

# Wellness Assessment at Evergreen MZB

**09 - 13 MARCH 2026**  
from 8am to 5pm



AND



Discovery members are required to complete the Discovery lifestyle questionnaires in advance, via the Discovery app, before your scheduled assessment.

## IMPORTANT

- 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  
by no later than Monday 2 March 2026**