

Circular 062

08 August 2023

Dear Evergreen Residents,

WELLNESS MORNING: 17 AUGUST 2023:

Evergreen Health have collaborated with Mediclinic Sandton and Discovery health to host a wellness morning preceding the AGM on the morning of 17 August 2023. They have lined up a variety of healthcare professionals to speak about various topics relating to wellness. You are invited to attend talks that might be of interest to you.

Time	Healthcare practitioner
08h30 – 09h00	Dr Tracey Ling (Emergency Centre Doctor)
09h00 – 09h30	Dr Karen Vukovic (Psychiatrist)
09h30 – 10h00	Dr Farai Dube (Cardiologist and Specialist Physician)
10h00 – 10h30	Dr Kgao Ntshwana (Gastroenterologists and Specialist Physician)
10h30 – 11h00	Dr Alex Landmann Neurologist
11h00 – 11h30	Dr Rob Stein (Orthopaedic Surgeon)
11h30 – 12h00	Dr Reyna Daya / Dr Zaheer Bayat Endocrinologist

Discovery Health Corporate will also be part of our Wellness morning. Discovery will perform **the Premier Lite Health Checks** for interested residents. The assessment is expected to take approximately 30 minutes per person to complete. For Discovery Members, there will be no cost associated with the Health Check. However, for Non-Discovery Members, the fee for the test will be R508.40. Evergreen Health will take care of settling the invoices for Non-Members, but residents will be directly billed for the test by Evergreen Health.



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

Please note that this offer also extends to members of medical aids administered by Discovery. (As listed on the next page).

To ensure a smooth and efficient testing process, we would need your assistance in pre-booking your test slots. These will take approximately 30 minutes per person and depending on how many residents book, Discovery will send enough staff to accommodate our numbers. Please book your slot with reception on EXT 1200 by Monday 14 August 2023 at 09:00. Please remember to bring your discovery membership number with on the day to speed up the process of registering.



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 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	
	Premier Health Check	Premier Lite Health Check	2 Health Checks per year	1 Health Check per year
Discovery Health Medical Scheme	●		●	
Anglovaal Medical Scheme		●		●
BEMAS		●		●
EMBF		●		●
LA Health		●		●
Malcor		●		●
Multichoice	●			●
Remedi		●		●
Retail		●		●
TFGMAS	●			●
Tsogo Sun	●			●
UKZN		●		●

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
FlexiCare		●		●
Healthy Company		●		●
Discovery Life Individual Policy		●		●

* 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

Testing will start from **07h00** to accommodate those residents who might want to attend all the speakers talks. Kind 2 Hear, Arjo Huntleigh, Forticare and Hector Naidoo and Associates; will be exhibiting their products and will be available to engage with residents on a one-on-one basis.

And to add a bit of fun and exercise to the morning, we will have a smoothie blender bike where you can peddle to blend your own smoothie.



Hope to see you there!

Wilma Swart
Village Manager