screenings all combine to make cervical cancer more deadly in Africa than in many parts of the world.

For some women, the cost of screening is another barrier. For others, it is the stigma of talking about sexual health. Yet, silence has a price: lives cut short in the prime of womanhood.

The Call to Action

Imagine a world where no woman dies from cervical cancer, a world that is possible if we act. The tools exist: vaccines, screenings, and early treatment. What is missing is widespread adoption and the courage to speak up.

So here is the challenge for every woman:

- If you have never had a Pap smear, book one today!
- If your daughter is between 9 and 14, protect her with the HPV vaccine.
- If you notice persistent pelvic pain or unusual bleeding, don't dismiss it. Seek help!

HPV may be common, but cervical cancer doesn't have to be. As women, we must break the silence, normalise prevention, and take charge of our health.



5,000 women. 1 mission

Access Bank's W Initiative is partnering with Oncopadi through the BRANT program to provide free IHC testing for **5,000 women** newly diagnosed with breast cancer

Offer covers:



Free Immunohisto-chemistry testing



Up to **N750,000** in free diagnosis, nutrition support & counselling



Up to **N10,000,000** in treatment financing through the W Cancer Support loan

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Quick Food Swaps

Small changes, big impact! Try these easy swaps in your daily meals:

White rice → Brown rice or Ofada rice

Packed with fibre, it keeps you full longer and helps control blood sugar.



Carbonated drinks → Infused water with fruits/herbs

Infused water simply means plain water with slices of fruits (like lemon, orange, cucumber, or berries) and sometimes fresh herbs (like mint or ginger). It gives your water a refreshing flavour without added sugar.

Fried plantain → Oven-baked plantain

Same sweet taste, but with much less oil.



Quick Food Swaps

Small changes, big impact! Try these easy swaps in your daily meals:

Creamy salad dressings → Olive oil & lemon/lime

A lighter option that boosts heart health while keeping your salad fresh and zesty.



White bread → Whole grain or oat bread

Provides more vitamins, minerals, and slow-release energy to power you through the day.

Ice cream → Greek yoghurt or banana smoothie with berries

Cool, creamy, naturally sweet, without the sugar overload.



W HEALTH LOAN TESTIMONIALS

Rebecca

(IVF procedure – Lagos)

My W Health Testimonial

Good afternoon, trust you are well.

I came to know about the Access W Health Loan through an advert I saw on a television channel, and I decided to give it a try

Honestly, I never believed it would be that easy to access, but to my surprise, the loan was processed and disbursed in a very short time, far quicker than I expected. This timely support came just when I was worried and unsure of how to raise part of my medical bill. I was truly impressed with how smooth and efficient the process was.

I shared my experience with a friend I met during one of my hospital visits. She is currently in the process of applying for the loan herself, and I feel glad that I could introduce her to something so helpful. Thanks to Access Bank.

Anna

(IVF procedure – Abuja)

How the W Health Loan Helped Me Reclaim My Health

When I learned I needed bariatric surgery, the cost felt overwhelming and far beyond my reach. Discovering Access Bank's W Health Loan gave me hope, but I won't pretend the journey was easy. The application process reminded me that Access Bank was committed to helping women access critical healthcare.

Thanks to the W Health Loan, I was able to move forward with the surgery and receive the care I urgently needed.

Today, I'm healthier, stronger, and deeply grateful. The support I received through the W Health Loan truly transformed a difficult situation into a story of healing and empowerment.

Aminat

(IVF procedure – Lagos)

My Health Journey With The W Health Loan

I am grateful to be a beneficiary of the W Health Loan. The entire loan process was seamless, and the customer service representatives were knowledgeable, patient, and very supportive throughout.

I accessed the loan in April to fund my IVF procedure, and I thank God for a successful outcome. The loan provided me with the financial relief I needed at such a critical time, enabling me to focus on the procedure without the burden of financial stress.

I sincerely appreciate W Health Loan for making this possible and for their dedication to supporting women in achieving their dreams.



Note

From a W Team Member

“Sis, How Are You Really Doing?”

Total Health is the ultimate Wealth!

Let's be real for a moment; So many of us have been running all year; chasing deadlines, doing school runs, attending meetings, showing up for everyone else until our bodies are crying for attention and running empty.

‘W Health Month is a gentle reminder that we cannot pour from an empty cup’

October is here and this month is about YOU! The W Health Month is that gentle nudge we all need to pause, take a breath, and ask: “How am I really doing?” This month, I want you to do one thing for yourself: take action on your health. Book that doctor's appointment you have postponed all year. Go for your health screening. Eat real food, drink water, take a walk, and rest when you are tired. Listen to your body whispers before they become shouts and if something feels wrong, speak up and seek help. Please take advantage of the free health screenings lined up for you this month and if you ever feel like cost is stopping you from getting proper treatment, remember that the W Health Loan is there to support you and your loved ones. It is not just another loan; it is a bridge to help you get the care you need when it matters most. Talk about your health with your loved ones. Share what you are feeling and encourage another woman to do the same. Every step you take towards caring for your health is a step towards a stronger future, not just for you, but for everyone who depends on you.

Let's create a world where women no longer suffer in silence but stand tall, informed, and empowered.

Wishing you strength and wellness always.



Oyindamola Oyebola
Program Lead, W Health Month

WORD PUZZLE

How sharp are your eyes? Test yourself with this quick health-themed puzzle packed with words you should know!

C	P	R	E	V	E	N	T	I	O	N	I	H
L	H	C	Z	Y	G	B	I	W	Y	S	F	E
B	O	E	Y	L	X	D	Q	Z	U	C	I	A
C	D	O	M	E	D	T	G	N	Y	R	T	L
S	T	I	R	O	S	S	O	W	R	E	N	T
T	U	Q	A	E	T	I	E	E	O	E	E	H
A	B	R	R	G	T	H	C	B	Z	N	S	L
Y	G	Y	G	I	N	O	E	H	T	I	S	O
P	K	P	R	E	V	O	H	R	F	N	A	A
Q	B	T	R	E	R	I	S	I	A	G	H	N
W	U	Q	R	Q	G	Y	Z	I	R	P	M	W
N	O	Y	S	W	T	F	F	Y	S	E	Y	O
B	C	T	R	E	A	T	M	E	N	T	C	D

- REST • NUTRITION • SCREENING
- TREATMENT • HEALTH LOAN • DIAGNOSIS
- CHEMOTHERAPY • PREVENTION
- RECOVERY • FITNESS



Thank You Ladies!

Thank you for reading this newsletter! We know it was definitely shades of educating, entertaining and fun. At W, we are all about Inspiring, Connecting and Empowering women. To achieve this goal, we birth initiatives that are beneficial to women. The W Health month is one of the ways we express our commitment to women. We encourage you to be an active participant and beneficiary of everything we are bringing to you this season. As the year progresses, we hope it will continually bring you fulfilment and joy. Remember, each new day is a blank page, waiting for you to write your story of growth, hope, and limitless possibilities. Stay updated and take full advantage of these valuable offerings by following us on Instagram, Facebook, and X @thewcommunity. For any inquiries, feel free to reach out via email at wcares@accessbankplc.com.





• *Inspiring* • *Connecting* • *Empowering*