



kaelolifestyle

asknelson Brochure 2023
Digital

Kaelo Lifestyle is administered by Kaelo Simply Healthcare (Pty) Ltd, registration number 2004/009584/07.
Please note that this is a summary of the products and highlight key benefits, features and limits.
Please read in conjunction with all associated product documents.

What is AskNelson Digital?

AskNelson Digital provides valuable support to Members and their Dependents to protect both their physical and psychological wellbeing and assists them to cope with problems they may encounter at work and at home.



What is the Purpose of AskNelson Digital?

AskNelson Digital aims to address the psychosocial risk presented in the work and personal lives of employees and their immediate family members. Through the rich benefit structure employees and immediate family members are empowered to become more resilient.

Why choose AskNelson Digital?

AskNelson Digital provides a unique benefit stack aimed at encouraging employees and immediate family members to proactively engage with their available benefits, allowing them to address their presenting life challenges before it negatively impacts on their work performance and daily lives.

*All services in this brochure extends to Member and their Dependents.



What is AskNelson Digital?

What is the Purpose of AskNelson Digital?

Why Choose AskNelson Digital?

What Does Kaelo AskNelson Digital Include?

How to Download the AskNelson App

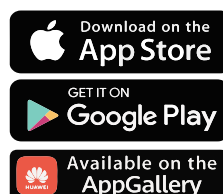
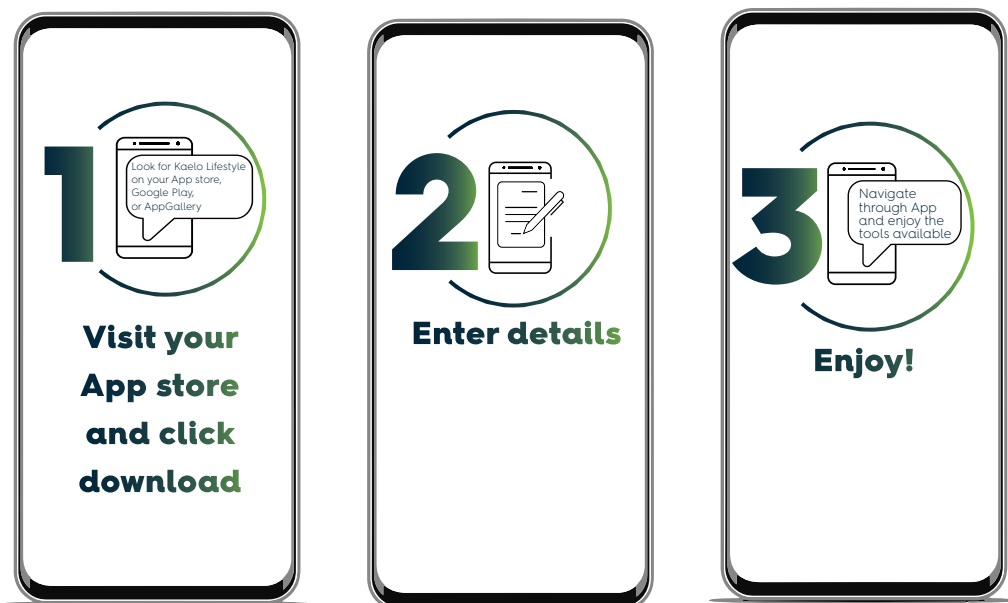
Benefits

Contact Information

What Does AskNelson Digital Include?



How to Download the AskNelson App



What is AskNelson Digital?

What is the Purpose of AskNelson Digital?

Why Choose AskNelson Digital?

What Does Kaelo AskNelson Digital Include?

How to Download the AskNelson App

Benefits

Contact Information

Benefits

This brochure should be read together with your Rules document as it forms part of your agreement with Kaelo Simply Healthcare (Pty) Ltd. Please ensure that you familiarise yourself with all the terms and conditions contained in all the documents you have received.

*All services in this brochure extends to Member and their Dependants.

Counselling		
Lifestyle Services	Benefit	Limit
Telephonic Counselling	The AskNelson support line provides unlimited telephonic counselling and guidance 24/7/365 from our registered health professionals. Support is available in all 11 official languages.	✓
Virtual Counselling	Unlimited virtual counselling available Monday - Friday from 08:00 - 19:00. Appointments for virtual counselling are managed by appointment only.	✓
On-site Counselling	On-site virtual counselling can be arranged by your employer in certain instances. Plan rules apply	✓
Coaching		
Managerial and Leadership Support Services	This benefit includes exclusive coaching, orientation sessions and support for managers, to assist them to cope with stressful situations, to help them manage employees and to equip them with more effective interpersonal skills.	✓
Manager Support Orientation Sessions	This benefit is available via an interactive webinar. Coaching support and guidance for managers and leaders including manager orientation sessions. Plan rules apply.	✓
Soft Skills Knowledge	Soft-skills coaching and knowledge for managers to manage interpersonal work conflict, career goals and work/life balance. This benefit is available digitally.	✓
Care		
Trauma Intervention - Groups	The trauma intervention benefit provides telephonic and virtual support to Members who experienced traumatic incidents.	✓
Support		
Financial Advice	This benefit is in partnership with a financial services provider. Comprehensive financial advice is available Monday - Friday from 08:00 - 17:00. Plan rules apply.	✓
Kaelo Money	This benefit offers responsible lending.	✓



What is AskNelson Digital?

What is the Purpose of AskNelson Digital?

Why Choose AskNelson Digital?

What Does Kaelo AskNelson Digital Include?

How to Download the AskNelson App

Benefits

Contact Information

Benefits

*All services in this brochure extends to Member and their Dependants.

Support		
Health Service	Benefit	Limit
Legal Advice	This Legal Advice benefit, in partnership with a legal services provider, provides comprehensive legal advice is available Monday - Friday from 08:00 - 17:00. Plan rules apply.	✓
Road Accident Fund Cover	In partnership with a third party provider, this benefit assists Members with legitimate claims against the Road Accident Fund. Plan rules apply.	✓
Fee-for-service		
Retrenchment Support	Group Interventions supporting those impacted by retrenchment and those left behind after retrenchments.	✓
Training	Selection of workshops aimed at supporting Members and their Dependants emotional well-being, including trauma Management workshops, dealing with grief workshops and retrenchment workshops. This benefit is available at a fee-for-service.	✓



What is AskNelson Digital?

What is the Purpose of AskNelson Digital?

Why Choose AskNelson Digital?

What Does Kaelo AskNelson Digital Include?

How to Download the AskNelson App

Benefits

Contact Information



Contact Information



087 703 2501



asknelson@kaelo.co.za



www.kaelo.co.za/kaelolifestyle

Kaelo Lifestyle is administered by Kaelo Simply Healthcare (Pty) Ltd, registration number 2004/009584/07. Please note that this is a summary of the products and highlight key benefits, features and limits. Please read in conjunction with all associated product documents.



**Confidentiality
Guaranteed**