

HEALTHY COMPANY COMPREHENSIVE EMPLOYEE WELLBEING PROGRAMME

HEALTHY COMPANY

Supported by Discovery



The Healthy Company Employee Wellbeing Programme offers you access to a digitally-enabled, comprehensive employee assistance programme that proactively supports you throughout your work and life journey.

The Healthy Company Employee Wellbeing Programme offers various levels of interventions across the four dimensions of wellbeing - physical, emotional, financial and legal support.

Using cutting-edge technology including the Discovery mobile and website apps, tailored interventions are proactively and seamlessly provided through education or episode management based on your risk profile.

As you engage with the programme over time, the programme will adjust your risk classification, the recommendations and interventions accordingly.



EMOTIONAL WELLBEING

Whether you experience a traumatic event (such as an accident, assault, or loss of a loved one) or a significant life event related to family care (like having a baby or dealing with relationship difficulties), you'll receive comprehensive emotional support. Internationally recognised mental health assessments are conducted during screenings, online assessments, or telephonic conversations with your Healthy Company Coach who assesses your needs. If needed, your Healthy Company coach may refer you to a clinical psychologist or social worker for counselling sessions.

You may have up to 8 virtual, telephonic or face-to-face counselling sessions per presenting issue. Your Healthy Company coach will check in with you regularly to determine your progress and provide support.

Should our Mood Capture Tool, available on the Discovery app and website, detect any signs of emotional distress, one of our multi-skilled coaches will reach out telephonically to provide support and advice to prevent issues from escalating.



LEGAL SUPPORT

You have access to legal advisers who offer legal counsel, education and practical advice. Legal advice is available during office hours on **0800 320 420**, while Bail Assist is accessible 24/7.

Legal advice covers various areas, including divorce, breach of contract or claims for payment. Legal assistance covers drafting legal documents or reviewing contracts. Legal assistance for drafting documents extends to rental agreements, last will and testament or power of attorney documents.



FINANCIAL WELLBEING

This element of support is to improve your financial knowledge and help you to assess your current financial situation and provide guidance on where you can improve your financial status.

You can also contact one of our financial experts through the support line on **0800 320 420** for debt counselling or assistance with debt management services including insurance reviews, debt consolidation and reducing credit life premiums.



PHYSICAL WELLBEING

This is assessed by taking part in our annual wellness day. During the wellness day, your wellbeing is assessed through a holistic set of screenings. The screening includes a lifestyle questionnaire to help you reach your goals.

Screening helps us gather information about your overall well-being across different areas. These include physical health, clinical indicators, and lifestyle factors. We assess for conditions such as diabetes, hypertension, HIV, blood pressure, cholesterol (HDL), glucose levels, nutrition habits, smoking, and alcohol use.

Discovery Healthy Company takes all this information and assesses if there are any high-risk conditions such as chronic disease, depression, high level of stress, etc, and will refer you to a Healthy Company coach to take the necessary steps to ensure you get the right care.

HOW TO ACTIVATE AND REGISTER

You can access all the benefits offered by the Healthy Company Employee Wellbeing Programme by clicking [here](#) login to your Healthy Company profile select access now.

For assistance, you can email us at healthycompany@discovery.co.za and we will help you through the registration process.

STEP 01

Register on the Discovery Website

If you haven't already, visit Discovery's website and register with Discovery Healthy Company. This step is essential to use the Discovery app.

STEP 02

Download the Discovery App

Go to the App Store or Google Play and download the Discovery app.



STEP 03

Sign in to the Discovery app or Discovery website and access Discovery Healthy Company from your portfolio page.

Complete the consent section to start enjoying your benefits.



EMPLOYEE WELLBEING

We care