



## HEALTH AND WELLNESS EVENT REQUEST FORM

### A. COMPANY DETAILS

Company:	<input type="text"/>	Vat Registration no.:	<input type="text"/>
Requested Date:	<input type="text"/>	No. employees on site:	<input type="text"/>
Staff likely to attend:	<input type="text"/>	Male:	<input type="text"/>
Time Service Start:	<input type="text"/>	Female:	<input type="text"/>
Contact person:	<input type="text"/>	Time Service End:	<input type="text"/>
Cell no.:	<input type="text"/>	Telephone no.:	<input type="text"/>
Physical address of venue:	<input type="text"/>	E-mail:	<input type="text"/>
	<input type="text"/>		

Must our 360° Loyalty Partners to be invited to the Wellness Day? Y  N

Will refreshments/lunch be provided to the service providers? Y  N

To which medical aid schemes does your company belong? \_\_\_\_\_

Details of venue(s) to be used for Wellness Day or Event (boardroom, tent, hall, conference room, etc.)  
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 \_\_\_\_\_

### B. HEALTH AND WELLNESS INTERVENTION

Health screenings and Vaccinations	Questionnaires	Nutrition
Blood pressure	Smoking habits	Nutritional assessment
Cholesterol	Osteoporosis	Nutritional advice from dieticians
Glucose	Financial or emotional wellbeing	Health smoothies
Body mass index (BMI)		Food displays
Waist circumference	<b>Rewards</b>	<b>Fitness</b>
Body fat percentage	Neck and shoulder massage	Fitness assessment
VCT for HIV and AIDS	Hand massage	Fitness advice from a biokineticist
Tuberculosis (TB)	Lucky draw	Flexibility tests
Lung capacity	Goodie Bags or give-aways	Office ergonomics
Flu vaccination		
<b>Specialist Screenings</b>	<b>Gender health   Females</b>	<b>Psychosocial</b>
Eye examination and visual screening	Mammoscan	Psychosocial stand
Hearing screening	Breast examination	Psychosocial health risk assessments
Dental screening	Pap smear	Other:
Osteoporosis screening	HPV UdoTest	
Other:	STD UdoTest	
<b>Walk-thru Wellness</b>	<b>Gender health   Males</b>	<b>Employee Wellness Passport</b>
Wellness screenings for your executive team. Convenient and quick, because we take bookings.	Prostate specific antigen (PSA)	A passport aimed at educating employees and motivating progress by capturing screening results from multiple events.
	STD UdoTest	

### C. CORPORATE TALKS AND WORKSHOPS

Talk(s) (1-2 hours)		Target Group	
Workshop (3hours to a full day)		Language	
Mark relevant area – Brochures and specific topics available on request			
Nutritional Talk or Workshop		Fitness Talk or Workshop	Emotional Wellness Talk or Workshop

### D. HEALTH AND WELLNESS CHALLENGES

Health and Wellness Challenges are fun ways to promote health and wellness in your organisation. These events can be made to be just a one day event or they can run for a period of up to one year. Challenges are specifically adapted to fit the company environment and culture to ensure the best results are achieved.

Some challenges to choose from:				
Pedometer challenge		Choose-to-lose challenge		Born-to-move challenge
Health and Wellness Amazing Race		Fun Run		Deskercise Programme

### E. INTERMEDIARY DETAILS (IF APPLICABLE)

Name of brokerage:	<input type="text"/>	Brokerage code:	<input type="text"/>
Full name of Consultant/Agent:	<input type="text"/>		
Consultant/Agent Sub-code:	<input type="text"/>	BC code:	<input type="text"/>
Telephone no.:	<input type="text"/>	Fax no.:	<input type="text"/>
E-mail:	<input type="text"/>		

\_\_\_\_\_  
SIGNATURE OF BROKER

\_\_\_\_\_  
SIGNATURE OF CONSULTANT

\_\_\_\_\_  
COMPANY AUTHORISED SIGNATURE