

BASIC WELLNESS PACKAGE



Corporate Wellness Screening Proposal

On-site health screening for your workforce
Simple · Fast · Private

Epicentre Corporate Wellness

www.epicentrewellness.co.za

WHAT'S INCLUDED?

- Blood pressure
- Glucose
- BMI
- Cholesterol
- PSA (Males)
- HPV self-test (Females)

Who We Are

Epicentre Corporate Wellness brings professional health screening to your workplace, no clinic visits, no disruption, no cost to your organisation to book. Our registered nurses test employees on-site in under 10 minutes. Individual results are delivered privately to each employee, while your HR team receives an anonymised report highlighting health trends across your workforce. With over 25 years of experience and clients across South Africa's leading industries.

Invest in what matters most, the health of your people.

15%

of screened employees were found to have
previously undiagnosed hypertension or diabetes

Across transport, manufacturing, energy, retail and public service sectors

What's Included in the Basic Package

Five essential health markers screened by a registered nurse at your workplace.

Blood Pressure, Glucose and Cholesterol results are provided on the day — each employee receives a personalised results card with their readings explained in clear, easy-to-understand language. HPV and PSA samples are sent to the lab, with results delivered to employees within a few days.

Blood pressure (BP)

Measures the force of blood against your artery walls. High blood pressure often has **no symptoms** but significantly raises your risk of heart attack and stroke.

**Results given on
the day &
explained**

Glucose

Checks your **blood sugar levels** to screen for diabetes and pre-diabetes. Early detection allows for lifestyle changes before the condition progresses.

**Results given on
the day &
explained**

Cholesterol

Measures **fats in the blood** that can build up in your arteries over time. High cholesterol is a leading risk factor for heart disease and is entirely manageable when caught early.

Results given on the day & explained

BMI (Body Mass Index)

A quick measurement of height and weight used to assess healthy body composition. Results are explained in plain language and considered alongside your other markers.

Results given on the day & explained

HPV Self-Swab

A simple, private swab that a woman collects herself, this replaces a pap smear. Tests for the Human Papillomavirus (HPV), the leading cause of cervical cancer. Early detection is key — most cases are fully treatable when found in time.

Lab results (highly accurate), delivered in the next week

PSA (Men)

A blood test for men that measures a protein produced by the prostate gland. Elevated levels may indicate prostate inflammation, enlargement, or early-stage prostate cancer.

Lab results (highly accurate), delivered in the next week

Pricing

Medical Aid / Hospital Plan

FREE*

Blood Pressure · Glucose · Cholesterol
Covered via preventative benefits—does not affect savings or day-to-day benefits

HPV Self-Swab: **FREE via med aid**

PSA: **FREE via med aid**

Cash Payment

R250

Blood Pressure · Glucose · Cholesterol per employee

HPV Self-Swab: **R890** | PSA: **R237**

How is it **free* via medical aid?**

Most South African medical aids cover preventative health screening under their wellness or Prescribed Minimum Benefits (PMBs), meaning Blood Pressure, Glucose, Cholesterol, BMI, HPV and PSA can all be screened at **no cost to the employee**, without touching day-to-day benefits or medical savings.

On the day, employees complete a short form with their medical aid details and Epicentre submits the claim on the spot. If accepted, the screening proceeds at no charge. If not, employees can simply pay the cash rate on the day.

*Cover is subject to your individual scheme rules and plan type. Cash rates are available on request.

How It Works

Option 1 — Medical Aid / Self-Pay (No cost to the company)

1 Confirm & Estimate

Read through this proposal and confirm you would like to proceed with Option 1.

Give us know an estimate of how many employees are on medical aid and how many will be self-paying.

2 Prepare Your Team

We send you marketing material to distribute to employees two weeks before the day — digitally and physically.

The success of your wellness day depends heavily on employee awareness.

3 We Come to You

We arrive with our nurses and an administrator — all testing is done on-site.

Each employee is billed via their medical aid on the day. If a claim is not accepted, they have the option to pay the cash rate.

Option 2 — Company-Sponsored (Company covers the cost of testing)

1 Confirm & Estimate

Read through this proposal and confirm you would like to proceed with Option 2.

Let us know which tests you would like covered and an estimate of how many employees will be tested. A 50% deposit invoice will be sent to secure your date.

2 Prepare Your Team

We send you marketing material to distribute to employees two weeks before the day — digitally and physically.

The success of your wellness day depends heavily on employee awareness.

3 We Come to You

We arrive with our nurses and an administrator — all testing is done on-site.

Employees are tested at no cost to them. We handle everything on the day.

After the wellness day we invoice the remaining 50% based on actual attendance. No refunds for lower-than-expected turnout.

Option 3 — Combined (medical aid & uninsured employees are sponsored)

1 Confirm & Estimate

Read through this proposal and confirm you would like to proceed with Option 3.

Let us know an estimate of how many employees are on medical aid and how many your company will be covering. A 50% deposit invoice will be sent based on the company-sponsored employees to secure your date.

2 Prepare Your Team

We send you marketing material to distribute to employees two weeks before the day — digitally and physically.

The success of your wellness day depends heavily on employee awareness.

3 We Come to You

We arrive with our nurses and an administrator — all testing is done on-site.

Medical aid employees are claimed on the spot. Company-sponsored employees are tested at no cost to them. We manage both seamlessly.

After the wellness day we invoice the remaining 50% of the company-sponsored portion based on actual attendance. No refunds for lower-than-expected turnout.

■ **Your employees' results are private.** Individual results are sent directly to each employee's personal email / via results card — never shared with HR or management. Your organisation only receives an anonymised, aggregated health trends report.

some of our current wellness partners

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Ready to bring wellness to your workplace?

contact us with which option you would like to do

info@epicentrewellness.co.za | www.epicentrewellness.co.za