



# Evaluating an e-Health Platform for Urban Chronic Conditions in Cape Town,

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## Abstract

This longitudinal study evaluates an e-Health platform designed to monitor chronic conditions among urban residents in Cape Town, South Africa. A mixed-methods approach was employed, combining quantitative data from health records and qualitative insights from user interviews and focus groups. Data were analysed using statistical software to assess the impact of the platform on monitoring outcomes and user satisfaction. The e-Health platform showed a 20% improvement in chronic condition management among users compared to baseline levels, with high user engagement rates reaching over 85%. The e-Health platform demonstrated significant potential for improving the management of urban chronic conditions, particularly in underserved populations. User feedback and quantitative data support these findings. Further research is recommended to explore scalability and cost-effectiveness across different geographic regions and user demographics. e-Health Platform, Chronic Conditions, Urban Residents, Cape Town Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *Geographic, Urbanization, ChronicDisease, EHealth, Evaluation, Monitoring, DataCollection*

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