

Who can do it

Multiply members

Affiliated schemes

Available at Allegra programme following a benefit check.

What to bring



Medical aid card
(Momentum Health members)

OR

Multiply membership card
(non-Momentum Health members)

If a Closed Scheme member, refer to the list provided and process the health assessment via Multiply's screening benefit.

Note: The health professional is required to capture the health assessment on the day the member is tested.

Closed schemes

Moto Health

Wooltru

Imperialmed

PG Group

Golden Arrow

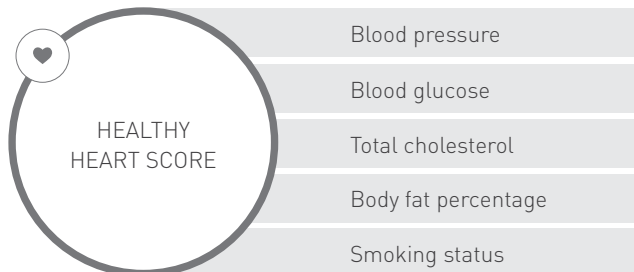
BPMAS

Engen

Transmed

Healthy Heart Score

The Healthy Heart Score is calculated by using the following measurements:



Each measurement has a different weighting.

Healthy Heart Score points

	Green	Amber	Red
PREMIER	100PTS	60PTS	30PTS
PROVIDER	50PTS	30PTS	15PTS

It can take up to 24 hours for your points to reflect on your statement.

Multiply Starter members receive the same number of points as Provider members, but the points will only reflect when they upgrade to Provider or Premier.

More info

- A member's health assessment is valid for a year, so only one per year is necessary.
- If a member has both Momentum Health and Multiply, the member should be encouraged to do the health assessment through Momentum Health first. Momentum Health will send the results to Multiply.
- The first health assessment in the year is free for Multiply Premier members only. After that the Multiply Premier members will be required to pay for additional assessments.
- The health assessment for Multiply Starter and Multiply Provider members will be as per the cost of the clinic.
- Members can redo any of the measurements at their own cost. Their Healthy Heart Score may be affected and they will earn points if their Healthy Heart Score improves.
- Where members indicate that they belong to another rewards programme, the measurement results will need to be printed and provided to them to submit to the other programme. For Closed Scheme members, submit the measurement results via the Multiply screening service. The client will receive the Multiply health assessment report via email.



Who can do it

Multiply members

Affiliated schemes

Use Allegra to search for existing clients and/or load a new client.

What to do

Members need to fill in and sign the fitness assessment consent form.

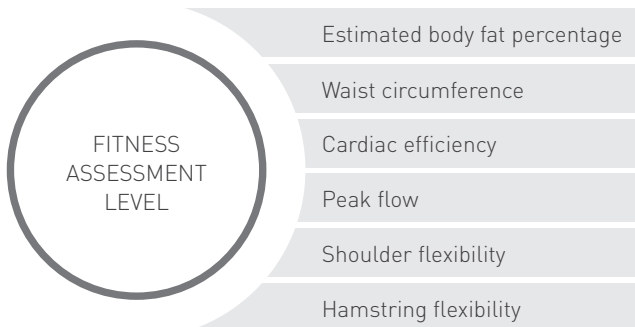
The bio needs to:

- capture the online questionnaire and data
- email the report to the member with recommendations on how to improve
- print the invoice for the member

Note: The bio is required to load the fitness assessment on the same day members do their assessment.

What will be measured

The fitness assessment measures:



Fitness assessment points

Level 1	Level 2	Level 3	Level 4	Level 5
5PTS	10PTS	20PTS	30PTS	40PTS

The aim is to achieve 16+ Active Dayz™ per month, which can be earned as follows:



GET TO GOLD

Members will need to do the following:

- a health assessment
- a fitness assessment
- earn 16+ Active Dayz™ per month



Visit www.momentum.co.za to find out how to get to Gold.

More info

- Members must fill in and sign a hard copy of the fitness assessment consent form.
- Fitness assessments can be done as often as required or desired per year. The latest reading submitted will be valid for a period of 6 months or until the next fitness assessment is done within this period.
- The fitness assessment consent form must be saved for 5 years.
- The fitness assessment data is submitted in real time and full points will be given up front.
- The bio is required to load the fitness assessment on the same day members do their assessment. If the fitness assessment submission is not done on the event date, a financial implication will be incurred.
- Email support@allegra.co.za for any technical issues on the Allegra program.

