

WELCOME TO LA WELLNESS

As a LA Health member you now have access to LA Wellness – the programme that makes it easier and more rewarding for you to live a healthy lifestyle. We help you understand your health and offer you valuable rewards for doing a LA Wellness screening.

YOUR REWARDS

R500

to spend on groceries.

 Pick n Pay

Double

your funeral cover.

How it works:

LA Wellness

As a LA Health Medical Scheme member, you get automatic access to LA Wellness – the wellness programme that rewards you for understanding your health.

You get

R7,500 funeral cover for you and your spouse, **valid to the main member's 65th birthday**, and **R5,000 funeral cover** for up to five children.

Do an LA Wellness screening

One LA Wellness screening a year is paid for by LA Health Medical Scheme.

You can do your screening anywhere in the LA Wellness screening network.

This simple set of important screenings includes:

- 01 | Blood pressure
- 02 | Blood glucose
- 03 | Cholesterol
- 04 | Weight-adjusted BMI

Get rewarded

Enjoy valuable rewards for doing a LA Wellness screening.

Get R500 for you and your spouse to spend on groceries at Pick n Pay. We'll SMS the voucher to you.

Double your funeral cover to R15,000 for you and your spouse and R10,000 for up to five children.