



Integrated workplace health and wellness solution to help your business on your journey to success

**m**omentum

OCSA

**Partnering with  
businesses and their  
communities on their  
journey to success**

## **Our philosophy of partnering with you on your journey to success**

Momentum's goal is to partner with you on your journey to success, and to build a reputation for innovation and trustworthiness.

In this way, we aim to become lifetime partners to our customers, helping to sustainably increase their bottom line, grow and protect their balance sheet.

Productive, healthy and high-performing employees are the foundation of a successful business. Growing businesses are in a better position to offer better wages and benefits, to attract and retain better people, and so, improving productivity and ultimately your bottom line. This is a continuous and virtuous cycle of improvement.

## **The link between productivity and physical and financial health**

Employees that worry about financial problems are often distracted and less productive, leading to high levels of absenteeism and "presenteeism", the condition of being at work but not fully engaged and productive.

The other key driver of productivity is employees' physical health. Financial health and physical health are interdependent and cannot exist in isolation. Improving the one aspect will drive advancements in the other aspect, and vice versa. This is why boosting employee productivity requires a holistic approach with products and programmes to address both these essential aspects.

Momentum is the only organisation in South Africa that has the capability to address the financial wellness, physical wellness and safety of both the employees and their employer. Our health, insurance and investment offerings are collectively built to ensure cover is sufficient and savings are maximised.



# How do we look after the physical health of your business?

Health and wellness go hand in hand. No matter your personal wealth, it is difficult to enjoy life if you are not in good health. You can look after the health and safety of your most valuable assets, employees, through our Occupational Health and Safety solutions. Momentum OCSA is a subsidiary of MMI Holdings Limited and provides integrated workplace health and wellness solutions that can be tailored to suit the specific needs of your business.

Employers can focus on their business' financial wellness while Momentum OCSA provides workplace health solutions, adding value to both management and employees.

## Momentum OCSA offers the following range of solutions:

### Occupational hygiene & environmental solutions

Momentum OCSA is certified by the Department of Labour as an Approved Inspection Authority (AIA) for occupational hygiene.

### Services include:

- Occupational hygiene surveys
- Environmental surveys
- Laboratory services
- Asbestos analysis

### Occupational health services

Medical examinations establish whether an employee is fit for work and whether they are negatively affected by exposure at work. These are conducted in accordance with legal requirements as prescribed by the OHS Act and Mines Health and Safety Act.

### National delivery infrastructure

- Onsite clinics
- Mobile occupational health services
- Momentum OCSA occupational health centres

### Momentum OCSA™360° MIS and Synergy Management information systems

Proudly South African developed system aligned to best practice and South African legislation.

### A time saving clinic management system, capable of:

- Secure log in
- Track changes
- Offsite backups
- Various levels of user rights

### EAP and wellness services

Comprehensive employee assistance programme and wellness services offered to employees.

### Services include:

- Personal health risk assessments
- Psychosocial services (24 hour call centre)
- Wellness days

### Executive health

Comprehensive, holistic medical examinations evaluating the physical, medical and psychological status of executives.

- **Stress ECG, lung function**
- Fitness screening
- Psychological assessment
- Relevant blood tests (covered by medical aid)



## Momentum OCSA offers the following range of solutions:

### Primary healthcare

Primary healthcare programmes treat employees for acute conditions and also monitor and control chronic conditions. At the discretion of the employer, these services can be extended to include doctor visits for employees and their families.

- Onsite clinics

### Consulting services

Our consultants are experienced and competent and the client should expect nothing less than punctual and meticulous services from them. To perform these services, our consultants will require reasonable access to information, property and personnel.

- Absenteeism management
- Disability and incapacity management
- Standard operating policy development
- Health and safety standards regulations
- Legal compliance health service audits
- Wellness consulting

# Isn't it time you teamed up with a partner that wants to help you succeed?

## Contact us

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