

LIVE YOUR BEST LIFE

We can help



We want you to live your BEST LIFE at work and at home.

That's why you, and all your dependants who live with you, have access to our **Employee Wellness Programme (EWP)** that provides professional support services, 24 hours a day, 7 days a week, for free! **The EWP is a caring, confidential service** that helps you and your family deal with difficult personal or work-related issues.

Do you sometimes feel life is getting too much to handle?

Are you worried about your finances?

Are you experiencing health problems?

Do you need any legal advice?



WE CAN HELP YOU IN THE FOLLOWING WAYS



Face-to-face and telephone counselling: personal difficulties; family and relationship concerns; alcohol, drug or gambling abuse; stress and life changes; violence and trauma; HIV/Aids; grief; work-related matters



Financial assistance: debt counselling, managing debt, budgets, black listings, retirement, loans



Health information: general health and wellness tips, including dietary information



Legal assistance: professional telephonic legal support and basic legal documents, such as your last will and testament, power of attorney, residential lease and general sales agreements

To use the EWP

Call the care centre on at any time, day or night, and receive assistance in your preferred language.



SMS your name to 31581 at any time, day or night, and the care Centre will call you back within 60 minutes.



WhatsApp name and contact number to 066 488 2273

Email Carecentre@lifehealthcare.co.za or ewp@lifehealthcare.co.za and receive advisory support services.



TAKE NOTE

The EWP is totally confidential. Your personal information remains private, none of your colleagues will ever know you are using any of the EWP services (not even your manager or your employer) and using these services will not affect your job security.

Call toll free