

MaRoON

The Institute of Sport and Exercise Medicine (ISEM) invites you to participate in the Maties Risk of Non-communicable disease (MaRoON) survey. With the goal to be a University with the best student experience and as an employer of choice, your health and well-being is of utmost importance to us. The MaRoON study aims to determine the health and well-being of all Stellenbosch University staff and students.

This survey will take ± 25 mins to complete and contains a combination of questions covering demographic information, lifestyle-related behaviour and medical history.

You can complete it once-off or return to the questionnaire to complete at your convenience.

Link to survey: <https://redcap.sun.ac.za/surveys/?s=KMDY3CR7WD>

AS A TOKEN OF APPRECIATION FOR PARTICIPATING IN THIS STUDY YOU WILL RECEIVE:

1

A SAFE ID bracelet with a **1-year subscription to the value of R300.**

2

Entry into a lucky draw where you stand a chance to **win one of three R500 cash prizes.**



The first 100 participants to complete the survey EACH receive a R25 airtime / data voucher.

SAFE ID

Emergency Information

How it works!

- In Case of an Emergency



- 1** An Emergency
- 2** In an emergency 1st Responder locates the injured person's SAFE ID bracelet & retrieves the unique serial number located on back of the disc.
- 3** SMS it to 37923 (or visit www.safe-id.co.za/911) & IMMEDIATELY receive the injured person's **EMERGENCY INFO & CONTACTS** from the **EMERGENCY RESPONSE PROFILE (ERP)** to 1st responder's phone via SMS.
- 4** Serves as a catalyst for on-the-scene immediate, proper & appropriate treatment. Paramedics/doctors can apply **CRUCIAL TREATMENT FASTER**. This also makes possible for next of kin to answer critical questions doctors/paramedics may have and make life-saving decisions in a matter of seconds!
- 5** SAFE ID is **DUAL-PURPOSE**
 - i) Speaks for you when you can't! In an emergency, if you're unconscious or unable to relay critical information, on request SAFE ID immediately makes available all your **Emergency Information, Everyday, Everywhere!**
 - ii) Creates a vital communication platform! In an emergency immediately alerts next of kin & the paramedics. **Vital in any emergency!**

WWW.SAFE-ID.CO.ZA