



YOU'RE ON YOUR WAY TO
HEALTHIER LIVING.

Dear Member

Congratulations on your completion of the Fedhealth Weight Management Programme!

We trust that you've enjoyed your interaction with the programme, and that you've seen the benefit in adopting a healthier and more active lifestyle.

The aim of this programme is to inspire you to continue a long-term weight loss journey. We are confident that your sessions with the biokineticist and dietitian have empowered you with skills and knowledge in order to maintain and improve your health habits.

For added support, please feel free to visit the Fedhealth Family Room online member portal which provides access to healthy lifestyle related articles.



Please don't hesitate to contact our **Member Care Call Centre** on **0860 105 104** or email **weightmanagement@fedhealth.co.za** should you require any further assistance or information.

We wish you all the best on your weight loss journey!

The Member Care Team