



You have gotten into the groove and joined the Best medical scheme in town, and we have shared with you how the Bestmed cover unlocks Bestmed Tempo benefits to put a pep in your step. But during lockdown, how can you keep the beat and maximise wellness benefits?

We have not one, but four Best Life initiatives designed to keep you and your employees moving and in-the-know. The initiatives will be presented virtually via Zoom Webinars and other online platforms and are available to all employees irrespective of their medical scheme.

**WE
OFFER**



COVID-19 Information Sessions

Get up-to-date information and insights directly from healthcare experts in only 60 minutes.



Virtual Pilates Classes

Improve flexibility, increase muscle strength, and combat any lockdown stiffness with our virtual Pilates classes.



Higher Risk COVID-19 Information Sessions

Are you or a loved one potentially at high risk? Arm yourself with critical information on how to protect yourself and your family from COVID-19.



Be the Best Me Workshops

Focus on holistic wellness. Manage mental health and create positive habits to help overcome the lockdown blues.

Simply choose the initiative(s) that you are interested in, and we'll take care of the rest. A Key Account Consultant will be assigned to you to determine suitable dates and time slots and create a Bestmed Tempo programme that's Personally Yours.