

Change your life. Join the UP Corporate Wellness Programme. **Let's make health a habit!**



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



March 2014

Dear UP employee

What is the UP Corporate Wellness Programme?

- The objective of the Bestmed UP Corporate Wellness Programme is to do an overall health risk assessment of staff members. Results from such an assessment will form the basis of future wellness initiatives and interventions. The purpose of the programme is not to diagnose or address health factors, but to educate staff on certain risks.

How can you register for the Wellness Programme?

- Bestmed will be visiting your office to do biometric screenings.

When: Wednesday 26 March 2014 and Thursday 27 March 2014

Where: Human Sciences building

Time: 08:30-13:00

- If you require more information, please contact the Wellness Coordinator, Riana Mong, at riana.mong@up.ac.za or 012 420 2870 (Mondays, Wednesdays and Fridays from 08:00 to 13:00)

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Better living. Better life.

www.bestmed.co.za

Bestmed is an Authorised Financial Services Provider (FSP no. 44058)

Verander jou lewe.

Sluit aan by UP se
Korporatiewe Gesondheidsprogram.

Kom ons maak gesondheid 'n gewoonte!



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Maart 2014

Beste UP-werknemer

Wat behels UP se Korporatiewe Gesondheidsprogram?

- Die doelwit van die Bestmed UP Korporatiewe Gesondheidsprogram is om 'n totale gesondheidsrisikobepaling van personeellede te doen. Die resultate van so 'n risikobepaling sal die grondslag van toekomstige welstands inisiatiewe en -intervensies vorm. Die doel van die program is nie om gesondheidsfaktore te diagnoseer of aan te spreek nie, maar eerder om personeel oor sekere risiko's in te lig en op te voed.

Hoe kan jy vir die Gesondheidsprogram registreer?

- Bestmed sal binnekort jou kantoor besoek om biometriese evaluerings te doen.

Wanneer: Woensdag 26 Maart 2014 en Donderdag 27 Maart 2014

Waar: Geestelike Wetenskap gebou

Tyd: 08:30-13:00

- Indien jy meer inligting verlang, skakel asseblief die Gesondheidskoördineerder, Riana Mong, by riana.mong@up.ac.za of 012 420 2870 (Maandae, Woensdae en Vrydae van 08:00 tot 13:00).

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