



Dear Evergreen Health Committee,

We would like to offer you the opportunity to do a fully equipped Discovery Vitality Wellness Day at Evergreen Lifestyle Village – Broadacres for the residents and their family members.

Please note that the fitness assessment costs R507.20 per person and the dietitian assessment costs R495.00 per person, while the health check will be claimed directly.

This amount needs to be paid upfront or on the day and can be claimed back from your MSA.

Nutrition Assessment: 30 min

Cally Frost is the dietitian who will be doing your vitality nutrition assessment with you.

You will get 1000 Vitality points, per person, for completing this assessment.

It includes a body composition assessment, using an InBody scale, along with a short vitality nutrition assessment, personalised feedback and focus areas.

It does not include a meal plan as you will need to book a longer consult for this.

Nutritional Solutions is a cash-based practice with credit card facilities available. On payment a statement will be emailed to submit to your medical aid.

If you wish to make payment beforehand, please use the bank details below for EFT payment and send proof of payment to admin@nutritionalsolutions.co.za and cally@nutritionalsolutions.co.za

Bank details:

FNB | Branch Code 254605 | Account No. 625 086 160 78

Please see attached document that can be filled in beforehand.

Fitness Assessment: 30 min

Kevin Crossman & Annick Snyman (practicing at Crossman Biokineticist) is the biokineticists who will be doing your fitness assessment with you.

You can earn up to 7500 points per person.





The Vitality Fitness Assessment consists of three parts:

1 – Medical Background Check

2 – Functional Movement Assessment

- consisting of 7 movements, magnifies movement and stability imbalances.

3 – Cardiovascular Fitness Test

- A Sub-Max test on the Wattbike will be done.

*Thus, if you have cycling cleats, you are more than welcome to bring them along.

* Please note a Treadmill walking test will not be available.

Vitality 65+ members can also choose to do a Vitality Functional Assessment. This assessment gives members 65+ an accurate and personalised understanding of their physical function, assessing mobility, flexibility and falls risk to identify and improve the risk of early frailty and disability and recommend exercises to support healthy ageing.

Please can you complete the attached Consent form and email back to Info@crossmanbio.co.za

If you wish to make payment beforehand, please use the banking details below for EFT payment and send proof of payment to info@crossmanbio.co.za

Bank details:

Nedbank | Branch Code 169745 | Account No. 1151194077 | Account Holder: K Crossman

Health Checks: 30 min

A representative from Dis-chem on the Discovery Vitality Health Network will be doing your health checks.

You can earn up to 22500 points per person for this session.

The Vitality Health Check is a simple and convenient set of essential health screening and preventive tests including: Blood pressure, Blood glucose, Cholesterol Weight assessment or body mass index (BMI), non-smoker's declaration and HIV test.





Please note we will claim directly from Discovery.

Greg Neilson will be joining us for any queries regarding Discovery Products

Greg is an accredited Financial Adviser at Discovery with over 6 years of experience in the industry. He provides clients with a detailed financial analysis which includes Risk cover, Retirement Planning and Wealth creation. He has extensive knowledge of how the Discovery products are integrated and how it benefits you, as well as information and the tools to integrate their Discovery products under one umbrella. By participating in the Vitality program, you will become aware of your health status and thereby enjoy the rewards in discounts and at the same time earning Discovery miles through Discovery Bank at our partners. He is available to meet with you at your convenience and he can guarantee you that you will receive the best service possible from his team.

Nicolene Breed Physiotherapy are also planning on joining us.

Please do not hesitate to contact us should you have any special requests or questions.

