

WELCOME TO LA WELLNESS

As a LA Health member you have access to LA Wellness – the programme that makes it easier and more rewarding for you to live a healthy lifestyle. We help you understand your health and offer you valuable rewards for doing a LA Wellness screening.

Your Rewards



Pick n Pay

Get **R600** to spend on groceries at Pick n Pay when you complete your first LA Wellness screening and **R400** in the following years

Double
your funeral cover.



How it works:



LA Wellness

As a LA Health Medical Scheme member, you get automatic access to LA Wellness – the wellness programme that rewards you for understanding your health.



You get

R7,500 funeral cover for you and your spouse, **valid to the main member's 65th birthday**, and **R5,000 funeral cover** for up to five children.



Do a LA Wellness screening

One LA Wellness screening a year is paid for by LA Health Medical Scheme. You can do your screening anywhere in the LA Wellness screening network.



This simple set of important screenings includes:

- 01** | Blood pressure
- 02** | Blood glucose
- 03** | Cholesterol
- 04** | Weight-adjusted BMI



Get rewarded

Enjoy valuable rewards for doing a LA Wellness screening.



Get R600 to spend on groceries at Pick n Pay when you complete your first LA Wellness screening and R400 in the following years.

We'll SMS the voucher to you.

Double your funeral cover to R15,000 for you and your spouse and R10,000 for up to five children.

Please ensure that we have the correct email and cellphone number as this could impact you receiving your voucher timeously. To update your details, log on to our website www.lahealth.co.za or call **0860 103 933**.

Discovery Health (Pty) Ltd is an Auth FSP. Discovery Life Limited. Registration number 1966/003901/06, is a licensed life insurer, an Auth FSP. [Funeral cover terms, conditions, and limits apply.](#) Funeral cover for you and your spouse is valid up to the age of 65. Discovery Vitality (Pty) Ltd. Registration number: 1999/007736/07. [Reward terms, conditions, and limits apply.](#)