

## HELPING OUR MEMBERS EMBRACE A LEANER, HEALTHIER LIFE

### Dear Healthcare Professional

The Fedhealth Weight Management Programme is now in its second year as a Fedhealth offering to our members. We are pleased to tell you more about this programme aimed at helping your patients with a high BMI and waist circumference.

Under this weight management programme, members will participate in a **12-week, biokineticist-led intervention plan** that will give them access to a **dietician** and **psychologist** with the goal to lose the excess weight and lead healthier, more rewarding lives.

This is a risk benefit, and thus comes at **NO COST** to all qualifying beneficiaries.

### Fedhealth members with the following parameters will be eligible for the programme:

- BMI  $\geq$  30 kg/m, or
- Men with a waist circumference  $\geq$  102 cm, or
- Women with a waist circumference  $\geq$  88 cm, or
- Other cases identified by a General Practitioner or BASA biokineticist supported by a motivation e.g. member with a BMI between 25.0 kg/m and 29.9 kg/m with diabetes and comorbidities.

### HOW IT WORKS:

The weight management programme runs over 12 weeks (three months) and entails:

- ! Once a member has been identified as suitable for the weight management intervention, we will notify you, the treating provider, that your patient has been enrolled on the programme;
- i A BASA biokineticist will manage the sessions, which include:
  - **9 exercise sessions** with a biokineticist which can either be individual or group exercise sessions
  - **3 reassessment sessions** with biokineticist
  - Referral to a **dietician** for a **consultation** and a **follow-up**
  - Referral to a **psychologist** for one consultation (where needed) and
  - The biokineticist submits **electronic reports** to the member's treating doctor and Fedhealth after each interaction.
- 👂 Self-monitoring; and
- ✔ At the end of the programme, Fedhealth will make contact with the member in order to obtain **feedback** and conduct a discussion on **health outcomes**.

Please don't hesitate to contact our **Member Care Call Centre** on **0860 105 104** or email [weightmanagement@fedhealth.co.za](mailto:weightmanagement@fedhealth.co.za) should you require any further assistance or information on getting your patients enrolled.

We believe that this programme is a valuable resource for Fedhealth members looking to adopt a leaner and healthier lifestyle – and we'll appreciate your support as a healthcare professional in this regard.

**Best wishes,  
Fedhealth**