

What's AI beyond ChatGPT?

*Beyond the hype:
What AI really means for the HIV response*

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What would I
ONLY trust a
human to do?

Empathise
Therapy

Counselling

Break bad news

Hug a crying baby

Give me an opinion

Love

What would I
ONLY trust
AI to do?

Nothing

Big data

Pattern recognition

Crunch numbers

Summarise a lot

Analyse data

Accuracy

These answers haven't changed since 2010 — most people don't even know they're using AI today

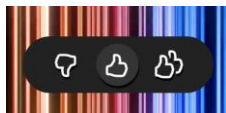


What is AI anyway?

You've already used AI and trained it — here's proof

Everyday AI

Spotify recommendations, Netflix ratings, spam filters — you trained these



Voice & Assistants

Transcription engines, Alexa, Siri — understanding human speech



Predictive Models

Forecasting outcomes from past data — who needs care most urgently?

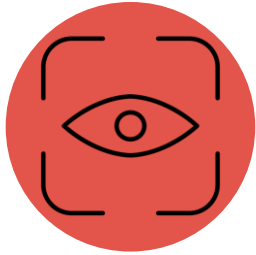


AI Companions

Combining vision, language & data — like Audere's Self-Care platform



What are the various types of AI?



See

Computer Vision (CV)

Image recognition
Visual patterns



Hear

Automatic Speech Recognition (ASR)

Acoustic signatures
Speech recognition



2-way Communication

Language Models (LLM, NLP)

Digital assistants
Conversational chatbots



Reason

Big Data Analytics (BDA)

Pattern recognition
Predictive modelling

Artificial General Intelligence (AGI) & Multimodal AI

Using multiple AI types together produces richer, more human-like outputs

How does AI learn?



Naive Baby

Only knows what it has seen so far — not much!

+



Training Data

*Knowledge & skills:
what is correct, what is incorrect*

=



Mature & Useful

*Context to make decisions,
recognise patterns,
distinguish differences*

But if we feed it too much in one direction, it may become biased — this matters for health

What role can AI play?

Efficiency, Personalisation, Confident decision making [to name a few]

Efficiency

Automate rote or repetitive tasks to reduce human effort
Predict outcomes to prioritise human effort



HIV vulnerability score
HIGH | Confident
Calculated 12 days ago

Personalisation

Learning about someone's needs, preferences, and providing trusted advice in the context of their life

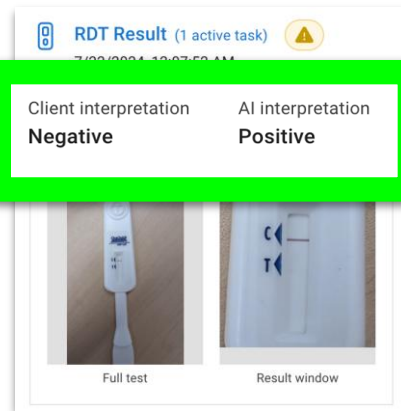
If you eat sperms can you get pregnant?



Eating sperm can't lead to pregnancy. But it can increase your risk of sexually transmitted infections. **I know you said you don't like condoms, but have you tried flavored ones?**

Decision Making

Getting a "second opinion" in real-time to determine eligibility for PrEP pick-up or need for confirmatory testing



TRUSTED Decision Making with AI

What level of familiarity and personal impact does the user have with this use case?

Community member



Teacher



CHW



(Community Health Worker)

Clinic Health Worker



Hospital Physician



Basic understanding, possible misconceptions

Health Knowledge

Trained, credentialed, expert



Occasional or sporadic

Activity Frequency

Regular, repetitive, likely daily



Self/family health impact

Outcome Impact

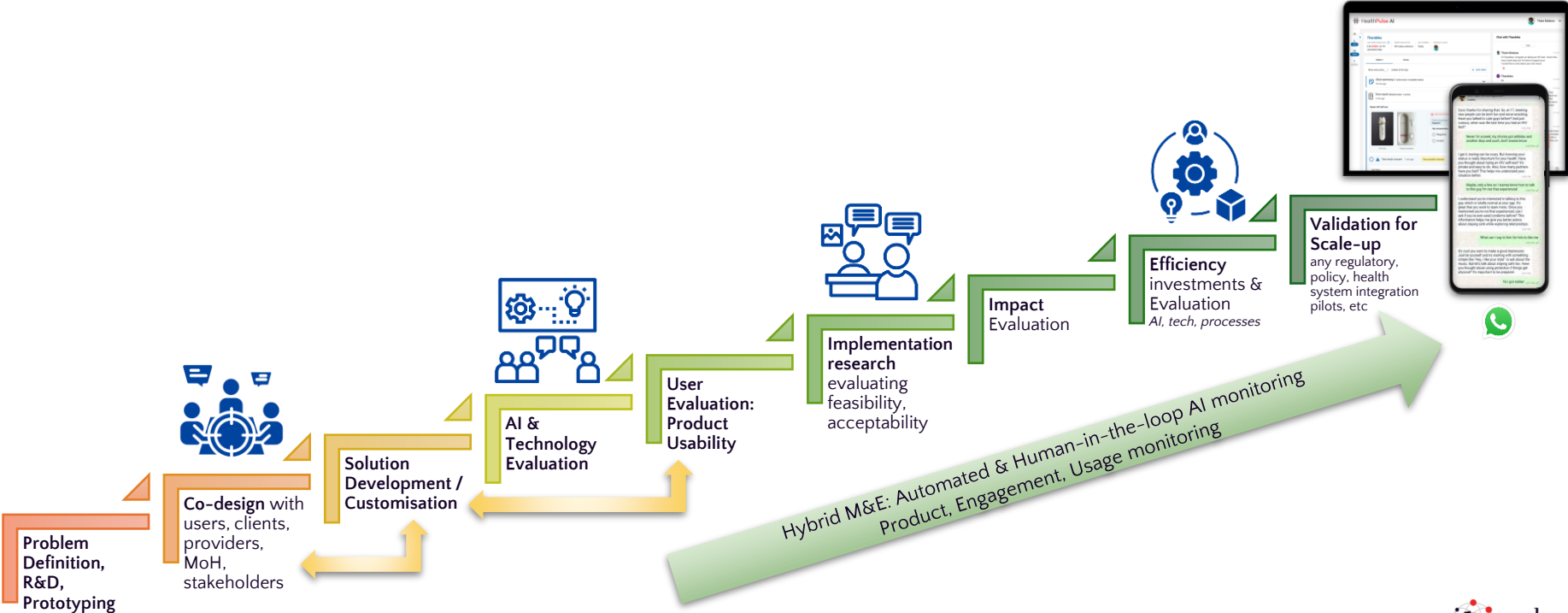
Professional consequences w/o personal health impact



Engage with Communities throughout to build TRUST

Ethical, inclusive, iterative learning & product development — local, in-context, relevant

In partnership with local behavioural scientists, researchers, clinicians, community-based organisations, & CLIENTS



Who do people trust with the "real" barriers they face?



Aimee Study

AGYW, South Africa

Topics significantly more likely to be discussed with the AI Counsellor than nurses:

- Relationship issues & break-ups
- School stress
- Gender-based violence
- Employment
- Abuse
- Family challenges
- Education



Self-Cav & Coach mPilo | SA GBV Taskforce

Upstream drivers	GBV signals + distress	Downstream health impacts
Housing instability (7%)	Distressing situation (66%)	HIV testing/status gap (87%)
Food insecurity (4%)	Symptoms impacting health (54%)	Recent HIV exposure (6%)
No independent income (5%)	Sexual abuse (9%)	Requested PEP/PrEP (10%)
Partner concurrency (9%)	Emotional control from partner	Never condom use (6%)
Assault in last year (14%)	Resources provided (58%)	STI diagnosed (6%)
		Self-harm thoughts (2%)

87% HIV testing gap among 3% of users showing GBV signals — more than 2x their peers

We wouldn't have known this without co-designing trusted AI tools people could use in private to disclose, get information, and connect to care

Self-Care from Anywhere

Where AI-powered insights meet human-centred care

60,000+

Platform Users

680,000+

User Inquiries

67%+

Engaging with AI



Watch the video to learn more and see a demo!

Reach out if you'd like to partner!

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