

SOS Corporate Wellness (Sisters-on-Site)

Sisters-on-Site is a new occupational health and preventative programme (OHPP) available to corporate and SMME clients on Fedhealth medical aid. Through this offering, employees benefit by means of the following services conveniently provided to them at their own work premises: health risk assessments, primary healthcare, HIV management, preventative healthcare, emotional wellness and addressing absenteeism.



In a nutshell, SOS enables employers to help their employees take ownership of their health through the right interventions at the right time.

Background

SOS Corporate Wellness was created in 2006 with a business model to provide preventative healthcare on-site. In recent years, it has switched to an Integrative Medicine model, combining conventional medicine with alternative treatment in an effort to treat the whole person.

Key features of SOS

- Face-to-face service
- All employees are evaluated
- Immediate diagnosis and treatment
- Dedicated to promoting healthy living and preventing illness
- Services on-site at regular intervals
- Unlimited comprehensive health benefit

Occupational health service activities in detail

1. Health Risk Assessments

All employees should undergo health risk assessments to identify the following:

- A baseline of the employee's health against which any future changes can be measured;
- Possible risk of deterioration in the health status which might be caused by the job process and work environment; and
- Whether the employee's physical and mental status meets the demands of the specific job.

The process starts with a health questionnaire completed by the employee before the assessment, followed by a personal medical history, occupational assessment and health assessment report completed by the occupational health nurse over a two-month period.

2. Primary healthcare

Employees don't have the time to see their primary care doctor, go to the emergency room, or stay home. This service benefits employees who are at work, but with a minor ailment, and entails the treatment of simple acute medical problems (or low acuity conditions).

The following ailments are covered:

- Skin conditions, such as mild acne and mild eczema
- Coughs and colds, including nasal congestion and sore throat
- Minor cuts and bruises
- Constipation and haemorrhoids (piles)
- Hay fever and allergies
- Aches and pains, such as headaches, earache and back pain
- Indigestion, diarrhoea and threadworms
- Period pain and thrush.

3. Health-themed initiatives

SOS also promotes healthy living and prevents illness by focusing on specific health aspects every month e.g. high blood pressure or quitting smoking. Where applicable, these awareness drives are accompanied by the relevant screenings e.g. a flu vaccination, hearing tests or blood pressure tests.

Other focus areas include: healthy heart awareness, stress awareness, good nutrition, knowing your digestive system, immune system, good supplements, cancer awareness, sugar awareness, saying no to alcohol and smoking, physical activity, ergonomics at work, vision and pregnancy.

To get in touch with SOS Corporate Wellness and empower your employees to manage – and cherish – their health, please contact your Fedhealth Account Executive.



CONTACT NUMBERS

Please call **0860 002 153** for all general enquiries and customer care assistance, including benefit and limit confirmation and document requests, as well as Hospital authorisations, chronic medication enquiries and oncology related authorisations.

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0860 333 432

MVA Third Party Recovery Department
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