



Join our Vulindlela wellness campaign!

Your health and wellness are important to us and that's why we've been having Vulindlela Wellness Campaigns over the past months.

Where are the Vulindlela Campaigns held?

We know that you don't always get time to visit a doctor or nurse to get health checks, and that's why it's held at your workplace.

Why is the campaign called Vulindlela?

Vulindlela means "opening the way".

The reason why we chose this name is because we believe that the Vulindlela campaigns serve as an efficient tool towards opening the way towards a healthier lifestyle for you as our member.

What types of health checks can you get at the Vulindlela Campaigns?

We test your blood pressure (BP), blood glucose and cholesterol levels to see if its normal. If it's not normal you will be referred to one of our medical facilities for treatment. You can also get tested for HIV in a confidential and private setting.

What else happens at a Vulindlela campaign?

Client Liaison Officers can help you with any questions you may have about your membership, claims, benefits or any service-related queries. They can also help you with getting your tax certificate or order a new membership card if you need a new one.

Our Social Workers are also available to assist and support you should you need help with any issues such as depression, panic attacks, anxiety, relationship problems etc. Remember, you are not alone, and we are here to support you in any way we can.

Over the past four months, we've visited numerous workplaces and thousands of our members got tested.

Keep a lookout for our posters at your workplace as we may be visiting you next!

