



MINING & CORPORATE WELLNESS

# Innovative solutions for a healthier, happier workforce.

Improve Your Bottom Line with Pholamed's Cost-Effective Occupational Health and Wellness Solutions.





# ARE YOU READY?

## TO CHANGE YOUR ORGANISATION FOREVER?

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Revolutionizing Occupational Health

## Certified giants in mining & corporate wellness solutions

Looking to supercharge your workforce? Look no further than Pholamed Occupational Health & Wellness! Our team of Occupational Medicine Practitioners (OMP's) are on a mission to transform the way South African companies approach Occupational Health and Wellness.

We offer a range of services that will help you create a healthy, productive, and happy workplace. From Occupational Health Services and Consulting, to Employee Wellness Services and Emergency Medical Care, we've got you covered. We'll even manage Injuries On Duty and provide Primary Health Care Services including Health Promotion.





## Our Commitment

# We are unashamedly passionate about your success

Our customers have to set a mark of excellence for themselves, and it is our duty to ensure that we live up to that standard. Our team is passionate about your success, and we're proud to be a 100% black owned, 25% black woman owned company that is a level 1 BEE contributor. We're not just committed to improving the health and well-being of your employees – we're also dedicated to helping you achieve your business goals.

In today's economic climate, it's more important than ever to have a workforce that is healthy, motivated, and productive. That's where Pholamed Occupational Health and Wellness comes in. We'll help you transform your workplace, boost your bottom line, and achieve your dreams.





## Vision

To be a leading healthcare provider in our chosen markets



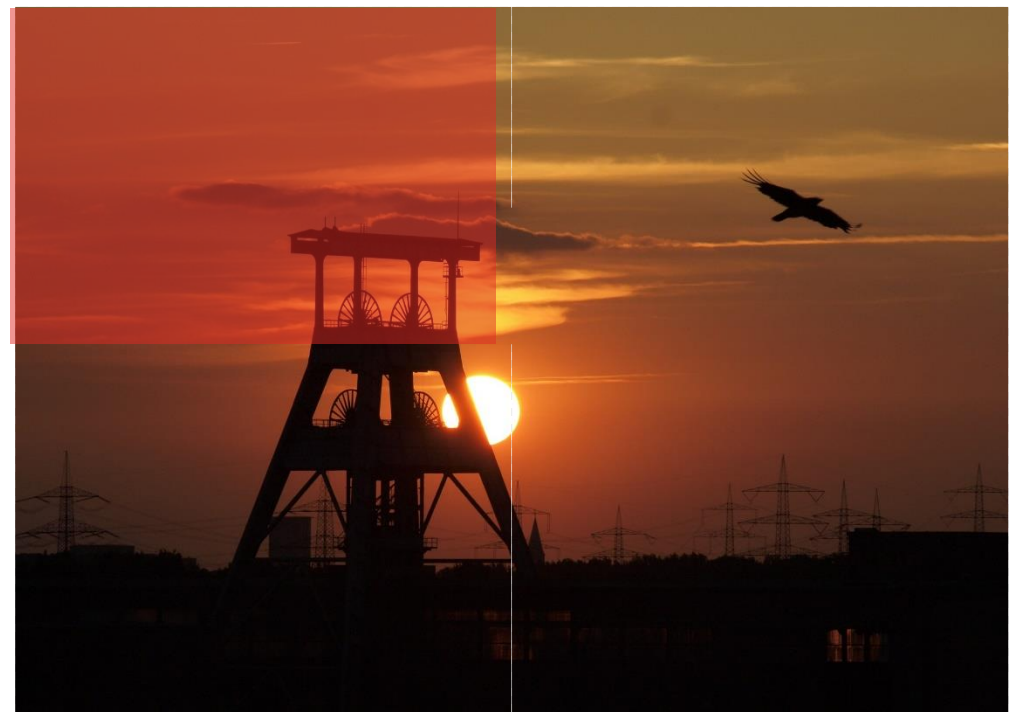
## Mission

Our mission is to build profitable and sustainable relationships with stakeholders, while improving employee and community wellbeing through superior healthcare. We aim to exceed clients' expectations and align with their business strategies for a sustainable tomorrow.



## Objectives

Our mission is to provide holistic Occupational Health and Wellness Services and client-centric solutions that improve the health and productivity of your workforce. By partnering with us, we work closely with your stakeholders to manage absenteeism, reduce costs and help you achieve a more profitable and effective organization.



What we do

## Occupational health and wellness solutions that work

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### OUR CORE OFFERING

- Occupational health services
- Primary healthcare
- Employee wellness services including
- Chronic disease management
- TB and HIV screening, treatment, reporting and monitoring
- Assessment and Injury On Duty management
- Incapacity and absenteeism management
- Fatigue management
- Rehabilitation programmes and workplace placement assessments
- Occupational diseases diagnosis, investigations, reporting and rehabilitation
- Mobile health services

### OCCUPATIONAL HEALTH SERVICES

- Medical surveillance programmes
- Occupational health audits
- Job specific medicals: - Pre- Employment - Periodic - Exit - Other medicals (special requests) - Biological monitoring program
- Health risk assessments
- Workplace walk-throughs
- Fatigue management
- Disability and absenteeism management
- Assessment of fitness to work (including RFA)
- Incident investigations
- Compilation of mandatory COP's and SOP's
- Employee health education 6
- Legal compliance and reporting

## What we do

### **MEDICAL SURVEILLANCE PROGRAMMES**

- Employment history
- Specific questionnaire as per company policy (e.g. TB, Specific medical condition, Fatigue, Previous trauma, etc.)
- Physical examinations
- Radiology –X-rays
- Audiometric examinations
- Visual assessments
- Urinalysis
- Spirometry (Lung Function Tests) examinations
- HIV Counselling and Voluntary Testing (CVT)
- Chronic disease screening (Including Hypertension, Cholesterol Levels, Diabetes)
- BMI screening (Biggest loser programme)
- Drug testing as per company policy
- Biological monitoring
- Physical and functional capacity assessments

### **CHRONIC DISEASE AND HIV MANAGEMENT SERVICES**

- HIV and TB management programmes
- Hypertension management programmes
- Diabetes (and Hyperlipidaemia) management programmes
- Other chronic diseases based on History and clinical presentations
- Cancer screening where indicated

### **PRIMARY HEALTH CARE, TRAUMA AND EMERGENCIES SERVICES**

- Medical screening, disease prevention and health promotion
- Treatment of acute medical conditions
- Diagnosis and treatment, and where necessary, referral of Trauma cases and medical emergencies to appropriate medical facilities.

## What we do

### **EMPLOYEE WELLNESS SERVICES**

The following aspects are commonly addressed by the wellness event though the list is not exhaustive:

- Lifestyle and clinical risks screening
- Mental health screening and referrals
- HIV Counselling, Voluntary Testing, treatment, monitoring and reporting
- TB Screening, testing, treatment, monitoring and reporting
- ART and TB Treatment Compliance Counselling
- Cancer screening

### **MANAGEMENT OF OCCUPATIONAL DISEASES AND OCCUPATIONAL INJURIES**

- Diagnosis Treatment (refer on indication) and rehabilitation
- Occupational diseases investigations
- Case management Post treatment work placements
- Legal reporting (e.g. COIDA/ ODMWA)
- Internal reporting

### **EMPLOYEE WELLNESS SERVICES**

Mobile health services available for community outreach programmes including:

- Primary healthcare
- TB contact tracing and drug awareness
- Family health day campaign



## What we do

### INCAPACITY MANAGEMENT

- Management of absenteeism due to ill health
- Impairment and disability management

### REHABILITATION AND FUNCTIONAL ASSESSMENT PROGRAMMES

- Physical and functional capacity assessment (RFA)
- Vocational rehabilitation
- Return to work programmes (Including alternate placement Guidelines)



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