

WELLNESS EXPERIENCE

Take steps to a **better health**

We offer an interactive screening coupled with sophisticated integrated digital technology to help you learn more about your health.

We have tailored our Health Checks to meet the various needs of employers across South Africa, ranging from a comprehensive enhanced Health Check (Premier), to a basic Health Check (Premier Lite) and kids' assessments.

Wellness screenings are important because you will find out about your current health and lifestyle risks. Based on these findings, we can advise you about what is best to do about those risks. Performed by a professional wellness specialist, the Health Checks takes approximately 30 minutes to complete.



Premier Health Check

A comprehensive Health Check performed in gazebos supplied by the wellness team or in offices/rooms supplied by the host/employer.



ASSESSMENT COMPONENTS

- Digital health and lifestyle questionnaire covering medical history, lifestyle, emotional wellbeing and physical wellbeing
- Body Metrics
 - Height, Weight, Waist circumference
 - Body mass index (BMI), body fat percentage
 - Posture Assessment
 - Eye Assessment
 - Blood Pressure Measurement
- Blood Tests
 - Lipogram (Total Cholesterol, LDL,HDL, Triglycerides)
 - Glucose
 - Voluntary HIV testing and Counselling



DIGITAL TECHNOLOGY

- Digital booking system with reminders
- Risk stratification with triggers and reminders of actions to take for identified medium and high risk results
- Automated Employer Assistance Programme referrals
- Digital individual report
- Comprehensive Employer report
- Real time Vitality point allocation
- Referral of eligible individuals into Disease Prevention Programmes with additional benefits (Discovery Health Medical Scheme members)
- Access to the WELLTH Fund (Discovery Health Medical Scheme members)

COST **R881.40**



Premier Lite Health Check

A basic Health Check performed in gazebos supplied by the wellness team or in offices/rooms supplied by the host/employer.



ASSESSMENT COMPONENTS

- Non-smokers' declaration
- Body Metrics
 - Height, Weight, Waist circumference
 - Body mass index (BMI)
 - Blood Pressure Measurement
- Blood Tests
 - Total Cholesterol
 - Glucose
 - Voluntary HIV testing and Counselling



DIGITAL TECHNOLOGY

- Digital booking system with reminders
- Risk stratification with triggers and reminders of actions to take for identified medium and high-risk results
- Automated Employer Assistance Programme referrals
- Digital individual report
- Employer report
- Real time Vitality point allocation
- Referral of eligible individuals into Disease Prevention Programmes with additional benefits (Discovery Health Medical Scheme members)
- Access to the WELLTH Fund (Discovery Health Medical Scheme members)

COST **R508.40**



Kids' Health Check

A Health Check for children from 2 to 17 years old to screen essential health metrics

ASSESSMENT COMPONENTS	DIGITAL TECHNOLOGY	COST
<ul style="list-style-type: none"> Height Weight Waist circumference Blood pressure measurement Health and behavioural development assessment 	<ul style="list-style-type: none"> Digital booking system with reminders Digital individual report Access to the WELLTH Fund (Discovery Health Medical Scheme members) 	R92.25



How is the Health Check covered?

Members on health plans of schemes administered by Discovery Health are covered for a Health Check from the Screening and Prevention Benefit. This does not affect your day-to-day benefits or funds in your Medical Savings Account. Members on certain non-scheme products are also covered for a Health Check as part of the product benefits. The below table outlines the various scheme and non-scheme products, the Health Checks a member has access to as well as the number of Health Checks per year.

MEDICAL SCHEMES	HEALTH CHECK COVERED		BENEFIT LIMIT		NON-SCHEME PRODUCTS	HEALTH CHECK COVERED		BENEFIT LIMIT	
	Premier Health Check	Premier Lite Health Check	2 Health Checks per year	1 Health Check per year		Premier Health Check	Premier Lite Health Check	2 Health Checks per year	1 Health Check per year
Discovery Health Medical Scheme	●		●		FlexiCare		●		●
Anglovaal Medical Scheme		●		●	Healthy Company		●		●
BEMAS		●		●	Discovery Life Individual Policy		●		●
EMBF		●		●					
LA Health		●		●					
Malcor		●		●					
Multichoice	●			●					
Remedi		●		●					
Retail		●		●					
TFGMAS	●			●					
Tsogo Sun	●			●					
UKZN		●		●					

* Please note that in the following instances, individuals will not have access to funding for a Health Check and the employer/employee will be liable for the cost:

- Where an individual is in a Scheme general waiting period
- Where an individual has depleted their allocated benefit for the year

Please contact your dedicated Corporate Health Manager to discuss the specific needs for your employees



Vitality

Vitality members can earn up to 22,500 Vitality points after completing a Health Check at a wellness experience, depending on how many results are within healthy range.

HOW TO BOOK A WELLNESS DAY



Discuss your wellness day experience with your dedicated Corporate Health Manager. We need 7 to 10 working days lead time before your planned event date. Complete the wellness day application form and email it to corporateevents@discovery.co.za. Alternatively, complete the digital booking form on the Employer Zone. Once your request is received, our team will confirm and book your request within 2 to 5 working days. Our terms and conditions are included in the application form.