



Live with confidence

Sanlam Health Solutions

A photograph of a woman in a dark business suit and a man in a blue suit shaking hands in a modern office setting. A computer monitor is visible on the left side of the frame.

Sanlam Executive Care

| About Sanlam Executive Care

As the drivers of a business, it's important for executives to be physically and mentally well. Sanlam Executive Care is a bespoke solution designed to help you achieve optimal health, fulfillment and resilience so you can perform at your best in life and in the workplace.

Confidence Rule 31:

**IF YOU CARE ABOUT IT,
YOU SHOULD COVER IT.**

Financial Planning

| Investments

| Insurance

| Retirement

| Wealth



This product consists of detailed medical, biokinetics and emotional health assessments that will give you a complete overview of your physical and mental wellness, and areas that may need improvement.

Areas of assessment include:

- ④ Health status and medical history
- ④ Work status and lifestyle
- ④ Nutritional behaviour
- ④ Emotional and mental state
- ④ Sleep health and fatigue status
- ④ Neurozone™ resilience and high-performance readiness profiling
- ④ Enneagram profiling

| How it works

Step 1: Pre-consultation

First, you will need to complete all medical, wellness and health risk questionnaires mentioned above.

Any laboratory pathology tests must also be done prior to the actual consultations.





Step 2: Consultation

Biokinetics and medical assessment

The first consultation is a detailed biokinetics assessment that focuses on your physical health status.

You will also have a consultation with a medical practitioner who will give feedback on your health and medical status, and areas of improvement. Where necessary, they will also initiate specific next steps, such as health referrals.

These consultations should be done at a service provider's rooms and need to be pre-scheduled.

Wellness assessment

This assessment focuses on Neurozone™ resilience and Enneagram profiling. This is an online feedback session which can be booked at a time convenient for you.

- ④ The **Neurozone™ resilience assessment** helps you become aware of and understand your drivers of resilience and high-performance readiness, starting you on the journey to optimising your brain-body system.

A Burnout Resilience Performance Spectrum scoring system is also applied, as an indicator of your overall wellness.

- ④ The **Enneagram assessment** uncovers patterns of behaviour that subconsciously motivate you to act in certain ways. As a tool, the Enneagram empowers individuals to take responsibility for their behaviours and growth, by understanding why they act and react the way they do.

Step 3: Post-consultation

- ④ After your assessments, you will receive a comprehensive health and wellness report as a base from which to improve your health. Necessary referrals and interventions are also actioned.
- ④ A de-personalised company group report and risk analysis is sent to your company, so that they can better understand and work to improve their collective executive risk profile.
- ④ It is recommended that high-risk individuals (based on their Neurozone™ and Enneagram profiles) receive additional wellness coaching sessions.



With Sanlam Health Solutions, you can be confident that all your employees' healthcare needs are covered with accessible, affordable solutions that are right for them and your business.

Contact us

If you have questions or require further information, speak to your Sanlam Health Solutions consultant or contact us.

Email: SHS@sanlam.co.za
www.sanlam.co.za

