

Momentum's wellness programme, Multiply, provides the tools, information and incentives for you to improve your overall wellbeing. Multiply's Journey to Wellness is an easy, step-by-step commitment to a sustainable healthy lifestyle. The Multiply Journey to Wellness is based on 4 cornerstones:



1. **Assess** your wellness
2. **Move**, i.e. actively pursue improvement
3. **Check** your progress
4. **Enjoy** the rewards, i.e. in addition to enjoying the actual health benefits, you get to reward yourself, not only for progress, but also for your commitment and effort



A great money-saving tool, linked to your risk products, would be the Momentum Multiply Benefit which assists clients to reduce their premium according to their Multiply status and health. It also comes linked to several of our partners who provide excellent discounts on holidays, flights, car hire, gym fees, movie tickets, Dischem and Woolworths products, and a variety of Samsung, Bushnell and Canon products.

You can also purchase CDs and DVDs via their Kalahari website.

Go to : www.multiply.co.za

Call our offices for further information and assistance.

Kind Regards,

Maeve Maroun