

# Health and wellness for corporates

**End-to-end wellness and risk solutions**, unlocking more value for your business as you partner with Momentum to create a healthier workforce.

Powered by: **momentum**  
wellness

Momentum Wellness is not a medical scheme and is a separate entity to Momentum Medical Scheme

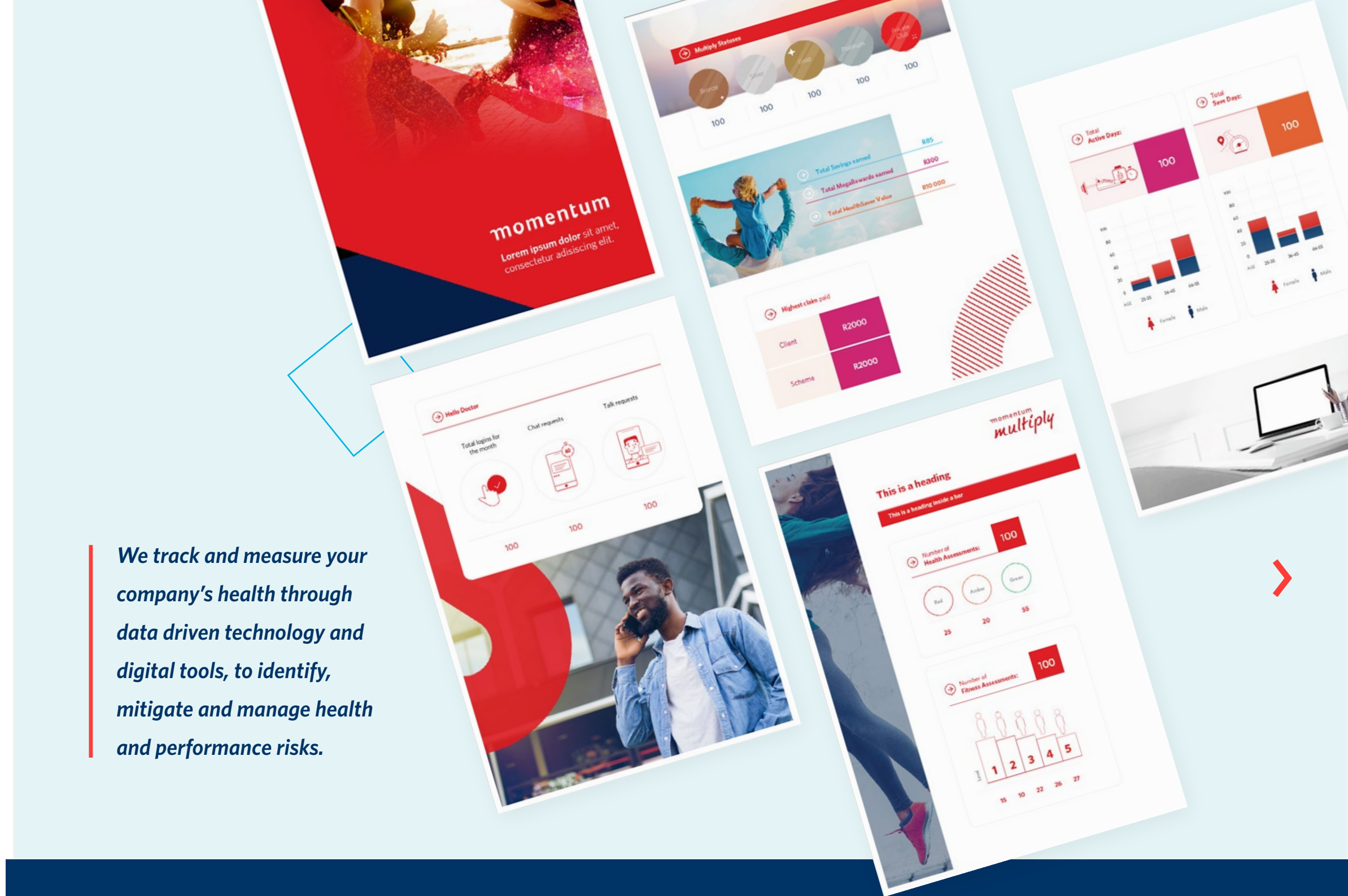
# momentum

health solutions

**Momentum Health Solutions is a healthcare and wellness business,** focused on sustainably delivering more health to more South Africans. With a shared value approach, we offer unique value to all our partners as we deliver on our purpose of helping people live better, healthier and happier lives. That is why we are passionate about employee health and wellbeing. We know that your employees make a difference, so we support them to be the best versions of themselves.

***We track and measure your company's health through data driven technology and digital tools, to identify, mitigate and manage health and performance risks.***

***Healthy, resilient employees in body and mind are more engaged and adaptable to change with a greater capacity to be creative and solutions focused. Your business will benefit substantially from a healthier workforce and Momentum rewards you for that.***





*Healthier bodies,  
healthier minds,  
healthier relationships  
and healthier wallet.*

**Through our technology enabled Corporate Wellness Solutions,** access to health and wellness has never been more accessible. Our health insurance products cover all employees, regardless of their affordability threshold and operate alongside our medical scheme options.

**We take care of workplace hygiene, health and safety, creating the capacity for your business to focus on high value enablers.** Our expertise in the delivery of onsite health and wellness services enhances your employee value proposition, your business gets to enjoy benefits for creating a healthy workforce and safe working environment, enhanced while by Multiply for Corporates.

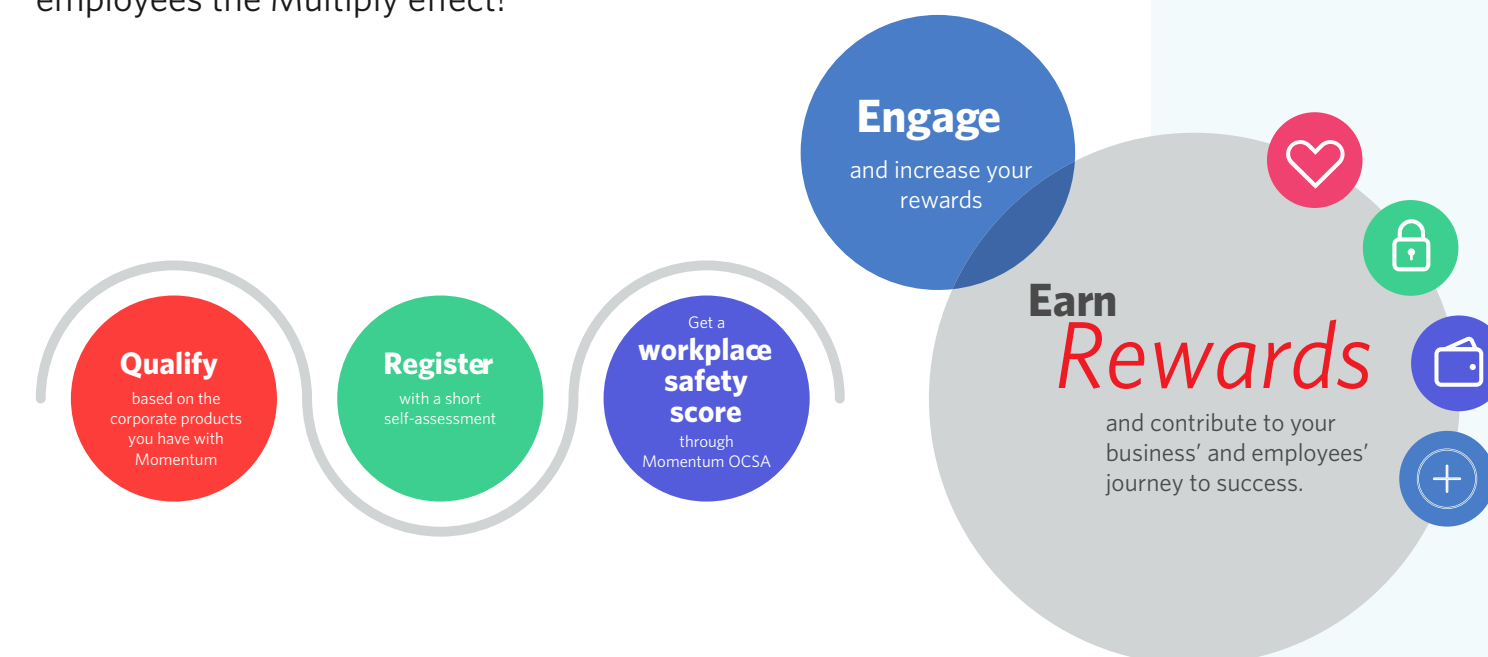
## Multiply for Corporates

**Creating value** for your business and your employees through integrating your solutions with Momentum.

**Multiply for Corporates is Momentum Corporate's rewards programme for businesses.** Employers can earn rewards for having qualifying Momentum products, completing a workplace safety questionnaire and engaging with their Momentum products. Employers can spend their rewards – up to R600 a year for each employee – to fund initiatives designed to further improve the physical and financial health of their employees.

We call the value this creates for employers and their employees the Multiply effect!

**Earn up to R600 per employee per year**





# Momentum Medical Scheme enabling wellbeing

As a Momentum Medical Scheme and Momentum Health4Me client you get to unlock a world of wellness benefits and workplace wellness solutions. ***With employees at their peak, your business performs at its best.***





# Healthy employees



## Employee Assistance Programme

With our holistic approach to facilitating organisational wellbeing, which includes **physical, emotional, psychological and social**, we support employees to achieve optimal wellbeing, which enhances performance and creativity.

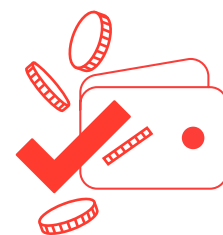
The employee wellbeing programme is a solutions focused and designed to offer comprehensive physical and mental health support and life management services by providing:



Health advice for physical health



Counselling for mental health



Debt assistance for financial health

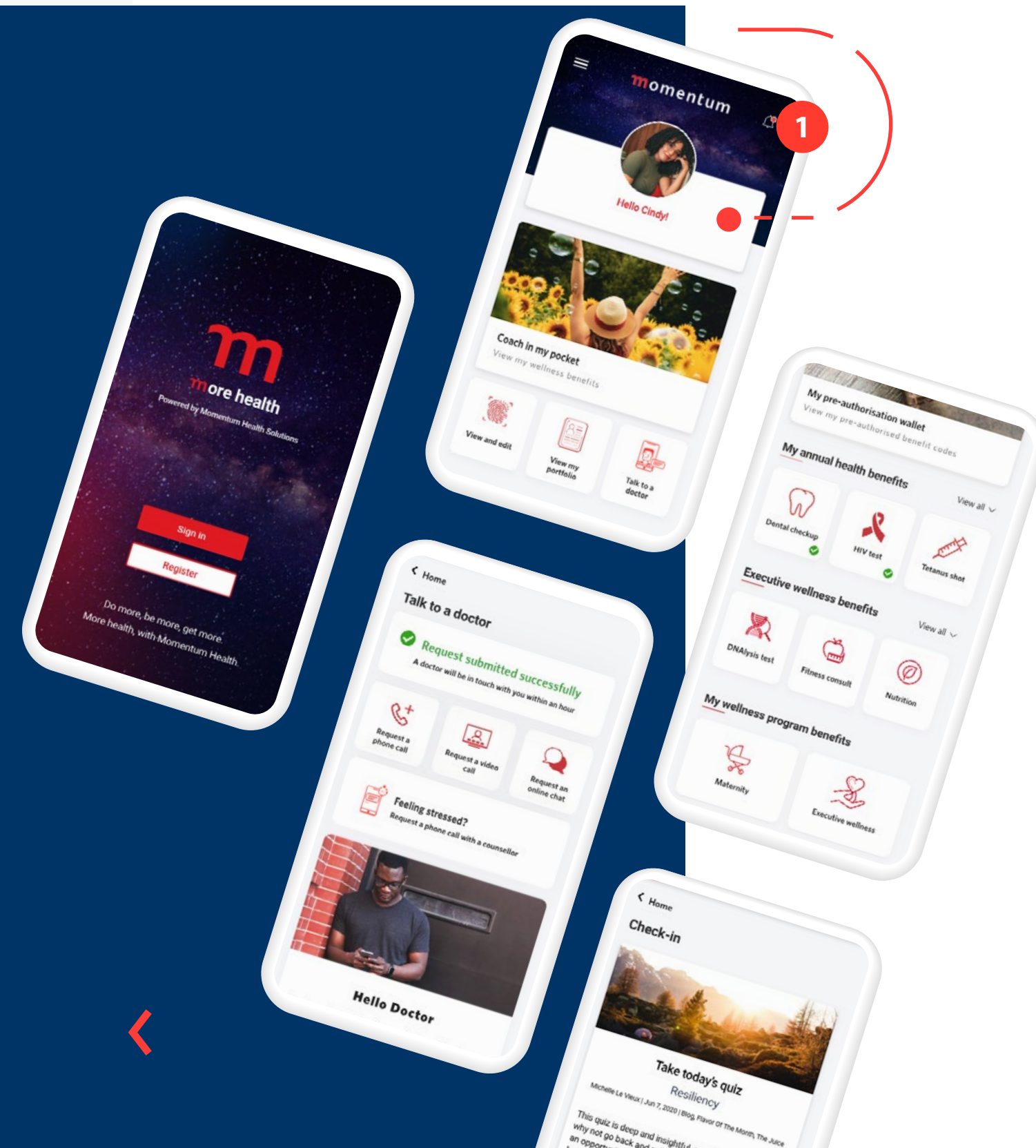


Legal advice for life assistance

**Teletherapy is offered free** to all Momentum Medical Scheme clients and Momentum Health4Me clients with the option to buy up on face-to-face and onsite services.

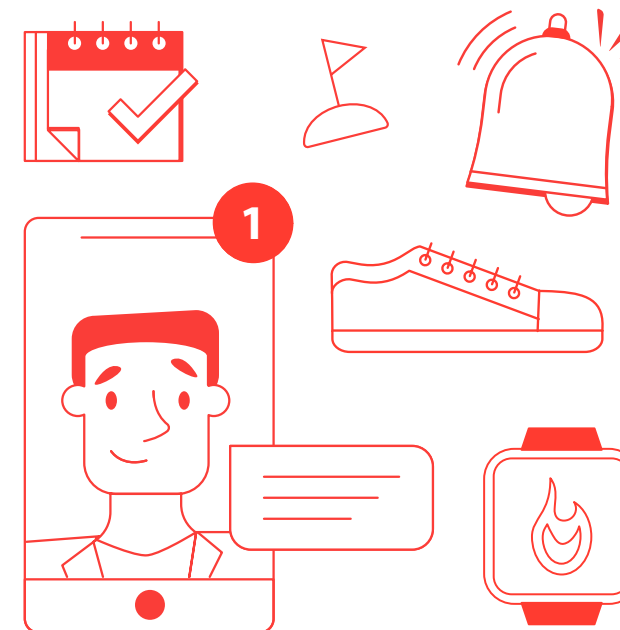






## Coach in your pocket

“Coach in your pocket” is a **Momentum digital app** for employees, providing immediate **access to legal and financial experts, counsellors and medical doctors** through Hello Doctor, with the ability to book and save appointments and receive advice through virtual consultations. Electronic health records and favourite activities are pinned to a personal dashboard.



**Basic services are available free** to Momentum Medical Scheme and Momentum Health4Me clients with the option to buy up on top-up services.

**momentum** | **hello doctor**

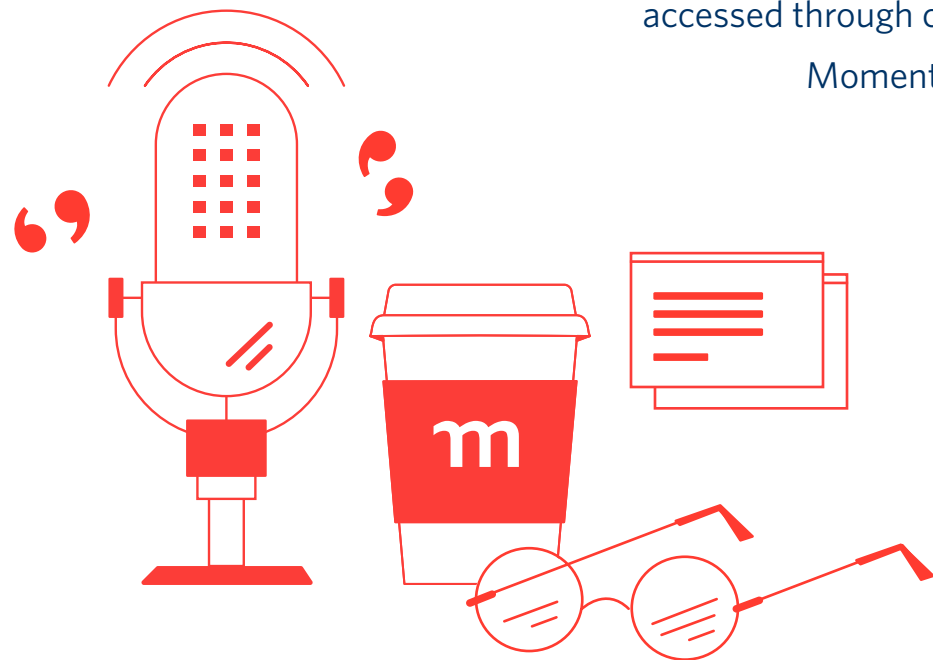
Employees get to assess and rate their health, set **goals**, receive prioritised **lifestyle recommendations**, access **resources** and **track their progress**. Members with a positive HealthSaver members get access to the concierge service to help them with their day-to-day needs and personal tasks, helping them save time and money.



## Virtual Wellness Café

We are committed to creating meaningful **engagement and support to facilitate personal wellbeing**. Our evolving platform provides written and video content and resources with an expert panel providing reliable advice and guidance to questions virtually. Employees get to select the content based on their personal choices and interests for example, nutrition, movement, sleep and mindfulness.

**Lifestyle resources and wellbeing partners** are accessed through coach in your pocket, **free** to all Momentum Medical Scheme clients and Momentum Health4Me clients.







## Health and wellness screening

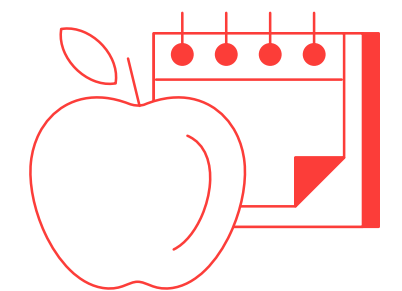
Beyond basic prevention, achieving balanced wellbeing is an ongoing process. There are many degrees of wellness just as there are many degrees of illness. **Awareness of physical and mental health states** on this continuum, is achieved through screening and early detection. Even though people often lack physical symptoms, they may still be bored, depressed, tense, anxious, or simply unhappy with their lives. **Such emotional states often set the stage for physical and mental disease.**

Members can get tested at a pharmacy clinic, with a biokineticist, at a Momentum wellness onsite clinic, at a wellness day or in the comfort

of their own home.

**Our holistic wellness coaching programmes** help employees move higher levels of wellness. It involves encouraging employees to care their physical health, using thoughts and intentions constructively, expressing emotions effectively, being creatively involved with those around them, and being concerned about their physical, psychological and spiritual environments. Our high-level wellness coaches promote choices individuals can make over things they can control in their life, including their behaviours. This makes all the difference in achieving a better, healthier and happier life.

**Our digital enabled health assessments, biometric screening services and wellness coaching** for physical and mental health risks are **free** to all Momentum Medical Scheme clients and Momentum Health4Me clients.





# Healthy leaders



## Cutting-edge programme that puts your executives ahead of the game

Every part of a business undergoes rigorous management and evaluation to ensure that it performs at optimum levels. Senior executives and managers are responsible for the health and performance of the companies they work in. **Often, they don't have the time to pause and consider their own health, wellness and longevity.** Prolonged periods of poor lifestyle habits and stress without enough recovery can lead to serious overload and exhaustion. While a jog in the park, taking vitamins and eating healthy are all very good for the body, it's the things they don't know, that can ultimately cause health challenges.

The executive assessments can be conducted onsite nationally or at our medical facilities. They are done by our **specialist medical advisers and a comprehensive multi-disciplinary team.**

Our programme employs cutting-edge technology that can highlight potential health risks before they become a serious problem. **Awareness allows preventative intervention** that puts your executives ahead of the game.

**For a quote,** speak to your financial adviser



# Healthy workplace

Our services range across two distinct areas - **environmental health and safety (occupational hygiene capability)** and **physical health (occupational health capability) of your workforce**. Through our real-time data capabilities, services can be integrated with your company's human capital, occupational health and medical scheme solutions, to enable seamless, accurate reporting, and mitigating actions. We are constantly developing innovative technologies, to enhance our services.







## Productivity management

**Lost productive work time in South Africa is more than 128 million days.** In response to our clients' need to understand the drivers of productivity better, we conducted research to find out more about employee productivity and how to improve it. The Effective Employee Index™ (EEI), developed in consultation with Unisa, explains **85% of lost productive work time in South Africa** and is based on data from over 400 companies across all industries and more than 500 000 employees.

**2% of GDP**  
cost of lost productivity

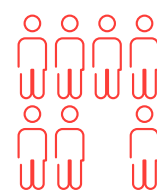
**13 days**  
per employee per year

**R38 billion**  
lost productive work time

### Our services include:

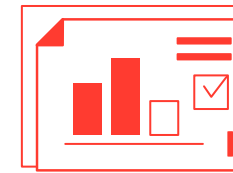


Disability management

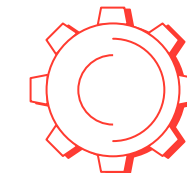


Absenteeism management

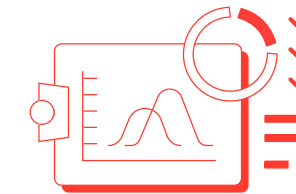
If you are a **Momentum Medical Scheme** or **Momentum Health4Me** client and would like to know how to:



Quantify financial impacts



Improve employee productivity



Measure and monitor strategies and interventions



Get valuable insights with the EEI

Then your company will **gain valuable insights**



Your potential productivity drivers and productivity detractors within your business, and where to focus to **improve employee productivity the most.**



The success of wellness interventions you need to implement to **improve employee productivity.**



The financial impact of **lost productive work time** directly impacts on your business.

**Find out where your business stands.** Contact your financial adviser for a **free assessment.**



## Health, safety and environmental services

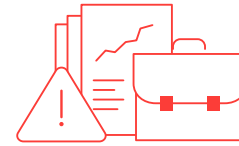
Reduce **environmental impact** and **protect employees' health and safety** through specialised SHE services, including:



Occupational hygiene assessments



Environmental assessment



Safety assessment

We offer extensive evaluations of conditions in your workplace that could cause harmful health effects. Using knowledge and skills, we provide practical recommendations to **reduce occupational and environmental health risks in the workplace.**

Keep your business **legally compliant**. Speak to your financial adviser for a **free assessment.**





## Onsite wellness clinics

Our Momentum **onsite wellness clinics** **improve productivity in the workplace** by reducing the number of offsite visits to GPs. Health risk is reduced through early screening and personalised interventions. Highly-experienced and qualified primary healthcare nurses provide quality primary health, occupational health and wellness services managing health conditions to achieve better outcomes for your employees. Onsite nurse and GP consultations are available through our technology-enabled platform.

**For a free assessment of your business needs**, speak to your financial adviser.





## Occupational health

With over 21 years' experience, we provide industry-leading **occupational health solutions including medical surveillance and primary care** to enhance your business' financial health. We have the expertise to engage and guide your business, to successfully integrate your workplace wellness requirements by making sure:



Employees are declared fit for duty through a medical surveillance programme



All occupational health legal requirements are met successfully



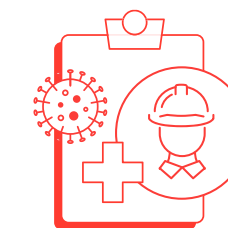
Early risk identification and management measures are put in place



Risk insights and management reporting



Proactive injury management



Effective management of Injury on Duty and COVID claims



Chronic conditions are monitored

For a free assessment of your business needs, speak to your financial adviser.

