

# ZOOM

## Weight Management Programme

### Helping members embrace the lighter side of life

Countless studies have shown that being obese or overweight has dire health consequences. It substantially increases the risk of morbidity from at least 15 conditions including:

- Hypertension
- Abnormal cholesterol levels
- Type-2 Diabetes
- Coronary artery disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnoea and respiratory problems
- Cancers of the endometrium, breast, prostate, and colon
- Considerable strain on the joints, often resulting in orthopaedic surgery.

If this isn't enough cause for concern, body weight is associated with an increase in mortality from all causes. In addition, obese patients may suffer from social stigmatisation and discrimination, coupled with mental health issues.

### Fedhealth Weight Management Programme

The Fedhealth Weight Management Programme was expertly designed for qualifying Fedhealth members with a high BMI and waist circumference. This benefit is available every two years.

Under this programme, members participate in a 12-week, biokineticist-led intervention plan that gives them access to a dietician and behavioural psychologist with the goal to lose the excess weight and lead healthier, more rewarding lives. Once the programme is completed, ongoing advice and monitoring is also made available to the member.

### Who qualifies for the programme?

Fedhealth members with the following parameters will be eligible for the programme:

- BMI of 25kg/m<sup>2</sup> and above (with no chronic comorbidities as a requirement), or
- Men with a waist circumference  $\geq$  102cm, or
- Women with a waist circumference  $\geq$  88cm, or

### How it works

The weight management programme runs over 12 weeks (three months):

- Once a member or beneficiary has been identified as suitable for the weight management intervention, the GP is notified electronically that their patient has been enrolled on the programme.
- Management by a BASA biokineticist which includes:
  - 9 exercise sessions with a biokineticist which can be either individual or group exercise sessions
  - 3 reassessment sessions with a biokineticist
  - Referral to a dietician for a consultation and a follow-up
  - Referral to a psychologist for one consultation, and
  - Electronic reports submitted by the biokineticist to the member's GP and Fedhealth after each interaction.
- Self-monitoring; and
- At the end of the programme, Fedhealth will make contact with the member in order to obtain feedback and conduct a discussion on health outcomes. Furthermore, the member will be advised about ongoing assistance available to ensure sustained weight management. This includes the use of the Fedhealth health portal.

Through the weight management programme, Fedhealth hopes to lead more of our members towards leaner, healthier and more fulfilled lives.



## CONTACT DETAILS

For more information, please visit [fedhealth.co.za](https://fedhealth.co.za), or use the Fedhealth Family Room, WhatsApp service or Fedhealth Member App. You can also call the Fedhealth Customer Contact Centre on **0860 002 153**.

Disease Management  
0860 101 306

Europ Assistance  
0860 333 432

MVA Third Party Recovery Department  
012 431 9718

Fedhealth Baby  
0861 116 016