

WELCOME TO LA WELLNESS

As a LA Health member you now have access to LA Wellness – the programme that makes it easier and more rewarding for you to live a healthy lifestyle. We help you understand your health and offer you valuable rewards for doing a LA Wellness screening.

Your Rewards

R500

to spend on groceries.

Pick n Pay



Double

your funeral cover.



How it works



LA Wellness

As a LA Health Medical Scheme member, you get automatic access to LA Wellness – the wellness programme that rewards you for understanding your health.



You get

R7,500 funeral cover for you and your spouse, **valid to the main member's 65th birthday**, and **R5,000 funeral cover** for up to five children.



Do a LA Wellness screening

One LA Wellness screening a year is paid for by LA Health Medical Scheme. You can do your screening anywhere in the LA Wellness screening network.



This simple set of important screenings includes:

- 01** | Blood pressure
- 02** | Blood glucose
- 03** | Cholesterol
- 04** | Weight-adjusted BMI



Get rewarded

Enjoy valuable rewards for doing a LA Wellness screening.



Get R500 for you and your spouse to spend on groceries at Pick n Pay. We'll SMS the voucher to you.



Double your funeral cover to R15,000 for you and your spouse and R10,000 for up to five children.

Please note:

If we do not have the correct email or cellphone number, we will not be able to distribute your voucher. To update your details, log on to our website www.lahealth.co.za or call 0860 103 933. Funeral cover for you and your spouse is valid up to the age of 65.