

Wellness Assessment

16-20th March 2026

from 8am-5pm (daily)

Discovery Health & Gems medical aids

Discovery and Gems members may complete the questionnaire in advance. Please use the links below, complete it via the Discovery or Gems app, alternatively assistance will be provided on the day of the assessment.

[Discovery Website](#) / [GEMS Website](#)

- These assessments will not be deducted from members' Medical Savings Accounts.
- They are fully covered under Screening and Preventative Benefits.

Discovery Health

- Blood Pressure
- Total Cholesterol
- Blood Glucose
- HIV Screening
- BMI
- Body Fat Percentage



Gems

- Blood Pressure
- Total Cholesterol
- Blood Glucose
- HIV Screening
- BMI
- Body Fat Percentage

**Bookings to be made with reception on extension 2400
before or on 6th of March.**