## LIVE YOUR BEST LIFE





We want you to live your BEST LIFE at work and at home.

That's why you, and all your dependants who live with you, have access to our

## **Employee Wellness Programme (EWP)**

that provides professional support services, 24 hours a day, 7 days a week, for free!

The EWP is a caring, confidential service

that helps you and your family deal with difficult personal or work-related issues.

## WE CAN HELP YOU IN THE FOLLOWING WAYS



Face-to-face and telephone counselling: personal difficulties; family and relationship concerns; alcohol, drug or gambling abuse; stress and life changes; violence and trauma; HIV/Aids; grief; work-related matters



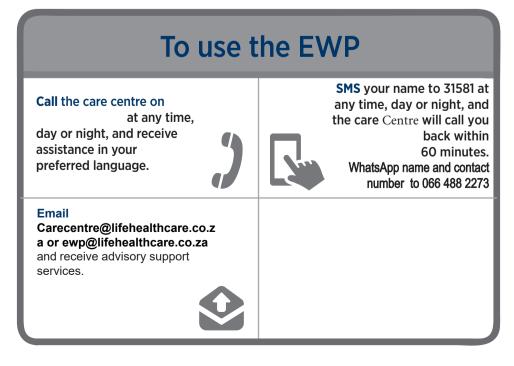
Financial assistance: debt counselling, managing debt, budgets, black listings, retirement, loans



Health information: general health and wellness tips, including dietary information



Legal assistance: professional telephonic legal support and basic legal documents, such as your last will and testament, power of attorney, residential lease and general sales agreements



## TAKE NOTE

The EWP is totally confidential. Your personal information remains private, none of your colleagues will ever know you are using any of the EWP services (not even your manager or your employer) and using these services will not affect your iob security.