

2024

## WELLNESS BENEFIT PART OF THE BE BETTER BENEFIT

### WELLNESS SCREENING AND ONLINE WELLNESS QUESTIONNAIRE

As part of the Be Better Benefit, we offer wellness benefits to all our members, including a wellness screening and online wellness questionnaire. This helps you get a clear picture of your health so you can lead a healthier life. There's also the Benefit Booster, available on all plans except BonCap and Hospital Standard, which gives you benefits in addition to your savings and day-to-day benefits, so you get more value for money.

#### WHAT IS THE WELLNESS SCREENING?

The wellness screening is a free annual check-up where carefully selected tests are done. It also helps you to detect serious chronic conditions such as hypertension, heart disease and diabetes. All tests must be done at the same time.



Blood pressure test



Blood glucose test



Cholesterol test



BMI test



Waist-to-hip ratio measurement

### HOW DO I ACCESS THE WELLNESS SCREENING AND WELLNESS QUESTIONNAIRE?

1

You can do a wellness screening at a Bonitas wellness day, biokineticist or at any participating pharmacy. All tests must be done at the same time.

2

You can complete an online wellness questionnaire on the Member App.

By completing a wellness screening and/or an online wellness questionnaire you can activate your Benefit Booster and get access to more benefits..