



WELLNESS PROGRAM



A little support goes a long way...

SAITA Benefits is a company for the patients, the professionals and our valued clients. We are devoted to making a meaningful and sustainable difference in the health & wellness of members.



Our Services... (Starting at R80 / month)

- ✓ **Maritime Wellness**
Ensuring legal compliance and wellness for seafarers.
- ✓ **Agricultural Healthcare Services**
Providing guidance and expertise for companies involved in the food, farming and agricultural sector.
- ✓ **Travel Care Services**
No matter where, there will always be support by Workforce Healthcare's experts.
- ✓ **Food Handlers**
Correctly manage hygiene practices as well as the health of your employees.
- ✓ **Occupational Health (Mobile/Clinic)**
We ensure your protection when it comes to the risk of liability and non-compliance to the Occupational Health and Safety Act (Act 85 of 1993) through mobile services and on-site clinics.
- ✓ **Medical Surveillance**
We have extensive expertise needed to handle cost effective and industry specific screening requirements.
- ✓ **Construction Compliance**
We provide medical screening units on site, either permanently for large sites or mobile for smaller sites. We also have 6 regional occupational healthcare clinics which ensure compliance with construction regulations.
- ✓ **Mining Wellness**
We have extensive experience in providing compliant occupational medical services in accordance with the Mine Health and Safety Act (Act 29 of 1996)
- ✓ **Training and Organisation Programmes**
Create awareness around health risks and wellness related issues.
- ✓ **First Aid**
Level 1, 2 & 3 courses are approved and registered with the Department of labour.



- ✓ **DNA Wellness (Employee Wellness Programme)**
Service your company's singular requirements by selecting from our wide range of bespoke wellness solutions.
- ✓ **Primary Healthcare**
Reduce unnecessary time off work and loss of earnings with on-site care. Acute and chronic disease management at the workplace.



- ✓ **Family Planning**
Providing support and information on preventing unplanned pregnancies.
- ✓ **Wellness Days**
Your employees receive a full bouquet of wellness services delivered to them directly at their place of work. From health screenings to information sessions, our Wellness Days always educate and enlighten.
- ✓ **Corporate Wellness**
Aimed at increasing productivity and reducing absenteeism.
- ✓ **Chronic Disease Management**
Ensuring that employees comply to their medication and lifestyle treatment.
- ✓ **HIV/AIDS Testing, Training and TB Management**
Providing support and guidance.
- ✓ **Absenteeism Management**
Monitor absenteeism trends with our expert absenteeism management solutions, intervening where necessary.
- ✓ **Substance Abuse**
Assisting with policies, programmes and support.
- ✓ **Government Wellness**
Our programmes are structured in alignment with the Department of Public Service and Administration (DPSA).

- ✓ **Truckers Wellness**
Providing holistic health and wellness solutions to the transport and logistic industry.
- ✓ **Incapacity Management**
Assisting in the investigation, evaluation and reasonable accommodation of employees not able to perform their duties due to health challenges.