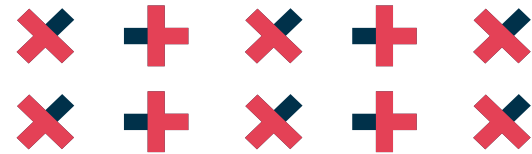




**YOUR BANKMED
NEWSLETTER**



**WHY ARE REGULAR
WELLNESS SCREENINGS
IMPORTANT?**

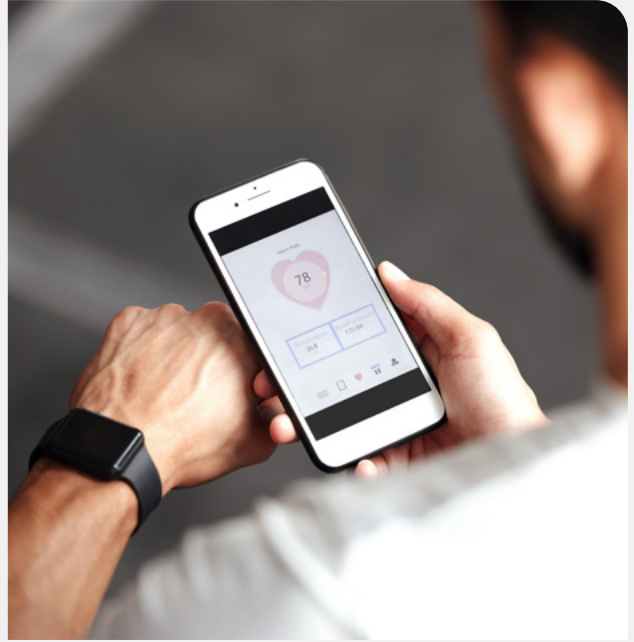
Wellness screenings are vital to ensure you identify and manage potential health risks which, if left undetected, can shorten your longevity and quality of life. Bankmed offers a range of screenings to ensure you are equipped with the knowledge to make positive lifestyle changes.





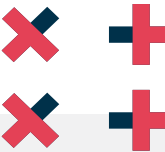
YOU CAN'T IMPROVE WHAT YOU DON'T MEASURE

Find out how regular monitoring can prevent illness, improve wellbeing, and enhance your quality of life. Dr. Myers discusses the importance of tracking key health metrics and adopting proactive strategies to stay ahead of potential health issues in this thought provoking episode of the Bankmed Wellness Effect.



CAN I EARN BALANCE POINTS FOR MY SCREENINGS?

Yes, you will get rewarded! Balance is designed to reward you for taking steps towards improving your health.



DO I QUALIFY FOR WELLNESS?

Bankmed members and their dependants have access to the **Wellness and Preventative Care Benefits**.

if your Plan covers you for a wellness screening.





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MORE THAN A MEMBER. MORE WITH BANKMED.