



Wellness

PROJECT MANAGEMENT

WELLNESS PROJECT MANAGEMENT (PTY) LTD

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A bit about us and what we offer...

Did you know... *healthy* employees miss less work, experience less stress, enjoy their jobs more and are more productive? The key to promoting and maintaining the wellness of your workforce is to provide them with **resources that inspire, comfort, motivate, inform, and include practical steps for them to implement changes in their lives.**

Wellness Project Management (Pty) Ltd. offers you publications that cover all the major health, safety and wellbeing issues encountered in today's workplace, with a unique, upbeat and easy-to-read style.

People use the information we provide in helping them change. Information does not *cause* people to change; rather, it *helps* them know *what* to do, *how* they are affected, how they can *succeed* and what the *benefits* could be after making the change. The **crucial** part for an organisation is *how* you provide that information.

Make our products your organisation's Wellness resource – we're dedicated to giving you the most up-to-date and readable information available.

Medical credibility is the hallmark of our products, and our materials are not only *reviewed* by experts – they're produced by them! And by *not* accepting commercial advertising, we maintain our editorial independence, integrity and transparency. Staying 100% loyal to our readers!

Our products can be used as stand-alone health awareness handouts, or as an integral part of your organisation's ongoing health and wellbeing programmes. Mix and match using all or any of the following:

Our premier product: the **Award-winning Wellness Health Letter®** – published bi-monthly – offers a cost-effective way to transparently promote an agenda of enhancing the health of your workforce. A number of South African blue-chip companies personalise the Wellness Health Letter® – adding their company name, logo or customised articles. **(We do the work, you take the credit!)** Each edition covers a **wide variety of issues relevant to all employees** – from top management down. These may include stress management, reducing health costs, nutrition, exercise, early cancer detection, HIV and AIDS, hypertension, diabetes, injuries and more.

The health letters also incorporate some of the current National Health Observances. This enables the use of the Wellness Health Letter® as the **cornerstone** of a health awareness programme, or as part of an existing health, self-care and/or wellbeing (e.g. employee assistance/efficiency management) programme to produce a positive, synergistic effect in reducing absenteeism and increasing productivity.

Brochures – We produce both **2-fold** and **3-fold** brochures on an extensive **range of topics** that are relevant to employees from all strata of the workforce. We currently have over 88 titles and constantly bring out new ones. Topics cover many life aspects and are not necessarily confined to “medical” issues. Fitting conveniently into standard DL (110 x 220mm) envelopes, they are easy to **insert into pay-slip envelopes, medical aid claims advice notices** or to include with in-house publications.

Two-in-One Posters – We have a **unique** range of double-sided posters. These high-quality, informative posters deliver compelling health information that employees and their dependants are able to use and act on. The posters can be displayed in the workplace, where employees see the powerful health messages, and are also suitable for employees' homes, where they can even influence dependants' wellbeing. **(NB: Our take-home products are enjoyed by several other members of the family and/or community. Using our products could be considered an extension of your existing social responsibility strategies.)**

Quick Read Booklets – These 16-page booklets, and their attractive, full-colour covers are irresistible. The reading and browsing is easy. Quick Read Booklets each focus on a single health issue so you get **concentrated, timely, and in-depth information**.

National Health Observances Poster –lists the health observances for the year, helping you to plan your health awareness programmes. **Look out for our special offers on resources that will help you promote these health observances in a synergistic way.**

Wellness Health Calendar – synchronized with our other wellness products to highlight important corporate health concerns. Each year's edition is fun, attractive and practical – and can be customised to suit your needs. **Ideal for the office or in employees' homes (It makes a great gift!),** the Wellness Health Calendar is used every day – so the valuable health messages it contains are seen and remembered.

All our products are *fun to read, easy to understand, accurate, motivating, upbeat, non-threatening and have universal appeal.*

customise any of our Wellness publications to fit *your organisation's needs.* And show your employees their health is a priority! Just let us know how you would like to personalise a resource and we'll take care of the rest! And if there is a need for a specific topic in your workforce, tell us, and we will happily cater for it.

As a ***strategic initiative***, Wellness Project Management (Pty) Ltd's products are an **investment in your employees' health and wellbeing that reaps numerous rewards.**

Please read the enclosed information carefully to find out more about the comprehensive range of resources we offer and how we may help you promote the wellness of your workforce. **Then call us on 0861 113 866 and order NOW to get the best discounts.**

Healthfully

Wellness Project Management

PS: Look out for some exciting new developments from Wellness Project Management (Pty) Ltd including a blending of old and new technologies.

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