

PROMOTING EMPLOYEE WELLNESS AT UKZN



Staff at the Employee Wellness Day on the Westville campus.

The University of KwaZulu-Natal and the UKZN Medical Scheme hosted a series of Wellness Days to promote the physical, mental, financial and social well-being of staff.

Cholesterol, blood pressure and diabetes tests as well as BMI (Body Mass Index) levels of staff were checked by Discovery Health nurses.

Diabetes SA, ER24, Discovery Health nurses, Revitalise Day Spa, UKZN's HIV/AIDS Clinic, the UKZN Biokinetics Clinic, and Optometry and Oral Hygiene students were on hand to provide advice and guidance.

The UKZN Pension Fund also attended the event to address financial wellbeing, with Alexander Forbes representatives available to answer questions.

Second-year Oral Hygiene student Ms Kholesa Vundisa said 'plaque control begins at home. Proper brushing and eradicating plaque build-up reduces the possibility of future dental issues.'

Masters student in Biokinetics, Mr Ebrahim Meer, invited staff, students and members of the public to visit the University's Biokinetics Clinic on the Westville campus to rehabilitate injuries and manage chronic diseases such as diabetes.

Meer said 'exercise is medicine.' To book a consultation at the Biokinetics Clinic, phone 031-260 7669.

Final year Optometry student and Class rep, Mr Muhammed Joosab, along with nearly 20 Optometry students, conducted vision screenings.

Discovery Health's Client Relation Manager, Ms Megan James, encouraged staff to register on the Discovery website and make use of the online assessment and self-help tools. She also suggested activating benefits to take full advantage of the Medical Aid Scheme.

Principal Officer of the UKZN Medical Scheme, Ms Philippa Hempson, encouraged all staff at UKZN to visit the Wellness days, sponsored by UKZN Medical Scheme, to get health screenings done and improve their overall wellbeing.

Participating staff were given cooler bags, pedometers, a sweat band and Kauai smoothies.

Visit <http://employeeewellness.ukzn.ac.za> for more information on enhancing your overall wellbeing.