



Sagikor

Wise Financial Thinking for Life

SAGICOR WELLNESS INITIATIVE

Providing Protection for
your employees and your
Organization's Future, One
Company at a Time.



Introducing Sagicor's Wellness Initiative

Background

Sagicor, as a life and health insurance institution is committed to promoting the prevention and control of the NCD epidemic which plagues the region. We believe that it is important to advocate healthy living and wellness to address these conditions nationwide.

The NCD epidemic continues to affect the community. Employers along with their employees are faced with combating these challenges which include, but are not limited to:

- increased workforce absenteeism,
- rising health care costs,
- amputations and,
- loss of income through death of a loved one.

The increased incidence of NCDs is constantly evaluated by our Caribbean leaders. Similarly, healthcare professionals across the globe constantly warn us to take better care of our health. As it stands, the need for us to take heed of the myriad of credible voices urging us to live healthier lifestyles has never been more urgent.

Project Mission

Working with corporate partners, it is our mission to promote healthy lifestyle behavioural changes to facilitate increasing employee productivity and improve the overall health claims experience at a corporate level.

Sagicor's view as a corporate citizen is that wellness should be treated as priority to combat NCD's and poor lifestyle decisions. We therefore aspire to intercept chronic diseases such as obesity, heart disease and diabetes before they evolve.

Our Sagicor Medical Mobile Unit initiative provides a comprehensive approach to working with our corporate clients in managing their health and wellness to reduce healthcare costs. We appeal to you to create a corporate culture, focused on health and wellness, by implementing physical and mental health awareness strategies that are advocated by your senior management.

How Does Sagicor's Wellness Initiative Work?

SAGICOR MEDICAL MOBILE UNIT

Scope

The Sagicor Medical Mobile Unit's primary objective is to provide services to Sagicor's corporate health clients. Any other requests will be reviewed for approval by Sagicor's Executive Management.

We are open to strategic partnerships which allow for additional resources to be engaged with a view to servicing very large clients.

Accessible and Convenient

The Sagicor Medical Mobile Unit is manned by a friendly Registered Nurse who will facilitate biometric testing of your employees on site at your company's location as scheduled. The unit can be accessed easily and is also outfitted with a wheelchair lift for persons with disabilities who may require this facility.

Competent and Efficient

Our Nurse is experienced and serves in the capacity of Sagicor Wellness Nurse. She is supported by the Assistant Vice President, Group Life and Health who is readily available for any queries on this programme.

Comprehensive Health Services

Our Sagicor Medical Mobile Unit can facilitate baseline biometric testing, including:

- Blood Pressure Checks
- Blood Sugar Checks
- Total Cholesterol
- Body Weight
- Body Mass Index
- Waist Measurement
- Hip Measurement
- Waist-to-Hip Ratios
- Body Fat Percentage
- Visceral fat
- Muscle mass
- Urinalysis (optional) and
- One-on-one consultation with the Registered Nurse.

In addition, our duly qualified Nurse is available to conduct or coordinate educational sessions on a variety of health related issues, with a view to raising awareness and improving the use of the Preventative Care benefits available on Sagicor's Health Plans.

Knowledge is power, get informed!

Our educational topics include, but are not limited to:

- Effects of NCDs on productivity in the workplace
- Hypertension: The new guidelines and what your numbers mean
- Heart Disease: A Silent Killer
- Preventative screening and why it is important
- Cholesterol: Know your fats
- Risk factors for NCDs

How to Schedule a Service?

Contact the Sagicor Wellness Nurse to schedule a service for the Sagicor Medical Mobile Unit. All appointments must be made two weeks in advance of the actual service date. Considerations for bookings will include:

- The size of the group being visited
- The type of tests to be conducted per employee
- The location of your company
- The associated cost for test strips to be covered by the corporate client
- Availability of the unit owing to possible scheduling conflicts that may occur

How will medical sessions be conducted?

The Sagicor Wellness Initiative can be customised to our corporate clients. This allows for flexible arrangements that are based on number of employees and services being offered.

Our nurse can examine up to 10 persons per hour, in maximum four-hour sessions enabling a maximum of 40 persons to be seen in any four-hour session.

In any given day as scheduled and depending on the number of persons to be seen, there can be two sessions: a morning session running 8:00 am to 12:00 pm and an afternoon session running 1:00 pm to 5:00 pm.

What is the cost of this service?

The Sagicor Wellness Nurse and the Sagicor Medical Mobile Unit will be provided free of cost. However, the disposables to be used during testing i.e. test strips, will be paid for by the organization making the booking.

Medical Inventory

Medical Supplies are ordered from local suppliers wherever possible, if costs are not prohibitive.





MEET NURSE ROSANNA

Sagikor's Wellness Nurse

Rosanna attended the Christ Church Foundation School before going on to study her first passion Biology along with Geography and Environmental science at the Barbados Community College (BCC).

While at BCC her grandfather became ill with heart disease and Rosanna spent many days nursing him back to health. It was at this point she acquired a love for nursing. She segued to the general nursing program and passed her General Nursing council examination in 2008.

Nurse Rosanna is also trained in midwifery. She spent four years as the lead rehab nurse at the Heart & Stroke Foundation Barbados where she nursed the cardiac and stroke rehab clients back to recovery.

Her experience there included promoting heart health and prevention at various corporate entities in the private sector and educating the general Barbadian public. This mother of one, spends her free time with family, exploring nature and enjoying hobbies such as swimming, snorkelling, bike riding and car racing.

Talk to our Wellness Nurse or
visit www.sagicorlife.com today to find out how
Sagicor's Wellness Initiative can serve you.



Wise Financial Thinking for Life

Sagicor Financial Centre
Lower Collymore Rock
St. Michael
Barbados.
(246) 467-7500

INSURANCE • INVESTMENTS • RETIREMENT PLANNING
• HOME OWNERSHIP • EDUCATION SAVING
• SAVINGS PLAN • MONEY MANAGEMENT