

# EXECUTIVE WELLNESS

## Taking the worry out of well-being

Our executive wellness programme sets you off on a journey to improve your health and well-being as well as enhance your performance. You will receive professional support from our team of doctors, nurses, biokinetics and other medical professionals who will assist you in managing your health risks, as well as provide you with the means to be healthy, energetic, and fully engaged.



## OUR CORE PROGRAMME IN 3 STEPS

### PRE-ASSESSMENT WORK

- Complete a quick (password protected) online medical and lifestyle assessment
- The online assessment covers your family history; medications, accidents and injuries; frequency and type of physical activity; nutritional information; and stress level and fatigue assessments
- Your personal dashboard will provide you with real-time comparative health data

### ONSITE LABORATORY TESTING

Blood test protocols are tailored to your organisation's specifications. Each test provides specific information that allows our medical practitioners to screen for health risks and treatable diseases. Our laboratory in Johannesburg processes blood tests onsite with same-day results for those residing in Gauteng.



## MEDICAL ASSESSMENTS AND CONSULTATION



Medical exam, cardiac and stroke risk profiling, and physician post-feedback session



Pre-screening for exercise-related risks



Resting electrocardiography (ECG)



Stress electrocardiography (ECG)



Pulmonary (lung function) tests



Anthropometry: Body Mass Index (BMI), waist circumference and posture analysis



Fitness testing (cardiovascular, upper and lower body strength and flexibility testing)



Vision and hearing screening



Reflexology session post medical



Chest radiograph (also referred to as a chest X-ray)



Abdominal scanning\*



Bone density and mammography for women over 40\*

*\*optional at additional cost*

## ONGOING POSTCONSULTATION

- Post assessment, you can access your personal health report on the Executive Athlete platform
- Our team of medical practitioners are available to you either as part of the company-sponsored medical plan or through medical aid post-medical
- By focusing on your work / life balance, we enable you to set realistic long-term goals and a practical approach to achieve them
- Our executive centre features a dedicated primary healthcare facility that supports individuals and their families in managing chronic illnesses
- With every company programme, we close it with a group risk report and recommendations\*
- For company programmes, a risk report and recommendations will be issued upon completion of medicals



### TAKE A TOUR OF OUR EXECUTIVE WELLNESS CLINIC

Our executive wellness clinic is a premium space optimised to make your medical experience a seamless, stress-free one. No crowds. No time wasted.

*\*subject to confidentiality based on number of participants*