

**Supl 1.** Justifications and assumptions for estimates described in Table 1: Malawi Ministry of Health recommended health services and estimated visits required across the reproductive lifespan (15-44 years)

| Service         | Frequency | Target population | Justification for estimated number of visits between 15-44 years  |   |   | Men |
|-----------------|-----------|-------------------|---|---|---|-----|
|                 |           |                   | Women: 5-year FP (Implant; 9%*)   | Women: quarterly FG (Injectable; 23%*)  | Women: monthly FP (Pills; 2%*)  |     |
| ANC             | 17.6      | Women             | 4 ANC visits * 4.4 pregnancies = 18 visits  | 4 ANC visits * 4.4 pregnancies = 18 visits  | 4 ANC visits * 4.4 pregnancies = 18 visits  | -   |
| Delivery        | 4.4       | Women             | 1 delivery visit * 4.4 pregnancies = 4 visits   | 1 delivery visit * 4.4 pregnancies = 4 visits   | 1 delivery visit * 4.4 pregnancies = 4 visits   | -   |
| Post-natal      | 4.4       | Women             | 1 post-natal visit * 4.4 pregnancies = 4 visits   | 1 post-natal visit * 4.4 pregnancies = 4 visits   | 1 post-natal visit * 4.4 pregnancies = 4 visits   | -   |
| Family planning | 7-264     | Women             | 1 family planning visit/3 years * 22 years (assuming women start family planning at 17 years of age = 27 years of family planning - 5 years for pregnancy and/or trying to get pregnant) = 7 visits | 4 family planning visits per year * 22 years (assuming women start family planning at 17 years of age = 27 years of reproductivity - 5 years for pregnancy and/or trying to get pregnant) = 88 visits | 12 family planning visits per year * 22 years (assuming women start family planning at 17 years of age = 27 years of reproductivity - 5 years for pregnancy and/or trying to get pregnant) = 264 visits | -   |

|                     |       |               |   |   |   |  |
|---------------------|-------|---------------|---|---|---|--|
| Under five services | 120   | Women         | 12 under-five visits per year * 10 years - a rough estimate of how long women may have a child under 5 years of age = 120 visits            | 12 under-five visits per year * 10 years - a rough estimate of how long women may have a child under 5 years of age = 120 visits            | 12 under-five visits per year * 10 years - a rough estimate of how long women may have a child under 5 years of age = 120 visits            | -  |
| HIV testing         | 23-29 | Women and men | 1 HIV test per year * 22.6 years (years during pregnancy were not included since PMTCT testing is incorporated into ANC visits) = 23 visits | 1 HIV test per year * 22.6 years (years during pregnancy were not included since PMTCT testing is incorporated into ANC visits) = 23 visits | 1 HIV test per year * 22.6 years (years during pregnancy were not included since PMTCT testing is incorporated into ANC visits) = 23 visits | 1 HIV test per year * 29 years = 29 visits |
| Circumcision        | 3     | Men           | -   | -   | -   | 3 visits for 1 VMMC procedures = 3 visits  |

\* DHS 2016