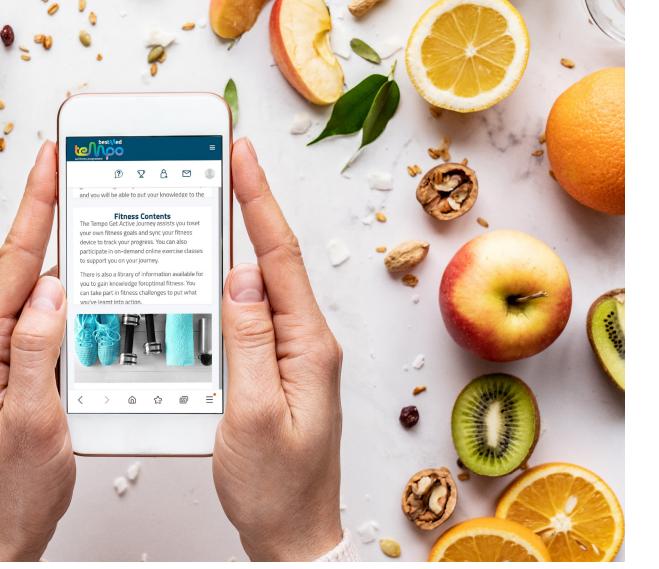
# Fitness and Nutrition Journeys "How to Guide"

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

Set personal goals, track exercises, get expert advice and so much more. The Tempo Fitness and Nutrition Journeys will give you everything you're looking for!

You can switch to the Tempo Fitness and Nutrition Journeys online at any time via the Bestmed App and/or Member portal that will provide you with the platform to:

- set personal goals.
- track your exercise (by syncing with your fitness device).
- track your nutritional intake.
- participate in challenges.
- access on-demand exercise classes.
- access a library of health and wellness topics.

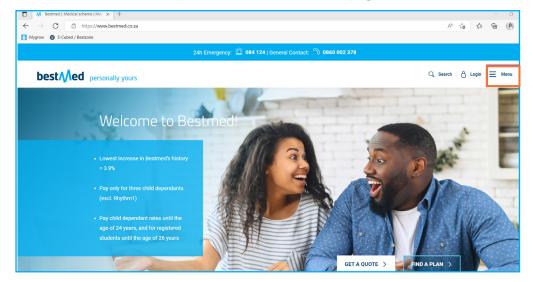
Beneficiaries still have access to one (1) face-to-face and a follow-up (face-to-face or virtual) consultation with Tempo partner biokineticists or dietitians for fitness and nutritional assessments and personalised exercise and eating plans.

# HOW TO START YOUR FITNESS AND NUTRITION JOURNEYS

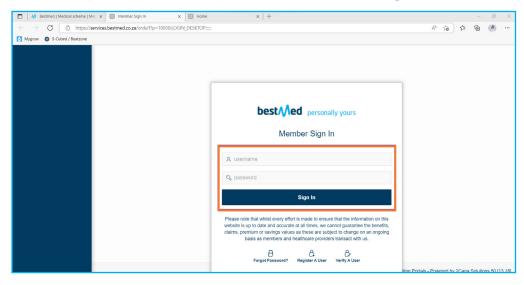
You can log in to the Bestmed <u>Member portal</u> at any time to start your Tempo Fitness and/or Nutrition Journey. These journeys can also be accessed via the <u>Bestmed App</u>, available on iOS, Android and Huawei mobile devices.

#### **MEMBER PORTAL – TIPS AND TRICKS TO GET THE MOST OUT OF YOUR FITNESS AND NUTRITION JOURNEYS**

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



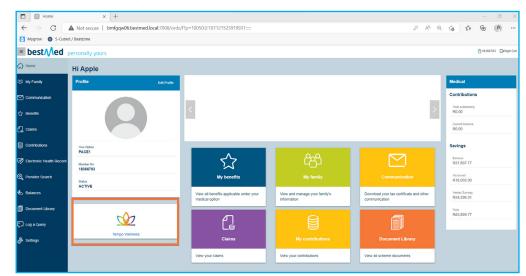
# 3. Insert your username and password and click the "Sign In" button



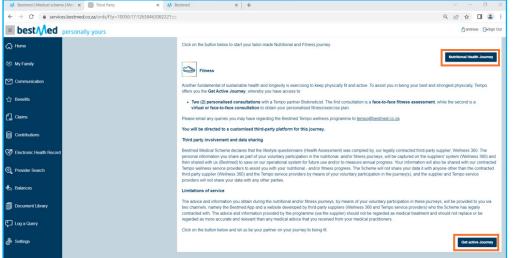
### 2. Under the "MEMBERS" section click on "Login"

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Net	twork Plans	Radiology	Documents	Governance			
Savi	rings Plans	Medicine and Chronic Benefits	FAQS	Careers	ADVISORS		
Con	nprehensive Plans	HIV and AIDS	Tax certificate	Company Profile	Resources		
Con	npare Plans	Diabetes	Contact Us	COVID 19	Login		
Broo	chures Guides and Forms	Maternity Care					
Back and Neck		TEMPO WELLNESS PROGRAMME		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"



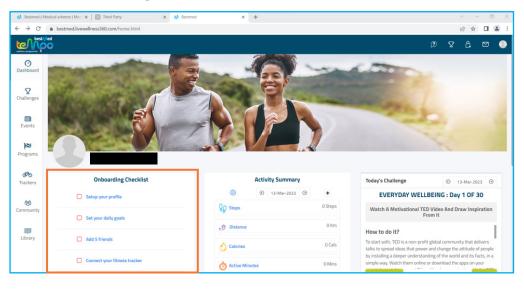
5. Scroll down and read the overview of the journey and click on "Get active Journey" or "Nutritional Health Journey"



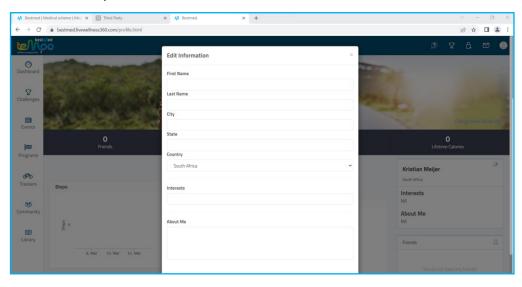
6. You'll need to fill in your details on this page to get more accurate health information and metrics.

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	Please enter the following details to get more accurate health information. This information will be kept confidential.	
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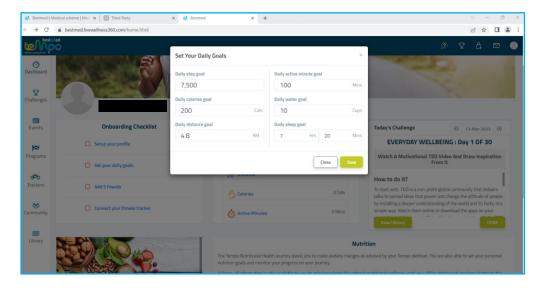
7. You'll be redirected to your Tempo dashboard. Here, you'll complete your Onboarding Checklist.



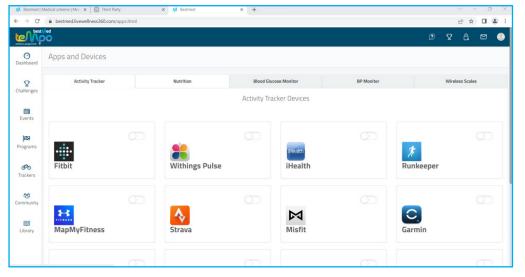
8. Click, 'Setup your profile', and tell us a bit more about your interests, and who you are.



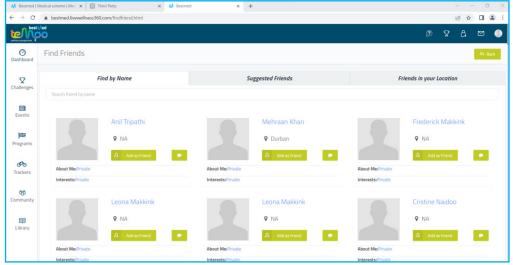
9. Click 'Set your daily goals' and decide what your goals are on your journey. It's all up to you.



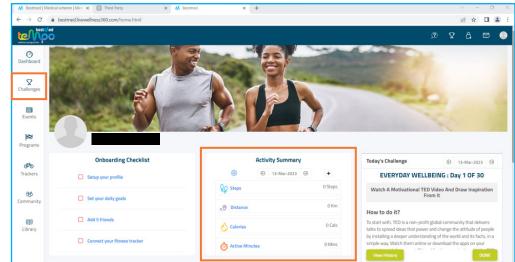
11. Click 'Connect your fitness tracker' and have your exercise information automatically logged.



10. Click 'Add 5 friends' to add up to 5 people you know to the Tempo Fitness and/or Nutrition journeys. You can challenge them to events or share your progress.

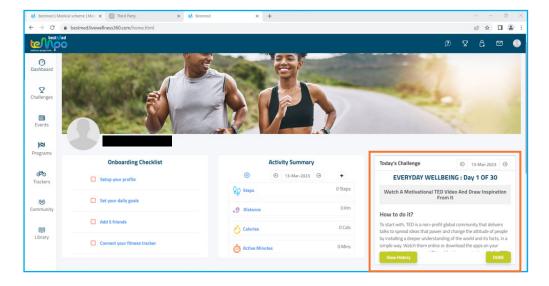


12. That's it. Your profile is set up, and you can start your Fitness and/or Nutrition journey. On the dashboard, you can see your Activity Summary. This includes your daily steps, calories burned, and so much more.

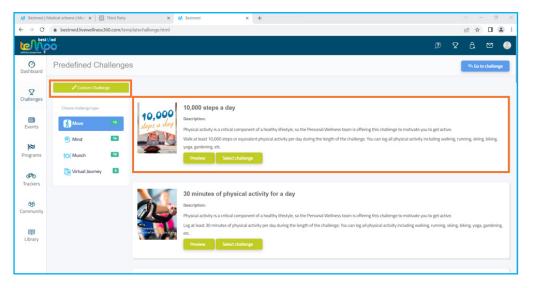


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13. Click 'Today's Challenge' to see a summary of your daily challenge and to take part in 1 of 30.



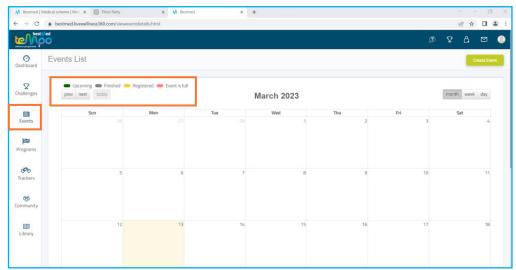
15. Choose your Challenge. You can select one of the great Predefined Challenges or create a 'Custom Challenge' of your own.



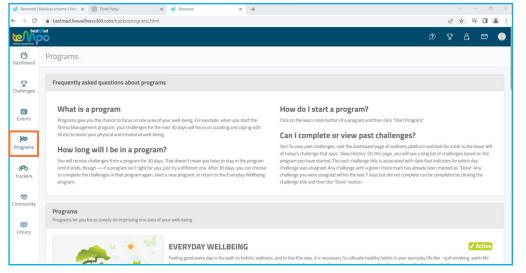
14. Click the Challenges icon in the tab to the left to see an overview of the Challenges you're taking part in or have completed. Click the 'Create a challenge' button to choose from a list of challenges to enjoy.

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Library		
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16. Click the Events icon in the tab on the left to see upcoming events you can register for, and the ones you have registered for.



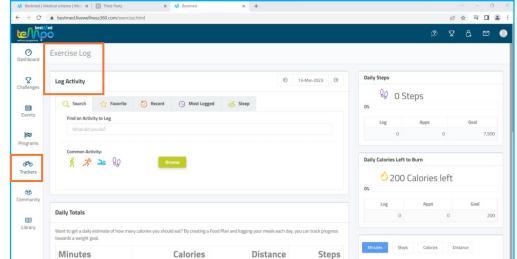
17. Hover over 'Programmes' and select 'Health Programmes'. Programmes give you the chance to focus on one area of your wellbeing. You can also choose to view 'Success Stories'.



# 18.2. Hover over 'Trackers' and Nutrition Trackers to log any meal you ate.

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	Log Your Food Int	take cup 🗸
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- 18. Logging an exercise or meal
- 18.1. Hover over 'Trackers' and select Exercise to log any exercise you did.

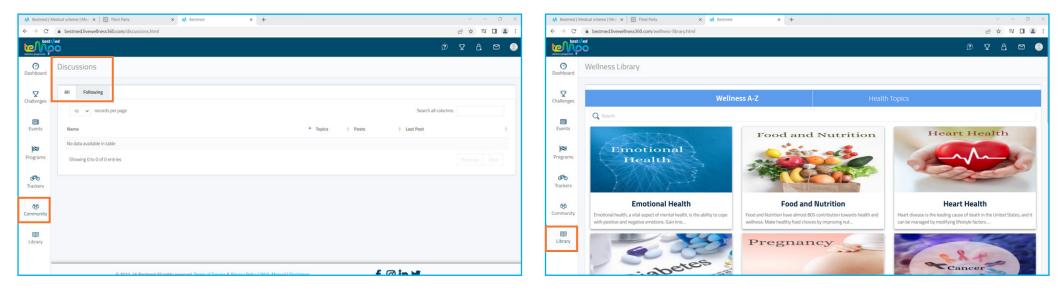


- 19. Groups or Discussions
- 19.1. Hover over the Community icon and select Groups or Discussions. You can join or create a Group or Discussion to engage with others on the platform about any exercise or nutrition topics.

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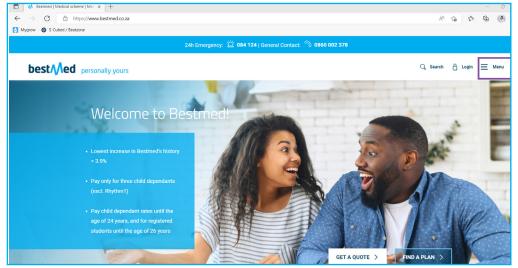
# 19.2. The Discussions section.

# 20. Click the Library icon to read any one of the hundreds of articles we have on health, nutrition, exercise, and more.

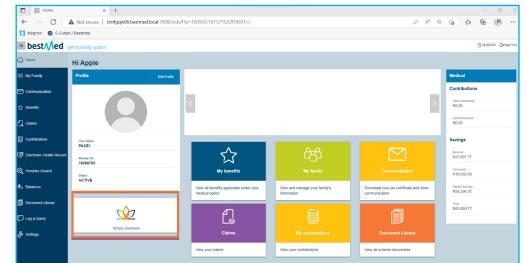


### HOW TO ACCESS THE NEW TEMPO HEALTH ASSESSMENT - VIA THE BESTMED WEBSITE

#### 1. Log in as a member at https://www.bestmed.co.za



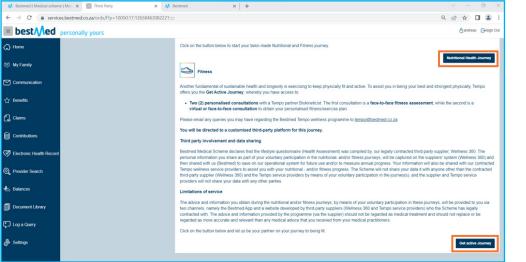
#### 2. Click on "Tempo Wellness"

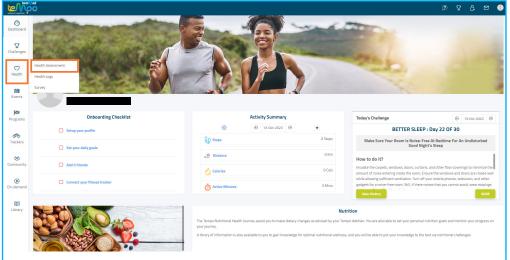


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# 3. Click on either the 'Nutritional Health journey' or 'Get Active journey'

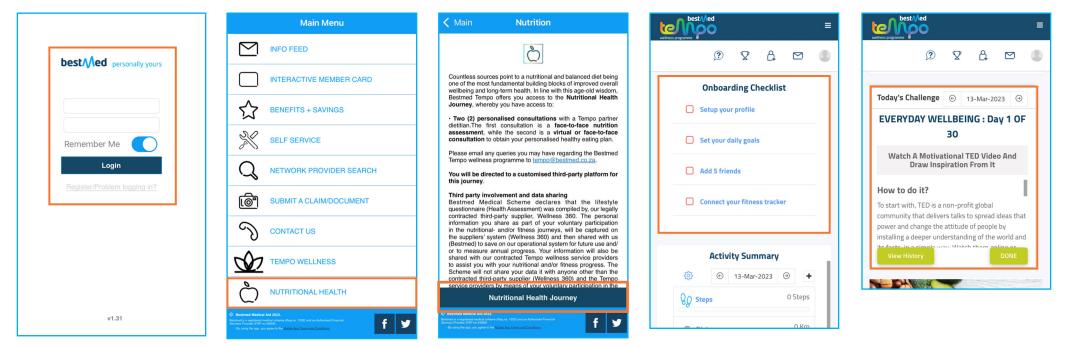
4. You will be redirected to a third-party platform. Click on 'Health' and then 'Health Assessment' on your menu items.



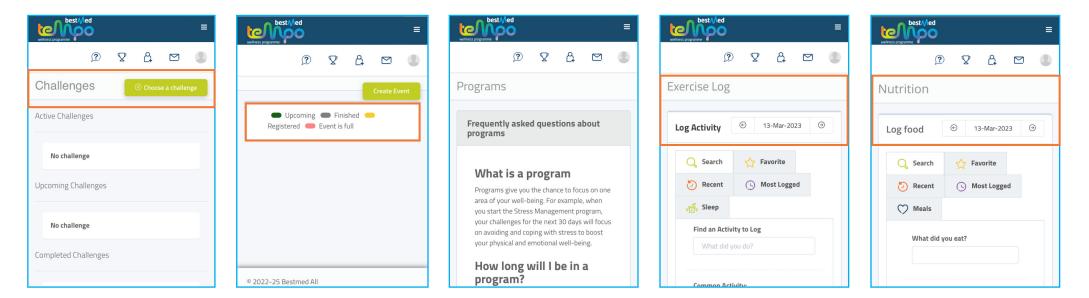


#### **BESTMED APP – TIPS AND TRICKS TO GET THE MOST OUT OF YOUR JOURNEY:**

- 1. Insert your username and password on the login page of the App and click "Login".
- 2. Scroll to and select "Nutritional Health" or "Get Active" in the main menu of the App.
- Read the overview of the journey and click on "Nutritional Health Journey" or "Get Active Journey" (dependent on which option you selected from the main menu) at the bottom to get started.
- 4. Your Onboarding Checklist includes: setting up your profile, setting your daily goals, adding up to 5 friends, and connecting your fitness tracker.
- 5. Once completed, you can swipe down and view your daily challenge. You can start taking part immediately.



- 6. Select the Menu option in the top righthand corner to see everything you can do. Select the Challenges icon to see Challenges you've completed and registered for.
- 7. Select the Events icon to see upcoming events, as well as events you've registered for.
- 8. Select the Programmes icon to take part in a focused programme.
- 9. Log any exercise or meal
- 9.1. Select the Trackers icon to log exercises or any meals you've had.
- 9.2. Select the Trackers icon to log exercises or any meals you've had.



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- 10.1. Select the Community create a Group or Discussion
- 10.2. The Discussions section.

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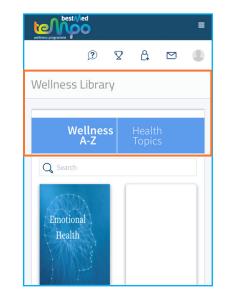
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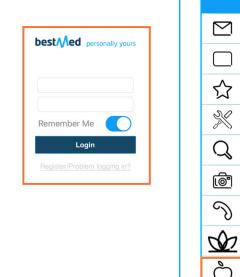
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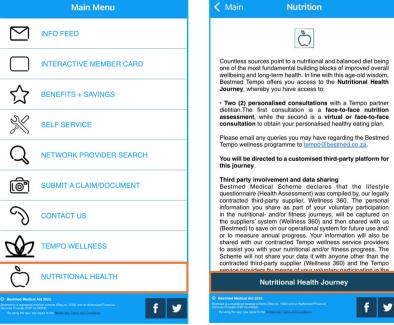
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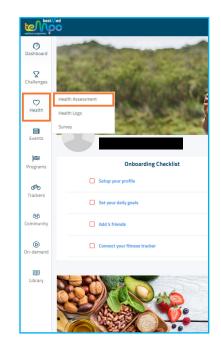


### HOW TO ACCESS THE NEW TEMPO HEALTH ASSESSMENT - VIA THE BESTMED APP

- 1. Login to your Bestmed App
- 2. Choose either 'Nutritional Health' or 'Get Active'
- 3. Click either the 'Nutrition Health Journey' or 'Get Active Journey' to take you through to the thirdparty platform.
- 4. Lastly choose 'Health' and 'Health Assessment' to begin your new Health Assessment.







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