

Sanlam Health Solutions



Sanlam Employee Lifestyle Programme

About Sanlam Employee Lifestyle Programme

Our employee lifestyle programme aims to improve the health and wellness of your employees proactively. It follows an holistic approach to manage physical, mental and emotional well-being. This solution is available virtually.

The programme consists of an online wellness digital platform – website and app – which contains:

- ④ Wellness programmes – physical fitness and emotional wellness
- ④ Health and wellness content

Confidence Rule 66:

START WITH HEALTHY CHOICES.



Online wellness digital platform – website and app

Our digital platform is a place where employees can engage with various resources to become more aware about their health and empower themselves to create positive lifestyle changes that will improve it.

The platform is a hub for content that is easy for employees to access on their digital devices, allowing them to engage with it anytime, anywhere. All the content is provided by professionals in their relevant fields.

It can also be a central integration point for other corporate wellness elements by hosting and integrating content such as contact details, supporting material and awareness campaigns. Data collected via the platform will also help to identify areas within the corporate environment where future wellness initiatives are needed.

Principles of the platform

- ⌚ User-friendly: Simplicity
- ⌚ Responsiveness: Speed
- ⌚ Adaptability: Progressive web, iOS and Android
- ⌚ Client-branded and aesthetically pleasing
- ⌚ Security of data
- ⌚ Personalised engagement
- ⌚ Relevant health content
- ⌚ Notifications: Promote continuous engagement
- ⌚ Goal-setting programmes
- ⌚ Virtual consultations

The platform also delivers a singular technology solution and database that will enable the following:

- ⌚ HR employment cross referencing and confirmation.
- ⌚ Profiling through platform engagement that allows for specific content to be targeted to an employee.
- ⌚ Content that is specific: Current topics, lifestyle, fitness and psychosocial. It is provided by a professional in each category and supports areas of concern.
- ⌚ Delivery of programmes: Physical fitness and emotional wellness.
- ⌚ Ongoing communication: Notification alerts, push notification, emails.
- ⌚ Reporting: Individual and employee group.





| Wellness programmes

Physical fitness

The employee lifestyle programme offers a 12-week weight improvement programme called Ignite. It is an exciting, interactive programme facilitated by a qualified biokineticist and his community of health professionals.

The programme is hosted on our digital platform. It is 12 weeks of guided engagement including:

- ④ Weekly health professional webinars: dietician, biokineticist, physiotherapist, chef and others.
- ④ Weekly exercise sessions
- ④ A library of meal plans, recipes, workout videos, articles and other interesting content.
- ④ 4 weekly guided weigh-in sessions
- ④ Administration, rollout, co-ordination and marketing by us.

Ignite can also be delivered as a competition to promote participation.

Emotional wellness

Through our staff lifestyle programme, we have introduced emotional wellness programmes to meet the need for emotional support which has become more evident and necessary during the uncertainty and instability created by the COVID pandemic. These programmes are delivered by doctors in personal and professional leadership and psychology.

There are three programmes available:

Programme 1: A purpose-driven life

Programme 1 focuses on personal goal setting to help employees achieve their goals both professionally and in their private lives. The content is a key component to living a purpose-driven life as well as assisting with other areas, such as chasing our dreams and achieving personal goals.

This programme supports employees who are returning to the “new normal” of work in the Covid environment by providing the necessary tools to reset or reorientate their lives, both personally and professionally. A back-to-basics approach is used to remind employees how to live a life of purpose at work and at home, despite the uncertain times that we live in.





Programme 2: The importance of becoming more resilient

Resilience is simply our ability to withstand and recover from life's knocks and setbacks. We are all experiencing the effects of the Covid pandemic and this programme will help employees to cope in this VUCA (volatile, uncertain, complex, ambiguous) world we currently live in.

The programme covers personal resilience and how teams can become more resilient in the workplace. It also supports employees returning to work by providing the necessary techniques and information to cope with the "new normal" which they can also share with people close to them.

Programme 3: Cultivating and living good habits

Our third programme focuses on positive habits that we should all follow but don't always successfully master. The habits are set as weekly goals and have been specifically chosen to complement and support the contents of programmes 1 and 2.

This programme will support employees returning to the "new normal" of work by bringing awareness to daily habits that make life easier and help us cope with the pressures of work and home life. These habits help to create more structure, reduce stress and inspire a more fulfilling life.

How the programmes work

- ④ Each programme is 12 weeks long.
- ④ Each has 12 modules with one distributed each week.
- ④ After each 3 modules, participants watch a webinar hosted by a team of health professionals.
- ④ Participants complete an assessment at the beginning and end of each programme to identify areas that have improved and those that need further attention.
- ④ Participants have access to professionals to ask questions during the programme.
- ④ The programme is delivered virtually.





Wellness screenings

Sanlam Health Solutions also has the capability to offer wellness days that bring employees together to create greater awareness around their health. Although these gatherings have stopped due Covid, we are still able to conduct wellness screenings on-site and at pharmacies in an effort to help employees improve their health.

On-site wellness screenings

We determine employees' health risk status using an evidence-based, two-part health risk assessment (HRA) that consists of a lifestyle questionnaire and a wellness screening. The service also offers HIV counselling and testing (HCT), a finger prick prostate specific antigen (PSA) test and a finger prick tuberculosis screening as optional screenings for employees who may be eligible.

- ⌚ We provide an online booking system where employees can book a timeslot to be screened.
- ⌚ On the day of the screening, we will request an area where privacy and confidentiality can be maintained.
- ⌚ We will arrive on site with all equipment needed, including a screening tent, if necessary.
- ⌚ The screening is carried out by a professional nurse qualified to interpret the findings and provide health education.
- ⌚ The number of nurses on site will be determined by the number of bookings.
- ⌚ The booking of time slots allows for sanitisation between each screening and prevents employees gathering at the site. All Covid protocols will be adhered to.
- ⌚ Employees will receive a record of their results from the screening and their results will be emailed to them.
- ⌚ We are able to claim from all Medscheme administered medical schemes. For employees not on a scheme, we can provide a cost.
- ⌚ A Group Risk report providing an anonymised overall view of risk to the employer will be provided.

Pharmacy wellness screenings

- ⌚ We can create corporate identifiable wellness screenings that can be accessed via large group retail pharmacies.
- ⌚ To be screened, the employee simply needs to present their employee card at the pharmacy.
- ⌚ We also provide a voucher to ensure that the screening is carried out by the health professional.
- ⌚ The nursing professional will administer the screening, offer health education and share the results with the employee.
- ⌚ A report will also be emailed to the employee.
- ⌚ We will provide a utilisation and Group Risk report to the client.





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

