



# REMEMBER ME?



1  
DECEMBER  
2020

World AIDS Day is a day for colleagues, companies, and communities to unite in the fight against HIV & AIDS, and to show their support for people living with HIV & AIDS. Holding a wellness day event on World AIDS Day is a great opportunity to encourage your employees to make their health a priority and to get tested and know their status. There are so many different ways to inspire education and change, but it all starts with igniting a conversation about HIV. This is where our keynote medical and HIV-positive speakers come in, as well as our innovative industrial theatre offerings. Whatever your requirements, chat to us about how we can help you wow your employees this World AIDS Day.

#### About OccuFit:

OccuFit offers a full spectrum of impactful onsite wellness interventions, from targeted biometric screening to national wellness events. These key interventions ensure the early identification of health risks, and also educate, inform, and assist in keeping all employees in optimal health.

We have been providing wellness screening services since 2004 and guarantee all our clients a professional, reliable, and punctual experience. We meticulously control all events to ensure that a quality service is provided.

#### Some benefits of using OccuFit include:

- We only use highly qualified service providers that have been trained by OccuFit and have passed the examinations with 80% or more.
- We personally ensure that all the gazebos, displays, and provider stands look appealing and inviting so as to encourage the highest possible attendance.
- We provide free incentives to attendees.
- OccuFit has the capacity to deliver the services through an existing extensive network of fully trained and accredited staff countrywide.
- Advanced reporting and IT capabilities with a permanently employed in-house team of IT experts, data analysts, and IT support staff enable us to report on real time biometric data gathered at screening events.
- Powerful data collection platforms to support data entry and aggregated corporate reporting requirements.

Using OccuFit therefore gives you peace of mind knowing that your wellness events are managed by a highly experienced provider that has existing capability, expertise, and capacity to deliver quality wellness screening according to the highest ethical and professional standards.

OccuFit provides outstanding health and wellness services to corporate employees anywhere in the country.

## Wellness screening packages

Onsite wellness screening includes the following tests combined or as stand-alone services:

- Height and weight.
- Blood pressure.
- Blood sugar.
- Blood cholesterol (total).
- Body composition analysis (fat and water percentage).
- Body mass index (BMI).
- Waist and hip circumference and ratio.
- HIV screening test.
- Hearing screening.
- Vision screening.
- TB screening questionnaire.
- Stress assessment.

Pre- and post-test counselling is given to ensure that employees receive support where needed and that people with chronic conditions are enrolled for appropriate treatment and care.

All participating employees will receive a health passport with their screening results recorded (example below).



**Health**

Don't worry, be happy. Help is always at hand.

Please fill in the appropriate circle (X) according to the colour chart above.

**Where do you rank?**

**Random glucose**

Normal	Moderate	High risk
< 7.8 mmol/L	7.8 - 10.0 mmol/L	> 10.0 mmol/L

**Random cholesterol**

Normal	Moderate	High risk
< 5.2 mmol/L	5.2 - 6.2 mmol/L	> 6.2 mmol/L

**Blood pressure**

Normal	Moderate	High
Systolic < 120 and Diastolic < 80 mmHg	Systolic 120 - 139 or Diastolic 80 - 89 mmHg	Systolic > 140 or Diastolic > 90 mmHg

**Peak flow (L/min)**

A normal peak flow rate is calculated based on your age, height, and gender.

**Pulse rate (bpm)**

An average resting heart rate for adults ranges from 60 to 80 beats per minute. A high or low heart rate may indicate a problem.

**Key biometrics**

Let's check you out to make sure that your body is functioning at its best!

**Where do you rank?**

**BMI**

Underweight	Normal weight	Overweight	Obese
Below 18.5	18.5 - 24.9	25 - 29.9	30 and above

**Waist circumference (cm)**

Normal	Overweight	Obese
Below 94 cm	94 - 102 cm	103 cm and above

**Waist to hip ratio**

Normal	Overweight	Obese
Below 0.9	0.9 - 0.95	0.95 and above

**Waist to hip ratio**

**Body water (%)**

**Body fat (%)**

**Depression**

**Anxiety**

**Stress**

## DANCE FITNESS

This is a fitness class for people of all shapes, sizes, backgrounds, and ages. Because people dance their hearts out, it feels more like a party than a workout — and it is a calorie-burner too.

## MASSAGE

Massage therapy can be offered onsite by professional massage therapists to promote relaxation and the many health benefits that massage has to offer. 15-minute neck and shoulder massages are offered to clients in a seated position.

## NUTRITION STAND

A registered dietitian will provide employees with practical tips about eating for sustained energy. Food tasters will be available. The following options are offered:

- Lunch box demonstrations.
- Smoothie demonstrations.
- Healthy entertaining.

## HIV POSITIVE SPEAKER (PRE RECORDED)

Let a speaker living with HIV inspire your employees with their personal life stories and brave journeys of self-discovery.

## KEYNOTE SPEAKERS (PRE RECORDED)

Our medically trained keynote speakers are engaging, entertaining, and different, and will delight audiences with a variety of wellness topics.

## INDUSTRIAL THEATRE (PRE RECORDED)

Industrial theatre shows address various wellness issues in a fun and entertaining manner. Numerous show topics are available on request.

## REFLEXOLOGY

Reflexologists believe that different areas on your feet correspond to other parts of your body, and massaging them relieves pain and stress. Sessions are typically 20 minutes in duration.

## ANTIOXIDANT STATUS TEST

Eating enough fruit and vegetables plus other antioxidant rich foods remains the cornerstone of health. Now there is a way to know if you're getting enough. Wellness events in Johannesburg can experience new breakthrough spectroscopic technology which enables us to non-invasively test a person's antioxidant status. The result gives a significant view on a person's health and risk for disease and is a tremendous improvement on the previous method where blood had to be drawn for laboratory testing.

## PRICES

### Wellness screening packages

#### Combined wellness and HIV testing (one-stop shop)

Includes:

- Height and weight.
- Blood pressure.
- Blood sugar.
- Blood cholesterol (total).
- Body composition analysis (fat and water %).
- Body mass index (BMI).
- Waist and hip circumference and ratio.
- HIV test.

R355\* per person tested

*\*A minimum of R3550 per nurse per day will be charged*

#### Tailor your own wellness testing

Select additional screening tests from the table on the right in addition to the one-stop shop above.

#### Hearing screening

R205 per person tested

#### Peak flow

R75 per person tested

#### Psychological wellbeing assessment

R30 per person tested

#### Tuberculosis screening assessment

R30 per person tested

#### Visual screening (Snellen chart)

R45 per person tested

## Stand-alone services\*

*\*A minimum of R3 550 per nurse per day will be charged (Please note that all prices below exclude VAT.)*

Health risk assessments	R180* per person tested
HIV counselling and testing services	R235* per person tested
Occupational health and HIV	R455* per person tested
Hearing screening	R250* per person tested
Peak flow	R125* per person tested
Psychological wellbeing assessment	R35* per person tested
Tuberculosis screening questionnaire	R35* per person tested
Visual screening (Snellen chart)	R75* per person tested
Zumba	R2 250 per 60-minute event. Music R400 extra for a small
Neck and shoulder massage	R2 100 per therapist per day. One massage therapist can see approximately 25 clients on a 6-hour wellness
Nutrition stand	R4 950 per dietitian per day or part thereof. Ingredients will be charged at R1 000 for each of the available food
Keynote presentation	R10 000 per topic (pre-recorded for ease of distribution)
Industrial theatre	± R10 000 per show. (Pre-recorded for ease of distribution)
Reflexology	R4 950 per therapist per day.
Antioxidant scanner	R6 500 per day. Max 100 people per day.

## TERMS AND CONDITIONS

### Venue

Clients are requested to provide suitable venues for the type of event chosen. All events are to please be held indoors.

### Minimum fees

Where minimum fees apply, the greater of the minimum fee or the number of people tested multiplied by the fee per person tested will be charged.

### Travel, accommodation, and disbursements

Local resources are used where possible. Where not possible, travel costs, travel time and accommodation is charged on a cost recovery basis. Road travel is charged at R3.65 per kilometer for distances of greater than 50km outside of Johannesburg, Durban, Cape Town, and Port Elizabeth.

### Booking Policy

- Please schedule events at least 10 working days (2 weeks) in advance, with a fully completed and signed booking form.
- We will confirm availability of service providers as soon as the relevant service providers have confirmed their availability.

### Policy on late-notice bookings

Due to high demand of services at this time of the year, no bookings with less than 10 working days (2 weeks) notice will be accepted.

### Cancellation (including changes/rescheduling) of confirmed bookings:

- If cancellation/rescheduling occurs between 6-10 days prior to the event: 50% will be charged.
- If a cancellation/rescheduling is made 5 working days or less prior to the event: the full fee is payable.

For any queries regarding this proposal, please email your Client Relationship Manager or call us on 0861 066 666.

(Confidentiality, transparency, and corporate governance are key principles to which Health|Onsite subscribes and are vital components of the services that we offer. Accordingly, all contracts entered are subject to the approval of the board of directors.)



# World AIDS Day Wellness Event Booking Form 2020

Company name:			
Testing site address:			
Company contact person:		Company contact number:	
Client relationship manager:		Client relationship manager contact number:	

Total number of employees on site:				Estimated number of employees to participate:				Estimated uptake %:			
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Wellness day date:	/	/					Wellness day time (start/end time):	_	_	H	_	_	to	_	_	H	_	_
	D	D	M	M	Y	Y	Y	Y										

Health screenings and additional screening services (Please refer to proposal for costing and availability.)						
HIV & wellness screening	YES	NO	No. private rooms available:	Lung function (peakflow)	YES	NO
Wellness screening	YES	NO		TB risk questionnaire	YES	NO
HIV (Included)	YES	NO	No. private rooms available:	Stress questionnaire	YES	NO
Hearing (audiology)	YES	NO	No. private rooms available:	Flu vaccination (season dependant)	YES	NO
Massage therapists	YES	NO	No. of therapists:	Note that due to cold storage requirements, we can only cater for clients based in major city centres. Please note that you will be liable for the cost of all vaccines ordered, irrespective of uptake by employees on the day.		
Vision	YES	NO				

Edutainment packages (Please refer to proposal for costing and availability.)													
Dance Fitness	YES	NO	No. of classes:		Scheduled at:	_	_	H	_	_	Sound system requested?	YES	NO
Nutrition	Lunch box demonstration		YES	NO	Smoothie demonstration		YES	NO	Healthy entertaining		YES	NO	
*Keynote presentation	YES	NO	Topic:			Scheduled at:	_	_	H	_	REQUIRES DATA PROJECTOR		
*HIV positive speaker	YES	NO	Topic:			Scheduled at:	_	_	H	_	REQUIRES DATA PROJECTOR		
*Industrial theatre	YES	NO	Topic:			Scheduled at:	_	_	H	_			
*Reflexology	YES	NO	*Antioxidant scanner	YES	NO	Estimated number of employees to attend:							
*The services listed are available in Gauteng only. Other provinces to be confirmed.													

Do you want to make use of an online booking system?	YES	NO
(If YES, please provide a complete company list of all employees, including name, surname, email address, and cell number.)		
Please specify if there are any other specific requests for the event:		

## Cancellation (including changes/rescheduling) of confirmed booking:

- If cancellation/rescheduling occurs between 5-10 days prior to the event: 50% will be charged.
- If a cancellation/rescheduling is made less than 5 working days prior to the event: the full fee is payable.

I am duly authorised to sign:

Name of signatory: \_\_\_\_\_ Signature of client: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
D D M M Y Y Y Y

Please complete the booking form and email it to your dedicated client relationship manager at Health|Insite or call **0861 066 666**. By signing this booking form, you agree to the terms and conditions as outlined in the OccuFit proposal for wellness day services.

## Booking Address:

bdadmin@healthinsite.net