

<Beneficiary name and details>

<DATE>

Dear <Beneficiary name>

ACTIVE @ HOME PROGRAMME

The Nampak SA Medical Scheme is proud to introduce its new home-based programme, called Active@Home (AAH). The Programme is developed in collaboration with experts from the University of Kwa-Zulu Natal (UKZN) and is a joint venture with Momentum Medical Scheme Administrators (MMSA).

AAH is an innovative home-based, scheduled monitoring health management service, aimed at potentially at-risk members to effectively manage complications related to chronic conditions and ageing.

I am pleased to advise that you have been selected by the Nampak SA Medical Scheme to participate in the AAH programme. Please note that your participation on the programme is voluntary. Should you choose to participate, the aim is to assist you in areas where chronic conditions affect your general well-being and health. The awareness around conditions and prevention of complications will help improve the quality of life in the long term

AAH offers the following benefits:

- A comprehensive Health Assessment Programme, in conjunction with your General Practitioner (GP), which includes a range of tests to assess your current health status.
- A Care Package, which provides the necessary monitoring, guidance and care to reduce health risks by early detection and early referral. A Standard Care Package will only be recommended to you, should you meet certain criteria after your initial health assessment.

You will be contacted telephonically within the next couple of days, to confirm whether you are willing to participate on the AAH programme. Please use this opportunity to clarify any queries that you may have. Alternatively please contact us on **0861 116 227** or refer to the enclosed brochure for more information.

The cost of this programme, i.e. the initial health assessment and enrolment on the Care Package will be covered by Nampak SA Medical Scheme via Active@Home, and will not be deducted from your day-to-day benefits.

We look forward to this partnership in order to ensure sustained good health.

Yours sincerely



L GOVENDER
FUND MANAGER