Sagicor

overview

Wellness is a lifestyle! Taking care of ourselves is something we often neglect. The Sagicor Wellness Hub will give you access to tools, tips and programmes that will help you develop healthy and positive habits to improve your quality of life.

You can access:

1. Free workout videos
2. Discounted Gym Membership
3. Meditation playlist
4. Sagicor Engage: A Wellness App
5. Sagicor Connect: Manage your Insurance