



Sizwe Hosmed Wellness

A Consultative Screening Experience

Consultative wellness screenings play a crucial role in promoting proactive healthcare. The goal is to provide individuals with a comprehensive understanding of their current health status, empower them to make informed decisions about their well-being, and support them in taking proactive steps to improve or maintain their health. It focuses on personalised assessments, one-on-one consultations, and targeted interventions based on individual needs and goals.



SIZWE HOSMED
MEDICAL SCHEME
Your choice for quality care



Benefits for EMPLOYER Groups

Convenience

The Sizwe Hosmed Employee Wellness Screening offers an excellent on-site service to the employer groups, so employees don't have to take time off work for screening purposes. The screenings can be done in the office rooms supplied by the employer, or branded outdoor material can be provided by nurse provider upon request.

Productivity

Screening is brought to employees, minimising time spent out of the office by employees. Members also get the convenience of a query desk set up to manage any medical aid related issues they may have.

Professional Service

This service is performed by a professional wellness specialist and confidentiality is always maintained.

Healthier and Happier workforce

Corporate Wellness days make employees feel valued by their employer but most importantly, an educated and cared for workforce ensures a healthier and happier work environment.

Lifestyle Change

Risk reduction of lifestyle related chronic conditions for employees by encouraging behavioral change to educate employees about their risk profile and promote early detection of chronic conditions which will encourage early registration of Disease Management Programmes and prevent long term complications.

Feedback

Post screening, the member will receive an individualized comprehensive report and advice on their health. The employer will also receive a comprehensive report after the completion of screenings that will help them gain insight into the wellness of their organisation.





Benefits for DIRECT PAYING Members

Regardless of how healthy you feel, going for health screenings at least once a year is important. Many serious conditions and lifestyle related chronic conditions can be prevented or successfully treated if detected early. Preventative wellness screening is a benefit awarded to you on a yearly basis to use with your registered dependants. We have selected Clicks and Dischem pharmacies as testing sites. Please prebook an appointment for your consultation.

HEALTH SCREENINGS OFFERED

We perform several health screenings tests to assess the health risks of individuals. The screening procedure includes:



1. Health and Lifestyle questionnaire
2. Medical History Lifestyle assessment
3. Physical wellbeing Emotional wellbeing
4. Health Risk Assessment (HRA): Blood pressure, glucose, cholesterol, and Body Mass Index testing
5. Voluntary HIV Counselling and Testing.



SIZWE HOSMED
MEDICAL SCHEME
Your choice for quality care



BOOKING A SIZWE HOSMED WELLNESS SCREENING EVENT AT EMPLOYER SITES

1. Complete an application form **FOUR WEEKS AHEAD** of your proposed wellness event.
2. E-mail the completed form to wellnessqueries@sizwehosmed.co.za.
3. Our wellness day coordinator will contact you within 2 days of receiving the request and will constantly be in communication with you to ensure successful delivery of your event.

EVENT PROMOTION AND MARKETING

Wellness day posters and an approval emailer will be issued for the employer to use as collateral for internal awareness and event promotion.

An SMS will be sent to your employees 1 day prior to the event as a reminder to encourage them to attend their wellness day.

[Download Application Form](#)



SIZWE HOSMED
MEDICAL SCHEME

Your choice for quality care