

Lifestyle Management Department

Offers the following services:

The Lifestyle screenings include:

- Cholesterol
- Glucose
- Hypertension
- Obesity (BMI)
- Waist Circumference
- Iron levels testing
- Uric Acid (gout)

Add on we offer when requested are:

- Mental health talk
- Gym Session (grip fit, cardio)
- Zumba/ Yoga
- Dietician Talk
- Counseling
- Vitamin B shots or Flu shots. (deductible for medical aid)
- HIV testing and counselling ((deductible for medical aid)
- COVID Testing (deductible for medical aid)
- HIV testing

NB: The fund only pays for one item, the first 30mins only. If Group/company want more than 30mins or wants more than one item, the Group/Company will have to pay for one of the item.



**LIFESTYLE
MANAGEMENT
PROGRAMME**

Contact the Lifestyle Department at: wellness@methealth.com.na
for bookings or enquires