



Have a Personal Health Assessment (PHA) done at a **Bankmed Wellness Experience**

Your well-being is important to us and we know that through preventative healthcare it is possible to diagnose underlying health issues earlier. Being healthy goes much further than not feeling ill. Even if you don't have any symptoms, your body can hide the early signs of a medical condition.

The Bankmed Wellness Experience gives you the opportunity to have a series of tests done, as part of your Personal Health Assessment, a Healthcare Professional will measure your cholesterol, blood pressure and blood glucose, as well as calculating your body mass index and waist circumference. These measures tell you if you are at risk of developing kidney disease, heart disease, diabetes type 2, or of having a heart attack or stroke.

You may choose to have HIV/AIDS counselling and testing done at the same time.

Bankmed's got you covered

Please note that all members have access to one Personal Health Assessment each year.



www.bankmed.co.za

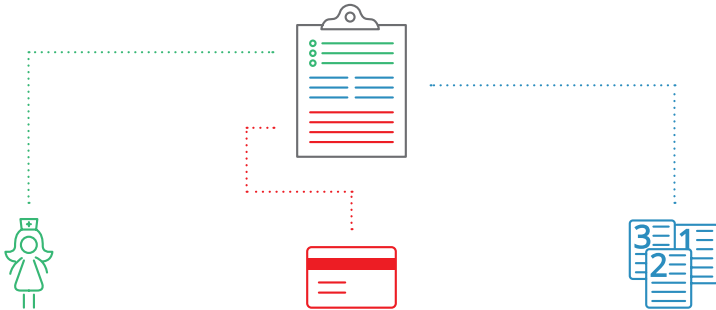


BankmedSA



@Bankmed_SA

Will the Personal Health Assessment test appear on my medical aid claims statement?



1.

The details of the provider who performed the assessment will appear under the **TRANSACTION** information section.

For the Personal Health Assessment, the details of the Healthcare Professional who conducted your assessment will appear in this section

2.

The **PAYMENT** information section reflects the amount that has been paid to the service provider

3.

The **ADDITIONAL** information section shows you from which benefit the payment has been made. In the case of the assessments, payment will come out of the Insured Benefit if you complete it, once every benefit year

