



Weight Management Programme

Helping members embrace the lighter side of life

Countless studies have shown that being obese or overweight has dire health consequences. It substantially increases the risk of morbidity from at least 15 conditions including:

- Hypertension
- Abnormal cholesterol levels
- Type-2 Diabetes
- Coronary artery disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnoea and respiratory problems
- Cancers of the endometrium, breast, prostate, and colon
- Considerable strain on the joints, often resulting in orthopaedic surgery.

If this isn't enough cause for concern, body weight is associated with an increase in mortality from all causes. In addition, obese patients may suffer from social stigmatisation and discrimination, coupled with mental health issues.

Fedhealth Weight Management Programme

The Fedhealth Weight Management Programme was expertly designed for qualifying Fedhealth members with a high BMI and waist circumference. This benefit is available once annually per beneficiary.

Under this programme, members participate in a 12-week, biokineticist-led intervention plan that gives them access to 2 dietician consultations, 1 behavioral psychologist consultation on flexiFED 1 Elect, flexiFED 1, flexiFED 2 Elect, flexiFED 2 Grid, flexiFED 2, flexiFED 3 Elect, flexiFED 3 Grid, flexiFED 4 Elect and flexiFED 4 Grid. 2 behavioural psychologist consultations on flexiFED 3, flexiFED 4, maxima Exec and maximaPlus, as well as 2 GP consultations. Various pathology codes are also available to assist Doctors with exploring any underlying medical reason for obesity. Once the programme is completed, ongoing advice and monitoring is also made available to the member



CONTACT DETAILS

For more information, please visit fedhealth.co.za, or use the Fedhealth Family Room, WhatsApp service or Fedhealth Member App. You can also call the Fedhealth Customer Contact Centre on 0860 002 153.

Disease Management
0860 101 306

Europ Assistance
0860 333 432

MVA Third Party Recovery Department
012 431 9718

Fedhealth Baby
0861 116 016