



## Fedhealth Wellness Days and what they offer

Wellness days provide companies with the opportunity to create awareness, education, prevention, screening and targeted interventions to support positive lifestyle changes amongst their employees.

These days are usually well received, since employees enjoy the convenience of having these services at their place of work. In addition to the clinical value provided by wellness days, they enable Fedhealth to market the Scheme to clients and potential clients. Even though the claims reflect on the members' statements, it never touches their day-to-day benefits. Non-Fedhealth members can also use the services of our providers. This is subject, however, to the company or another medical scheme funding the service; Fedhealth will not be involved in following up on or assisting with payment for non-Fedhealth members.

### Services

Fedhealth Wellness Days can be structured to suit the needs of small, medium and large companies. The Scheme is continuously evaluating its offering to ensure optimal value to all our corporate clients:

#### Small companies

Health Risk Assessments for small companies (15 – 49 Fedhealth members on-site) comprise two steps. The Fedhealth members will receive their results in their personal health passports on the day, and the company will receive a demographic report for the company as a whole.

##### 1. A lifestyle questionnaire

Members can complete this questionnaire at a wellness day. The questionnaire covers sections on general health (including a mental health component), lifestyle habits, cardiovascular disease risk (e.g. coronary heart disease) and readiness to change.

##### 2. Wellness screening

Wellness screenings may be conducted by nurses and or qualified pharmacists at wellness days, and include blood pressure, BMI, waist-to-hip ratio (WHR), random glucose and random cholesterol (finger-prick) tests, flu vaccines, HIV pre-counselling, test and post-counselling.

#### Medium companies

Health Risk Assessments for medium companies (50 - 99) Fedhealth members on-site) comprise three steps. The Fedhealth members will receive their results in their personal health passports on the day, and the company will receive a demographic report for the company as a whole.

##### 1. A lifestyle questionnaire

Members can complete this questionnaire at a wellness day. The questionnaire covers sections on general health (including a mental health component), lifestyle habits, cardiovascular disease risk (e.g. coronary heart disease) and readiness to change.

##### 2. Wellness screening

Wellness screenings may be conducted by nurses and/or a registered Biokinetics Association of South Africa (BASA) biokineticist at wellness days. These include blood pressure, BMI, waist-to-hip ratio (WHR), random glucose and random cholesterol (finger prick) tests, flu vaccines, HIV pre-counselling, test and post-counselling.

##### 3. Physical screening

Members may visit any BASA biokineticist to have their physical screening done. The screening includes resting heart rate, body fat percentage, peak expiratory flow rate, flexibility and fitness measurements. Specific risk factors for metabolic syndrome, Type-2 Diabetes and cardiovascular disease are identified through the screening, and personalised activity-related interventions are recommended which will also improve the member's mental wellbeing.

#### Large companies

Health Risk Assessments for large companies (100+ Fedhealth members on-site) comprise three steps plus potential additional services. The Fedhealth members will receive their results in their personal health passports on the day, and the company will receive a demographic report for the company as a whole:

##### 1. A lifestyle questionnaire

Members can complete this questionnaire at a wellness day. The questionnaire covers sections on general health (including a mental health component), lifestyle habits, cardiovascular disease risk (e.g. coronary heart disease) and readiness to change.

##### 2. Wellness screening

During wellness days, members can have wellness screenings done either through state-of-the-art electronic machines (which can do a full health risk assessment in under two minutes), OR by nurses or a BASA registered biokineticist. These include blood pressure, BMI, waist-to-hip ratio (WHR), random glucose and random cholesterol (finger prick) tests, flu vaccines, HIV pre-counselling, test and post-counselling and eye screening.

##### 3. Physical screening + additional services

Members may visit any BASA biokineticist to have their physical screening done. The screening includes resting heart rate, body fat percentage, peak expiratory flow rate, flexibility and fitness measurements. Specific risk factors for metabolic syndrome, Type-2 Diabetes and cardiovascular disease are identified through the screening, and personalised activity-related interventions are recommended which will also improve the member's mental wellbeing.

Additional services

The following additional services are available to large companies depending on the company profile (subject to approval by management):

- Vitamin B complex and vitamin B12 injections
- Dietician
- Massage therapy
- Back and neck exercises
- Reflexologist
- Colour therapy
- Prostate testing

Book your company's Fedhealth Wellness Day through your dedicated Account Executive or Key Account Manager now!



8598 Fedhealth Wellness Day

CONTACT DETAILS

For more information, please visit [fedhealth.co.za](https://www.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	•	Europ Assistance	•	MVA Third Party Recovery Department	•	Fedhealth Baby
0860 101 306		0860 333 432		012 431 9718		0861 116 016



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