Emotional Wellbeing Journey "How to Guide"





IT'S YOUR LIFE. LIVE IT AT YOUR OWN TEMPO.

"emotional wellbeing"

- 1. an awareness, understanding, and acceptance of your emotions, and your ability to manage effectively through challenges and change
- a person's ability to handle their emotions and the varied experiences they encounter in life *Definitions per the National Center for Emotional Wellness

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WE ARE WITH YOU EVERY STEP OF THE WAY

At Bestmed, we realise that you often need support on your journey to develop an improved understanding and acceptance of your emotions, as well as how to deal with these emotions and any resulting mental health issues that you may be experiencing. In short, the Bestmed Tempo programme (and the team behind it) will be your partner to **KNOW, DO** and **ACHIEVE** on your journey to emotional wellbeing.

On this journey:

- You will have access to a library of information and resources to KNOW how to identify, understand and accept your emotions, including articles on relevant topics.
- You will also have access to various exercises to DO to improve your emotional and mental wellbeing, including videos on breathing, meditation, muscle relaxation, mindfulness etc.
- The available information and exercises should help you to **ACHIEVE** your desired emotional and mental state.

Remember, all Bestmed Tempo benefits are offered to members FREE of charge, regardless of your benefit option.

HOW TO START YOUR EMOTIONAL WELLBEING JOURNEY

Don't delay, start today! Access and activate your Emotional Wellbeing Journey by logging on to the <u>Member portal</u> on the <u>Bestmed website</u>, (for Huawei devices, iOS or Android) or the Bestmed App (for <u>iOS</u> or <u>Android</u>).

Members using <u>iOS</u> or <u>Android</u> mobile devices, can access the Emotional Wellbeing Journey via the **Bestmed App**. Members using Huawei devices will be redirected to the access the Emotional Wellbeing Journey via the **Member portal** on the Scheme's website.

MEMBER PORTAL – TIPS AND TRICKS TO GET THE MOST OUT OF YOUR JOURNEY:

1. Click on the "Menu" option on the Bestmed home page (www.bestmed.co.za)



3. Insert your username and password and click the "Sign In" button



2. Under the "MEMBERS" section click on "Login"

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Hospital Plans	Prescribed Minimum Benefits	Bestmed App	How to submit a claim	Login
Network Plans	Radiology	Documents	Governance	
Savings Plans	Medicine and Chronic Benefits	FAQS	Careers	ADVISORS
Comprehensive Plans	HIV and AIDS	Tax certificate	Company Profile	Resources
Compare Plans	Diabetes	Contact Us	COVID 19	Login
Brochures Guides and Forms	Maternity Care			
	Back and Neck	TEMPO WELLNESS PROG	RAMME	HEALTHCARE PROVIDERS
	Pre-authorisation	Join Tempo		Resources
	Emergency Services	Find a service provider		Login
	International Travel			
	Dialysis			CORPORATE GROUPS
	Preventative care benefits			Resources

4. Click on "Tempo Wellness"



5. Read the overview of the journey and click on "Emotional Wellbeing"



 You can evaluate the severity of your symptoms by selecting either "Depression" or "Anxiety" from the dropdown available under the "Assessment" section of your account

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6. Your Emotional Wellbeing Journey begins on this page, scroll down to read what it's all about, then click "My Account"



8. The "Know" section will equip you with articles on relevant topics that will help build your KNOWledge of various emotional and mental health issues



9. The "Do" section allows you to actively improve your emotional and mental wellbeing by completing various exercises available in video format (e.g. breathing and muscle relaxation)



10. Click on the articles in the "Blog" section and engage by leaving your comments regarding the content in the boxes provided below the articles

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11. Click "Support Group" to join when these groups are meeting



BESTMED APP – TIPS AND TRICKS TO GET THE MOST OUT OF YOUR JOURNEY:

- Insert your username and password on the login page of the App and click "Login"
- 2. Scroll to and select "Emotional Wellbeing" in the "Main Menu" of the App
- Read the overview of the journey and click on "Emotional Wellbeing"
- 4. Your Emotional Wellbeing Journey begins on this page, scroll down to read what it's all about, then click "My Account"
- 5. You can evaluate the severity of your symptoms by selecting either "Depression" or "Anxiety" from the dropdown available under the "Assessment" section of your account



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7.

Click on the articles in the "Blog" section and engage by leaving your comments regarding the content in the boxes provided below the articles

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9. Click the "Support Group" option in the menu to join when these groups are meeting.

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